



## **Migraines**

Almost 30 million Americans suffer from migraines every year. The number is rising and most sufferers don't know where to turn for relief. They can strike at any moment, making it hard to function and even get through the day, stealing your life away. Many patients have been through the rounds with pain relievers, physical therapy even anti-depressants, all to no avail.

For whatever reason, the majority of people who suffer from migraines are females. This debilitating condition interferes with family life, work and pleasure. Can you imagine trying to work or play a sport with a headache that feels like your head is going to explode? The worse part, the headache could last for days!!

Acupuncture has been used to treat migraines for centuries. By placing needles in targeted locations, stagnant energy can be released and headaches are relieved. Many patients report that migraines disappear and they feel increased energy.

Headaches with neuralgia were recorded in medical documents of ancient Egypt as early as 1200 BC. One of the remedies suggested in olden times for migraines was a technique known as Trepanning. Trepanning literally means: "boring a hole in the skull". Ouch!

Most cases of Migraines only require needles in the ear with the exception of two locations in the feet (one each foot). They are virtually pain free. You may also opt for electro-acupuncture for this condition, which also requires laser therapy.