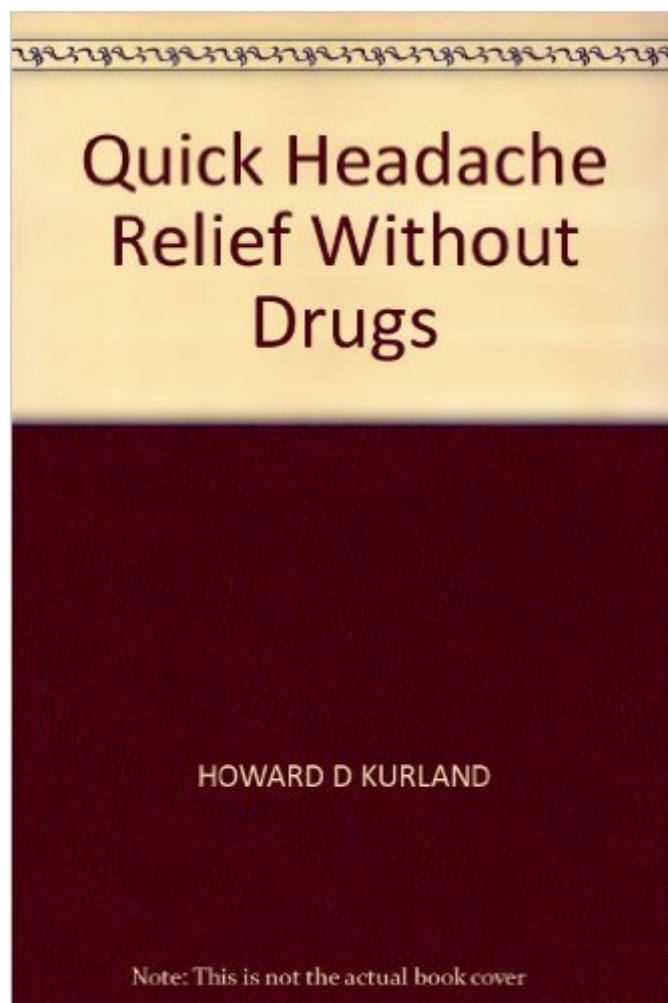


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Quick Headache Relief Without Drugs



Book Information

Hardcover: 224 pages

Publisher: ORBIS PUB. (1978)

Language: English

ISBN-10: 085613225X

ISBN-13: 978-0856132254

Product Dimensions: 8.3 x 5.8 x 1 inches

Shipping Weight: 14.4 ounces

Average Customer Review: 3.7 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #9,536,790 in Books (See Top 100 in Books) #80 in [Books > Medical Books > Medicine > Internal Medicine > Neurology > Headache](#)

Customer Reviews

This small (137 pages) book (I have the 1977 Ballantine paperback edition) is a gem. Though, as a physician--neurologist, psychiatrist, and professor (the latter at Northwestern University), he caveats his recommendations with suggestions to visit doctors, he provides very straight-forward explanations, directions, and diagrams for 13 auto-accupressure points to relieve headaches. Some are for general use and some are specifically for sinus headaches. He also makes some informative statements such as:p. 36: In headache treatment, as in poker, business, and war, it is hazardous to assault an opponent you have not reconnoitered.p. 53: There is no evidence that simply using the eyes can produce head pain by itself. Most so-called eyestrain headaches are actually muscle-contraction headaches.I believe the vast majority of headache sufferers would benefit highly from reading this book and employing Dr. Kurland's techniques.

I tried repeatedly and got no relief. It was a waste of money. Try Tylenol instead. I actually know the doctor.

I have used the techniques not and am teaching them to my clients. The results are immediate and therefore the clients will continue to use these instead of relying on drugs

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Arthritis Pain, and More, Without Surgery or Narcotic Drugs Don't Let Your Headache Ruin Your Sex Life: "Honey, I Don't Have a Headache Tonight" Headache Pathogenesis: Monoamines, Neuropeptides, Purines, and Nitric Oxide (Frontiers in Headache Research Series) Hypertension and You: Old Drugs, New Drugs, and the Right Drugs for Your High Blood Pressure Percutaneous Absorption: Drugs--Cosmetics--Mechanisms--Methodology: Drugs--Cosmetics--Mechanisms--Methodology, Third Edition, (Drugs and the Pharmaceutical Sciences) Chocolate & Vicodin: My Quest for Relief from the Headache that Wouldn't Go Away The Headache Alternative: A Neurologist's Guide to Drug- Free Relief Headache Relief for Women: How You Can Manage and Prevent Pain Headache Relief The NATURAL HEALTH GUIDE TO HEADACHE RELIEF Stop Your Neck Pain And Headache Now: Fast and Safe Relief in Minutes Proven Effective for Thousands of Patients Woman's Holistic Headache Relief Book Headache Relief HEADACHE RELIEF by Rapoport, Alan M. (Author) on Dec-15-1991 Paperback Relief From Chronic Headache CuraciÃfÂ n emocional / The Instinct to Heal: Curing Depression, Anxiety and Stress Without Drugs and Without Talk Therapy (Spanish Edition) The Michigan Divorce Book: A Guide to Doing an Uncontested Divorce Without an Attorney Without Minor Children (Michigan Divorce Book Without Minor Children) The Triptans: Novel Drugs for Migraine (Frontiers in Headache Research Series) Bath Bombs: 47 Magnificent Organic Non-Toxic Bath Bomb Recipes For Stress Relief, Detoxification, Dry Skin And Longevity! (Bath Bombs, Stress Relief, Bath Bombs Recipes)

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