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Gotta Headache?



Synopsis

Paperback Edition

Book Information

Paperback: 133 pages

Publisher: Heritage Publishers Inc. (2001)

Language: English

ISBN-10: 0929690583

ISBN-13: 978-0929690582

Product Dimensions: 8.4 x 5.4 x 0.4 inches

Shipping Weight: 7.2 ounces

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (9 customer reviews)

Best Sellers Rank: #1,660,146 in Books (See Top 100 in Books) #14 inÂ Books > Medical Books > Medicine > Internal Medicine > Neurology > Headache

Customer Reviews

This is not my favorite migraine book however, I love the list of foods, not only trigger foods but more importantly, foods that are least likely to trigger a migraine. Thank god. It is my shopping list!

Dr. Carol A. Foster M.D. is a neurologist that specializes in treating headaches. She uses a very natural approach starting with diet and lifestyle changes. Gotta Headache is a must have resource for anyone dealing with frequent / chronic headaches. Gotta Headache?

As a former patient of Dr. Foster, this book served as a good reminder of the many things she taught me about how to control my headaches.

I bought this book before I saw the author's more recent book, "Migraine." Some of the important information in this book -- most notably the dietary guidelines -- were significantly revised by the author since the publication of this book. I wouldn't bother buying this one, now.

Not too deep, a good basic guide to getting a handle on migraine. It got me started in the right direction.

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