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The Ice-cream Headache & Other Stories

Provides recipes, exercise advice, and meal plans utilizing ice cream to lose weight, alleviate PMS symptoms, lower blood pressure, and reduce the risk of colon cancer.

The Ice-Cream Headache

Ice Cream Headaches

Secondary headaches account for about 10% of headaches and require meticulous diagnosis because of their life-threatening potential. The secondary headaches include a diverse and fascinating array of etiologies which can mimic primary headache disorders ranging from the rare to the mundane and from the well established to the highly controversial. This issue of Neurologic Clinics is devoted entirely to secondary headaches with topics that include: Headaches due to nasal and paranasal sinus disease; Headaches due to vascular disorders; Headaches and brain tumors; Low cerebrospinal fluid pressure syndromes; Painful ophthalmologic disorders and eye pain; Idiopathic intracranial hypertension (pseudotumor cerebri); Cough, exertional, and sex headaches; The neck and headaches; Drug-induced headaches; Trigeminal neuralgia and glossopharyngeal neuralgia; Headaches and vasculitis; Tonsillar ectopia and headaches; Post-traumatic headaches; Metabolic headaches; Temporomandibular joint disorders, bruxism, and headaches.

Concise Clinical Pharmacology

So you think you're smarter than a fifth grader? Well, as many contestants have already discovered on the smash hit TV show hosted by Jeff Foxworthy, you may have either forgotten more than you realize about "the three R's" or simply never learned in the first place! How much do you really know about third grade math? Fourth grade social studies? Fifth grade science? First grade spelling? You may

have a high school diploma or a college degree hanging on your wall, but are you smarter than a fifth grader? You'll find out in this book, which includes brain-teasing ten-question quizzes (including million-dollar bonus questions) on information the average eleven-year-old is expected to know—plus there are great bits of fun and fascinating trivia sprinkled throughout. Go ahead—we dare you to prove you're as bright as that gum-chewing kid with the backpack who's waiting on the corner for that yellow bus every morning. School is back in session. And maybe you'll even learn a thing or two that you missed by not paying attention the first time around.

Great Moments in Science

Migraine is an enormous health problem and is the most common medical condition for women. Most books on headache have short chapters on migraine but this is a comprehensive textbook written from an evidence based medical perspective. Teaching type patient dialogues are included for the clinical chapters on migraine along with an up to date review of current therapy. Cutting edge issues such as medication overuse headache and an indepth summary of the history of migraine are included. The author has also written on unusual and rare migraine associated conditions such as: Footballer's migraine, Retinal migraine, Vertigo and migraine, Primary headache associated with sexual activity, and Confusional migraine.

From Here to Eternity

Short stories by the award-winning author of From Here to Eternity: "One of the significant writers of his generation" (The New York Times Book Review). In his introduction to this collection of sharply crafted short stories, James Jones compares novel writing to a long-term, chronic illness. Writing short stories, he says, is like a brief, intense fever: the kind that can kill or disappear in a matter of days. Although best known for epic war novels such as From Here to Eternity and The Thin Red Line, Jones also wrote short stories, and the ones in this volume burn with deadly intensity. Besides the expected stories of the soldier's life, Jones gives us something surprising: five stories of childhood, tender and horrifying at the same time, inspired by his early life in the Depression-stricken Midwest. They and the other shorts in this volume are accompanied by author's notes, which supplement Jones's introduction, and a preface by his daughter, Kaylie Jones. This ebook features an illustrated biography of James Jones including rare photos from the author's estate.

Heal Your Headache

The World War II trilogy, From Here to Eternity, The Thin Red Line, and Whistle, established James Jones as one of the greatest American writers of the twentieth century.

Everybody Loves Ice Cream

A straightforward, engaging, up-to-date guide to migraine and its treatment. For

millions of Americans, migraine headaches are a debilitating part of every day. As top neurologists specializing in headache pain at Brigham and Women's Hospital and The Faulkner Hospital in Boston, Elizabeth Loder, MD, MPH, and Paul Rizzoli, MD, are at the forefront of new research related to migraine management and treatment. In THE MIGRAINE SOLUTION, they'll provide clear, current, reliable information to meet the unmet needs of the headache patient, while also clarifying some of the 'myths' of headache management. Along with Liz Neporent, seasoned health journalist and lifetime migraine sufferer, they will provide readers with all of the guidance they need to alleviate their migraines for good, including: - Understanding migraine triggers - Self-evaluation questionnaires and symptom-trackers - Cheat sheets, wallet cards, and migraine logs - Over-the-counter vs. prescription drug treatment - Herbal/vitamin treatment and complementary/alternative medicine - Lifestyle treatments including diet, exercise, sleep, and meditation - Emergency pain management - Special circumstances: women and children - Essential Harvard resources and FAQs

