



# Heal Your Headache

*David Buchholz*

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## **Heal Your Headache** David Buchholz

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.

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