

Trigger Point Therapy for Headaches & Migraines: Your Self-Treatment Workbook for Pain Relief

A NEW HARBINGER SELF-HELP WORKBOOK

By Valerie DeLaune, LAc

Trigger Point Therapy for Headaches & Migraines

YOUR SELF-TREATMENT
WORKBOOK FOR PAIN RELIEF

Valerie DeLaune, L.Ac.

Easy, effective relief for:

Tension Headaches • Migraine Headaches • Cluster Headaches
Headaches from Trauma • Temporomandibular Joint Dysfunction
• Head, Facial, and Neck Pain • Limited Range of Motion
in the Neck and Jaw

*“Easy, Effective Relief for Headache, Migraine,
and TMJ Pain...”*

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 and migraine pain.

Trigger points can be treated by applying pressure to affected areas. Relief can be instant. *Trigger Point Therapy for Headaches and Migraines* explains trigger point physiology and then offers a complete program for self-care that includes clear illustrations of all techniques.

“Trigger Point Therapy for Headaches & Migraines” is a Self-Help Workbook containing:

- ❖ Photos with overlays of common trigger point referral patterns for headaches, migraines, and TMJ pain
- ❖ A list of common symptoms for each muscle's trigger points
- ❖ Causes of trigger points for each muscle
- ❖ Images guiding trigger point therapy self-help techniques and stretches
- ❖ Helpful hints for treating trigger points
- ❖ Cross-referencing to associated muscles that may contain trigger points
- ❖ Other possible Western medical diagnoses
- ❖ Foreword by Dr. Steven Lavitan, D.C., L.Ac.

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*For a fraction of the price of
one visit to your care provider, learn
how to help yourself heal faster and
return to work & your favorite
activities more quickly!*

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Retail Price: \$18.95 us

**TO SCHEDULE AN INTERVIEW OR FOR MORE INFORMATION, CONTACT:
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