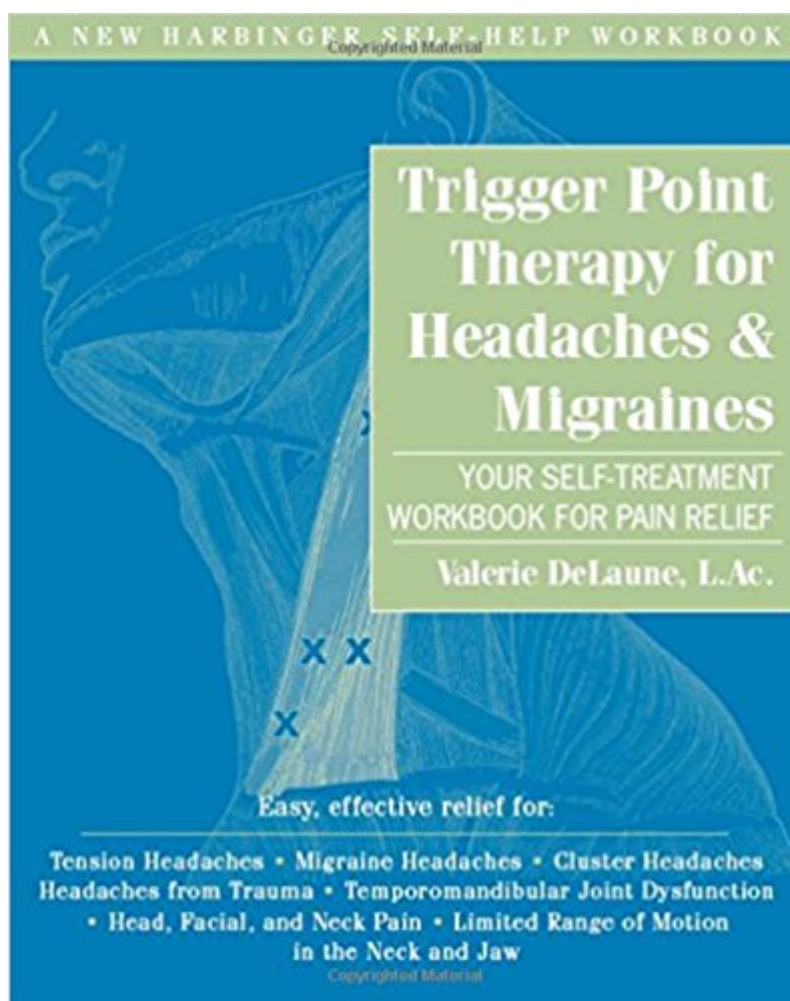


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# Trigger Point Therapy For Headaches And Migraines: Your Self -Treatment Workbook For Pain Relief



## Synopsis

I have such a bad headache! For many of us, this is an oft repeated cry of anguish. Statistics about headaches and migraines are downright astonishing: One in six people have frequent headaches, and of those, one in ten suffers from migraines. You are not alone. Headaches and migraines result in more than 10 million doctor visits each year. If you struggle frequently with headache pain, this book offers a welcome solution. Trigger point therapy is an effective self-care approach you can use to get relief from headache pain. Trigger points form in a portion of the muscle cell where blood flow is reduced and metabolic wastes are not being exchanged for oxygen and nutrients. When enough trigger points are located together, they can form palpable knots in the tissue. Trigger points can cause pain, either in the area of the trigger point, or by referral to other areas of the body. Trigger points can be treated by applying pressure to affected areas, often providing instant relief. This book explains trigger point physiology and then offers a complete program for self-care that includes detailed illustrations of all pressure and stretching techniques. In addition, it provides an in-depth look at the factors that cause and perpetuate trigger points, such as body mechanics, injuries, diet and nutritional deficiencies, hormonal imbalances, and emotional factors, and provides solutions to address each perpetuating factor.

## Book Information

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## Customer Reviews

I am especially impressed with the self-help books by Valerie DeLaune. Her work is well organized and comprehensive...a single point of reference for your patients home program. --Wendy Larson, MSPT Centre Point Physical Therapy, owner If myofascial trigger points are the

source of your lower extremity pain, then you will find this basic book to be a critical tool in your journey to self healing. --Renee Gladieux Principe, Pressure Postive Co. "Headaches are among the most common ailments, and any resource to help sufferers is a welcome addition. With this book, Ms. Delaune gives you a tool you can use to help yourself. The photos are excellent, and the text is very easy for anyone to understand." "Honora Lee Wolfe, certified acupuncturist and author of *Managing Menopause Naturally with Chinese Medicine and Points for Profit*

Trigger Point Therapy for Headaches and Migraines offers the first self-treatment approach to use this clinically proven bodywork method to care for headaches and migraines--a great asset to both people in pain and the bodywork practitioners who care for them.

