

PREVENTION

Drop ALL the Weight YOU Want!

- ▶ Lose 10, 20, 30 pounds
- ▶ Look 10 years younger
- ▶ Unlock the secret... finally!

FREE! Win a New Body! See page 73 and enter now!

The Mini-Mart Remedy That Can Save Your Life

BONUS: FREE PULLOUT!

10 HEALING HERBS Your Complete Guide



Homestyle dinners ...in minutes!

Visit us at www.healthyyideas.com

p. 150

p. 142

p. 159

Secrets of My Success

Edited by Linda Mooney

No longer crippled by pain, Oz Garcia is able to live a happier, healthier life.



couldn't fix. Or so I thought.

I was 21 when my first migraine hit. After that, life changed. It's hard to describe a migraine to people who have never suffered from one. "It's just a really bad headache, right?" they ask. In fact, it's much worse. When the pain starts, it's like someone is shoving a stake through your eye. You can't stand light or noise. You're nauseous. And when it finally subsides, you're left with what feels like a terrible hangover.

All in the Family

That first headache scared me.

My mother suffered from migraines for 20 years. She'd spend days at a time in a quiet room with the lights off, and she quickly became dependent on migraine medication that left her moody and exhausted. I didn't want to suffer the same fate. A month later, the second headache struck. The third came in a matter of weeks.

"I Thought It Was a Long Shot. I Was Wrong."

When doctors failed to help, Oz Garcia vowed to find a cure for his raging migraines

Life was good. It was 1972, and I was a young photographer starting a career in New York City. Each night my friends and I went out. We'd drink and smoke and head home around 2 AM, only to start the whole cycle over again the next day. There was nothing a few cups of coffee or a candy bar

Within a few years, I lived with a dull ache most of the time and a blazing headache at least weekly. I tried to fight it with caffeine, something I'd seen my mother do. I'd drink four or five cups of coffee a day and lots of Coke. It worked for a while, but soon the headaches became too severe.

KEITH BUCHHEIT

APRIL 1999 / PREVENTION

187

Secrets of My Success

Looking for Answers

Finally, I went to a doctor. After a battery of tests, he pronounced me perfectly healthy. "But what about the headaches?" I asked. He suggested I see a psychologist. A second doctor recommended migraine medication. I turned it down, afraid of falling into my mother's footsteps. I decided I would lick this problem on my own, without drugs.

Not long after that, I was in my apartment when I felt another one coming on. I was terrified. For lack of anything better, I opened a book on fasting, which a friend had left behind. I was grasping at straws but decided to give it a shot. I ate nothing all day and drank only water. Somehow, mercifully, I fell asleep. When I woke in the morning, I had no headache. I knew I was on to something.

The Road to Holistic Health

That book became my bible. I read it over and over; the more I read, the more I began to think my diet might be affecting my health. To test the theory, I gave up

coffee. Almost immediately, a headache started, but I didn't give in. I had to find out if this was the road to a cure.

The pain raged for days and then, as if by magic, it stopped. I awoke one morning feeling better than ever. I was alert and rested, and my head felt fine.

I was so encouraged, I tried a full-scale juice fast. I bought a juicer and lived on mixed vegetable juices. After five days, I felt great. I broke my fast with a salad and became a vegetarian.

Shortly after that, I made two more big lifestyle changes. First, I threw

VITAL STATISTICS

Name: Oz Garcia **Age:** 47

Accomplishment: cured migraines

Other health benefits: eliminated stomachaches, increased energy, and improved mood and quality of sleep

Successful strategies: running, low-fat diet, quit smoking and drinking coffee



Will Oz's Remedy Work for You?

Oz's personal success is just that—personal. It's not intended to serve as a regimen. In fact, no studies support fasting's healing power; diet restriction, though more common, helps little more than one-third of all migraine sufferers.

Still, while caffeine is found in many headache remedies, excessive amounts

can trigger migraines. If you'd like to eliminate caffeine from your diet, try tapering off to avoid making migraines worse. **Other triggers:** bright light, chemical fumes, smoking, menstrual cycles, and foods such as processed meats, red wine, smoked fish, broad beans, fermented cheese, and MSG.

KEITH BUCHHEIT

Secrets of My Success

away my cigarettes. I knew that a healthier diet was only half the battle. If I could change my diet, I could stop smoking too—so I quit cold turkey.

A few months later, a friend told me he'd taken up running while on vacation in South America. The experience sounded mystical and wonderful, so I decided to try it. It never occurred to me I couldn't run a few miles. After all, if he could do it, so could I.

Within a mile, I was gasping, wheezing, and humbled. I could barely crawl home.

Determined to resuscitate my ego, I bought running shoes and started running/walking the 1.6-mile loop around the Central Park reservoir. It took me 15 minutes, but I finished.

Gradually, over the course of a few weeks, I added a second lap. Within a few months, I was running the entire park, a 6-mile loop, and in 1979, I ran my first marathon.

Life Feels Better

With each change, I felt better. My headaches became fewer and farther apart. My sleeping improved, and I was more alert. My stomach stopped hurt-

ing, and my mood became more upbeat. Even my skin and sinuses cleared, and my gums stopped bleeding.

Still, it wasn't easy. I missed coffee and sweets. Also, as I became a serious runner, I discovered I felt better eating more calories and protein than my vegetarian diet provided. In the early '80s, I started eating fish and chicken again.

Today, I'm happier than ever. At 47,

I run 3 to 4 miles most mornings, more on weekends. I do upper-body strength training a couple times a week and stick to a low-fat diet. And while I occasionally have a cup of coffee at Sunday brunch or eat steak once or twice a year, I'll never return to

my old ways.

Best of all, my migraines are rarities, not a way of life. My last one occurred a year ago in France. After a week's vacation of rich food, red wine, and coffee, I got a whopper. The headache was terrible, but the experience wasn't so bad. It proved I was right. For me, diet's the key to keeping my migraines at bay. •

As told to Shelly Reese
(Oz Garcia recently wrote a book based on his experience with holistic healing.)

Share Your Secrets! Found a way to shed pounds or beat an illness and have maintained your success for at least six months? Tell us how. If we publish your story, we'll pay you \$300. Send your letter to Secrets of My Success, Prevention, 33 E. Minor St., Emmaus, PA 18098. Include your daytime phone number, address, and photos. We regret that we cannot respond to every letter personally.