



# Overcoming Headaches and Migraines: Clinically Proven Cure for Chronic Pain

*Lisa Morrone*

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## Overcoming Headaches and Migraines: Clinically Proven Cure for Chronic Pain Lisa Morrone

As many as *45 million* Americans have chronic and severe headaches--and they're desperate for practical, clearly explained help and answers.

Physical therapist Lisa Morrone extends hope. Nearly 20 years of teaching, research, and treating patients have given her a comprehensive, multidisciplinary perspective. Headache/migraine sufferers don't have to resign themselves to being pill-popping victims. Rather, they can achieve lasting changes by discovering how to...

- uncover the *sources* of head pain and avoid unnecessary medication
- eliminate pain originating from neck dysfunction or muscle tension
- ward off migraines and cluster headaches by pinpointing and avoiding "triggers"
- decide whether self-treatment, treatment by a practitioner, or a combination is best
- loosen the traps of stress, anger, and emotional/spiritual bondage that clamp down with head pain

This multifaceted resource combines effective habits, exercises, and lifestyle adjustments to end head-pain disability and give readers back a life to enjoy and share.

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