



## TCM and Migraine Relief

Acupuncture and Herbals as practiced with Traditional Chinese Medicine (TCM) is a very effective treatment for migraines and headaches. In a British medical study, doctors found that acupuncture treatments can reduce the number of chronic headache days per year, the amount of medication needed and the days of lost work. (<http://www.bmj.com>)

In a U.S. study, acupuncture was compared to an anti-migraine drug. Acupuncture proved to be more effective and with superior tolerability when compared to Flunarizine.

*(Acupuncture in the Prophylactic Treatment of Migraine without Aura: A Comparison with Flunarizine - click [here](#) for link).*

The TCM view of treatment spans the long-term view because it focuses on

treating the root cause, not just the symptoms. For migraines and headaches, treatment is divided into two categories:

1) **Prevention**; administered between attacks, addresses the systemic or physical problem that is the root cause and;

2) **Acute pain relief**; administered during an attack and reduces the duration and the degree of pain.

Treatment course and medicines vary with your condition because each person is evaluated and treated individually. Typical treatments are weekly initially (for 1 to 2 months) and then monthly until the underlying condition is resolved. For more information about migraines and TCM, [contact](#) your TCM professional, we're always happy to hear from you.

## Upcoming Office Closures

There will be some office closures for the Easter long weekend. They are as follows:

Friday April 10 - Massage with John Yamashita will be available.

Saturday April 11<sup>th</sup> - Dr. Boonstra, John Yamashita and Kurt Jurek will be taking appointments.

Monday April 13<sup>th</sup> - regular office hours.

Please note that Dr. Debbie Wright will not be in the office Friday or Saturday, but will return Monday.

### Topics in this issue:

- TCM and Migraine Relief
- Upcoming office closures

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