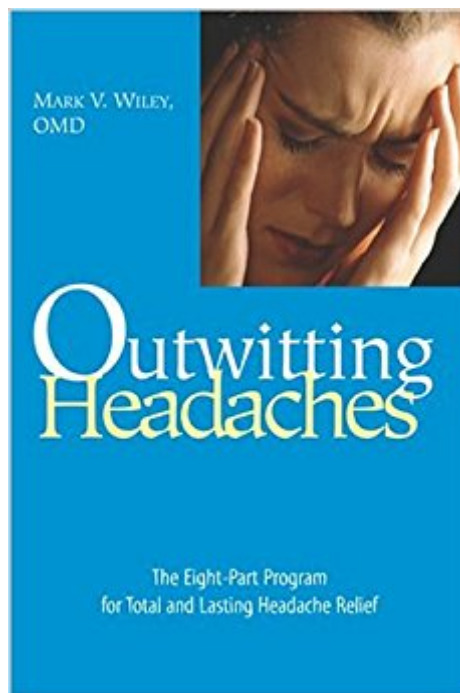




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# Outwitting Headaches: The Eight-Part Program For Total And Lasting Headache Relief



## Synopsis

Outwitting Headaches provides all the information needed to stop headaches in their tracks and, better yet, to avoid or prevent them entirely. After a lifetime of suffering from splitting migraine headaches that were merely aggravated by attempts to subdue them with prescription drugs, Mark Wiley had had enough pain and frustration. He set out on a fifteen-year quest to research all the methods available for treating headaches. Working by personal experience through all the Western pharmaceuticals, all the useless psychotherapy, and all the alternative therapies of the month, he moved on in desperation to Asia to test the traditional remedies of Chinese and other indigenous medicinal traditions. His travels took him to the mountains of Malaysia, the barrios of the Philippines, and back-alley healers of Japan, Singapore, and Taiwan. He tried bone setters, shamans, faith healers, acupuncturists, qigong masters, energy healers, herbalists, and massage therapists. He studied and practiced various mind-body methods of qigong, yoga, meditation, and martial arts. Nothing worked—at least, not for long. The headaches still struck with the sudden savage fury of a lightning bolt. Then, at long last, like Newton and Archimedes, Mark had his Eureka! moment. And, of course, it was simple and self-evident. The key to ending suffering from headaches is proactive avoidance of causes rather than reactive treatment of symptoms. Outwitting Headaches sets out systematically the noninvasive methods Mark has developed to avoid the chemicals, drugs, drinks, foods, and even behaviors that serve as triggers for headaches, while removing from the personal environment as many of the immediate causes of headache as possible. In addition, this book teaches how to quickly restore the balance necessary to live headache free when there is inadvertent exposure to triggers or causes.

## Book Information

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## Customer Reviews

Heal your headaches once and for all. Millions of us suffer from chronic headaches every day. Now, Dr. Mark Wiley shows you how to get rid of the crushing, throbbing pain forever. With his self-directed, integrated mind/body approach, you can actually stop headaches before they start. Eight simple steps to a headache-free life. Dr. Wiley's revolutionary program combines the best of Eastern and Western medicine for the lasting relief that neither system provides alone. Inside, he shows you: 1. How much and what to drink for proper hydration 2. How to maximize your oxygen intake with deep breathing 3. How to rid your liver, kidneys, and colon of headache-causing toxins 4. How to eat for a headache-free life 5. How to move your body for maximum relaxation 6. How to deepen your sleep patterns and avoid fatigue 7. How to reduce stress with meditation 8. How to stop a headache in its tracks if you've "slipped up" in the program Whether your headaches are cluster or migraine, muscle-based or vascular, allergic or rebound, you will find relief in this simple volume. Empower yourself to end the pain today. Mark V. Wiley, OMD, is living proof that his eight-part program really works. After nearly thirty years of incapacitating headaches, he traveled the world in search of a cure. He developed one based on in-depth research and his personal experiences at the hands of physicians, psychologists, chiropractors, acupuncturists, bone setters, faith healers, and shamans. He is a doctor of Oriental medicine, practitioner of acupuncture, and master of qigong (the Chinese skill of cultivating energy) and tuina (Chinese massage). Dr. Wiley is also a medical writer for HealUSA.net. He has written nine books on health, martial arts, and Asian culture, and his articles have appeared in magazines and journals worldwide. He lives in Philadelphia, where he practices integrated energy medicine.

Mark V. Wiley, OMD, practices integrated energy medicine in Philadelphia. He is a travel and martial arts writer, as well as a medical writer with HealUSA.net. Formerly publisher of Quality of Life, 247You.com, his articles have appeared in magazines and journals worldwide. He is the author of eight books on health, martial arts, and Asian culture.

Mark Wiley's book on Outwitting Headaches is transformative. Without even finishing the book, I've already been able to begin overcoming headaches and those things that trigger them. I can now

easily envision a life not only without headaches, but also a body more healthy because it is less gunked up by medicines, chemicals, and stress. He presents a cure for the head and the whole body that is within easy reach of our own hands.

Very few people have suffered through a worse case history of lifelong "skull melting" headaches than Mark Wiley; and nobody I'm aware of has gone farther afield, into every corner of the planet, to research possible medical relief. This definitive book is driven by both his urgent personal need to STOP THE PAIN, and by Wiley's massive learning in Eastern and Western medicine. The regimen he promotes WORKS. This is the last anti-headache book you will ever need.

I received this book a few weeks ago and since then I have outwitted several headaches. The headaches I get are usually mild but my girlfriend had a series of very intense headaches. Using the techniques in the book, we were able to manage the pain and prevent them from returning. It is a quick read with very practical advice.

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