



# Life Needn't Be a Headache – Help is At Hand!

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URL: <http://www.pr9.net/health/healthorg/5406april.html>

*Sufferers of frequent headaches can now find the help and advice they have been looking for at [www.frequent-headaches.com](http://www.frequent-headaches.com). This website is refreshingly different from the majority of others that make false promises and offer treatments that do not work because this site was created by fellow sufferers. They have all been through the agony of searching for relief from their chronic pain and have been taken in by many of the bogus claims made by others. Now they have found treatments that really work and they are eager to provide you with valuable information and advice, so you can get the help you need.*

PR9.NET April 14, 2007 - Homewood, Illinois - Site owner, Kristi Carter, has this message for fellow sufferers of frequent headaches: "This website was created by people like you—people who sought relief from chronic pain and found only false promises and treatments that didn't work. We know the debilitating pain, frustration and disruption that frequent headaches can cause."

Kristi is confident that headache sufferers can visit the site in the knowledge that they will receive quality information. There is help and advice available for people who have headaches of any category, whether they are Tension, Migraine, Cervicogenic, TMJ, Menstrual, or any other. The information is constantly updated and covers topics such as holistic treatments, medical options and product suggestions that will help sufferers rid themselves of chronic headaches.

At [frequent-headaches.com](http://frequent-headaches.com), you will find information that is written by people who understand that, depending on the severity of your headaches, you may find yourself suffering from irritability, lack of concentration, difficulty processing information, nausea, vomiting, weakness and any number of other symptoms that are not only aggravating, but can also keep you from accomplishing important day-to-day activities. They are committed to helping you rid yourself of frequent headaches and gain back control of your life once and for all.

Articles are written in an easy-to-understand style, by people who have experienced just what you are going through. Current articles include:

- Cervicogenic Headache Symptoms Exposed
- 8 Tips to Choosing a Physician to Cure Your Cervicogenic Headache
- Ouch My Head Hurts! Could It Be A Cervicogenic Headache?
- Everything You Need to Know About Migraine Headaches
- Say Goodbye to Sinus Headaches

There are some sobering statistics, according to Jacqueline Harris, one of the authors on the site:

"Headaches are some of the most common health complaints, and in some cases, can be completely disabling to the patient experiencing them. Fortunately, almost 90% of all headaches are classified as a form of muscle tension, 6% fall into the migraine category, and the rest are considered to be a rare or mixed category."

This means that there is help available for everyone.

If you, or someone you know, suffers from frequent headaches and are sick and tired of all the false promises and products that do not work, then this is the site for you. You don't need to suffer any longer. You can find the help and advice that you need at [frequent-headaches.com](http://frequent-headaches.com) and start living your life again.

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## About KPC Publishing Company

KPC Writing & Editorial Services was established in 1999 and provides its clients with high quality writing, editorial and business consulting services. They proudly service corporations, small businesses, nonprofit organizations and individuals and prepare business and marketing plans, proposals, catalogs, direct-mail packages, flyers, fundraising materials, newsletters, instructional and advertising materials, promotional brochures and corporate resumes/cover letters.

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