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## **Alaskan Author Writes Pain Relief Book for Headaches and Migraines**

Oakland, CA (March, 2008) – Have you or a loved one ever suffered from chronic headaches? If so, you're far from alone. One in six people have chronic headache pain, and one in ten suffer from migraines, a specific type of headache. Headaches and migraines result in more than 10 million doctor visits each year. But help is on the way with the first self-treatment guide of its kind: ***Trigger Point Therapy for Headaches and Migraines: Your Self-Treatment Workbook for Pain Relief***. Written by Alaskan acupuncturist Valerie DeLaune, this new book offers hundreds of techniques and tips for treating headaches and migraines with clinically proven trigger point self-help therapy.

“People in pain often suffer with headaches and migraines for a long time before finally seeking help,” says DeLaune. “It’s especially unfortunate, because with early intervention the degree and duration of pain can be greatly reduced or eliminated. This book provides help for people living with chronic headaches, migraines, and TMJ pain, and teaches people how to maintain their health.”

Trigger points may refer pain both in the local area and to other areas of the body. “The trigger points that cause headache pain are often located in the neck and back muscles, and not just in the head,” says DeLaune. ***Trigger Point Therapy for Headaches and Migraines*** contains illustrations of common pain referral patterns that the reader can compare with their areas of pain, which helps them figure out where the common trigger point or points causing headache and migraine pain are located.

Trigger points can be treated by applying pressure to affected areas, which often provides instant relief. ***Trigger Point Therapy for Headaches and Migraines*** explains trigger point physiology and also offers a complete program for self-care that includes detailed illustrations of all pressure and stretching techniques. The book provides an in-depth look at the factors that cause and perpetuate trigger points, such as body mechanics, injuries, diet and nutritional deficiencies, hormonal imbalances, and emotional factors, and also features solutions for each perpetuating factor.

Much of DeLaune’s text is based on the research of Dr. Janet Travell, White House physician under the Johnson and Kennedy administrations, and Dr. David G. Simons, who joined Travell in her research on

“trigger point” referral patterns and treatments. Drs. Simons and Travell’s research was published as a large two-volume set intended for doctors performing trigger point injections. DeLaune has condensed the work into more accessible language for basic users and for practitioners who don’t need the information in as great a depth. She has also incorporated knowledge from her 18 years of expertise in treating trigger points with massage and acupuncture.

*Valerie DeLaune is a licensed acupuncturist and certified neuromuscular massage therapist, with a Masters Degree in Acupuncture from the Northwest Institute of Acupuncture and Oriental Medicine and a B.S. from the University of Washington, and certificates from Heartwood Institute and Brenneke School of Massage. Her first book-on-CD ROM, “Pain Relief with Trigger Point Self-Help,” was published in 2004. Valerie’s website is [www.triggerpointrelief.com](http://www.triggerpointrelief.com).*

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