Ice Cream Headache

Fact-filled, fun-filled, as interesting to parents as it is to kids, the How Come? series is the trusted source for lively, clear answers to kids' science queries. Now the best questions and answers from all three books—How Come?; How Come? Planet Earth; and How Come? In the Neighborhood—have been revised, updated, freshly illustrated in full color, supplemented with twenty completely new questions, and combined into one bigger, better volume. How Come? explains, in fascinating detail, more than 200 mysteries and phenomena in the world around us. These are the questions that pique kids' curiosity—and stump parents. When it rains, does running (rather than walking) to the nearest shelter really keep you any drier? How can a stone skip across a pond (instead of sink)? If the Earth is spinning, why can't we feel it? Why don't we fly off? Why do elephants have trunks? And the all-time classic, Why is the sky blue? (Sunlight has a hidden rainbow of colors, and air molecules scatter blues the most—sending bright blue light down to Earth.) The text is clearly written, engaging, and accessible. It's for every kid who wants to know—and every grown-up who simply doesn't know.

How Come?

With beautiful full-color photographs, this cookbook features more than 90 delicious recipes and dozens of helpful tips to help combat migraine symptoms through diet and lifestyle. From healthy living blogger and creator of TheDizzyCook.com, this cookbook is a must-have for anyone managing migraine as well as anyone who just loves to create delectable yet diet-friendly dishes. Author Alicia Wolf developed her recipes using the principles of Johns Hopkins neurologist David Buchholz's "Heal Your Headache" diet, one of the most recommended plans by health practitioners for treating migraine through diet, but added her own unique spin on things. Inside the book you'll find ideas for every meal of the day, along with tips on how to get started; the best supplements for migraine prevention and treatment; common substitutions; travel tips; meal plans; and other indispensable resources. Learn to make Alicia's famous blueberry muffins, smoky carrot hummus, salsa verde chicken enchiladas, roasted curry cauliflower, chewy ginger cookies, and so much more. With The Dizzy Cook, you will be

inspired to discover your kitchen open up to infinite possibilities for healthy, appetizing, migraine-safe comfort foods.

Short Story Index

If you suffer from migraines, you know from experience that prescription medication can only do so much to help relieve your suffering. You also know that your next headache could still strike at any time, and as a result, you may lead a life of fear and trepidation, never knowing when the responsibilities of work and family will once again fall victim to your throbbing skull. Unfortunately, despite the many advances in medicine, there is still no real cure for the migraine headache. In *The Migraine Miracle*, a neurologist with a personal history of migraines offers readers the revolutionary dietary cure that has worked for him and continues to work for his patients: a diet low in wheat, sugar, and processed foods, and high in organic, protein-rich animal products. The book also explores the link between inflammation, diet, and migraines, and contains a 21-day meal plan to help readers change the way they eat. By following this easy meal plan, millions of sufferers will discover a life free from symptoms—once and for all. The book includes comprehensive, research-based information that explains what the brain goes through during a migraine headache, the phases of the migraine, and how a diagnosis is made. It also explores the risks and benefits of migraine medication, natural remedies for migraines, dietary migraine triggers, and detailed, specific instructions for a migraine-free eating plan. If you have tried migraine medicine but have not found real relief, it's time to try something new. By changing the way you eat, and understanding what foods can trigger your migraine, you can start feeling better longer, without the threat of a migraine always looming over everything you do.

Chocolate & Vicodin

Are You Smarter Than a Fifth Grader?

A vacation in the Greek islands becomes complicated when a private eye is drawn into the murky waters of international hashish smuggling. His name is Frank Davies, but friends and clients call him Lobo. A private eye with a law degree, Lobo doesn't like to get rough but he'll do it for a friend. When a rich friend sends him to Paris to retrieve some stolen money, he earns himself a trip to Greece as a reward. It's supposed to be a vacation, but as soon as he arrives he's working again. First his landlady, an English woman married to a Greek, asks his help bringing her cheating husband to heel. Though he doesn't like her, he finds himself morbidly fascinated by her train wreck of a marriage. Then he meets a countess with a blackmail problem, and offers her a little pro-bono work. As he digs beneath the island's sunny surface, Lobo learns that no matter how beautiful the scenery, secrets are always ugly. This ebook features an illustrated biography of James Jones including rare photos from the author's estate.

