



HEAL YOUR HEADACHE

“Every headache sufferer will benefit from the wisdom of this book.”

—ROBERT B. DABOFF, M.D.
PRESIDENT, AMERICAN HEADACHE SOCIETY

THE 1·2·3 PROGRAM

FOR TAKING CHARGE OF YOUR PAIN

DAVID BUCHHOLZ, M.D.

of The Johns Hopkins University School of Medicine

Foreword by

STEPHEN G. REICH, M.D.

of the University of Maryland

David Buchholz

Heal Your Headache



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Predicated on the breakthrough knowing that virtually all headaches are forms of migraine--because migraine is not a specific type of headache, but the built-in mechanism that triggers headaches of all kinds, along with neck stiffness, sinus congestion, dizziness, and additional problems--Dr. Buchholz's Heal Your Headaches puts headache sufferers back in control of their lives with a simple, transforming program.



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A miracle treat for me This book, and the 1-2-3 program, will be the closest thing to a miracle cure I could imagine. Yes, it is hard to stop caffeine and chocolate and wines and processed meats and cheese. My cognitive functioning has also returned to normal. I felt as an addict, begging for more sumatriptan to cover my 20+ headache days a month, and discovering new inventive methods to have enough to obtain me through per month (hello, getting 9 100 mg doses therefore i could split them into 18 50mg dosages). The majority of things would function for a short period of period (a few days to some months, regarding Botox, acupuncture, and chiropractic). Every form of treatment eventually stopped working. In an instant of frustration, I set up a post on Facebook about how tired I was of these headaches interfering with my entire life; First, Dr. I had taken 8 Maxalts the prior week (the label says take no more than 6 in a week, and Dr. I understood that aged cheeses were one of my triggers, but as I added things back I came across that onions and peas are also major triggers for me personally. By the time I found this book, I was desperate for relief. I'd currently spent thousands on most of these various other ineffective treatments - that which was \$9 more?I started scanning this book at home about a Saturday nights a week of bad headaches. What on earth, I thought. B. Needless to say I am still in discomfort every day Didn't actually work for me Ok Helped Tremendously Was very helpful in understanding and reducing my headaches This 1 1, 2, 3 Plan works! Suffice to state, I was quite definitely ready for something that was purporting to function, and without meds on top of that. S. I suffered a miserable 2 weeks of headaches at the start, due to the fact of the caffeine withdrawal, and then emerge to. Avoid doctors who don't listen or who gained't make use of Botox. The much longer you make excuses for why you can't do it, the longer you'll suffer. Also, I've stopped feeling angry at my body and at the world for this suffering I've gone through - which really is a big stress relief alone. I was offered. I've tried beta blockers and Topomax for avoidance with reduced benefit and several side effects. I've experienced 'headache control', as Dr. Imagine if the sumatritpan we've been taking for all these years is actually the reason for our now-chronic migraines? I still obtain migraines with the Botox, but am still testing out preventatives, however, I no longer possess chronic daily migraines. For the reason that time, I have had some bad times (mostly during my period), but they had been nowhere near as poor as they used to become. I've had more headache-free days than headache times..! L.The diet is not easy to check out - especially if you already have restrictions (I am a vegetarian). However, it takes merely weekly or two to determine the dietary 'workarounds' and to adapt. Once you begin feeling relief, you realize following the diet is not much of a cost to pay for getting your life back. You just really have to discipline yourself.). Must be updated This book does an excellent an excellent job explaining the migraine brain, something I never quite understood. No

