

Acupuncture offers relief and prevention for migraine headaches

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(NaturalNews) Acupuncture as an alternative therapy for natural migraine relief not only is effective, but also comes without the side effects of conventional drug treatments. If you suffer from migraines, then you know conventional treatments offer little more than a band aid and are often not effective in completely relieving the pain, nausea and sensitivity to noise and light that can accompany a migraine. The risk of side effects from drug therapy is of great concern for many people, which makes acupuncture an even more attractive alternative because it is considered quite safe.

Acupuncture implements a technique from ancient Chinese medicine that uses thin metallic needles to stimulate specific points on the body. It is typically a painless and relaxing therapy. Acupuncture works to relieve and prevent migraines by stimulating blood flow into tissues that need better circulation. It can also help to relieve tension that may be the root cause of your migraines.

Science confirms that acupuncture is an effective therapy for migraines. A study published in the British Medical Journal in 2004 examined more than 400 adults who experienced regular headaches or migraines. During the three-month study, one group of participants received twelve acupuncture sessions to determine whether or not this alternative treatment could help reduce or prevent their head pain. The other group received only standard conventional care.

The results of this study are compelling. The participants in the acupuncture group experienced fewer overall headaches. They were also able to use less medication and made fewer visits to their doctor. Those who received acupuncture treatment reported being able to take fewer sick days off from work as well.

Reviews appearing in The Cochrane Library show similarly positive results. Studies that compared acupuncture to drug treatments found that acupuncture was effective at reducing the number of headache days participants experienced. The intensity of the pain they experienced was also reduced.

These reviews also looked at studies which examined whether or not the relief felt from acupuncture is merely a placebo effect. These studies compared genuine acupuncture to "sham" acupuncture, and they found that migraine sufferers experienced significantly more relief when given genuine acupuncture therapy.

The safety and effectiveness of acupuncture migraine therapy make it a viable alternative to conventional treatments. By decreasing the number of headaches you experience and

the intensity of the pain, acupuncture has the ability to restore your productivity and may allow you to avoid taking unnecessary drugs. Be sure to only have acupuncture performed by a qualified and certified acupuncturist who will be able to give you appropriate therapy for your migraine headaches.

Elizabeth Walling is a freelance writer specializing in health and family nutrition. She is a strong believer in natural living as a way to improve health and prevent modern disease. She enjoys thinking outside of the box and challenging common myths about health and wellness.