



Heal Your Headache

David Buchholz

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Based on the breakthrough understanding that virtually all headaches are forms of migraine--because migraine is not a specific type of headache, but the built-in mechanism that causes headaches of all kinds, along with neck stiffness, sinus congestion, dizziness, and other problems--Dr. Buchholz's Heal Your Headache puts headache sufferers back in control of their lives with a simple, transforming program.

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