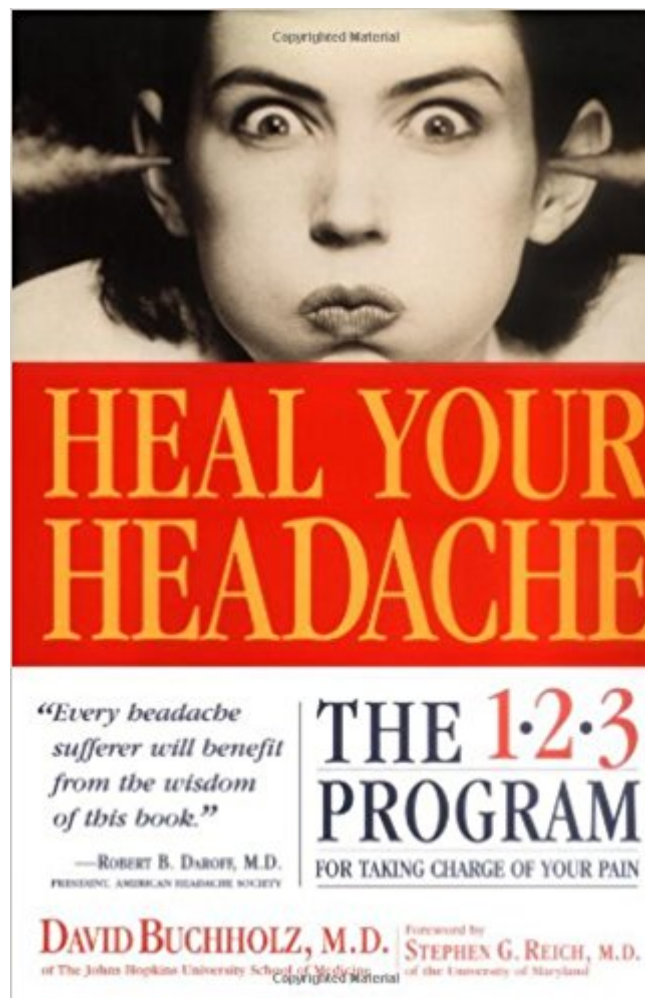




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# Heal Your Headache: The 1-2-3 Program For Taking Charge Of Your Pain



## Synopsis

Based on the breakthrough understanding that virtually all headaches are forms of migraine--because migraine is not a specific type of headache, but the built-in mechanism that causes headaches of all kinds, along with neck stiffness, sinus congestion, dizziness, and other problems--Dr. Buchholz's *Heal Your Headache* puts headache sufferers back in control of their lives with a simple, transforming program: Step 1: Avoid the "Quick Fix." Too often painkillers only make matters worse because of the crippling complication known as rebound. Step 2: Reduce Your Triggers. The crux of the program: a migraine diet that eliminates the foods that push headache sufferers over the top. Step 3: Raise Your Threshold. When diet and other lifestyle changes aren't enough, preventive medication can help stay the course. That's it: in three steps turn your headache problems around.

## Book Information

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## Customer Reviews

Although headaches are natural, they are not necessary, argues David Buchholz, a professor at the Johns Hopkins School of Medicine. In his *Heal Your Headache: The 1-2-3 Program for Taking Charge of Your Headaches*, Buchholz counsels severe headache sufferers to avoid quick fix painkillers, which can cause rebound headaches. For a more holistic approach, minimize triggers like caffeine, perfumes, certain foods and stress and, for hardcore cases, use preventative medications such as tricyclic antidepressants, calcium channel blockers and others. Buchholz also discusses common misdiagnoses of migraine symptoms and challenges the myth of tension and

sinus headaches (these are usually migraines, he argues). Copyright 2002 Cahnners Business Information, Inc. --This text refers to the Paperback edition.

"If everyone read Dr. Buchholz's book, headache would diminish as a problem all over the world." -- Howard Kirshner, M.D., Professor and Vice Chair, Department of Neurology, Vanderbilt University School of Medicine "This book is clearly written, insightful and filled with useful tips for all individuals with migraine. A must read!" -- Ronald J. Tusa, M.D., Ph.D., Professor of Neurology and Otolaryngology, Dizziness and Balance Center, Emory University "This is a very useful book that provides a fresh and logical approach to the management of headaches." -- Roy A. Patchell, M.D., Chief of Neuro-Oncology, University of Kentucky College of Medicine

This book, and the 1-2-3 program, are the closest thing to a miracle cure I could imagine. I've had migraine with aura since I was 16yo, and was down to about two per year, until about five years ago when I started to get daily headaches w/o aura. Neurologists thought they were chronic tension headaches, until the last neurologist I saw told me they are likely a form of migraine since they only respond to migraine meds. In the last five years, I have tried almost everything - traditional neurology treatments, acupuncture, cranial sacral massage, meditation, yoga, chiropractic, and even Botox. Most things would work for a short period of time (a few days to a few months, in the case of Botox, acupuncture, and chiropractic). Every form of treatment eventually stopped working. In a moment of frustration, I put up a post on Facebook about how tired I was of these headaches interfering with my life; a friend responded with a link to this book. What the heck, I thought. I've tried everything else. What have I got to lose? I'd already spent thousands on all of these other ineffective treatments - what was \$9 more? I started reading this book at home on a Saturday night of a week of bad headaches. I had taken 8 Maxalts the previous week (the label says take no more than 6 in a week, and Dr. B. says no more than 2 per month ultimately). Suffice to say, I was very much ready for something that was purporting to work, and without meds to boot. Once I started reading, I couldn't stop. I read the entire book that night, with tears streaming down my face. It all just made so much SENSE. I finally felt like someone out there believed what kind of pain I was in, in addition to 'odd' symptoms I was having (balance problems, inability to concentrate, bizarre feelings like my left arm was not part of my body, etc.). I was sold. I went off my meds immediately and started the diet that week as well. I have had 'headache control', as Dr. B. calls it, for the last 6 months. In that time, I have had some bad days (mostly during my period), but they were nowhere near as bad as they used to be. I have had more headache-free days than headache days. Now,

