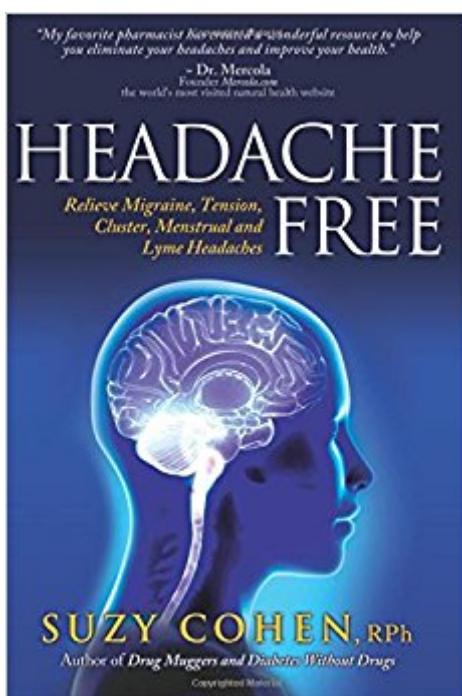


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# Headache Free: Relieve Migraine, Tension, Cluster, Menstrual And Lyme Headaches



## Synopsis

Your how-to manual to get rid of headaches, once and for all... Up until now headaches were considered a pain syndrome that is only manageable, not curable. Prescription analgesics are addictive, while triptans have their own limitations. Pharmacist Suzy Cohen has seen headaches of every sort and helps you uncover the hidden cause. Is it a hormonal imbalance, infection or food allergy? Is it a nutrient deficiency? Are your estrogen, testosterone and thyroid hormones in balance? What about neurotransmitters? The latest research is at your fingertips with this easy-to-read book. Cohen offers hundreds of solutions to end the pain including herbals, vitamins, minerals, medications, teas and much more! Inside Headache Free you will learn how to pacify pain from: \* Migraine headaches \* Cluster headaches \* Trigeminal neuralgia \* Tension headaches \* Sinus headaches \* Hormonal headaches \* Sex Headaches \* Lyme disease and Babesia headaches

## Book Information

Paperback: 378 pages

Publisher: Dear Pharmacist Inc.; 1st edition (December 11, 2013)

Language: English

ISBN-10: 0981817300

ISBN-13: 978-0981817309

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 65 customer reviews

Best Sellers Rank: #174,292 in Books (See Top 100 in Books) #2 in Books > Medical Books > Medicine > Internal Medicine > Neurology > Headache #5 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #157 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

## Customer Reviews

America's Pharmacist does it again. This time headaches are the target of Suzy's attention and I'll tell you the end of the story: Headaches don't win. You do. --Dr. Ben Lynch, Renowned expert of MTHFR, Nutrigenomics and Methylation. MTHFR.net When it comes to the uncensored truth about pharmaceuticals, it's hard to find a more credible source than Suzy Cohen, who has served tens of thousands of customers in her professional career. She knows medications inside and out, and yet she's a strong supporter of nutrition and natural health, so she can tell you what to use instead of

medications wherever possible.--Health Ranger Mike Adams Founder of NaturalNews.com My favorite pharmacist has created a wonderful resource to help you eliminate your headaches and improve your health. --Dr. Joseph Mercola, Founder of Mercola.com, the world's most visited natural health website This is clearly the most comprehensive resource available for those suffering from headaches. --David Perlmutter, MD Author of Grain Brain

Suzy Cohen, America's Pharmacist, is a Functional Medicine practitioner and pharmacist for more than 24 years. Cohen is a Huffington Post blogger, and the author of several best-selling books on natural health. She has appeared on hundreds of radio programs and television shows including The Dr. Oz show, The View, Know the Cause and The Doctors.

This is a phenomenal book for anyone suffering from headaches. I'm a practicing Chiropractor who also deals with nutrition. I also have suffered from severe migraines since the age of 16 and, more recently from cluster headaches. I've tried a lot of different things that have all had varying levels of success. After reading this book I tried a simple combination of certain nutrients and eliminated one thing from my diet for a period of a month and was amazed. In 4 months since this time I've had 1 headache and no more clusters. I'm very impressed. There's no such thing as a miracle cure but this book has been a very big help. What most people don't appreciate is that conditions take time to develop and, in like manner, take time to heal. Your body is in a constant state of adaptation to the world and to the external and internal environment it encounters. Sometimes the proper adaptation meant to help and sustain our life brings about changes in the body that are undesirable in the long term. A fever is a perfect example. Headaches are similar and to really get to the root cause you must adapt lifestyle changes and allow time for the healing. This book was helpful in identifying some key things to address with each type of headache. I highly recommend this book and will also be recommending to my patients as well.

My wife gave me this book because of my headache suffering and I found it very helpful. It has lot of info that gets deep into description, but it does address many possibilities of why a person get headaches. The part where it describes supplements and vitamins I found to be good and clear. This is a serious book and a book that could change your life.

This is the most complete headache book I have seen. As a lifelong migraine sufferer I found this book to be so helpful. It seems that causes and effective treatments vary by patient. It is always

good to get a complete guide so you might finally find the right cure. Avoiding the worst food triggers, or dehydration seems to be the best attack in my situation.

Helpful with lots of solutions. Being a pharmacist Suzy is extremely well informed about the alternatives and includes the medication options and their side effects. Suzy has a husband who had migraines so she has put a lot of work into this. As he no longer has migraines... she's obviously succeeded. She demonstrates that migraines have causes... and solutions. If you can identify the cause you can treat the migraine and that will be the end of it. Much simpler than having migraines all your life? It does take a bit of trial and error though? The only thing she seems not to have tried herself is some of the electrical methods of treating migraines. Migraine sufferers ought to read books like this... as you're more likely to figure out what's causing the problem and address it.:-) PS. For those who want to experiment with electrical methods... look up the Biotuner. Research suggests the electronic approach works on 2/3 of all migraines. NB. Don't ignore the cause... it is possible to identify the trigger in most cases. PPS. I get migraines after drinking 3 or more coffees in a day. So I don't do that any more. A friend of mine had exactly the same problem... but didn't work it out until it was pointed out to him.

This book was AMAZING! Insightful, intelligent, forward thinking, concise. It has everything you need to remedy your headache pain. I love that she provides both a technical area (cytokines, etc.) as well as a layman's guide - Suzy's script for.... and then clearly spells out next steps. She also has a terrific writing style so you feel like you're having a medical chat over a cup of tea (or coffee!). Would definitely and probably will buy more for people I know that struggle with headaches.

Prime member. Comprehensive book on headache causes and solutions. I read it to help my girlfriend with the headaches she's been having. Had headaches every day for 6 months, sometimes 2 or 3 a day. Now is taking QoC10, B2, and Magnesium. Has helped out a lot. Now she only has headaches a couple of times a week. They're less intense headaches as well.

Read the majority of this book in one day - absorbing valuable info about migraines and headaches that both my daughter and I were dealing with. The herbal recommendations were welcome as a natural course is preferred to the intense preventative meds.

I have struggled with migraines for 16 years which of recent years occur several times a month or

more. After following much of Suzy's advice I have had 30 days free.

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