
Holiday Headaches and Migraines

Handle that Holiday Headache in 90 Seconds... Without Popping a Pill.

THE AMAZING ASIAN HEADACHE CURE...

Last-minute shopping trips, holiday traffic, the annual invasion of the in-laws, baking and cooking, all topped off with the annual office party can drive anyone to the medicine cabinet. Now, just in time for the holidays, Dr. Jerry Teplitz shares his amazing Asian 90-second headache cure and five-minute migraine relief. No more popping painkillers, which experts say don't work anyway and can damage the liver.

In fact, headache and migraine medications can actually cause a headache! That's right: the very drugs people take to get rid of a headache or migraine can cause them. Doctors call it the rebound effect. When you take pain relievers on a regular basis for more than two or three days a week, the drugs can make the pain receptors more sensitive than usual. This means when the pain medicine wears off, these



hypersensitive receptors turn on to produce a new headache or migraine.

Toss out those pain meds and start flexing your fingers. The Japanese have a little-known secret called Shiatsu that can handle a holiday headache in 90 seconds and a migraine in a matter of minutes. Shiatsu (literally "finger pressure") is a pressure point massage technique that's been around for thousands of years. It opens up the blood vessels to restore circulation and relieve pain quickly.

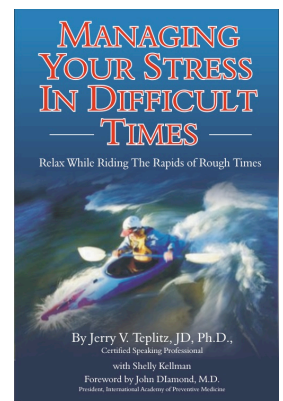
You can do it for a partner or on yourself. Best of all, it doesn't cost anything! Dr. Teplitz can demonstrate on your show or describe in detail for your readers the finger pressure technique that can banish those holiday headaches for good.

Illustrations available.



Jerry V. Teplitz, J.D., Ph.D., is a professional speaker and pioneer in the area of stress management teaching people how to have greater business and personal success by showing them how to tap into the power of their own personal energy systems. He has given more than 1,700 presentations to more than 1 million people since 1974, including many Fortune 500 companies.

Dr. Teplitz is the author of four books, including *Managing Your Stress in Difficult Times*, and has been interviewed on more than 300 radio and television shows. He is based in Virginia Beach, VA.



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