Short Story Index: 1964-1968

Headache, as a main neurological problem in everyday life, still takes place as a contributor on top of the list of many partially solved neurological conditions. Not only primary headaches but secondary headaches are still clinical concerns of diagnosis, differential diagnosis, and therapy. This book is quite different from classical headache books. First of all, it does not contain the classical schema of a classical headache textbook. Most of the chapters composing this book contain many answers for many unanswered questions about headache in general, for example, "Is headache a genetic condition?", "What do smartphones do to our brains? Do they cause headaches?", and "Does botulinum toxin really improve chronic migraine?". We hope this book will be an interesting read and perhaps a guide in some new aspects of headache and help understand "some interesting headache issues" while stressing some of the less known mentioned above.

Headache Quarterly

The World War II trilogy, *From Here to Eternity*, *The Thin Red Line*, and *Whistle*, established James Jones as one of the greatest American writers of the twentieth century.

A Touch of Danger

Now in its thoroughly updated Second Edition, Dr. Ayd's highly acclaimed Lexicon is an indispensable desk reference for anyone working in psychiatry, neurology, or the underlying basic neurosciences. It provides succinct, detailed, and easily accessible definitions for the entire range of terms currently used in these fields, including drug categories, receptors, and the sites and mechanisms affected by pharmacologic treatments. This edition reflects the most recent developments in genetics and in psychopharmacology, including new drugs and current concepts on drug-drug interactions. Dr. Ayd has added over 1,000 new terms and rewritten nearly half of the entries in the original edition. Compatibility: BlackBerry(R) OS 4.1 or Higher / iPhone/iPod Touch 2.0 or Higher / Palm OS 3.5 or higher / Palm Pre Classic / Symbian S60, 3rd edition (Nokia) / Windows Mobile(TM) Pocket PC (all versions) / Windows Mobile Smartphone / Windows 98SE/2000/ME/XP/Vista/Tablet PC

Mechanism and Management of Headache

In 1970, John Kowalski is one of many young, naive teenage soldiers sent to Vietnam to fight in an unpopular war. Dubbed "Cherries" by their more seasoned peers, these newbies suddenly found themselves thrust into the middle of a terrible nightmare - literally forced to become men overnight. On-the-job-training is intense, however, most of these teenagers were hardly ready to absorb the harsh mental, emotional, and physical stress of war. When coming under enemy fire for the first time and witnessing death first-hand, a life changing transition begins one that can't be reversed. The author is an excellent story teller, readers testify that they are right there with the characters, joining them in their quest for survival, sharing the fear, awe, drama, and sorrow, witnessing bravery and sometimes, even laughing at their humor. It's a story that is hard to put down. When soldiers return home from war, all are different - changed for life. "Cherries" tells it like it is and

when finished, readers will better understand what these young men had to endure, and why change is imminent.

The Ice-cream Headache & Other Stories

Lexicon of Psychiatry, Neurology, and the Neurosciences

A collection of thirteen short stories by James Jones about men, women, and children in love, at war, and in marriage.

Ice Cream Headache in my Bone

In her riveting memoir *Lies My Mother Never Told Me*, Kaylie Jones—the daughter of author James Jones (*From Here to Eternity*) and an acclaimed author in her own right (*A Soldier's Daughter Never Cries*; *Celeste Ascending*; *As Soon As It Rains*)—tells the poignant story of her relationship with her famous father and her alcoholic mother, and of her own struggles with the disease. A true story of privilege, loss, self-discovery, and redemption, *Lies My Mother Never Told Me* is Jones's unforgettable account of a not-quite-fairy-tale childhood and adulthood defined by two constants: literature and alcohol.

The Ice Cream Theory

This charming "self-help" book draws a unique parallel between ice cream flavors and human personalities, a tongue-in-cheek celebration of the variety inherent in a well-lived life.

The Migraine Solution

This edition includes an afterword by George Hendrick, who discusses the novel's origin and eventual censorship at the hands of its first publisher. The original language has been restored.

Spoon

The humorous and touching memoir of a woman who's been seeking relief from a headache for more than two years. Jennette Fulda was riding high on the success of her first book, *Half-Assed: A Weight-Loss Memoir*, until one fateful day in February 2008, when she developed a headache—and it never went away. So she dealt with it the best way she knows how: by writing about it. And eating lots of chocolate. In *Chocolate and Vicodin*, Jennette explores her change of identity from "the girl who lost hundreds of pounds" to "the girl who lives with constant pain," and all she's had to endure to try and make the pain stop—from a bevy of expensive, time-consuming tests, which have taught her interesting facts (for example, that an MRI does indeed cost more than a European vacation—and doesn't last nearly as long), to tons of medications prescribed by her doctors to hilarious, sometimes insane advice she's received from her blog readers. While nothing's been able to grant her relief, she has gained a new perspective. Instead

of dwelling on the “invisible tiara of nails” she may very well wear for the rest of her life, she’s instead learned how to live with the pain, sharing with readers not only how she’s managed to get by, but to laugh—and thrive—in spite of it.

