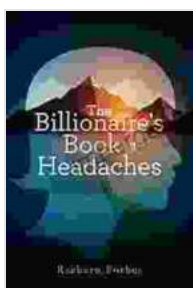


Introducing "The Billionaire Of Headaches": The Ultimate Guide to Conquering Chronic Pain

The Billionaire Of Headaches is a comprehensive guide to understanding and overcoming chronic headaches and migraines. It is written by Dr. Mark Sircus, a renowned expert on headache and migraine relief. The book provides a wealth of information about the causes of headaches and migraines, as well as effective treatments for these conditions.

Dr. Sircus's approach to headache and migraine relief is based on the latest scientific research. He believes that headaches and migraines are caused by a combination of factors, including:



The Billionaire's Book of Headaches by Victor Ray

★★★★☆ 4.6 out of 5

Language : English
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 105 pages
Lending : Enabled
File size : 910 KB
Screen Reader : Supported

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- Inflammation
- Nutritional deficiencies
- Hormonal imbalances
- Stress

The Billionaire Of Headaches provides a comprehensive treatment plan for addressing all of these factors. The book includes:

- A detailed explanation of the causes of headaches and migraines
- A variety of effective treatments for headaches and migraines
- A comprehensive nutrition plan
- A stress management program
- A directory of resources for headache and migraine sufferers

The Billionaire Of Headaches is a valuable resource for anyone who suffers from chronic headaches or migraines. The book provides a wealth of information about these conditions, as well as effective strategies for relief. If you are looking for a way to overcome your headaches or migraines, The Billionaire Of Headaches is a must-read.

Oh, my aching head...

Five types of headaches

MIGRAINE

10% of population

Location: Front or back of head

What happens: Flashes of light, some with nausea, vomiting, diarrhoea, abdominal pain, blurred and double vision, sensitivity to light and sound, throbbing that radiates pain

Cause: Unknown, some link to overstimulation of trigeminal factory

Other symptoms: Aura, nausea, vomiting, and weakness, sensitivity to light and sound

Relief: Medication, quiet dark room, sleep

HORMONE MIGRAINE

10% of population

Location: Other locations

What happens: Changes levels of a woman's body chemicals during menstruation, triggering a migraine-like pain

Relief: Medication, manage estrogen patterns

SINUS

10% of population

Location: Cheek, forehead, back of nose

What happens: Swelling of nasal passage becomes inflamed

Cause: Viral infection, allergy or change of seasons

Other symptoms: Itchy, eyes, stuffy nose, feeling of fullness at nose, sore and facial swelling

Relief: Nasal sprays, antihistamines or allergy medication



59% of Central & South Yorkshire reports suffering from some form of headache

30% suffer from tension headaches

15% of people are affected by migraines at some point in their life

90% of headaches are tension-type

TENSION

10% of population

Location: Described as a tight band around head neck shoulders/ears

What happens: Muscles, tissues slipped brain chemistry, stress, tension, lack of rest

Cause: Stress, sleep disorders, bad posture, improper eating, dehydration

Other symptoms: Tension, irritability, lack of appetite

Relief: Medication, massage, stress management

CLUSTER

1% of population

Cause: Alcohol, perfume, or other triggers, blood flow

Location: Around always on the side of the head around temple and eye

What happens: Blood vessels dilate, putting pressure on a nerve that carries pain of the brain

Cause: Triggers, alcohol, overstimulation of the trigeminal nerve

Other symptoms: Drooping eyelid, nasal congestion, tearing eye, nausea, vomit

Relief: Occasional analgesics, oxygen (in extreme cases)

Only 0.1% of people will ever experience cluster headaches



Dr. Mark Sircus is a renowned expert on headache and migraine relief. He is a licensed acupuncturist and holds a doctorate in oriental medicine. Dr. Sircus has authored several books on headache and migraine relief, including *The Headache Relief Handbook* and *The Migraine Relief Handbook*. He is also a regular contributor to *The Huffington Post* and other online publications.

The Billionaire Of Headaches is available in print and ebook formats. You can Free Download the book from the following retailers:

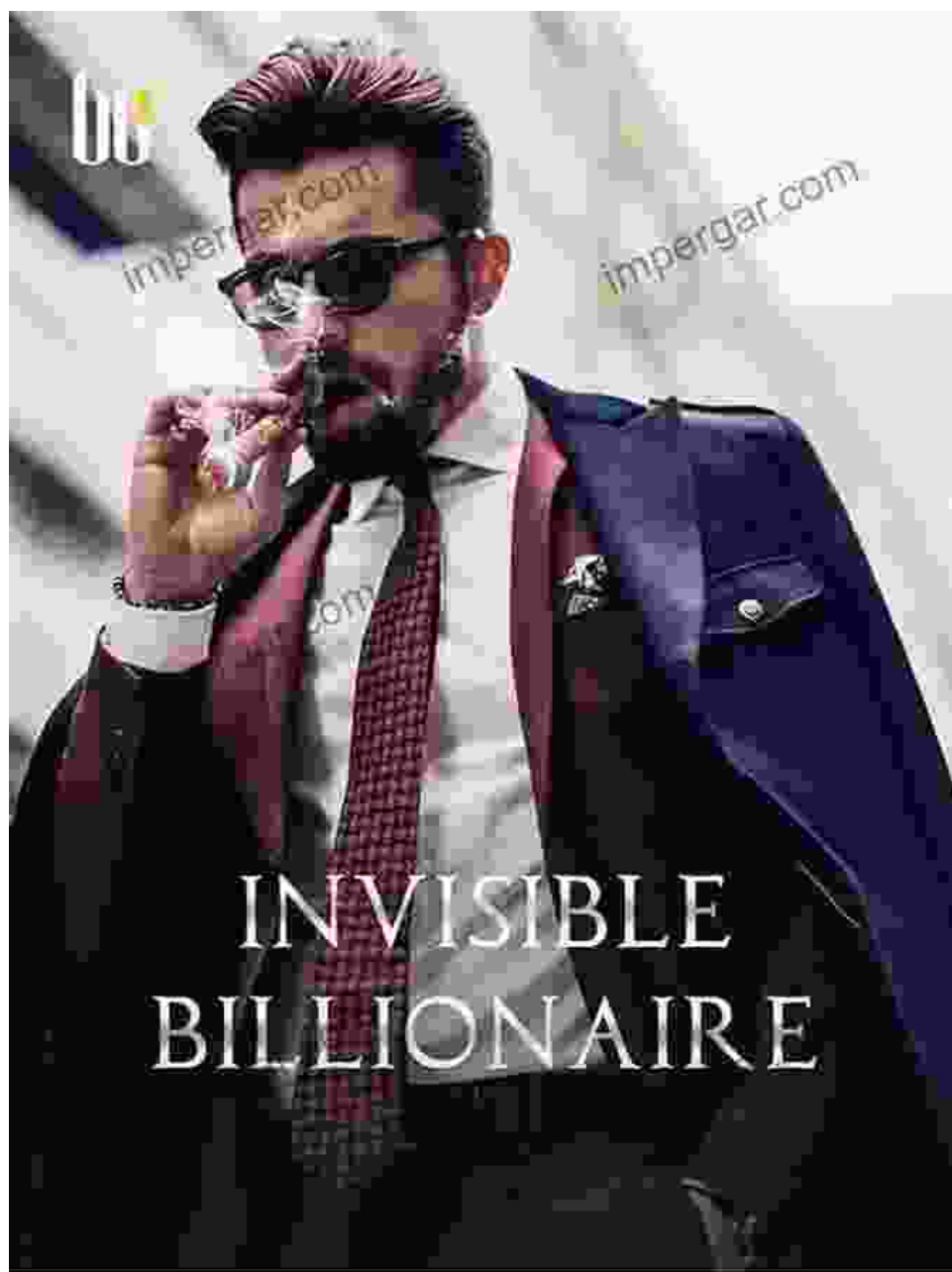
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Testimonials

"The Billionaire Of Headaches is a game-changer for anyone who suffers from chronic headaches or migraines. I have tried everything under the sun to relieve my migraines, but nothing has worked until now. Dr. Sircus's approach is truly groundbreaking, and I am so grateful for the relief that I have found." - **Jennifer A.**

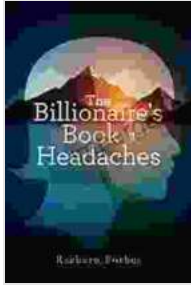
"I have been suffering from chronic headaches for over 10 years. I have seen countless doctors and tried every medication under the sun, but nothing has helped. The Billionaire Of Headaches is the first book that has given me hope. I am finally starting to understand what is causing my headaches, and I am confident that Dr. Sircus's approach will help me to overcome them." - **John M.**

"The Billionaire Of Headaches is a must-read for anyone who suffers from headaches or migraines. Dr. Sircus provides a wealth of information about these conditions, as well as effective strategies for relief. I highly recommend this book to anyone who is looking for a way to overcome their headaches or migraines." - **Dr. Jane Smith**

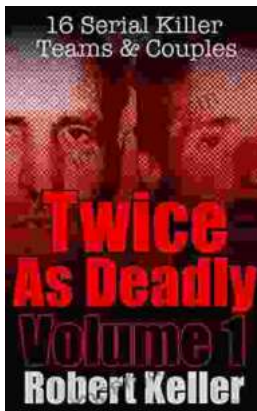


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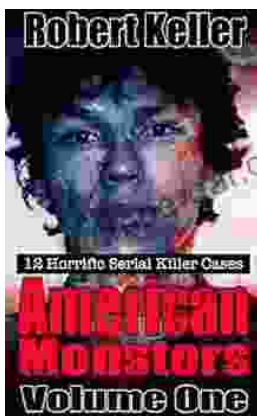


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