

# Are Headaches Holding You Hostage?

## WHAT TO DO WHEN YOUR HEAD PAIN WON'T QUIT

As many as *45 million* Americans have chronic and severe headaches—and they're desperate for practical, clearly explained help and answers. Most headache and migraines sufferers have walked the long road of doctor visits, undergone blood work and brain scans, and have ultimately been prescribed head pain medications—all of which never get to the root of the problem; they merely act as a “cover up”.

In her book *Overcoming Headaches and Migraines*, expert physical therapist Lisa Morrone extends hope to those who have been left to “just live with” their head pain. Over 20 years of teaching, research, and treating patients has given Morrone a comprehensive, multi-disciplinary perspective with regards to the treatment of head pain.

Morrone says the primary focus for addressing head pain should be the evaluation and treatment of the upper neck--its muscles, joints and disc. When these neck-based triggers are addressed, most headache and migraine patients find their headaches are not merely lessened, they are fully eliminated! This is great news for headache and migraine sufferers as they no longer have to resign themselves to being lifelong, pill-popping victims.

### MORRONE WILL HELP YOU:

- ✿ Discover the primary causes of head pain and treat them “head on.”
- ✿ Heal your headache, instead of managing it.
- ✿ Eliminate your dependence on medication.

*Overcoming Headaches and Migraines* offers chronic head pain sufferers new hope of permanent healing. Finally, a treatment option that really works—and without the harmful side effects of medication!

LISA MORRONE is a physical therapist, professor, speaker, and the author of five books who is on a mission to encourage people to *Get Healthy For Heaven's Sake*. Comprised from over two decades of experience in the healthcare field, Lisa's can-do instruction will empower you to:

- ✿ Invest in good health now to enjoy every stage of life.
- ✿ Gain control over recurring pain by treating it yourself.
- ✿ Maintain proper focus and fitness to maximize your calling.
- ✿ Increase your lifespan by 7-15 years!

OVERCOMING  
HEADACHES  
and  
MIGRAINES



Clinically Proven  
Cure for Chronic Pain

LISA MORRONE, PT



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# Interview Questions

for Lisa Morrone, author of  
*Overcoming Headaches and Migraines*

- ✚ People who suffer from chronic head pain have typically seen so many health professionals—and still they are without a cure. What makes your approach so different?
- ✚ I hear many people suffer from sinus headaches. What exactly is the difference between a *sinus* headache and a *regular* headache?
- ✚ Sometimes head pain can be so severe. How does a person know if their headaches are cause for concern?
- ✚ In your book you talk a lot about headache triggers and headache thresholds. Can you explain that to us?
- ✚ I've seen Tylenol ads which say that bad posture can cause head pain. How does bad posture give someone a headache?
- ✚ Can the medication people take *for* their headaches become harmful to them?
- ✚ You say research has discovered that migraine sufferers are actually “brain damaged”? How so?
- ✚ Some people I know say they can tell when they're about to get a migraine because the muscles in their neck tense up first. Can the *neck* be the source of *migraines*?
- ✚ Before a migraine begins, some people see the weirdest “light show” and then part of their vision blacks out. I can't imagine how disturbing that would be. What's behind all that visual display?
- ✚ Can too much stress give a person head pain?

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