



# Not Tonight I Have a Headache: Understanding Headache and Eliminating It From Your Life

*Ravinder Singh*

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## **Not Tonight I Have a Headache: Understanding Headache and Eliminating It From Your Life**

Ravinder Singh

A major work in the ongoing science of headache treatment.

“Not Tonight I Have a Headache” is the most comprehensive and exhaustive book to date integrating both Western and Eastern treatments of this widespread malady.

Within you will find all categories of headache identified, with treatments that have helped people find comfort and relief from this devastating and life interrupting condition.

So much productive time is lost every year due to headaches. The emotional and financial losses are huge. Reading “Not Tonight I Have a Headache” will get you on the road to recovery and help you reclaim the time lost to this epidemic. Both the conventional and natural approaches are fully discussed and explained in this manual for dealing with this pervasive problem.

Imagine freedom from headaches! “Not Tonight I Have a Headache” can help make this a reality for you!

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