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# **FREEDOM FROM HEADACHES**

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**A personal guide  
for understanding  
and treating headache,  
face, and neck pain**

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**by Joel R. Saper, M.D.  
and Kenneth R. Magee, M.D.**

# Freedom From Headaches A Personal Guide

**Jan Stromfield, Anita Weil**



## **Freedom From Headaches A Personal Guide:**

*Freedom from Headaches* Joel R Saper, M.D.,1981-05-01      **Freedom from Headaches** Joel Saper,Kenneth R. Magee,1986-03-03 Here is a book written for those who desperately seek an understanding of their distressing condition and who want down to earth realistic advice and specific suggestions for finding relief from headache pain Written with sensitivity and humor in an easy to understand style Freedom from Headaches offers what all headache sufferers seek medically sound knowledge advice and encouragement      Not Tonight Joanna Kempner,2014-10-09 An insightful and eloquent account of our evolving understandings of migraine from a condition of weak nerved women to a real disease Elizabeth Mitchell Armstrong Princeton University Pain Vomiting Hours and days spent lying in the dark Migraine is an extraordinarily common disabling and painful disorder that affects over 36 million Americans and costs the US economy at least 32 billion per year Nevertheless it is a frequently dismissed ignored and delegitimized condition In Not Tonight sociologist Joanna Kempner argues that this general dismissal of migraine can be traced back to the gendered social values embedded in the way we talk about understand and care for people in pain The symptoms that accompany headache disorders like head pain visual auras and sensitivity to sound lack objective markers of distress that can confirm their existence Therefore doctors must rely on the perceived moral character of their patients to gauge how serious their complaints are Kempner shows how this subjective dimension of diagnosis has shaped the history of migraine In the nineteenth century migraine was seen as a disorder of upper class intellectual men and hysterical women In the 1940s the concept of migraine personality developed in which women with migraine were described as uptight neurotics who withheld sex Even today we see depictions of people with highly sensitive migraine brains Not Tonight casts new light on how cultural beliefs about gender pain and the distinction between mind and body influence not only whose suffering we legitimate but which remedies are marketed how medicine is practiced and how knowledge about disease is produced      **The Art & Science of Emotional Freedom** Ananga Sivyer,2003-09 This EFT workbook introduces readers to techniques which can be easily learnt to use for emotional and physical healing Readers can learn how to quickly and effectively dissolve fears phobias sadness anxiety and the negative core beliefs limitations imposed upon us and assimilated by us throughout our lives Introduction to The Art Science of Emotional Freedom Welcome to your personal guide to positive change using the power of meridian therapies This workbook will introduce you to ground breaking techniques which you can quickly and easily learn to use for emotional and physical healing The primary meridian therapy you will be learning here is The Emotional Freedom Technique or EFT EFT is a versatile and powerful technique which is accessible to everyone due to its simplicity and convenience of application I have always been interested in complimentary therapies and have spent a great deal of time over the years looking into various techniques for reducing stress and anxiety and overcoming personal blockages and limitations One area that was of particular interest to me fuelled by my talks with and observations of the courageous battles

of people I love dearly was anything that could ease the pain of abuse or trauma without producing feelings of exposure or vulnerability A true healing process where the healing and relief could begin immediately without having to go through and go over the very things that were so painful to recall Due to the staggering success rate of EFT the word is spreading fast The aim of this workbook is to present these valuable and highly effective techniques in a way that can be easily learned by anyone who wishes to try the power of meridian therapies for themselves The first part of this book the science provides a basic understanding of the meridian system and covers the history and development of the techniques presented After the science you will find the art for those of you who want to get straight to the business of setting down your emotional baggage and walking away from it This is where you can begin learning the tools that you will use for a lifetime Ananga Sivyer

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Post traumatic headache is the most common symptom after mild moderate brain injury Similar to the characteristics of naturally occurring headaches it is multi faceted in nature and includes neurophysiological psychological and social aspects Consequently headache has an enormous impact on the quality of life of the sufferer Effective headache treatment has a focus on all aspects of the pain and the needs of the individual This book describes a cognitive behavioural program which was developed as part of a research project in a brain injury service It is based firstly on the evidence provided by the outcomes of this research project The interested reader may study the literature associated with this research for which the references can be found at the back of this volume Secondly this headache therapy guide is the result of clinical experience and the application of cognitive behavioural therapy to patients who experience complex difficulties following a brain injury

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