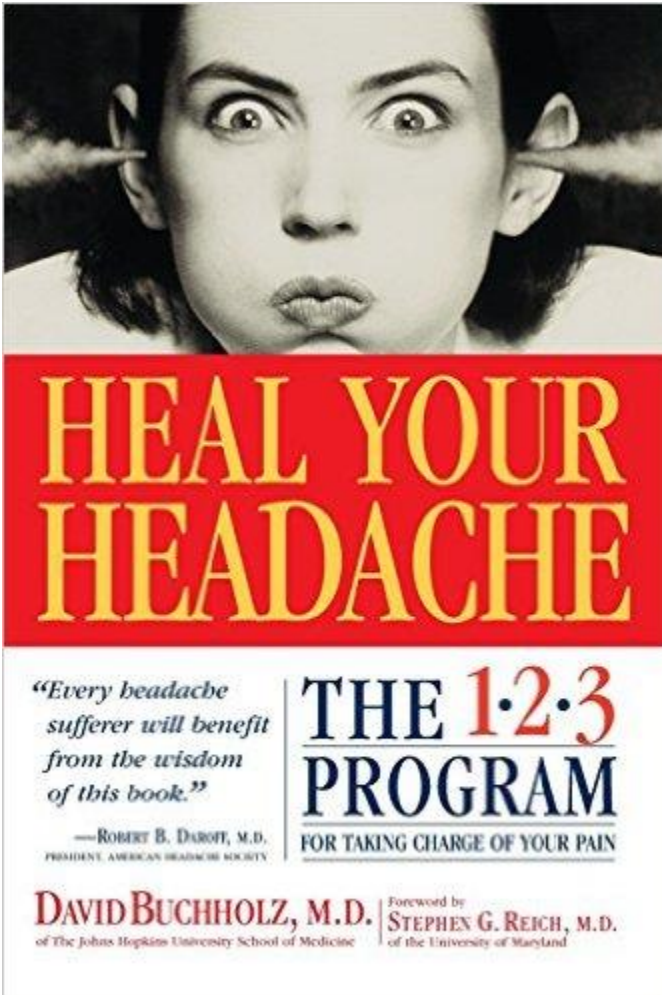


***This book has helped many of our clients.
Some have even become headache-free
for the first time in years.***



While the book contains lifestyle recommendations that may seem strict, they can result in:

--**Fewer or NO** headaches (**even** if they are related to weather patterns and hormones)

--Brain Fog **Reduced or Eliminated**

--Reduced need for acupuncture visits and medications

Reviews:

"If everyone read Dr. Buchholz's book, headaches would diminish as a problem all over the world." --
*Howard Kirshner, M.D., Professor and Vice Chair,
Department of Neurology, Vanderbilt University
School of Medicine*

"This book is clearly written, insightful and filled with useful tips for all individuals with migraine. A must read!" -- *Ronald J. Tusa, M.D., Ph.D., Professor of
Neurology and Otolaryngology, Dizziness and Balance*

Center, Emory University

"This is a very useful book that provides a fresh and logical approach to the management of headaches." -- *Roy A. Patchell, M.D., Chief of Neuro-Oncology, University of Kentucky College of Medicine*

You can purchase the book here at Community Acupuncture for \$14 or at Amazon.com

Tired of Your Migraines? Radical Results Require Radical Change! You Can Do It!