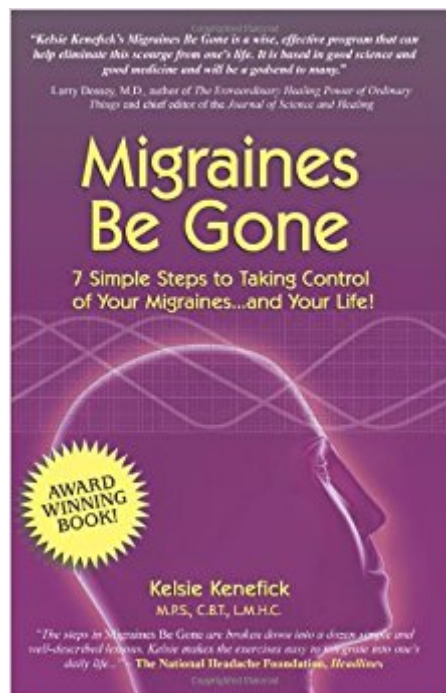




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# Migraines Be Gone: 7 Simple Steps To Eliminating Your Migraines Forever



## Synopsis

This award winning book is a must-read migraine sufferers and health care practitioners who work with migraine patients. Unlike any other headache book, *Migraines Be Gone* teaches migraine sufferers how to overcome their migraines using a step-by-step approach to balancing the nervous system. Clinically proven safe and effective, anyone committed to eliminating their migraines naturally can master these seven simple steps. Praise for *Migraines Be Gone*... Endorsements

Kelsie Kenefick's *Migraines Be Gone* is a wise, effective program that can help eliminate this scourge from one's life. It is based in good science and good medicine and will be a godsend to many. Larry Dossey, M.D., author of *The Extraordinary Healing Power of Ordinary Things*, *Healing Words*, and chief editor of the *Journal of Science and Healing* Kelsie's expertise in treating migraine patients is as apparent as her powerful, yet gentle, approach towards bringing balance to the nervous system...a must-read for anyone suffering from migraines. Dr. Elmer Green, PhD, founder of medical biofeedback, founder of ISSSEEM, and co-author of *Beyond Biofeedback* This book is a treasure for anyone who suffers from headaches...finally a book has been written that teaches people how to manage their headaches naturally...bravo! Phil Cambe, M.D., Medical Director of the Pain Management Program, Boulder Community Hospital, Boulder, CO. This self-regulating modality has consistently helped my patients throughout the years. This program works and helps patients achieve an optimal state of mental and physical health as they learn to regulate their nervous system. Lesley McConville, M.D., Neurologist, Referring Physician This book stands apart from all other books written on migraines because this one tells you what to do about them. Whereas other migraine books help you to understand headaches, this book teaches you lesson-by-lesson how to prevent them from occurring. I use these strategies with my son who suffers from migraines. Thanks, Kelsie! Colleen Grady-Yuskewich, Director of Rehabilitation, Boulder Community Hospital, Boulder, CO.

## Book Information

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## Customer Reviews

Kelsie Kenefick, M.P.S., C.B.T., L.M.H.C., creator of the Migraines Be Gone program, has specialized in the treatment of migraine, and other, headaches in her clinical practice for over a decade. Kelsie's life-long exploration of human potential, combined with over 30 years of study in mind-body medicine, yoga and psychology, have provided the foundation for this unique and effective program. Kelsie holds a Master of Professional Studies degree in Humanistic Education (State University of New York at New Paltz), is a biofeedback therapist (BCIA certified), and is a Licensed Mental Health Counselor (New York). Additionally, she is a Certified Seminar Trainer (Peak Potentials) and does keynotes and seminars on stress, chronic pain &/or headaches. In 2008 she will release her second book, *The Stress Mess: Taking Control and Thriving in the Age of Pressure*.

