

# Migraines; keep your head and get acupuncture

**We all know the feeling of getting out of the wrong side of the bed in the morning. For many of us this is the effect of that rude awakening on a Monday morning, or else the symptom of a hectic weekend beforehand. For Linda Colquhoun however her bad days were as the result of migraines; debilitating, blinding headaches which would begin the moment she opened her eyes. On some days the migraines didn't materialise, but on the days they did, Linda knew she was going to be in for a day of torture. It was like the illness was playing Russian roulette with her, and it made everyday life hard, if not downright impossible to plan for.**

On the bad days Linda's blood pressure would rocket; her entire head felt as it was being pressurised on an industrial scale with such force she was convinced her skull was about to explode, a terrible sensation that extended to her eyes which seemed to inflate to the point of bursting. Three days out of seven would result in her suffering this way and it was a matter of fate which three they'd be.

Initially Linda assumed this condition to be hormonally-led; 'That Time of Life' syndrome she believed. The visits to her doctor ruled that out however, so the mystery deepened. In the early days the pains were dominating at the back of Linda's head, so her doctor prescribed some tablets which dealt with the migraine by virtually knocking her out. In practical terms this made no difference at all a normal life or to enable her to run her business. "I was Ga-Ga," she said looking back on those days. Worse still was the news that eventually the tablets would lead to more migraines, making Linda think that she was on the slippery downward spiral to constant pain. As with so many pivotal points in life, Linda's took a turn for the better when she was seen by a locum doctor. The doctor herself had suffered awful labour pains during her pregnancy which were alleviated through acupuncture. Her



*It's hard to believe that Linda suffered from debilitating migraines for seven years; thanks to acupuncture though she's free from the misery they caused her.*

professional opinion was that she should seek out an acupuncture clinic close by, and since she'd often seen the Chinese Herbcare and Acupuncture Centre on the High Street, she decided to call in there. After all, she'd suffered with these migraines for seven years by this time and had forgotten what it was like to lead a normal life. For that reason alone she was willing to try anything. After being examined by Dr. Ma; the centre's resident practitioner in Chinese medicine, she was given her first acupuncture session. The sterile needles are hair-thin, so when they're applied to the body they give only a minute tapping sensation and

certainly don't hurt at all. Linda had them placed in the top of her head, her neck, stomach, wrists, the area below her knees and her ankles. If these sound odd places to deal with a head problem, it's important to explain that Chinese acupuncture works by unblocking an interlaced set of lines that run all over us. They've been called 'energy lines' or 'meridians'; either way, they all have to work clearly if we're to have good health. The needles, once they're in the right position relating to the problem in hand, simply restore the free flow of energy which our bodies rely on to take illnesses away. This kind of treatment has been used for over five thousand years, or to put it in perspective, four hundred years before the pyramids in Giza began being built.

Linda had received eight weekly sessions and has two remaining before she alters her treatment to fortnightly and later on to monthly. The main thing for her is that the migraines have completely gone. Nowadays her it doesn't matter what side of the bed she gets out of; she feels great every day. "I simply feel free," she said, her happy, beaming smile a testament to her restored lifestyle and the incredible skill of Dr. Ma and those tiny little needles of his.



**Chinese Herbcare & Acupuncture**  
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**Acupuncture is great for treating all kinds of conditions, such as Migraine, Sinus, Back pain, Arthritis, Stress, Headache, Asthma, Hay Fever, Sciatica, Neuralgia, Indigestion, Eczema, Psoriasis and Menopause.**

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