Lies My Mother Never Told Me

Set in a small, industrial town in Illinois in 1968, the lives of five people intertwine on one fateful spring day. Under the low-lying dark cloud of the Vietnam war, these five people act out their personal dramas within a milieu of sadness, regret, guilt, envy, cowardice and bitterness: Ray Jackson, isolated and strong in the face of losing his business and wife; Johnny Fitzpatrick, who has decided to run off to Canada to avoid the draft; Jimmy Smith, who overcomes physical and mental limitations and willing to believe the best about people; Nancy Smith, who has devoted her entire life to raising her only child in the face of great odds; and Earl Jansen who carries the guilt of an accidental shooting two years earlier that forced him off the police force. However there is also in equal measure all-consuming love, courage, loyalty, kindness, mercy, gentleness and the enduring strength of the human spirit. Linked together in conflict, articulate friendship and understanding, their plight as human beings is one we all share.

Cherries

Presents a collection of over two thousand thematic trivia questions on such subjects as "questions on question marks," "fake fast food," and "animal nicknames."

100 Task Cards: Text Evidence

The Ice Cream Diet

Foreword By Walter Duranty. Introduction By Charles Edward A. Winslow.

Migraine

A leading neurologist lifts the lid on head pain – a fascinating, accessible guide to headaches, with some practical advice along the way – from what causes migraines to how sinus pain happens to whether we should just reach for the painkillers and ignore the root causes. This is Why We Sleep for the head. There is nothing novel about headache. Since time immemorial, humans have suffered in its grip. Medieval Persia was a hotbed of intense debate over how to avoid and subsequently cure headache, and castor oil seemed to be prevalent as a remedy. Thankfully we have moved on. Darwin became a recluse because of his headaches, but on the bright side, this gave him more time to stay at home and think about the origin of the species. I doubt any modern human sees their headache as being a blessing, but it is trying to tell you something. How do we find out what that is? What is the point of pain?

The Migraine Miracle

Give students the tools they need to meet--and exceed--the new language-arts standards in just ten minutes a day! Each book in this series contains 100 reproducible cards stocked with high-interest mini-passages and key questions to quickly hone comprehension skills. Focus topics include main idea and details, making inferences, summarizing, predicting, citing text evidence, author's purpose, and much more. Perfect for whole-class, group, or independent learning.

Secondary Headache, An Issue of Neurologic Clinics,

In this, her third collection of poetry, Phillippa Yaa de Villiers invokes images of past and present with hypnotic clarity, summoning the heart and heat of memory – painful and happy alike – with the distinct musicality and visceral punch she is known for. Some poems invite contemplation. Question and provoke. Others are elegiac, moments for reverence in a rich, diverse collection that both spans decades and pauses to revel in the intensity and beauty of a single moment. In liquid form that incorporates prose and poetry, de Villiers fearlessly confronts and disrupts, dipping into a wellspring of images that are euphoric and horrifying. At once prophetic and playful, *ice cream headache in my bone* is an exploration and celebration of language, a definitive collection that yields and responds, burns and soothes, all the while, calling to a longing for truth, and a tongue not tempered by oppression or pain.

The Dizzy Cook

Meet Spoon. He's always been a happy little utensil. But lately, he feels like life as a spoon just isn't cutting it. He thinks Fork, Knife, and The Chopsticks all have it so much better than him. But do they? And what do they think about Spoon? A book for all ages, *Spoon* serves as a gentle reminder to celebrate what makes us each special.

Current Perspectives on Less-known Aspects of Headache

Mental_Floss Trivia

Based on the current classification of the International Headache Society, this revised and updated 7th Edition provides up-to-date, practical guidance on the very latest advances in research into the pathophysiology, clinical aspects, and treatment of all types of headache—including migraine, tension-type headache, cluster headache, and chronic daily headache. It provides an optimal blend of clinical know-how and relevant basic science, written in an easy-to-read, engaging style. Features a chapter organization based on the HIS classification of headache, making information easy to find. Delivers balanced coverage of the most recent scientific discoveries as well as tried and true clinical observations. Includes updated discussions on the pathophysiology and treatment of migraine, plus a new chapter on Trigeminal Autonomic Cephalgias (cluster headaches). Delivers a completely revised chapter on tension-type headache that reflects recent changes in clinical practice. Provides revisions based on updated guidelines presented at the International Headache Society, Congress of Headache, September 2003.

How Does Aspirin Find a Headache?

