

Instant Headache & Migraine Relief

Dr. Jerry Teplitz

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Reviewed by Susan Pettrone for Reader Views (9/06)

Having long been a migraine and stress headache sufferer for almost 20 years, and having tried many remedies both pharmaceutical and holistic, it is only natural for me to be somewhat hesitant when approached with a new “miracle” in terms of headache relief. And so, when presented with this DVD, I was somewhat guarded in terms of the techniques within this instructional video working, where other “remedies” had failed.

Within the first few minutes of this video, I was struck with the calm, soothing nature of Dr. Teplitz and how his technique seemed almost too simple to be believed. His instructions were not only easy to follow but easy enough to perform that I found myself remembering the basic technique hours after watching the video for the first time. Of course, being the skeptic that I am, I was curious to see if this technique, in fact, would work, or if it was simply another addition to my “tried but failed” list of headache relief promises.

The test of this technique came soon enough. Being the mother of a teen is both a blessing and a curse. A blessing when you see firsthand the boy grow into the man you dreamed he would become, but a curse when he suffers such “teen angst” that a migraine is well on the way to becoming unmanageable before you realize it has even begun. And so it was with me.

Feeling that familiar throbbing in my scalp and over my eyes, I remembered this video and asked my husband if he would help me with the technique by Dr. Teplitz, to try to avoid a full blown migraine and all it entailed. He agreed to give it a try, and I must admit that I did not expect a technique that takes a mere 90 seconds to perform to work as this one did. Within a few minutes after the technique was performed I found the tension lessening in my scalp and face and soon after that, I felt the last bits of the headache leave my scalp. A headache that mere months ago would have left me bedridden for hours if not days had been avoided completely with the application of this technique! I was (and still am) astounded at the results of this technique and quite frankly would not have believed it had I not experienced the relief firsthand. I urge all headache sufferers to try this technique. It is simple, easy to perform on yourself or others and on top of that, offers relief that is amazing! The result speaks for itself with this technique... take it from one who knows, “Instant Headache & Migraine Relief” is the best answer to migraines I have found...and that’s from someone who has tried too many “cures” to count!