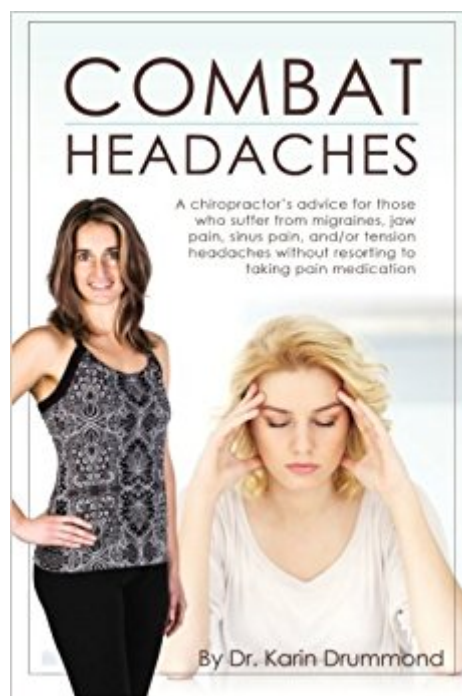


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# Combat Headaches: A Chiropractor's Advice For Those Who Suffer From Migraines, Jaw Pain, Sinus Pain And/or Tension Headaches (Combat Dis-Ease) (Volume 2)



## Synopsis

Kirkus Review: "An energizing roundup of tips on alleviating headache pain." This book reveals what one can do to combat migraines, sinus pain, jaw pain, dizziness, tension headaches and more. This book is easy to read and full of excellent advice. The author, Karin Drummond, D.C., is very knowledgeable, a great diagnostician and excellent at her craft. She communicates in a very comprehensive and understandable way. Learn to wake up your mind and body to its full healing potential through these simple healthy habits. Do not be fooled by the simplicity of the solution. Dr. Karin's triad of wellness has worked for patients that have suffered for decades where medications, injections, and surgeries have failed.

## Book Information

Series: Combat Dis-Ease

Paperback: 220 pages

Publisher: Blooming Ink Publishing, LLC; 1 edition (May 19, 2016)

Language: English

ISBN-10: 1943753040

ISBN-13: 978-1943753048

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 13.9 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 19 customer reviews

Best Sellers Rank: #1,194,161 in Books (See Top 100 in Books) #6 in Books > Medical Books > Medicine > Internal Medicine > Neurology > Headache #21 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #1085 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

Karin Drummond, DC, lives in Bloomington, Indiana. She graduated with distinction from the University of Victoria with a bachelor of science degree. She finished the four-year doctorate of chiropractic degree at the University of Western States in 2000. She moved to her husband's hometown of Bloomington, Indiana, and has practiced there ever since. She now calls it home, living at its edge in the country with her husband and two children. She has been voted her town's number one chiropractor seven times as of 2016. Passionate about living well, she keeps up with new research in the health field and practices what she preaches. Her patients have told her for years that she needed to write a book because she is such a great source

of information on healthy living. Once she discovered how easy it was to publish a book, she decided to take advantage of this medium to help spread her thoughts on living well. Her first book, *Top Seven Ways to Combat the Effects of Sitting*, was published in 2015. This is her second book, and she is planning on publishing many more books on a variety of topics.

Dr. Drummond provides readers with the tools to understand and combat their headaches. With detailed and easy-to-understand images, everyone who reads will be able to put Drummond's expertise to use. I will definitely be reading the rest of her books!

The first time I came across this book I had only 10 minutes to quickly flip through it in hope that I might find some sort of tip that would lessen the severity and/or frequency of my headaches. The chapter on sleeping positions grabbed my attention as I almost always woke up with a headache. I learned that I needed to adjust my pillow while sleeping on my side. The result was that I was headache free when I woke up the next morning and the morning thereafter and so on. This is not to say that I didn't experience headaches throughout the day but this little tip relieved one of the many types of headaches I get. Needless to say I wanted to learn more and bought the book. Never before have I had a book on headaches that was so easy to read and gave such good practical advice. In addition it motivated me to start up my yoga practice again and to make an appointment for a chiropractic adjustment. It's been a month now since first picking up this book and I can say that though applying the information and having two chiropractic adjustments my headaches have dramatically improved both in frequency and intensity. My quality of life has greatly improved in a very short time and I have this book to thank!

As a student who consistently sits in front of the computer and strains her eyes, I developed frequent headaches. Being a chronic sufferer of "student neck" did not help the problem either. I was in search of a resource that would help alleviate my headaches without having to turn to pills or more invasive remedies. Dr. Drummond's book has been that resource for me. Not only did it educate me on the multiple sources of my headaches, but it offered a series of exercises and preventative measures to take. And it did so in a no-nonsense, plain English way that I could easily understand. Besides actually explaining the problem and its roots, the other great thing about this book is that it isn't just a Band-Aid--it offers a real solution to the problem. I cannot recommend this book or Dr. Drummond's expertise more highly.

I found Dr. Karin's book to be a revelation. I'm a long time sufferer of migraines and other headaches. I'm also a medical writer so I was anxious to hear what she had to say. Too often headaches are treated with a drug, rather than digging into the causes and prevention strategies. I believe Western style medicine and consumer preference for a quick fix are equally to blame. I appreciated learning more about the trigger points in my neck and shoulders and especially about cranial massage techniques--which were new to me. The suggested stretches along with illustrations were super helpful, as were the discussions of work station ergonomics and eye strain--both issues I need to address since I spend long hours at the computer. I'm a patient of Dr. Karin's and have experienced first hand her healing touch through adjustments and muscle work. It's a shame that more people don't seek out chiropractic care because it can make a big difference in your quality of life. Dr. Karin is a fount of information on exercise, nutrition and healthy living. She has great wisdom to share and her books are a quick way to get it!

Dr. Karin Drummond has written this book to help us all - get the word out - that there are causes and cures to physical and mental health issues - and the cure is NOT TO TAKE A PILL TO TREAT A SYMPTOM! This book empowers you with information so you can understand what is actually happening with your body and mind and what you CAN DO to help yourself. Her book is written in an easy-to-understand approach with many illustrations and lots of information. This is the wellness approach that is missing from the American healthcare system today. Please choose wellness for yourself, and if you struggle with headaches/migraines you can begin by choosing this book and learn to help yourself. Dr. Karin writes in order to get the word out so people can feel more empowered and be healthier. Choose wellness!

Dr. Drummond provides us a revelation as to how to improve our health. My wife is a sufferer of migraines and other headaches. Headaches are treated most often with a drug, rather than finding the causes and prevention. Pharmaceuticals and consumer preference for an easy fix are to blame. I appreciated learning more about the trigger points in my neck and shoulders and especially about cranial massage techniques--which were new to me. Dr Karin's illustrations are excellent as are the learnings of work station ergonomics and eye strain--both issues need to be addressed since Many of us spend long hours in front of a computer. Dr. Karin shares such great information on exercise, nutrition and healthy living. She has great wisdom to share and her books are a quick way to get it!

I have relatives who are long time sufferers of migraines. I have also shared this book with

them. Way too often headaches are treated with drugs, instead of determining symptoms and developing more natural and effective strategies. Dr. Drummond has a lot of good information on exercise, nutrition and healthy living. She is more proactive than anyone I have encountered. Some medical care providers never fix the underlying problems, Dr. Drummond wants to fix what can be fixed and get you feeling better. The illustrations on stretching and what to avoid doing were very helpful too. Being a visually oriented learner, the pictures and examples were more instructive allowing me to retain the knowledge much better than just reading plain text.

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