The essential guide for ice cream lovers everywhere.

The People's Pharmacy®

Splitting

Little known to many who live there and to the throngs of tourists who pass through each year, New York and New Jersey are home to a diverse and vibrant cold water surfing community. *Ice Cream Headaches* captures a snapshot of this often overlooked facet of America's most dense metropolis. Over a span of four years, writer Ed Thompson and photographer Julien Roubinet have logged more than 5,000 miles from Eastern Long Island to Cape May in South Jersey to interview and photograph forty surfers, surf board shapers, artists and documentarians of the culture personally. From local legend and Montauk fisherman Charlie Weimar to Pulitzer-prize-winning author William Finnegan and professional surfers with global followings such as Quincy Davis, Mikey De Temple and Balaram Stack, this new monograph highlights surfers who experiment with new forms, materials, ideas or surfing styles. Across 192 pages, the book features four essays rich with quotes and anecdotes, over 150 photographs, and a foreword by iconic portrait and surf photographer Michael Halsband. *Ice Cream Headaches* takes the reader inside the surf breaks and stomping grounds of the surfers who call New York and New Jersey home, surfers who are willing to pull on a 5mm wetsuit, wade through a foot of snow on the beach, and battle thirty mile per hour winds for a few fleeting moments inside a yawning barrel.

Headache

This is a concise study guide and thorough introduction to clinical pharmacology from which students can gain a rapid understanding of individual topics within the discipline, and from which they can review and revise certain topics before exams. This is achieved through self-contained two-page "spreads" for each topic, with concise text on the left and a diagram on the right to elaborate and reinforce the text. To further underpin the text, additional two page spreads have been included where appropriate, with case histories on the left and Q&As on the right. The text has a strong clinical focus and, in the main, sections relate to particular body systems or the therapy of a disease-class (eg, cancer). Pharmacological principles and mechanisms are covered, but the main focus is on the therapeutic use of the drugs. Sections cover basic principles of pharmacology, specialised pharmacology (inc. in pregnancy, paediatrics, geriatrics), and the vitamins. The text has been written primarily for pharmacy students, but will also be of interest to clinical medical students. The strong clinical focus should also appeal to practitioners.

The Ice-cream Headache & Other Stories

Based on the breakthrough understanding that virtually all headaches are forms of migraine--because migraine is not a specific type of headache, but the built-in

mechanism that causes headaches of all kinds, along with neck stiffness, sinus congestion, dizziness, and other problems--Dr. Buchholz's *Heal Your Headache* puts headache sufferers back in control of their lives with a simple, transforming program: Step 1: Avoid the "Quick Fix." Too often painkillers only make matters worse because of the crippling complication known as rebound. Step 2: Reduce Your Triggers. The crux of the program: a migraine diet that eliminates the foods that push headache sufferers over the top. Step 3: Raise Your Threshold. When diet and other lifestyle changes aren't enough, preventive medication can help stay the course. That's it: in three steps turn your headache problems around.

Tharp & Young on Ice Cream

Ponder, if you will Do snakes sneeze? Why didn't the three musketeers carry muskets? What happens to the holes that are punched out of looseleaf paper? Why don't people smile in old photos? Pop culture guru David Feldman demystifies these questions and much more in *How Does Aspirin Find a Headache?* Part of the *Imponderables®* series -- the unchallenged source of answers to civilization's most perplexing conundrums -- and charmingly illustrated by Kassie Schwan, this book provides you with knowledge about everyday life that encyclopedias, dictionaries, and almanacs just don't have. And think about it, where else are you going to find out why glue doesn't get stuck in the bottle?

We Didn't Ask Utopia

This volume is at once an all-inclusive guide to the meaning of hundreds of technical terms and ideas needed for ice cream manufacturing, as well as a practical introduction to the ingredients, freezing methods, flavoring, and packaging of ice cream, sherbet, sorbet, gelato, frozen yogurts, novelties and many other kinds of frozen desserts. In dozens of longer entries and short essays, as well as with original quantitative tables and graphs, the authors explain the chemistry and controllable variables of all phases of ice cream production, e.g., dairy and non-dairy ingredients, crystallization, overrun, equipment, coloring, test and tasting protocols and much more. With its helpful system of cross-referencing, the book offers essential details on what must be done to create high-quality, successful products—with pointers on how to avoid dozens of specific defects that can occur during manufacturing, such as icy texture and sandiness. The authors also offer original information for extending product lines and creating new, e.g., health-oriented and hybrid products. Besides providing a definitive introduction to the applied science of frozen desserts, the book explains key management concepts from cost-reduction strategies to yield improvement, marketing, and regulatory compliance in formulation and labeling.

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