

MIGRAINES & HEADACHES

Acupuncture successfully treats many types of headaches and migraines with little or no side effects. Many doctors attempt to treat migraines and headaches with prescription drug therapy to relieve the symptoms and pain associated with headaches. Drug therapy can result in undesirable side effects and often increases the risk of developing "rebound" headaches, which occur when the drugs wear off. This painful cycle can create endless complications. Acupuncture, in contrast, avoids this common problem and uses safe, effective treatment. Acupuncture patients report that their headaches and migraines become less frequent, less severe, and with time, the headaches and migraines can sometimes be eliminated altogether.

It is estimated that about 25% of all people experience a migraine headache at some point in their life. Furthermore, headaches are a common condition that can be triggered by several environmental, biological, and contributing medical factors.

Treatment Principles

When treating headaches, it is important to determine the primary cause of the pain to provide proper and adequate treatment. Acupuncture accurately localizes the affected channels that lead to headaches, and applies specific acupuncture treatment to stop pain and prevent future episodes.

Some acupuncture techniques for treatment of migraines and headaches include:

- ◆ Ear Acupuncture – needles are placed at the Ear Shenmen, Subcortex, Forehead, Temple region and Occiput for strong stimulation
- ◆ Distal Point Therapy – allows mobilization and manual therapy to be performed at the same time and is performed away from the point of injury or pain
- ◆ Local Point Therapy – stimulates a point near the affected area for a short period of time and may prevent flare-up
- ◆ Chinese Herbal Medicine – various Chinese Herbal Medicines used either topically or taken orally to regulate and ease pain

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