whining, just do it. Neurologists thought these were chronic tension head aches, before last neurologist I saw explained they are most likely a kind of migraine given that they only respond to migraine meds. It's amazing how obviously you can believe when the part of your body in charge of thinking doesn't hurt constantly. I have already been telling everyone I understand concerning this book - and it turns out, almost everyone knows somebody who is experiencing chronic headaches. Do yourself a favor - pick this publication up, and adhere to the plan. I had a horrible, splitting headache for a day, and then points improved. I finally felt like somebody out there believed the type of discomfort I was in, furthermore to 'odd' symptoms I was having (balance complications, inability to focus, bizarre feelings like my remaining arm had not been part of my body, etc. Life-changing.. Right now, because I've 'detoxed' off the Maxalt, I consider Aleve for my head aches, and it has in fact started working again. if you commit to the program! and YESSS! In the last five years, I have tried almost anything - traditional neurology remedies, acupuncture, cranial sacral therapeutic massage, meditation, yoga exercise, chiropractic, and actually Botox. It got so very bad I was going for a daily PROPHYLACTIC dose of sumatriptan every night, as it was the only way to prevent getting up with a headache. However, his focus on diet is severe, and his disregard of Botox can be ridiculous, especially because it may be the only thing which includes given me back again my entire life. I was prepared to try ANYTHING when I found this book. Just how Buchholz explains it all makes sense scientifically; In case you are skeptical, put it aside for a moment, and think "imagine if". I proceeded to go cold-turkey off my sumatriptan and unnecessary meds in April, and started to follow the crazy diet. I read the entire publication that night, with tears streaming down my encounter.. I've told other migraine sufferers about this book plus they get wide eyes and cool off slowly. life-changing bliss. What if the medications and the food we place in our anatomies is the cause rather than the cure? B. It is amazing. I. Once I began reading, I couldn't stop.. I cannot let you know how transformed my life is currently. I am back off to only 1-2 headache days per month around my period, which are well-controlled with a single sumatriptan then, and that's it. I've got migraine with aura since I was 16yo, and was right down to about two each year, until about five years back when I began to get daily headaches w/o aura. I've tried the rest. My very own PCP recommendd this book to greatly help me manage migraines that started after several changes to my BP medicines. moreover, I could see myself and my life-style in his explanations. B. Seriously. Many of the issues in the book I had noticed before, like removing caffeine, discontinuing abortive medicines, and controlling triggers, but I couldn't imagine lifestyle without caffeine or medicines, and didn't think foods could cause MY migraines since I ate pretty much the same thing at all times, with headaches on some days however, not others.. I

assume they aren't ready to give up their lattes yet, but I'll never go back. Many thanks David Buchholz, I required this tough love strategy, and feel so empowered now that I've got my entire life back under control! Highly recommend After suffering vestibular migraines for almost 2 years, I followed the advice and diet of the book and am today almost migraine free and on no medications. The migraine book that connects all the dots After years of migraines, numerous trials of every imaginable treatment, abortive medications and having examine countless articles and many books on the subject, in addition to having an excellent neurologist, I finally found this book on Amazon which makes the most sense of anything I've come across in a very very long time -- it pulls everything together so beautifully. As I began reading the book, I could hardly put it down -- kept saying Ah-HA! I am a female medical professional who has suffered migraines my entire adult existence, but about 10 years back they went from several times per month to a near-daily migraines. No more rebound headaches, forget about crappy unwanted effects from Maxalt.! a lot.. S.. It really is that simple, and I am a lot more mindful of what I devote my mouth right now. I also believed the process of eliminating one meals at the same time for an limitless set of foods was too much to fool with (others recommended). That's where this publication got my interest. a friend responded with a link to this reserve. Buchholz clarifies medically what goes on to blood vessels in the mind during an assault to produce the headache and how triggers play into that procedure relative to a person's built-in pain threshold. When he says move cold turkey off the meds, DO IT. Especially because I had always been blamed for leading to my migraines, it was a relief to comprehend what is actually occurring. I had never been able to identify an individual food trigger, therefore many things appeared to influence my headaches (including barometric pressure, hormones, etc) that I experienced given up trying to control them. I was totally unable to function for 8 years(!), and once I was permitted to have Botox, I could function again. phone calls it, for the last 6 months. It all just made so very much SENSE. This book has truly changed my life! I purchased this reserve in a bookstore - I simply randomly found it and I'm so glad I did. I've acquired migraines since I was in my own early 20's - I'm right now in my later 40's. The last year roughly they have gotten very much worse and I found myself acquiring my triptan about 10-12 moments a month. I went off my meds instantly and started the diet that week as well. What have I got to lose? Is following diet tough? Yes - but once you get through the initial two weeks and you do not have multiple headaches a week, it is so worth it to stay with it. The author doesn't state you can't have a triptan, but to try and limit it to 2/month. This book changed my entire life. Save your money Save your money Dr workplace and internet gives same advice. I produced a scheduled appointment with this Dr many years ago very first thing she said was about the reserve yo purchase it. The medicines

didn't help me the dietary plan didn't help me. All the stuff in the publication I found on the internet. says no more than 2 per month ultimately). It really is hard to follow this diet, no doubt, but it is soooo well worth following to have your life back again. After a few short months, I anticipate that I'll have the ability to beverage decaf, and consume nuts and just a little chocolate once in a while. Lo and behold, the head aches are much, much better—nearly gone. It's challenging because I miss espresso, chocolate and nuts. However, it's a little price to cover feeling much better. Hence, I'm following the tips about this book and I've eliminated all of the food triggers simultaneously. The 1, 2, 3 program works!



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