

Why Lisa Kudrow, Janet Jackson & Ben Affleck Are WRONG to say: "Not Tonight Dear, I Have A Headache"

"Lack of Sex can Actually Cause Headaches"

Lisa Kudrow, Janet Jackson & Ben Affleck are just a few of the many celebrities who famously suffer from frequent Headaches. *It is estimated that 90% of the population gets at least 1 headache during the course of a year.*

Most people take over-the-counter or prescription medications for their headaches. But according to Board Certified Neurologist Dr. Ravinder Singh, who is founder of the prestigious Beverly Hills Headache Institute, "Regular use of pain pills can worsen your headaches. A better alternative would be to drink more water... or have more sex."

"5 Things You Should NEVER Do If You Want To Escape Headaches in 2013"

Abstain from Sex: Sex boosts production of our natural painkillers, endorphins.

Not Drink Enough Water: Dehydration can lead to a headache.

Lead a Stressful Life: Stress is the biggest trigger for all types of headaches.

Only Visit Traditional Doctors: Traditional Doctors focus on medication, but headache elimination is about Prevention, not soothing symptoms.

Take Pain Pills Regularly: Taking pain medications regularly will actually cause your headaches to get worse.

VISUALS, PROPS, & COSTUME: An Artichoke. A bottle of Water. Various Prescription and Over-The-Counter Pain Pills & Bottles.

Dr. Singh will appear in-studio wearing a Medical Lab Coat and stethoscope.

B-ROLL: Lisa Kudrow on the Red Carpet at Emmy Awards, Janet Jackson concert, Ben Affleck on the Red Carpet at Academy Awards

DEMONSTRATION: Dr. Singh will peel an artichoke to demonstrate how he gets past the symptoms to get to what is really the root cause of a patient's headaches. He will also demonstrate how YOU can press an acupuncture point on your hand to relieve your own headache.



RAVINDER SINGH, MD is a Board-Certified Neurologist & Headache Specialist, founder of Beverly Hills Headache Institute, and author of the new book ***At Last, Freedom From Headache***, a step-by-step instruction manual on how to achieve freedom from headaches.

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