



Headaches and Oriental Medicine

Headaches come in all “sizes and colors”, from raging migraines where the person has to shut out all lights and noise to mild irritating tension in the back of the head and neck. They can happen in the forehead, the sinus area, the temples, the back of the head, the top of the head, or be like a helmet all over. They can be stabbing, aching, heavy, pressure, sharp or dull. Fat people have them, skinny people too, moderate build as well, they can happen to almost anyone at any time.

What can help when you have regularly occurring headaches which interfere at the least with your enjoyment of life and at their worst totally incapacitate you? Many answers can be found in the Oriental medicine system which includes acupuncture, dietary changes, medicinal herbs, self-massage and qigong exercises.

Oriental medicine is a complete, cohesive total system of medicine. It produces clear, reproducible results when its principles are followed. In Oriental Medicine you get in effect 2 diagnoses. The first is similar to what is found in Western Medicine and describes a disease like headaches. The second diagnosis is the pattern of disharmony which accompanies the symptom.

Oriental medicine looks at the nature of the pain, when is it worse, when is it better, as well as other constitutional factors to arrive at this pattern of disharmony.

For example someone with a spasmodic pain in the temples which is accompanied by sensitivity to light and noise, who also tends to anger easily, has a distended feeling in the chest and rib sides and whose pulse has a wiry feel, has a pattern known as Stagnation of Liver Qi. They would get different acupuncture, herbs, diet recommendations and exercises than someone whose pattern is one of Stomach and Spleen damp.

This pattern is characterized by pain in the forehead which is described as heavy and distending, a thick coating on the tongue, and a tendency to digestive disturbances.

In order to get rid of a weed you can't just cut off the end above ground you have to get at the root of the problem as well. Western drugs tend to get rid of symptoms but the underlying pattern of disharmony causing the headaches is left unaffected, so you have to constantly take the medicines to get rid of the headaches or to prevent them.

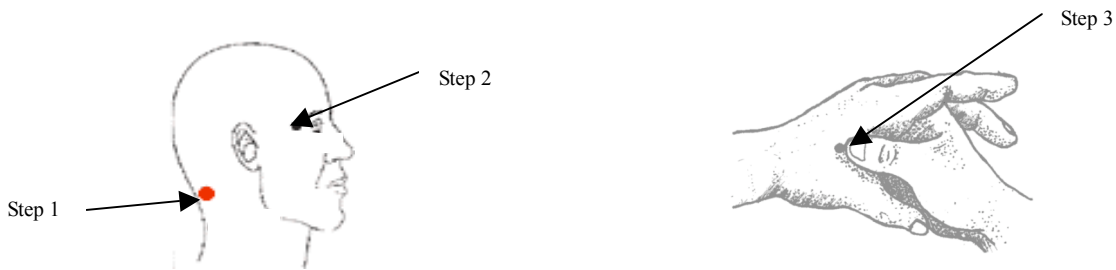
By treating both the symptom, in this case headaches, and the underlying root causes, Oriental Medicine treats the symptoms and changes the body so the headaches don't come back.



Side effects and liver toxicity are problems of many western medications even over the counter medications which people take in large numbers. Acupuncture has no side effects other than the occasional bruising or soreness. Medicinal herbs when prescribed according to both the symptom and the pattern differentiation act to balance the body avoiding side effects and promoting total health.

Here's a simple exercise you can do the next time you feel a headache coming on.

1. Feel along the back of the head with your thumbs where it meets the neck and try and find tender spots, there is usually one behind the bump in back of the ears. Press and rub this point as forcefully as you can stand for 30-90 seconds.
2. Now feel with your thumbs along the depression **behind** the bone to the side of the eyes. Feel up and down the groove for the most tender spot and press and rub this point as forcefully as you can for 30-90 seconds.
3. The final step is to locate the tender spot on the web between the forefinger and thumb and again press and rub this point as forcefully as you can stand for 30-90 seconds. Repeat on the other side.



This simple self massage works immediately to stop the headache in its tracks.

See how Oriental Medicine and Acupuncture can help you get rid of your headaches!

Call for an appointment with Ellen Teeter, AP 941-727-1500