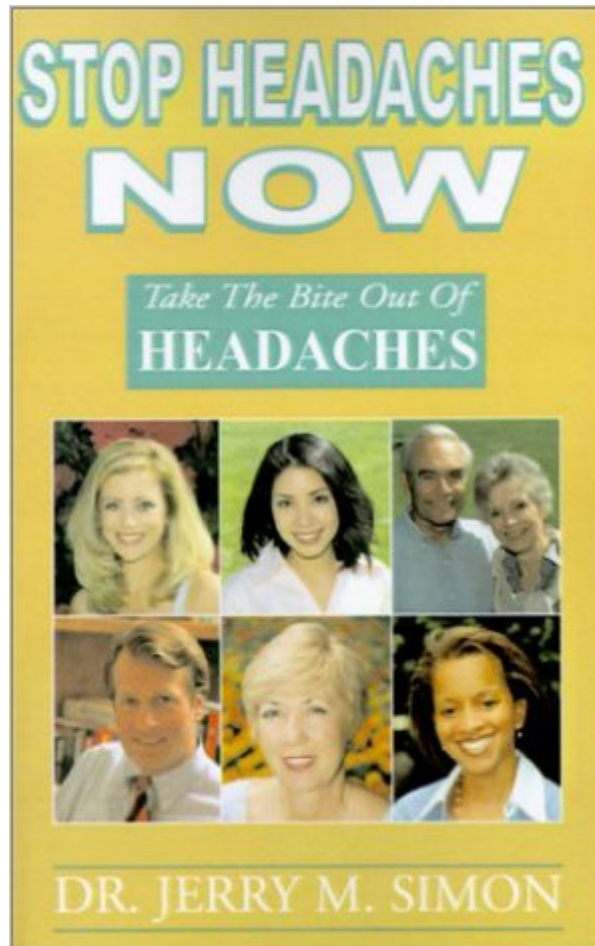


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# Stop Headaches Now: Take The Bite Out Of Headaches



## Book Information

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## Customer Reviews

I have had headaches (I thought they were migraines ) for many years. After a while, I stopped taking the medications because they did not help that much and I was fearful of getting used to the drugs. When I read this book, I realized that my headaches/jaw aches/neckaches might not be migraines after all. I started on a new path and am hopeful that I can be rid of the pain forever.

I have had headaches for several years and in the last two years they started getting worse...not to mention my traditional painkiller cocktail wasn't working anymore. I thought it was migraines. My dentist gave me this book...then I understood the problem. Since he fixed my bite I have been headache free for over 9 months.

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I have been suffering for headaches since I was 16. When I got my first serious head pain I left school and was taken to the hospital by a wonderful teacher. I was poked; MRI'd and measured for the next two days out of fear that I may have had a brain tumor. Fortunately I didn't have a brain

tumor but unfortunately the pain didn't stop. According to many wonderful doctors I had "migraines" and "cluster headaches" of unknown origin. For 15 years I single handedly kept Advil in business until I reached a point where I decided I no longer wanted to treat the symptoms and needed confront the problem. I figured, if we can map the entire Human Genome we should be able to discover the root of my headaches. Thanks to the internet I was able to pour myself into thousands of pages of materials on headaches to the point where I found myself teaching my doctor a thing or two. I learned about TMJ and figured why not? I am sure it can't do any more damage than 15 years of pain killers! So I spent the money, read the book and then made my doctor read it. We were both further intrigued. I found a dentist in the area who could do "bite adjustments" and gave it a try. It has been 7 months and I would be lying if I told you I have taken Advil for anything other than PMS. Not to mention my doctor has even referred a few people to my dentist with great results.

I have had headaches (I thought they were migraines ) for many years. After a while, I stopped taking the medications because they did not help that much and I was fearful of getting used to the drugs. When I read this book, I realized that my headaches/jaw aches/neckaches might not be migraines after all. I started on a new path and am hopeful that I can be rid of the pain forever.

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