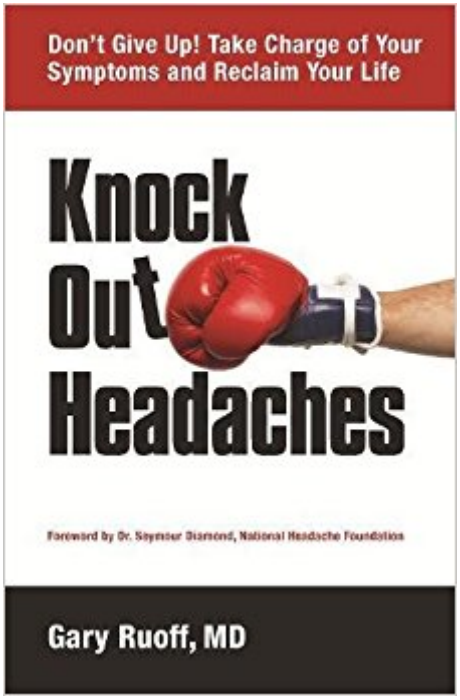
Ebook Directory
the best source of ebook

The book was found

Knock Out Headaches



PDF
Adobe
DOWNLOAD EBOOK

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 whatÃ¢â ¬â„¢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

Paperback: 160 pages

Publisher: Spry Publishing LLC; 1 edition (October 2, 2012)

Language: English

ISBN-10: 1938170024

ISBN-13: 978-1938170027

Product Dimensions: 8.9 x 5.9 x 0.6 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 4 customer reviews

Best Sellers Rank: #895,679 in Books (See Top 100 in Books) #14 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #855 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #884 inÃ Â Books > Health, Fitness & Dieting > Reference

Customer Reviews

"The book Knock Out Headaches, written by Gary Ruoff, MD, is a “must readÃ¢â ¬Â• for individuals who suffer from migraine...Overall, I was quite impressed with this book and would recommend it for any patient who is having problems controlling their headaches."- Vincent T. Martin, MD, Head Wise

Gary E. Ruoff, MD, is one of the founders of the Westside Family Medical Center in Kalamazoo, MI,

and presently serves as Director of Clinical Research at that facility. Dr. Ruoff is also Clinical Professor of Family Practice at Michigan State University College of Medicine.Seymour Diamond, MD, the Director of the Diamond Headache Clinic and the Diamond Inpatient Headache Unit, both located in Chicago, Illinois. One of the nationÃ¢â ¬â„¢s foremost experts on headache, Dr. Diamond is the Executive Chairman of the National Headache Foundation and former Executive Officer of the World Federation of Neurology Research Group on Migraine and Headache.

I`m very impressed in the way this book is written. For many people the recommendations and solutions provided for headache sufferers could be just what the doctor ordered only without the expense of medications and costly appointments. Best of all this author provides hope that daily headaches will no longer control one`s life.

Dr. Ruoff hit a home run in Knock Out Headaches. I suffered from migraines over 35 years and after reading this book, Dr. Ruoff nailed it in precise and simple language. After EEGs, skull x-rays, brain scans, blood tests, hormonal issues, not even the best doctors could determine the cause of my migraines. I took charge and kept track of when my migraines occurred. No more wine, no more food containing MSG, sleep patterns and eating patterns changed. The only trigger left was my corporate job and associated stress. My body responded to the stress though I didn't think it existed. The best day of my life and the period when my migraines ceased was January 2008. That is when I left the corporate world. Since that time, I had only one migraine in 2010 and none since that time.Knock Out Headaches nailed what it took me over 35 years to figure out for myself. Dr. Ruoff, where were you?Great book and highly recommend it for anyone who suffers from serious headaches. No doctor can cure them, but only the sufferer can take charge and follow the triggers outlined in this book.Thank you.

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 bookÃ Â Heal Your Headache: The 1-2-3 Program for Taking Charge of Your PainÃ Â 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. Ruoff does have some useful tidbits here, including recommendations for sleep, exercise, and neck stretches. (As an aside, however, I have not found ANY of these things to help my own migraines. I exercise 6-7 times per week, and I took up yoga about 12 years ago with the express reason of improving my migraines--it didn't, although I've come to love yoga anyway.) The main issue I have with Dr. Ruoff is the the same problem I had with Dr. Buchholz: both take an absolutist approach to dietary restrictions, setting forth a list that ALL migraneurs simply MUST eliminate from their diets. As a psychologist, I would NEVER approach a client with a "one size fits all" treatment plan, and so I am wary of any doctor who professes to this.Again, there is some good information in this book. The medication review is detailed and up-to-date, and there is a nice overview of various co-morbid conditions. Dr. Ruoff also includes several Appendices, including a Headache Diary (which unfortunately is much too small to be of any use), a Migraine Disability Assessment, a personal treatment plan, and web resources (at least one of which--a site for ordering vitamins--was not accurate). This book might have some utility for someone with a new diagnosis of migraine who is just starting to research information, but if you've already done your share of reading on the subject, you can probably give KNOCK OUT HEADACHES a pass.

The book puts much of the known information about migraines and other types of headaches in one place. It is very readable and a quick read for migraineurs who are familiar with the subject.There are formatting problems in the Kindle edition, and the book abruptly stops before the appendices. The tables and illustrations are hard to read and do not seem to be expandable. The left most characters on some lines are truncated.

Download to continue reading...

Knock Knock!: Over 100 Funny Knock Knock Jokes for Kids Knock Out Headaches Stop Headaches Now: Take the Bite Out of Headaches Knock Knock Pretty Crappy File Folders Knock Knock File Under Fantastic File Folders Knock Knock What to Eat Pad (Yellow) Knock Knock Why

You’re So Super Fill In The Love Journal Knock Knock This Week Pad Knock Knock Jokes for Kids: The Best Joke Book for Kids: Funny Jokes for Kids Jokes: Over 100 of the Funniest Knock Knock Jokes for Kids Knock Knock This is a F*cking Quote Book Knock Knock This is Like, Totally a Quote Book Knock Knock Things to Do Around the House Pad Knock Knock Vouchers for Lovers Knock Knock What I Love about Us Fill in the Love Journal Knock Knock Why You’re So Awesome Fill in the Love Journal Knock Knock Why I’m Crushing on You Fill in the Love Journal Knock Knock What I I Love About Being Your Mom Fill in the Love Journal (You Fill in the Love) Knock Knock Love Tokens (Vouchers) Knock Knock The I Heart Book

Contact Us

DMCA

Privacy

FAQ & Help