I was searching the internet for an acupuncturist because after seeing three different physicians about my migraines they had all failed me. I wanted to learn what was causing my headaches, and how to stop them, and they just kept throwing more medicine at me. After reading Kelsie's book, I found out that the doctors who overprescribed migraine drugs for me were actually making my condition worse. I was skeptical at first, but for \$20, I figured there was nothing to lose. After getting through step 4 of the 7 steps, I was practically headache free. Since then I have never taken a migraine prescription, and I have never had a headache bad enough to put me to bed. This book made me feel really empowered to help myself, instead of having to rely on doctors who were in too much of a hurry to listen to me. It has been about 2 years since I first purchased this book and the headaches are still under control. When I bought the book, I had been suffering from debilitating migraines for about 4 years, and the frequency had increased to about 15 headache days/ month. I am so grateful for Kelsie and her book, it truly changed my life.

Thank you very much for your book Kelsie! I have only been working with it for a few weeks, but every step towards less migraines makes my life So much better :) I recommended it to my

headache specialist today, and he thought it was great and looked forward to getting a copy too (he also suffers from migraines). This book incorporates everything that I've been working on in my biofeedback sessions (and more - as it also addresses muscle tension and gives helpful exercises) and breaks it down into simple steps that I can continue to work on when I am not in my sessions. It has been so helpful to have all of these techniques written down in an easy to follow program! I think it will be even more helpful as I continue to incorporate these techniques into my everyday life. These techniques do require dedication from you as a patient. But for anyone who is tired of having headaches and medications controlling their life and is willing to spend some time working at making themselves better, I highly recommend this book. Thanks again!

Honestly I feel this book is mostly an advertisement for the author's website. Her website address appears at the bottom of each page (which in my opinion is just not done by serious authors) and she references the website throughout the book. There is a "taste" of very general useful information in the book but you really need to purchase items from her site (which are crazy expensive) to successfully do the work. I honestly feel a bit ripped off. I do think the program COULD work - but the book alone is not enough. Buyer beware - disappointing!

Simple and straightforward approach for headache management. Easy reading.

Thank you so much for writing your book. It has been a godsend to me. I've been getting migraines for over 20 years and am not yet 40 years old. Your book is the first to combine all the disparate elements that I've suspected have contributed to my headaches. To give them all credence is a revelation. And I have found the prevention and pain reduction techniques immensely helpful. Thank you!

My wife has suffered with migraines since 1973. Over the years she's been on a variety of medications which were mostly to treat, not prevent migraines. She has mixed success. She has taken herbs as preventative, also with mixed results. But she typically has had 3-4 migraines each week. She also sees a massage therapist and chiropractor which helps some. However, this book has shown her how to reduce the number of migraines per week by half or better after using the techniques from this book for close to a month. She is still working her way through the book and adding more methods/exercises as she goes. If this continues to work, she may finally be able to live with a much increased quality of life. PLEASE let this be true. My heartfelt thanks to the author

for this book. Seeing my wife suffer for all these decades without being able to help in any significant way has been heartbreaking.

Biofeedback is based on an old relaxation technique called autogenic training, that I have found helpful together with other things (exercise, diet) for my migraines. I thought this book would give me additional helpful hints on how to get more in control of my migraines. Unfortunately that was not the case. The text for the biofeedback is not specific for migraines, it is a general text. What you do get is a bunch of stretching exercises for your neck, shoulders and jaw which you would be better off learning from a physiotherapist. And by the way muscle tension doesn't cause migraines, it is in some people vice versa so I guess those chapters are not a complete waste. I'm also very suspicious of any one method that claims it can cure migraines by itself, I don't believe in wonder drugs, holistic or otherwise. If you buy this book, you will also have to buy two CDs from the author's website, which gets mentioned frequently. Alternatively you can tape the text of the CDs yourself, assuming you still own a tape recorder. Also, you will need a skin thermometer feedback unit. All in all an additional \$65. The book is advertised as all you need to heal your migraines, but that is not true. I found her method tedious and her tone often preachy, like you just have to think positive and things will be better. If I am in pain, I am in pain, and it won't go away by thinking "I remember to breathe and relax even when my body feels uncomfortable". If you can use the word "uncomfortable" in the context of migraines you have not understood what migraines are like, the sentence should be "I remember to breathe and relax even when my body is in excruciating pain". As for the imagery, it was counterproductive for me. I really don't want to imagine any part of my body bathed in blood. I'm not squeamish, but I see the image before me and want to throw up. This is not for me, I'm going to try to find a real person to teach me.

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