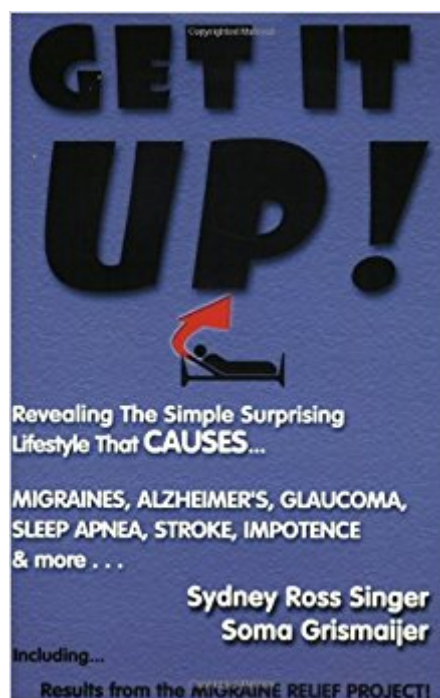




The book was found

# Get It Up! Revealing The Simple Surprising Lifestyle That Causes Migraines, Alzheimer's, Stroke, Glaucoma, Sleep Apnea, Impotence,...and More!



## Synopsis

Imagine curing migraines by merely altering a simple lifestyle habit. Even more, imagine this same lifestyle habit, something we take for granted as normal, can also cause Alzheimer's disease, impotence, stroke, glaucoma, sleep apnea, and more. There would finally be hope, real hope, for the countless millions who suffer from these conditions, and for their families and loved ones who suffer with them. It would be a dream come true. Well, the dream has come true! Get It Up! solves the mystery that has eluded scientists for over a century. We now know what migraines are, what causes them, why some people have them, and how they can stop having them. Get It Up! describes how to truly prevent and cure migraines by stopping the cause, as proven by results from the Migraine Relief Project. And the health implications go far beyond migraines. Get It Up! explains in clear language how the brain works, what it needs to work well, and how it can become diseased by a simple lifestyle practice that has been recognized, but ignored, by medicine. Self-study directions help the reader practice the needed lifestyle change to recover brain health, vitality, and clarity. More than that, Get It Up! will empower you with information that may extend your life, and improve its quality.

## Book Information

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## Customer Reviews

"I love your book. I'm already recommending it to patients with migraines and sleep apnea and it's working! I've bought myself a new bed." -- Mark Wyse, M.D., Family Physician, Phoenix, Arizona  
"I really enjoyed your book and I think it may open up a lot of eyes and minds...." -- Alan R. Hargens,

Ph.D., Senior Research Physiologist, NASA Ames Research Center and Professor of Orthopedics, UCSD

Sydney Ross Singer and Soma Grismaijer are a husband-and-wife research team dedicated to uncovering the lifestyle causes of disease. Medical anthropologists and co-authors of, *Dressed To Kill: The Link Between Breast Cancer and Bras* (Avery, 1995), this dynamic duo is known worldwide for their willingness to stand up to the profit-oriented, treatment focused medical system. Sydney Ross Singer received a B.S. in biology from the University of Utah in 1979. He then spent two years in the biochemistry Ph.D. program at Duke University, followed by another two years at Duke in the anthropology Ph.D. program, receiving a Masters Degree. He then attended the University of Texas Medical Branch (UTMB) at Galveston, Texas on a full academic scholarship, where he spent one year in the medical humanities Ph.D. program, and received an additional two years training in medical school. Soma Grismaijer received an associate's degree from the College of Marin in the behavioral sciences, and a bachelor of arts from Sonoma State University in environmental studies and planning. In addition, she is an American Board of Opticianry-certified optician. She has been the President and Executive Director of the Good Shepherd Foundation since 1980, a charitable organization dedicated to the elimination of human and animal suffering. Together, Singer and Grismaijer started the Institute for the Study of Culturogenic Disease in 1991. Their first project was the M.D. (Medical Demystification) Crusade, informing the public of the hazards of medicine and how to prevent them. The Crusade included the Medication Side Effects Hotline, and a national lecture tour explaining the nature of doctors, medicine, and health. Following their research into the cause of breast cancer and the publication of *Dressed To Kill*, Singer and Grismaijer traveled around the world bringing their health message to millions of people. Currently, they are spearheading an international campaign to educate the public about the hazards of flat sleeping. In addition, they have begun an Internet based SELF STUDY CENTER, at [selfstudycenter.org](http://selfstudycenter.org), to help people practice health self-care by trying certain lifestyle changes. Singer and Grismaijer, and their 9 year-old Solomon, practice what they preach in Hawaii, on a 67-acre tropical rainforest preserve.

Loved this book. The authors took a simple theory (sleeping at an incline) and tested it with a large sample of people and found that 70% had their migraines cured. This should make headlines around the world! The authors have clearly thought-out their theory and worked through how it could be working and the book is well-referenced with medical, peer-reviewed studies of relevant material. A must-read for anyone who gets migraines. I read the book last night (it only took an hour or 2) and

tried it out with some pillows and it seems pretty good so far. I would love this to cure my migraines and I have tried many, many things over the years - I'll have to try it for a bit longer before I know if it will help - but I'm very happy to give it a try.

Do not waste your money on this giant scam. The ludicrous premise of the "book" is that sleeping with your head elevated will cure migraines. Invest your dollars in The Migraine Brain by Carolyn Bernstein MD

I read this book and I immediately inclined my upper body at night when I slept. It was hard at first to stay on my back but I was determined to feel better so I gave it a try. Within two days, the pressure in my head was gone and my migraines were gone. I have so much energy and no longer need a nap. Thank you thank you! I suffered for so long and this was such an easy fix. So much for the medical field and all the money we pay them. Now I need a solution for my restless leg syndrome. The medical field has no answers for that either.

Not The Best Book I Have Ever Read To Be Honest

During a recent eye exam, my doctor suggested I see a glaucoma specialist as she couldn't definitely rule it out. I haven't done that, but bought this book to educate myself first. I bought a pad to elevate my head, and found I was less congested in the morning. However, my husband woke me up every night because I stopped breathing. Apparently, I have sleep apnea as well and have to sleep on my side. Really wanted this to work.

Excellent Book! And, the recommendations work for sure. I will definitely recommend this book.

Since employing the suggestions of this author, I have no more morning headaches! Eureka! I purchased a slanting cushion to use for sleep and it works like magic!

Another book that should be read by all to help avoid pain and suffering.

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