because I've 'detoxed' off the Maxalt, I take Aleve for my headaches, and it has actually started working again. No more rebound headaches, no more crappy side effects from Maxalt. It is incredible. The diet is not easy to follow - especially if you already have restrictions (I am a vegetarian). However, it only takes a week or two to figure out the dietary 'workarounds' and to adapt. Once you start feeling relief, you realize following the diet is not much of a price to pay for getting your life back. You just really have to discipline yourself. Also, I have stopped feeling angry at my body and at the world for this suffering I've gone through - which is a big stress relief in itself. When he says go cold turkey off the meds, DO IT. I had an awful, splitting headache for a day, and then things improved. My cognitive functioning has also returned to normal. It's amazing how clearly you can think when the part of your body responsible for thinking doesn't hurt all the time. I have been telling everyone I know about this book - and it turns out, almost everyone knows someone who is suffering from chronic headaches. Do yourself a favor - pick this book up, and stick to the plan. No whining, just do it. The longer you make excuses for why you can't do it, the longer you'll suffer.

I've been following the plan in this book for three months now, and I've seen a huge reduction in my migraines. It's really hard to eliminate all the things from your diet that Buchholz suggests, but the results are the proof. I do cheat occasionally, but I try to really pick and choose my cheating -- for example the occasional protein bar at work when I have to skip lunch, or the occasional glass of wine with my husband. I've discovered quark which can substitute (sort of) for yogurt and sour cream. Nuts are pretty avoidable, as is aspartame. Avoiding MSG is really hard but can be done. I've gone from a couple of migraines a week to a couple a month. I still have to take the drugs occasionally (I can't tough it out as Dr. B suggests) but a couple a month is a safe amount. I feel like my body was addicted to them before and it isn't now! The plan is tough going and I'm still working on figuring out my triggers, but I definitely recommend it if you get a lot of migraines. For more, see my blog at <http://thebookstop.wordpress.com>.

This book is fantastic! I suffered from chronic migraines and vertigo for over a year, without any relief. Within a week of following the diet I had more energy and my headaches and migraines were gone. Some feel the diet is drastic, but I was desperate to try anything. The limitations can seem quite drastic at first, but I've been headache free for almost TWO months now. Looking forward to starting to introduce dairy in the coming months. I have also shared this book with three of my coworkers who also suffer from daily headaches/migraines. Their results are similar - more energy and a

significant decrease in headaches.

I believe the reviews for this book saved my life as much as the book itself. I don't know if I would have had the courage to trust this book completely after reading it in one sitting if it hadn't been for the 500+ reviews that I read through that assured me that what it had to say was valid. I am SO SO SO incredibly grateful and ecstatically happy that I did read it and followed it's advice to the letter. It has transformed my life more than anything ever has. I went from years of non-stop migraine hell to being completely free. I do have an occasional headache brought on by weather shifts and over or under sleeping, but they are easily remedied by a couple ibuprofen. None of my headaches prior to my reading this book would have been affected AT ALL by ibuprofen. I can't believe how different my life is now that I am free of constant pain. I am also free of the dreadful preventative medication (Topomax) that was clouding my brain and making me unable to talk properly (I'm a teacher, so this was devastating for me). If you suffer from chronic migraines, please do yourself a huge favor and read this book. It will change everything...The first few weeks are going to be rough. I stayed in bed for two weeks with ice packs on every part of my head. I think it was much worse because I went off caffeine at the same time. In retrospect, I think I probably should have weaned off caffeine slowly and then gone off the pills. But the book recommended cold turkey off of everything (except the preventative which must be weaned off of) so that's what I did. I had some time off of work, so I wanted to get the worst over with while I could stay home and just get through it. That was wise. If you have the chance to take some time off, do. Thank you Dr. Buchholz for saving my life!!

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Heal Your Headache: The 1-2-3 Program for Taking Charge of Your Pain [ ENDOMETRIOSIS: THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH ] By Ballweg, Mary Lou ( Author) 2003 [ Paperback ] Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Heal Your Pain Now: The Revolutionary Program to Reset Your Brain and Body for a Pain-Free Life Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence, & I.B.S, and Other Symptoms Without Surgery (All Other Health) Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence, & I.B.S, and Other Symptoms Without (All Other Health) Handbook For Headache Relief: Headache...BE GONE! Management of Headache and Headache Medications The Pain System: The Neural Basis of Nociceptive Transmission in the Mammalian Nervous System (Pain

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