

*All-natural, drug-free solutions in less than 60 seconds*

**THE  
ULTIMATE  
HEADACHE  
GUIDE**

# Headache RELIEF

AT YOUR FINGERTIPS

- 63 common headache causes
- 40 ways to reduce their severity and frequency
- 44 hands-on treatments
- More than 100 foods to avoid

*"This is a must-read for clinicians who treat headaches—and for anyone who suffers from them."*

—RON YEE, MD, Chief Medical Officer, United Health Centers of the San Joaquin Valley

**BOB PHILLIPS, PhD**

# Handbook For Headache Relief Headachebe Gone

**N Colangelo**



**Handbook For Headache Relief Headachebe Gone:**

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