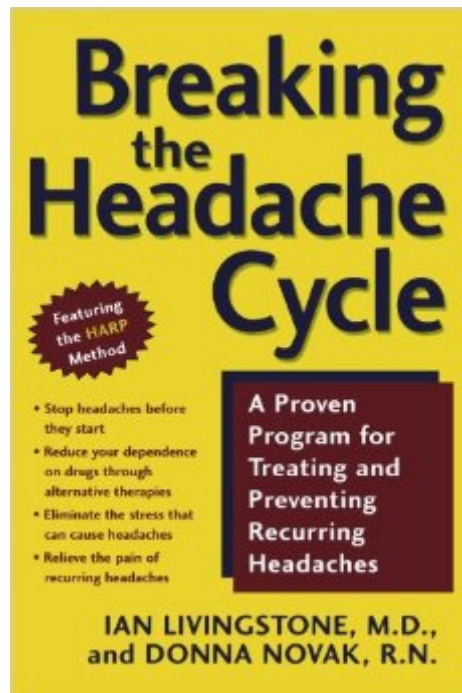


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# Breaking The Headache Cycle: A Proven Program For Treating And Preventing Recurring Headaches



## Synopsis

Two headache specialists offer their innovative Headache Reduction Program, for treating and preventing recurring headaches. Twenty-eight million people in the United States suffer from chronic, recurrent, often disabling headaches-half of them forgoing medical attention in favor of analgesics that do nothing to prevent the next one. In *Breaking the Headache Cycle*, the authors-migraine sufferers themselves-present the integrated Headache Reduction Program (HARP) that they developed at the Princeton Headache Clinic. Based on the central insights that the predisposition to headaches is a sign of an unusually sensitive nervous system and that drugs are only one component of the most successful treatment plans, this remarkable program instructs readers in a range of techniques, including:- how to relieve the pain of migraines- how to detect and ward off oncoming headaches- how to prevent migraines from even threatening. The innovative solutions detailed in *Breaking the Headache Cycle* range from simple breathing exercises and dietary changes to support groups and the latest medications. In this thorough and accessible guide, the authors promise new relief for those already being treated for recurring headaches and for those who currently suffer in silence.

## Book Information

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## Customer Reviews

Dr. Livingstone and Donna Novak are the first modern interpreters of migraine to understand and treat migraine as a full-body nerve storm, not a discrete local phenomenon. As a result, their treatment plan is both specific and holistic. A large part of the authors' emphasis is on enhancing

the migraine sufferer's ability to identify and control the triggers that stimulate migraine. Their easy-to-use suggestions can be done at home. This is the first treatment program that has successfully stopped my multi-year headache cycle, and I highly recommend it to everyone caught in the snare of migraine.

Since I have suffered from headaches all my life, I have eagerly read any book I can get my hands on that may lead to some relief. This is the first book that I can truly say has SOLVED my problem! For many years, I have had almost-daily headaches and even as recent as Feb 2007, I had 2 to 3 headaches a day (a total of 46 headaches that month alone)! I took Zomig to get relief. It's effective and very expensive but I also knew I was taking WAY too much medicine. This book is full of great information about the hows and whys of migraine headaches and also many, many suggestions of options to break the pattern and get relief. It's very practical, easy to read with stories of other peoples headache histories. As I read it, it seemed they were writing about ME and my headache history. Two very powerful suggestions from that book that changed my life: the deep breathing exercises when I am feeling stress and a low dose of amitriptyline, as prescribed by my doctor. Because of this book, I can truly say - I NO LONGER GET HEADACHES! If you have recurring headaches - you MUST read this book!

I recommend this book for anyone who has developed chronic migraines and who has "tried every preventative out there." The authors make clear that preventatives have their place but also point out that us who suffer from migraines are very sensitive to the side effects. Thus, they offer up natural ways of reducing migraines, something I would not have believed 10 years ago. I have had migraines for 30+ years and in the past 5 years they have become chronic. I was sick of taking preventatives. I broke my dependency on Excederin and this book has been my answer. It has become like my bible. It has showed me how to stop a migraine when I feel one coming on, through relaxation and stretching techniques. If you want to learn to control your hypersensitive nervous system and reduce your chronic migraines, this book will help.

I've had migraines for 20 years. I've been to several doctors and 2 headache clinics. I learned more from this book than anywhere! Very informative. After reading case histories, it was nice to know that I wasn't the only one feeling this way. I found a lot of myself in this book. Excellent book! I've already recommended it to a few friends with migraines.

I suffer from chronic migraines. I have since I was about 12 years old. Their frequency, duration, and intensity vary depending upon the current events in my life, but I've never been able to feel like I had any sense of control over them and essentially my life because of them. From the first page...I kept saying.. "Yes..that perfectly describes me" and I was hooked. I could relate to almost everything in the book and it all started coming together for me. Symptoms, triggers, OTC drug dependency, etc...This book written by medical professionals who are also migraine sufferers - gives me hope. Hope that I can gain back some control...hope that I can reduce the intensity and frequency of my headaches. I definitely recommend this to anyone that suffers from headaches and truly wants a better understanding of their causes and some simple techniques for taking back one's life. NOTE: Honest review of a book borrowed from my local library.

I liked this book because it actually gave you specific steps to take to decrease and avoid getting migraine headaches. It was written by someone who has dealt with migraine headaches. I would love to go to the clinic that they offer.

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