

ELIMINATE YOUR HEADACHES

In Less Than 30 Days

A Holistic Approach



DR. JOHN M. ANDERSON

Eliminate Your Headaches In Less Than 30 Days A Holistic Approach

Jitka Vanderpol



Eliminate Your Headaches In Less Than 30 Days A Holistic Approach:

Eliminate Your Headaches In Less Than 30 Days John M. Anderson, 2015-01-28 What I try to accomplish in this book is to review the common misconceptions about treatment and look at why most people get headaches The information contained in this book is an overview of some of the headache triggers that are common in our every day diet along with scientifically proven natural supplements that are safe and effective in reducing headaches As a chiropractor one of the most common complaints that I see in my office is neck pain that is associated with a headache The single common denominator with this type of symptom is a condition known as Forward Head Posture Over the past 10 years this has become an epidemic mainly due to technology and the excessive use of computers texting and simply bad posture I cover dietary changes that can help reduce headaches Some people can have allergic reactions to certain foods that are very subtle but can cause headaches Generally speaking I recommend a gluten free paleo diet that is you can eat meats fish nuts leafy greens regional vegetables and seeds no wheat rye or barley and only whole unprocessed foods Supplements that have shown to offer a natural solution to the treatment of headaches include magnesium riboflavin CQ10 and Butterbur The exact doses and how they work are explained in further detail in my book As you can see this is an overall approach that covers many areas This information is not only safe and natural but effective in reducing if not totally eliminating your headaches in less than 30 days *Helping You Successfully Manage Your Headache and Migraine* Jitka Vanderpol, 2021-02-01 Authored by a consultant neurologist who sees about a thousand headache patients a year and with 20 years of experience this book is designed to help headache and migraine sufferers who have heard such statements as there is nothing else we can do to help you we have tried all possible medications or this is just stress related Advising on what can be done to alleviate and even prevent symptoms this book provides the reader with a better understanding of headaches and a guide to their self management There are over 150 types of headache and once the doctor knows what type they are dealing with they are a long way towards treating it successfully

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Federal Prisons Journal ,1992

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