



# Knock Out Headaches

*Gary Ruoff*

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## **Knock Out Headaches** Gary Ruoff

Are you suffering in silence? Have your headaches increased in severity and frequency? Are medications that previously provided relief suddenly less effective or not working at all? Are your headache symptoms causing you to miss family functions, social activities, and work? Has the pain that was once a nuisance now become completely frustrating and debilitating?

Within the pages of *Knock Out Headaches*, author Gary E. Ruoff, MD, will educate you about what's happening in your body and why. Learn the types of headaches and their symptoms. Discover the origins of headaches, trigger mechanisms, and ways to avoid them. Receive strategies for connecting with a knowledgeable physician, developing a total plan for headache management, and committing to making the changes that can lead to healing.

Headaches can be controlled and effectively managed! Let *Knock Out Headaches* help you take charge of your symptoms and reclaim your life.

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