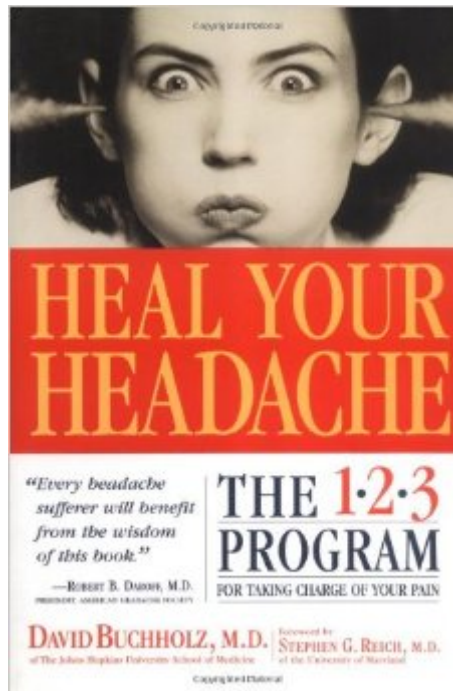


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# Heal Your Headache: The 1-2-3 Program For Taking Charge Of Your Pain



## Synopsis

Based on the breakthrough understanding that virtually all headaches are forms of migraine--because migraine is not a specific type of headache, but the built-in mechanism that causes headaches of all kinds, along with neck stiffness, sinus congestion, dizziness, and other problems--Dr. Buchholz's *Heal Your Headache* puts headache sufferers back in control of their lives with a simple, transforming program: Step 1: Avoid the "Quick Fix." Too often painkillers only make matters worse because of the crippling complication known as rebound. Step 2: Reduce Your Triggers. The crux of the program: a migraine diet that eliminates the foods that push headache sufferers over the top. Step 3: Raise Your Threshold. When diet and other lifestyle changes aren't enough, preventive medication can help stay the course. That's it: in three steps turn your headache problems around.

## Book Information

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## Customer Reviews

Add my name to the long list of reviewers for whom this book offered welcome relief. I have suffered migraines for over 50 years and am now virtually free [see note below]. The method was not easy. First, you have to stop taking all pain medications that cause rebound headaches. That includes just about everything that you would have ever found useful. Once free of those, you then start working on your personal dietary triggers. For me, it turned out to be a lot of stuff I love. Finally, you find a medicine that raises your headache threshold. For me, it was a moderate dose of nortriptyline. The process took four months and included a lot of pain, particularly as I went thru headaches without pain relievers. But it was worth it. Added July 6, 2004 -- Unfortunately, the relief offered by the book did not last long. Within six months of starting the program I had a major relapse with a migraine

that gripped for more than two weeks and left me with tinnitus. I have followed the book's prescription to the letter, but to no avail. Added October 22, 2004 -- Turns out I missed something. I discovered that a topical hair treatment I was using was a vasodialator and, hence, a headache inducer. I stopped using the product, and my headaches stopped the next day. I haven't had a problem since. Added January 6, 2013 -- I get a lot of feedback on this review, so I thought I'd provide an update. I remain virtually migraine-free. I get modest seasonal transition headaches, but I haven't needed any migraine medicine for as long as I can remember. There are two thing I have to watch out for. First, I am overly fond of Diet Coke, and drinking too much leads to caffeine withdrawal headaches. I have to limit my intake.

February 27, 2008: I'm still going strong after three and one-half years. I'm generally sticking with Dr. Buchholz's program and try to avoid caffeine, nitrates and other foods with multi-syllable preservatives. In addition, my wife and I try to eat organic foods whenever we can, and this seems to be extremely helpful in avoiding most of my known food triggers. Finally, I now drink a lot more water every day than I used to. When I get a migraine, I tend to get extremely dehydrated. I specifically drink Glaceau SmartWater when a headache comes on and when I'm recovering after a headache, and this seems to help by restoring electrolytes to my system. By the way, keeping a migraine diary is critical. Every time I get a headache, my wife notes what I ate and drank within the past 12-24 hours, how much sleep I got (too much or too little), etc. I'm still not cured completely, but my quality of life has dramatically improved over the past couple of years. May 7, 2007: It's been over two and one-half years since I got with Dr. Buchholz's program, and I'm still relatively migraine free. Once again, I try to stay away from caffeine and any foods with nitrates/nitrites and other multi-syllable non-natural preservatives (e.g., MSG) that clearly can't be good for you. Also, I no longer use any big-pharma migraine meds. Bottom line: My migraines continue to be relatively infrequent and much more manageable. August 1, 2006: I'm still with the program (i.e., no migraine meds and watching what I eat pretty carefully), and my migraine headaches continue to be under control. As of September 2006, I'll be coming up on the two year mark of following Dr. Buchholz's recommended protocols, and it's been worth it since I've gotten my life back.

I have suffered from migraines for longer than 20 years. Even though they run in my family, I am the only one who gets them with frequency and severity. I started with just an occasional one in my late teens to having 3 or 4 per WEEK as I approached forty. Over the years I have been on just about every preventive (or even theorized preventive) migraine drug there was, from atenolol to zoloft. I

also had taken the abortive drugs like cafergot and midrin. And NOTHING worked. In the 90s I had a standing prescription for 60 codeine pills per month and there were days that I had to take 5 or 6 of them, and the pain was just dulled, not removed. When triptans came out in the 90s I embraced them eagerly--here was something that took away the pain's source and didn't just numb it! But as happens more often than not, my body became somewhat tolerant of them and it took an ever-increasing dosage to provide relief. I have been in emergency rooms more times than I can count. And most of the time, the personnel there treated me as if I were a drug addict looking for a fix! They'd usually send me away with a shot of Demerol--which only made me vomit and was just a drop in the bucket for curing the pain. People had suggested to me before that I eliminate certain foods from my diet. My stock response was, "I sometimes get a headache when I drink tequila, but I also get them when I \*don't\* drink tequila, so I might as well drink tequila!" While browsing one day on after a particularly bad spate of headaches over Labor Day 2005, I found out about this book and after reading the rave reviews, decided I could try anything. The tough part about the plan for me is the diet. No cheese, no caffeine, no fresh breads, no nuts, no sour cream & yogurt...

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