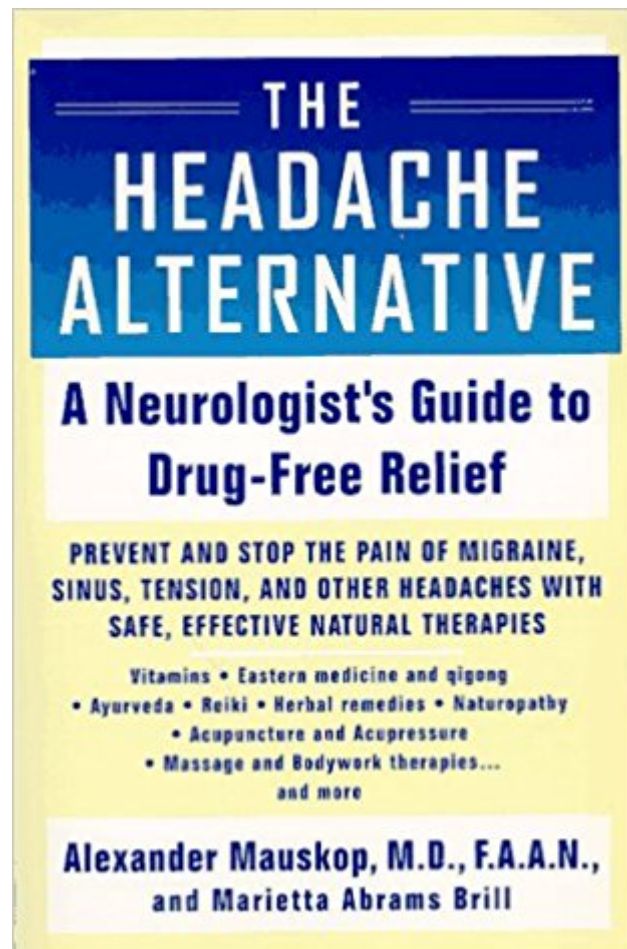




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# The Headache Alternative: A Neurologist's Guide To Drug- Free Relief



## Synopsis

A Neurologist's Guide To Drug-free Relief

## Book Information

Paperback: 432 pages

Publisher: Dell (October 6, 1997)

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Average Customer Review: 4.2 out of 5 stars 5 customer reviews

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## Customer Reviews

A Neurologist's Guide To Drug-free Relief

A Neurologist's Guide To Drug-free Relief

This much-needed book outlines a pharmaceutical sparing approach to headache management while staying evidence-based. Non-traditional therapeutic approaches are discussed in an understandable way without being blindly touted where scientific evidence is lacking. The value of pharmaceuticals is acknowledged while this book addresses the need many see in mitigating their usage by proven effective adjunctive therapies. The text gains credibility through references cited as well as the experience and credentials of its author, differentiating it from the more common shakey science offerings available. A book worth reading by any headache sufferer.

Very happy with book, rec'd quickly, will buy again!! Thanks

Interesting reading. Useful information.

a good starters' summary of alternative therapies, but i doubt it will help anyone cure their migraines or headaches. Almost all the therapies listed claim about 80 per cent success, but if that were true the world would not still be full of people suffering debilitating migraines! (as I do).

I worked in medical research as a study recruiter. We specialized in headache research. I heard unbelievably horrific stories - day in and day out! When a client was not eligible for a study or was suffering unbearably I would always recommend The Headache Alternative. I like this book because it is written by a doctor who is an expert in his field! And he writes in plain English! He leaves no stone unturned! While the book is from 1997, there is still plenty of good ideas about how to prevent or alleviate headaches without medicine. But if you only want to pop a pill every time you get a migraine, then skip this book. The Headache Alternative is for headache sufferers who really want to fully take responsibility for their health!

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