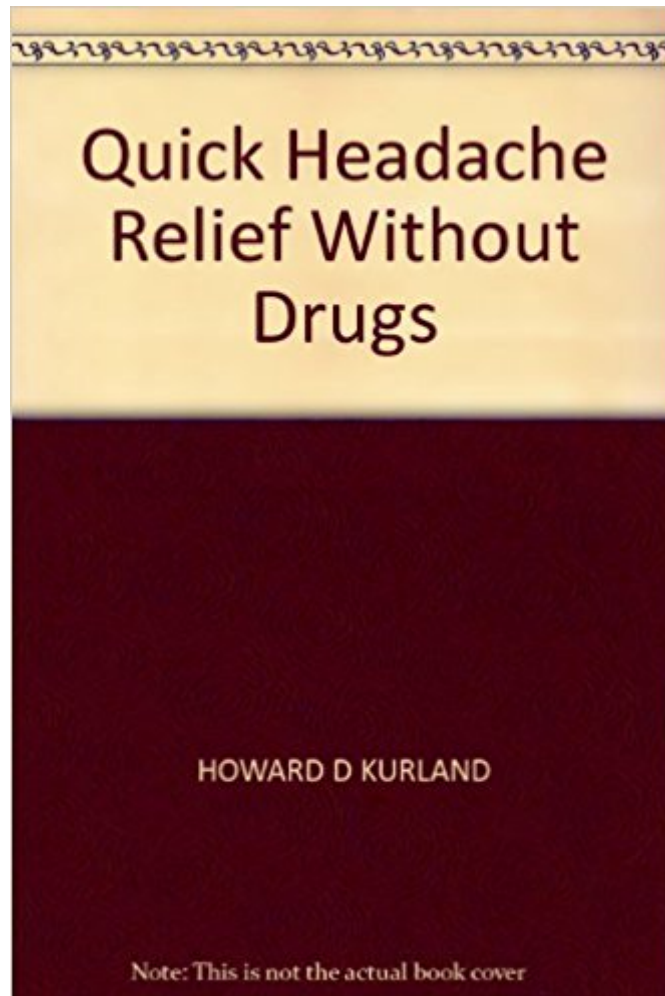




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Quick Headache Relief Without Drugs



Book Information

Hardcover: 224 pages

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Language: English

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Shipping Weight: 14.4 ounces

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

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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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