

Points of Interest

Volume 2, Issue 8 - September 2009

Presented by:

Becca Seitz, MAcOM, LAc

Thrive Acupuncture, LLC

3133 NE Prescott St., Portland, OR 97211

Headaches:

Some of the main causes of migraines, according to Chinese medical

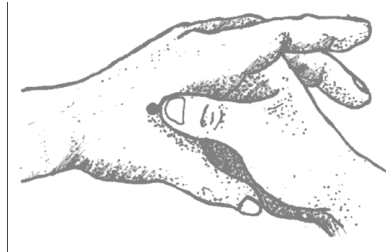


theory are: Deficiency of Qi, Blood or Kidney; Liver Yang Rising, Liver Qi Stagnation, Wind-Heat or Wind-Cold, or Stomach Heat to just name a few.

Your acupuncturist will be able to diagnose your type of headache from such clues as: location of the headache, what your headache feels like (pounding, sharp, dull, achy, throbbing, etc.), and what sorts of situations may bring on your headaches.

Large Intestine

4: Called He Gu (pronounced “Huh Goo”) in Chinese, Large Intestine 4 (LI4) has many



uses in acupuncture. One of its uses is in treating headaches. You may have heard people telling you to press on this point if you have a headache. If you haven't tried it, do! It can work really well for relieving much of your headache pain very quickly.

WARNING: Do not massage this point if you are pregnant or think you may be pregnant.

Reflexology: Reflexology is believed to have been used in China, India and Egypt as long ago as 5000 years. It was brought to the US by Dr. William Fitzgerald during the 1920s, and has continued to flourish as a treatment option to this day. Reflexology treatments consist of a deep tissue massage in specific areas of the foot according to the particular diagnosis of the patient. Much like other forms of Chinese medicine, Reflexology is a system that treats the body as a whole, not the symptoms of a biomedical complaint. Reflexology has been shown to be an effective treatment for digestive disorders, headaches, various body pains and more!



For more articles on Chinese medicine, check out my blog at <http://qisy.blogspot.com>
To unsubscribe from this newsletter, send your request to: Becca@ThriveAcupuncture.org