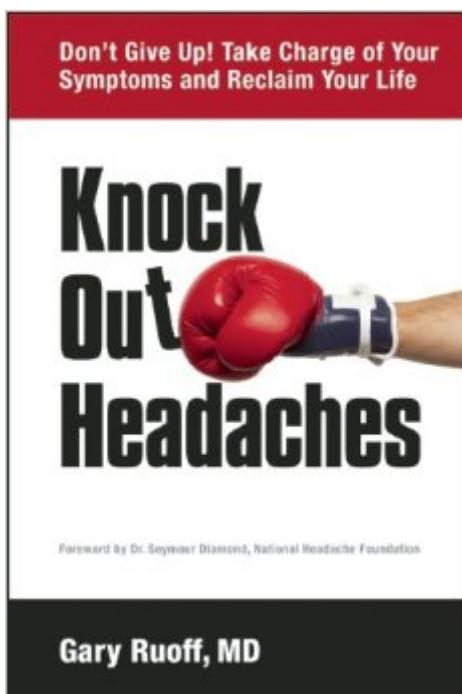


The book was found

Knock Out Headaches



Synopsis

Are you suffering in silence? Have your headaches increased in severity and frequency? Are medications that previously provided relief suddenly less effective or not working at all? Are your headache symptoms causing you to miss family functions, social activities, and work? Has the pain that was once a nuisance now become completely frustrating and debilitating? Within the pages of Knock Out Headaches, author Gary E. Ruoff, MD, will educate you about what's happening in your body and why. Learn the types of headaches and their symptoms. Discover the origins of headaches, trigger mechanisms, and ways to avoid them. Receive strategies for connecting with a knowledgeable physician, developing a total plan for headache management, and committing to making the changes that can lead to healing. Headaches can be controlled and effectively managed! Let Knock Out Headaches help you take charge of your symptoms and reclaim your life.

Book Information

Paperback: 160 pages

Publisher: Spry Publishing LLC; 1 edition (October 2, 2012)

Language: English

ISBN-10: 1938170024

ISBN-13: 978-1938170027

Product Dimensions: 5.9 x 0.6 x 8.9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars (See all reviews) (4 customer reviews)

Best Sellers Rank: #2,650,045 in Books (See Top 100 in Books) #62 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #2040 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #2307 in Books > Health, Fitness & Dieting > Reference

Customer Reviews

NOTE: I received a free review copy of this book from the publisher. I have been dealing with migraines for over 15 years now. During that time, I have worked with three different doctors for treatment of my headaches (my primary care physician and two different neurologists). I also have engaged in a significant amount of self-care, including more passive--e.g., reading just about everything I can find on the subject, including books, articles, and internet message boards--to more active forms of self-care, such as nutritional supplements, yoga, and stretching. Unfortunately, as it is for most migraineurs, keeping headaches at bay is still a struggle, so I am always interested in

new information. Unfortunately, I found KNOCK OUT HEADACHES to be disappointing. Author Gary Ruoff, a M.D. who practices family medicine, begins with a nice overview of the mechanisms of headache, detailing exactly what is involved in migraines. He goes on to discuss dietary and other triggers, introducing the concept of a trigger threshold. I do find this a useful explanation for how migraines occur in response to a combination of factors rather than a single trigger--in fact, I found it somewhat revolutionary when I FIRST read about it in the book Heal Your Headache: The 1-2-3 Program for Taking Charge of Your Pain by Dr. David Buchholz. Dr. Ruoff even cites Dr. Buchholz here, further evidence that these concepts are nothing new. The problem I have with this book isn't simply that it covers old information; plenty of books do that, and Dr.

[Download to continue reading...](#)

Books for Kids : 300+ Hilarious!! KNOCK KNOCK JOKES > LOL - Knock Knock Book of Giggles. (Kids Joke Books, Jokes for Children, Knock Knock Books) Jokes:Knock Knock Jokes For Kids: Laugh Out Loud Fun Jokes For Kids(Jokes, Funny Jokes, Jokes for kids, Best Jokes, Funny book, jokes free, jokes for free) ... knock knock jokes, riddles. quiz Book 1) Knock Knock All Out of Note Pad, Blue (12226) Knock-off Knock-Out: Ending the Booming Chinese Counterfeit Industry Knock Out Headaches Stop Headaches Now: Take the Bite Out of Headaches 104 Funny 4th of JULY Knock Knock Jokes 4 kids (Joke 4 kids Book 6) Who's There?: 501 Side-Splitting Knock-Knock Jokes from Highlights (Laugh Attack!) Knock Knock Jokes (Dover Children's Activity Books) Knock Knock Car Guest Book Knock Knock Bathroom Guest Book (50012) Knock Knock The I Heart Book Knock Knock Vouchers for Lovers Knock Knock Happy Birthday Fill in the Love Journal Knock Knock Why I Must Have Sex With You Pad Knock Knock What I Love about Dad Fill In The Love Journal Knock Knock This is a F*cking Quote Book Knock Knock This is Like, Totally a Quote Book Knock Knock Dream Journal Knock Knock Self-Therapy Note Pad

[Dmca](#)