

What Has Dr. Shook Been Reading?

Headache Survival, The Holistic Medical Treatment Program for Migraine, Tension and Cluster Headaches.

By Robert S. Ivker, D.O. and Todd Nelson, N.D.

Dr. Robert S. Ivker, D.O., is an assistant clinical professor in the Department of Family Medicine at the University of Colorado School of Medicine and a past president of the American Holistic Medical Association. Todd H. Nelson, N.D., is a naturopathic physician and director of the Tree of Life Wellness Center in Colorado. Together they have collaborated to produce a guide for surviving the three most common types of headache, Tension, Migraine and Cluster. Theirs is a holistic approach to wellness, incorporating diet, nutritional supplements, herbs, exercise and specific physical, psychological and bio-energetic therapies to bring about healing of the mind, body and spirit. They suggest that love, self-nurturing and rejuvenation are the tools required to experience holistic health (health of the mind, body and spirit).

With the understanding that the reader is someone who suffers from headaches and is looking for relief from pain, the book starts out with a selection of “quick fixes” tailored to for each of the three types of headaches. Following that there is a discussion of different symptoms and diagnosis, conventional medical treatments, risk factors and causes. The headache suffer is encouraged to work closely with their medical doctor and is instructed in how to keep a headache diary. The reader is introduced to foods identified as possible headache triggers and is encouraged to embrace the healing power of forgiveness and friendship.

Much of *Headache Survival* focuses on what Dr. Ivker calls the *essential 8 for optimal health* 1) Air and Breathing 2) Water and Moisture 3) Food and supplements 4) Exercise and rest 5) Play/ Passion/Purpose 6) Gratitude and Prayer 7) Intimacy and 8) Forgiveness

The good doctors stress that this is long-term project involving medical doctors, holistic physicians and other professional complementary therapies (chiropractic, acupuncture, energy medicine, behavioral medicine, environmental medicine and others). The dietary recommendations are particularly excellent, as is the discussion on exercise.

The goal of *Headache Survival* is to bring it's reader, a headache suffering body-mind-spirit, to a state of harmony with his or her surroundings using diet, exercise, stress reduction and other very groovy, non-invasive, non toxic techniques.

The book contains information delivered in a straightforward textbook style, and I will recommend it to my patients who suffer from headaches. I have only two complaints, first, the section on Professional Care Therapies focuses primarily on Traditional Chinese Medicine and Osteopathic Medicine, other therapies such as Chiropractic, Massage, Ayurveda and homeopathy receive only a cursory mention. The other is that the print is small which gave me a headache, but as it turns out Dr Ivker was right ... I needed new glasses.

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