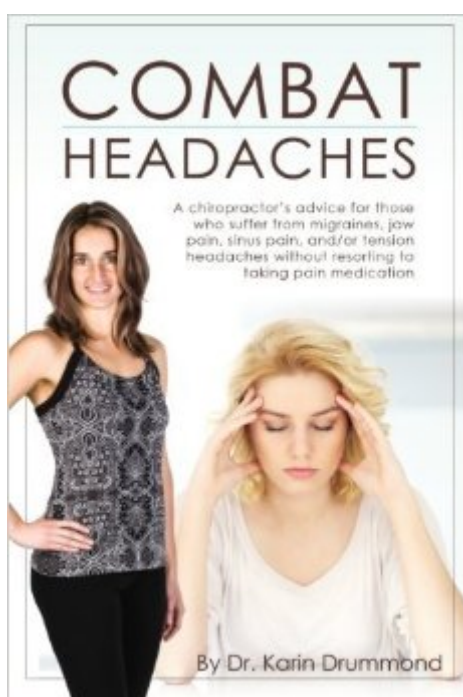


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# Combat Headaches: A Chiropractor's Advice For Those Who Suffer From Migraines, Jaw Pain, Sinus Pain And/or Tension Headaches (Combat Dis-Ease) (Volume 2)



## Synopsis

This book reveals what one can do to combat migraines, sinus pain, jaw pain, dizziness, tension headaches and more. This book is easy to read and full of excellent advice. The author, Karin Drummond, D.C., is very knowledgeable, a great diagnostician and excellent at her craft. She communicates in a very comprehensive and understandable way. Learn to wake up your mind and body to its full healing potential through these simple healthy habits. Do not be fooled by the simplicity of the solution. Dr. Karin's triad of wellness has worked for patients that have suffered for decades where medications, injections, and surgeries have failed.

## Book Information

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## Customer Reviews

I found Dr. Karin's book to be a revelation. I'm a long time sufferer of migraines and other headaches. I'm also a medical writer so I was anxious to hear what she had to say. Too often headaches are treated with a drug, rather than digging into the causes and prevention strategies. I believe Western style medicine and consumer preference for a quick fix are equally to blame. I appreciated learning more about the trigger points in my neck and shoulders and especially about cranial massage techniques--which were new to me. The suggested stretches along with illustrations were super helpful, as were the discussions of work station ergonomics and eye strain--both issues I need to address since I spend long hours at the computer. I'm a patient of Dr. Karin's and have experienced first hand her healing touch through adjustments and muscle work.

It's a shame that more people don't seek out chiropractic care because it can make a big difference in your quality of life. Dr. Karin is a fount of information on exercise, nutrition and healthy living. She has great wisdom to share and her books are a quick way to get it!

I have relatives who are long time sufferers of migraines. I have also shared this book with them. Way too often headaches are treated with drugs, instead of determining symptoms and developing more natural and effective strategies. Dr. Drummond has a lot of good information on exercise, nutrition and healthy living. She is more proactive than anyone I have encountered. Some medical care providers never fix the underlying problems, Dr. Drummond wants to fix what can be fixed and get you feeling better. The illustrations on stretching and what to avoid doing were very helpful too. Being a visually oriented learner, the pictures and examples were more instructive allowing me to retain the knowledge much better than just reading plain text.

Dr. Karin Drummond has written this book to help us all - get the word out - that there are causes and cures to physical and mental health issues - and the cure is **NOT TO TAKE A PILL TO TREAT A SYMPTOM!** This book empowers you with information so you can understand what is actually happening with your body and mind and what you **CAN DO** to help yourself. Her book is written in an easy-to-understand approach with many illustrations and lots of information. This is the wellness approach that is missing from the American healthcare system today. Please choose wellness for yourself, and if you struggle with headaches/migraines you can begin by choosing this book and learn to help yourself. Dr. Karin writes in order to get the word out so people can feel more empowered and be healthier. Choose wellness!

As a student who consistently sits in front of the computer and strains her eyes, I developed frequent headaches. Being a chronic sufferer of "student neck" did not help the problem either. I was in search of a resource that would help alleviate my headaches without having to turn to pills or more invasive remedies. Dr. Drummond's book has been that resource for me. Not only did it educate me on the multiple sources of my headaches, but it offered a series of exercises and preventative measures to take. And it did so in a no-nonsense, plain English way that I could easily understand. Besides actually explaining the problem and its roots, the other great thing about this book is that it isn't just a Band-Aid--it offers a real solution to the problem. I cannot recommend this book or Dr. Drummond's expertise more highly.

Dr. Drummond provides us a revelation as to how to improve our health. My wife is a sufferer of migraines and other headaches. Headaches are treated most often with a drug, rather than finding the causes and prevention. Pharmaceuticals and consumer preference for an easy fix are to blame. I appreciated learning more about the trigger points in my neck and shoulders and especially about cranial massage techniques--which were new to me. Dr Karin's illustrations are excellent as are the learnings of work station ergonomics and eye strain--both issues need to be addressed since Many of us spend long hours in front of a computer. Dr. Karin shares such great information on exercise, nutrition and healthy living. She has great wisdom to share and her books are a quick way to get it!

I have been seeing Dr. Drummond for several years now for various issues. Just recently I have been having some odd migraine activity, so she is helping me with that and provided this book to me as a resource. It has wonderful self-help ideas and education about the nature of headaches, causes, triggers, etc. I have already started practicing the cranial tension release techniques and am improving. Dr. Drummond has excellent knowledge and one the most important lessons with these kinds of issues is that pain pills are not always the answer and truthfully can make things worse. I highly recommend this book if you want to keep your headaches at bay!

This book is so helpful and has so many great tips for dealing with headaches, migraines, jaw pain, etc. I have been seeing Dr. Dummond in person for a few months now because of jaw pain. She has helped me so much and has significantly improved my quality of life! I love this book because it provides me with things that I can do on my own at home. Dr. Drummond is a great promoter of finding the right things that work for you and giving you the tips to do things yourself. This book also has tips on exercise, stretching, diet, etc. I definitely recommend this book to anyone who experiences any of these pains! She is a great resource.

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