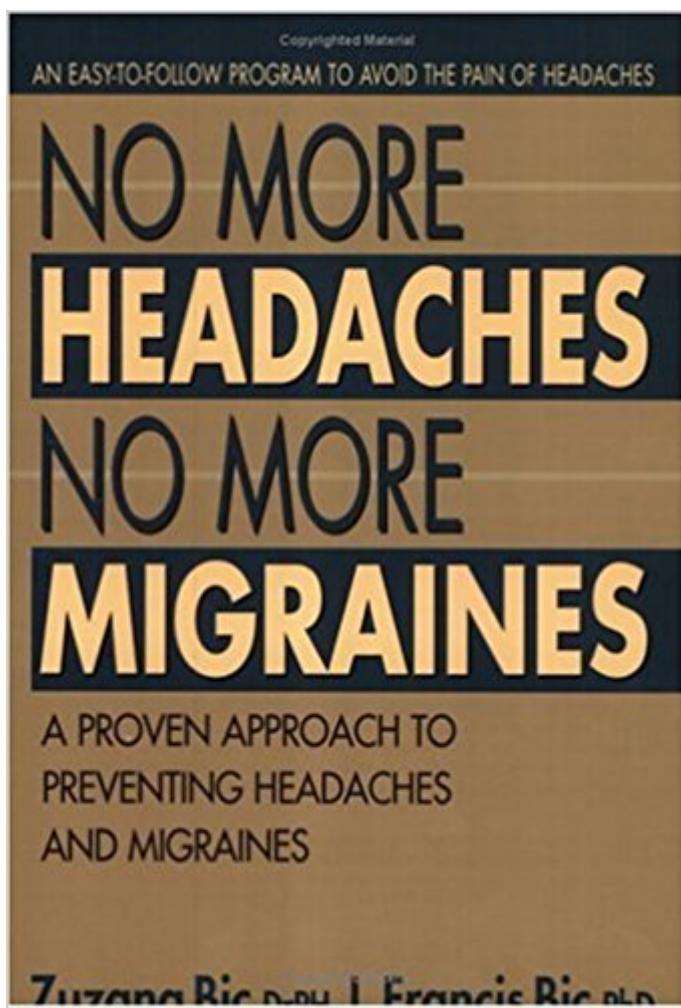


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# No More Headaches No More Migraines



## Synopsis

Drawing on clinical and research data, Zuzana Bic shows readers how to fight chronic headaches without enduring the side effects of medications. She describes different types of headaches, outlines their causes, and details her revolutionary approach to quashing them through diet modification, exercise, and stress reduction.

## Book Information

Paperback: 134 pages

Publisher: Avery; 1st edition (June 15, 1999)

Language: English

ISBN-10: 0895299240

ISBN-13: 978-0895299246

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 9.1 ounces

Average Customer Review: 4.5 out of 5 stars 11 customer reviews

Best Sellers Rank: #1,961,389 in Books (See Top 100 in Books) #37 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #1268 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #1651 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

This husband-and-wife team (Zuzana, a California-based doctor; Francis, a professor at UC-Irvine) believe that all headaches, even migraines, can be prevented or diminished in frequency and severity by changes in lifestyle. The authors outline the different types of headaches, as well as the underlying diseases of which headaches are often symptoms, and the physiological processes that occur during a headache. Based on Zuzana's studies at Loma Linda University's School of Public Health in California, the authors contend that high levels of fat or sugar in the blood, as well as physical inactivity and stress, create a biochemical imbalance that triggers headaches. Rather than focusing on removing headache triggers, the Bics emphasize the positive in their headache prevention program: eat a diet low in fat and sugar, with an emphasis on natural foods; exercise regularly; and manage your stress. With the use of charts the authors condense their argument to its basics, showing how diet, stress and a sedentary lifestyle cause biochemical changes. Simply written, the book is a useful introduction to how headaches work and how they might be managed. Their program, however, may seem too simplified and too general for longtime headache sufferers.

This book is amazing! I had migraines for 30 years until reading this book. Over the years I tried every drug on the market, ending with Imitrex then Amerge. Even with Amerge I started half of all my days with a migraine. Now I have control over them and I no longer have them. Don't think that because you already eat well and are not overweight that the book won't help. I ate a good diet and wasn't overweight... I still had migraines and the book explained why. The Publishers Weekly review statement that "Their program, however, may seem too simplified and too general for longtime headache sufferers" is way off base! It's exactly what long term headache sufferers need!

Thanks

I would say this book is very general in nature. We all know to eat better, exercise more, experience less stress, etc. Very common sense approaches to good health in general. However, what the researcher mistakenly stumbled on while doing research in another area is..... having low circulating blood fat levels raises the threshold for headache triggers. This IMO, is the key to the book. If you suffer from serious headaches of any type, try a very low fat diet for a week, say 10 grams per day of fat....and see how you react...the results are fast. If you suffer as long as many of us have, you owe to yourself to try this one simple, and safe suggestion. Its not easy getting down to 10 grams of fat per day, but eat lots of fruits, cereals with no fat milk, etc. Read Labels! Hopefully you will get good results, and continue to follow such a plan..good luck..

If you are looking to cure your migraines, you may want to check this book out. Since my sister has been getting migraines for the last 16 or so years, I have been telling her some of these things to get rid of them. Now that I suffer them as often as she does, I can't say that I have practiced what I preached, but I do believe that Zuzana Bic has the right idea of prevention through changes to your lifestyle. Basically, eat better, reduce stress, and get regular exercise. But she goes into detail to help the reader understand the physiology of the migraine disease and how changing your lifestyle will effect your migraines. If someone just told me that I needed to change these things, I would want to know how this would work. This book tells you. I do plan to follow her advise, and I like that it is not an elimination diet.

This book is very different from anything I have seen before. First, it links together all the known

headache triggers into one simple picture. It is now very clear to me how stress, prolonged hunger, caffeine, high-fat food, or smoking all cause the same biochemical imbalances in the body, which lead to headache. But, most importantly, the book offers very specific strategies on how to gradually change your lifestyle to prevent headaches from occurring. It's a great recipe for a healthier living free of headaches!

"No more headaches, no more migraines" is a good reading not only for those who suffer headaches. The book is an honest one and it doesn't promise an instant cure. It is an appeal to a reader's intelligence. I like the style this book is written in. It is a modest one, it let the solid argumentation speak for itself

This is a very comprehensive book on headache prevention that ties together all the different lifestyle factors like food/nutrition, physical activity, and stress. And what is even better is that every tip and every strategy given by the authors to achieve a gradual lifestyle modification actually works in practice.

My doctor always told me that nutrition had nothing to do with headaches. Was he wrong! I modified my diet as recommended in the book - less fat, less sugar, more complex carbs, etc. Two weeks later my headaches were gone; After all these years of suffering needlessly. I just could not believe the improvement. I am free ...

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