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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How to Treat Your Migraines Yourself with Acupressure

By Brian B. Carter, MS, LAc

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Acupuncture and Migraine is a sophisticated medicine for a complicated disease.

Acupuncture is good not only for the headache, but for the various types of migraine auras, AND for preventing migraines. Also, you can use the points I'll suggest below to give yourself acupressure at home for free!

Acupuncture and migraine treatment, like all acupuncture, is based on the principles and theories of Chinese medicine. From a Chinese Medicine perspective, the causes are emotional excesses (stress, long-term emotional disturbance, even just long-term frustration!), dietary imbalance (too much of the wrong foods and too little of the right ones), and the deficiencies inherent in the aging process can lead to the symptoms of migraine.

Acupuncture points may be different for acute attacks, and for prevention. There is acupuncture to treat, for example, a one-sided headache, and then a slightly different acupuncture to treat the susceptibility to stress that causes it.

Acupuncture – The Pain "Reset Button"

A neurologist told us in a guest lecture at my alma mater, the Pacific College of Oriental Medicine, that acupuncture is the best therapy for chronic pain. He said that chronic pain signals can get 'grooved in' to the brain. That means that even after the real problem has been totally eliminated, the brain may still be "echoing" pain signals to us. This fits with Oliver Sacks' observation that migraine is like a neurological configuration or 'frame of mind' or arrangement that the migraineur keeps falling into.

Acupuncture can act as a 'reset button' to end these echoes of pain. The sooner you get acupuncture, the better, because the longer the pain is there, the more difficult it is to change.

In Chinese Medicine, we diagnose each patient according to what is called a pattern of imbalance, a group of symptoms. There are 5 basic patterns involved in migraines, but real people are complex and may have several patterns going on at the same time.

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Let's take a look at acupuncture and migraine in terms of the 5 patterns mentioned by Bob Flaws and Philippe Sionneau in their "Treatment of Modern Western Medical Diseases in TCM." Acupuncture is much more effective than acupressure, but in case you want to try out some of these points on yourself, you can massage them. Check out this link for the locations of these acupuncture and migraine points.

Migraine pattern #1 - Liver depression, qi and blood deficiency

This is basically stress and frustration with bodily depletion. Common symptoms of this type of migraine include one sided headache, blurred vision, numbness and tingling of the fingers, emotional depression, stress, fatigue, and menstrual irregularities. Acupuncture and migraine for this type might include points like Liv3, LI4 or linggu, P6, GB20, GB39, and GB43.

Migraine pattern #2 - Ascendant Liver yang

This migraine includes dizziness, sudden anger, light sensitivity, and ringing ears. Liver yang rises when the liver yin is deficient - and that happens over time from kidney yin deficiency, which can be due to overwork, too much sex, or too many warm herbs like ginseng and other sexual tonics. Too much coffee over a long period of time could contribute to this pattern, too (many people insist that coffee helps their migraines, and it can, but only temporarily. It may make underlying problems worse at the same time). Acupuncture and migraine for this type might include Liv2, K3, K6, GB39, and GB43.

Migraine pattern #3 - Cold reversal pattern

This migraine features pain at the top of the head, feeling of chill during attack, vomiting clear liquids, and a sensitivity to wind. This is a sudden attack of migraine only. It happens when the influences of stress (liver) attack the digestion (spleen). Acupuncture and migraine here might include moxa on ST36, Ren6, Du20, K7, and needling P6 and Ren13.

Migraine pattern #4 - Phlegm reversal pattern

This headache comes with dizziness, heavy-headedness, the feeling like there's a tight band wrapped around the head, vomiting of phlegm, stuffiness in the chest, and a lack of appetite. It's a severe complication of digestive deficiency. Phlegm comes from dampness, which is a diseased fluid problem due to poor digestion. Acupuncture and migraine to remedy this would be points like ST40, Sp9, L5, and ST36.

Migraine pattern #5 - Blood stasis obstructing the network vessels

This is a stubborn, stabbing headache that doesn't change locations. It may be due to injury to the head, or blood may have stagnated due to qi stagnation. Points that fix this one are LI4, Sp6, SP10, and Liv3.

Acupressure resources— you can check out a free acupressure chart on my website at <http://pulsemed.org/free-acupressure-chart.htm>. For more help with acupressure, you should buy my book, *Powerful Body, Peaceful Mind*.

Acupuncturist, herbalist, and medical professor Brian B. Carter founded the alternative health megasite *The Pulse of Oriental Medicine* (<http://www.PulseMed.org/>). He is the author of the book

"Powerful Body, Peaceful Mind: How to Heal Yourself with Foods, Herbs, and Acupressure" (November, 2004). Brian speaks on radio across the country, and has been quoted and interviewed by Real Simple, Glamour, and ESPN magazines.

Cluster Headaches

By Andrew C. Povel

Cluster headaches are the most painful headaches. They are also called "suicide headaches" because unlike migraines, the pain attacks come so suddenly and with such big strength that you are literally helpless. The pain attacks can last a few minutes or up to three hours. After a pause they come again, often at the same time each day.

The pain occurs above or behind one eye and can also trigger additional symptoms like tearing, pupil changes or a droopy eyelid.

There is the theory that cluster headaches are caused by widened arteries which take too much blood and therefore put pressure on the trigeminal nerve.

The brain itself has no pain receptors but the blood vessels. It's unknown why the arteries start to dilate and how exactly this causes the pain.

Another theory with cluster headaches says that it also has something to do with the hypothalamus because the headaches often come at the same time. The hypothalamus regulates our biological clock.

While migraines and cluster headaches are both vascular headaches, they differ. Medications which are good for migraines have no effect on cluster headaches. Often you can feel migraines coming, especially when you also suffer from aura, some preceding neurological disorder which causes sight disturbance and tickling in arms and hands. Cluster headaches come without a sign of warning and with full force, very often during the night during the dreaming phase (REM).

Relaxation brings relief to migraines but makes cluster headaches worse. Moving around or performing a strong exercise brings some relief because it rushes fresh oxygen to the brain. This is also known as one of the fastest ways to fight cluster headaches. Inhaling pure oxygen right at the beginning of the pain attack can stop it within five minutes. The only other ways to battle the pain are direct injections with medications because medications taken orally are too slow.

Over-the-counter painkillers like Aspirin, Paracetamol and Ibuprofen work with migraines but not for cluster headaches. Here you need newer medications like fentanyl or steroids. Triptan drugs like sumatriptan and zolmitriptan also work. To prevent cluster headaches taking Magnesium has helped about 40% of the people.

Cluster headaches can disappear for weeks or months just to come back later with full force. It's the best to consult with an experienced neurologist to find the best treatment if you suffer from repeated

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and severe headaches. Cluster headaches can be more difficult to treat than migraines.

While a serious disease is not the reason for this type of headache and the headache itself is harmless, your doctor should exclude possible diseases with a CT scan and a blood test.

Andrew C. Povel is an expert in headaches and migraines and provides detailed information on headaches and migraines at his web site



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