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Outwitting Headaches sets out systematically the noninvasive methods Mark has developed to avoid the chemicals, drugs, drinks, foods, and even behaviors that serve as triggers for headaches, while removing from the personal environment as many of the

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Outwitting Headaches provides all the information needed to stop headaches in their tracks and, better yet, to avoid or prevent them entirely. After a lifetime of

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suffering from splitting migraine headaches that were merely aggravated by attempts to subdue them with prescription drugs, Mark Wiley had had enough pain and frustration.

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