

Acupuncture and Headaches



If you are suffering from headaches, you are not alone. Over 50 million of us experience some form of a severe headache at some point in our lives. Whether you experience minor head pain or severe migraines, headaches can take valuable time out of your day and your life, and leave you searching for relief.

One way to seek relief is by reaching for drugs and other medications. This is fine for the short run to help you get out of pain fast. Unfortunately, common headache medications don't address the root causes, and when used over a long period, can cause unwanted side effects.

Acupuncture and Traditional Chinese Medicine (TCM) offer a safe and effective approach to relieving headache pain without causing harmful side effects and incorporate a comprehensive diagnostic protocol that can help your acupuncturist understand and address the root causes of your headaches.

Understanding headache types. There are many factors in TCM theory that may play a key role in the root causes of a headache. These include body constitution, emotional help, excessive work, social and exercise activities, improper diet, physical trauma and pregnancy. Headaches can also be diagnosed according to specific symptoms, time of occurrence, location, type of pain, triggers and remedies which provide relief.

A natural path to relief. Acupuncture and TCM take a holistic, or whole body approach to health. Your practitioner will take a detailed history and perform a physical exam to determine how and why your body's vital energy, or Qi, is out of balance and what root causes are contributing to the overall problem. This will allow him or her to identify the type of headache you are experiencing and apply the most effective care by identifying and treating the underlying causes and not just the symptoms.

It is important to remember that acupuncture is not a quick fix. Changes may occur quickly or over a longer period, depending on your overall constitution and health. Whether it's one visit to address an acute problem or several visits to address a chronic problem, your acupuncturist will create a treatment plan that will maximize your healing potential.

Acupuncture and TCM provide an effective, natural treatment for many different types of pain, including headaches. By working with your acupuncturist and adopting some simple lifestyle changes, you'll be on your way towards a healthier, happier, and pain-free life.