I bought three of the Trigger Point books in this "series" - this one, the one for lower back pain and the "workbook". While I found this book to be incredibly valuable, the workbook is like the "complete" manual, so I find myself referring to that more than this. Regardless which you reference, it's well written for any reader. I do not have any medical background, but I am able to follow the explanations without any trouble. The diagrams are tremendously helpful.

As with all the reviews already written I agree that this is an excellent resource book to have. It explains everything there is to know about the trigger points. It also gives credit where credit is due to Dr. Travell, the first real trigger point pioneer and carries her studies even further into present day breakthroughs. It has detailed diagrams as well as easily understood techniques to use on clients or on yourself. This book also contains a very in depth chapter on nutrients and vitamins that should be taken for muscle health. Not to mention the insistence of water..(FINALLY) for muscle health and growth. I am a massage therapist specializing in medical massage, deep tissue therapy with neuromuscular and myofascial release and of course trigger point therapy and encounter an extraordinary amount of clients with head pain. This book is my new "go to book" for double checking my techniques. I also keep many of them on hand to give to clients for home self treatment. This book is easy to read, learn from and use. Truly a must have book for not only massage therapists, but anyone in the health care field that sees people for head pain.

I've suffered headaches for years at the rate of two to three per week. I never really took any preventive action but just popped a couple of aspirin, sat back in a chair and hoped they would go away sooner than later. Some would last for a couple of days. I woke up with them and usually they

would sideline me for a day or two and zap all my energy and motivation. I heard about trigger points in two conversations within a two-day period. I did a little research and discovered this book. At the same time I started going for massage therapy with an focus on working out these trigger points. I also bought the "Body Back Buddy" through [Amazon](#) and started using it following the techniques discussed in the book. The book has been extremely informative, very practical and outlined a procedure for dealing with the source of my headaches. All this to say, my headaches have virtually stopped! I had no idea that the trigger points in my back and shoulders were the cause of my problem. I highly recommend this book to anyone who suffers from chronic headaches. Maybe it's not the cure all for all headaches but it certainly was the answer I was looking for. The exercises and techniques I learned in the book are now part of my regular routine. This has made a huge difference in my quality of life!

It's time to STOP the meds and find answers. Trigger point therapy is a wonderful solution that works for a large percentage of the population with pain. The \*problem\* is that you have to work with them, not just pop a pill, so it takes effort. This book is a wonderful guide that will help anyone without any anatomy knowledge to physically work through trigger points for headaches. I am very pleased with this purchase.

I used this books trigger points and a tens that I also purchased from [Amazon](#) to get rid of headaches that have been giving me problems for years. Without medication! Thanks!

I've suffered from migraine headaches for nearly 30 years. In that time, I have tried migraine preventive and abortive drugs but they either didn't work or didn't last the duration of my migraine. This book goes through all of the muscle groups of the face, neck and back and shows where the referred pain patterns are so you can work on the source of the pain as well as the referred spots. The book also details what causes pain in those areas, such as forward head posture. Currently, I am practicing trigger point therapy daily with a tennis ball. It is too early to tell if this will work long-term, but I have noticed a reduction in the length of my last migraine. The book does state that 6 weeks is needed to see full results. Good luck to all of you other migraine sufferers out there. I feel your pain, literally.

ok

Both me and my mom get nasty headaches for a lot of different reasons. I was tired of popping pain meds to make them go away and a guy in my massage therapy class had this book and showed me how it worked. I was amazed what a simple trigger point can do. The awesome thing about this book is that it doesn't just show you where to put pressure but also what the causes are and why they can affect you. (which can help prevent headaches in the first place!) I'll be using this information for my future clients benefit as well as my own. The price of the book is very small compared to the natural drug free relief you can get. woot woot!

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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)  
Foam Rolling: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, ... Points, Hip Flexors, Calisthenics Book 1)  
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overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) Overcoming Headaches and Migraines: Clinically Proven Cure for Chronic Pain Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Trigger Point Therapy for Myofascial Pain: The Practice of Informed Touch

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