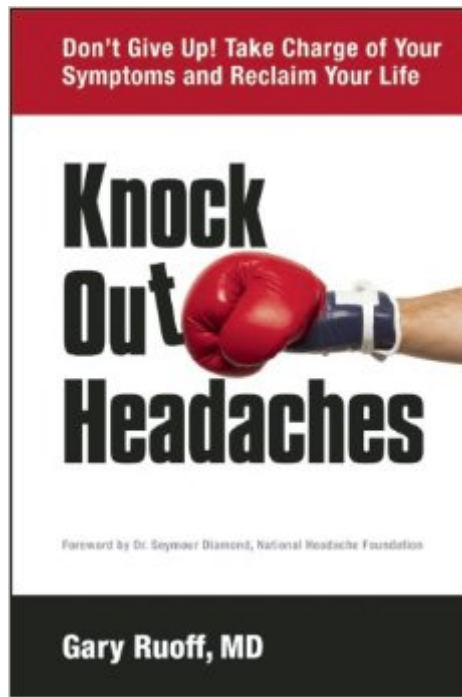


The book was found

# Knock Out Headaches



## Synopsis

Are you suffering in silence? Have your headaches increased in severity and frequency? Are medications that previously provided relief suddenly less effective or not working at all? Are your headache symptoms causing you to miss family functions, social activities, and work? Has the pain that was once a nuisance now become completely frustrating and debilitating? Within the pages of *Knock Out Headaches*, author Gary E. Ruoff, MD, will educate you about what's happening in your body and why. Learn the types of headaches and their symptoms. Discover the origins of headaches, trigger mechanisms, and ways to avoid them. Receive strategies for connecting with a knowledgeable physician, developing a total plan for headache management, and committing to making the changes that can lead to healing. Headaches can be controlled and effectively managed! Let *Knock Out Headaches* help you take charge of your symptoms and reclaim your life.

## Book Information

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## Customer Reviews

NOTE: I received a free review copy of this book from the publisher. I have been dealing with migraines for over 15 years now. During that time, I have work with three different doctors for treatment of my headaches (my primary care physician and two different neurologists). I also have engaged in a significant amount of self-care, including more passive--e.g., reading just about everything I can find on the subject, including books, articles, and internet messages boards--to more active forms of self-care, such as nutritional supplements, yoga, and stretching. Unfortunately, as it is for most migraneurs, keeping headaches at bay is still a struggle, so I am always interested in

new information. Unfortunately, I found KNOCK OUT HEADACHES to be disappointing. Author Gary Ruoff, a M.D. who practices family medicine, begins with a nice overview of the mechanisms of headache, detailing exactly what is involved in migraines. He goes on to discuss dietary and other triggers, introducing the concept of a trigger threshold. I do find this a useful explanation for how migraines occur in response to a combination of factors rather than a single trigger--in fact, I found it somewhat revolutionary when I FIRST read about it in the book Heal Your Headache: The 1-2-3 Program for Taking Charge of Your Pain by Dr. David Buchholz. Dr. Ruoff even cites Dr. Buchholz here, further evidence that these concepts are nothing new. The problem I have with this book isn't simply that it covers old information; plenty of books do that, and Dr.

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