

Chinese Medicine and Headaches

Conventional treatment focuses on relieving the headache each time they happen. Little is done to fix the problem causing your headaches in the first place. Conventional belief is that headaches can't be resolved, but that's definitely not the view of Chinese Medicine. Chinese Medicine sees your headache as a lack of internal stability. Oriental medicine uses several natural headache relief techniques that restore your body's self-healing mechanisms. These include acupressure (or acupuncture), diet, herbs, special massage methods and lifestyle modifications.

Since there are various types of headaches, these are only some general recommendations.

Food Therapy and Headaches

Eat a diet composed primarily of:

- A large variety of cooked vegetables (fresh, lightly cooked, big variety)
- Whole grains (brown rice, buckwheat and millet are all good)
- Animal protein (small amounts, more like a condiment than a main course)
- Water (room temperature)
- To get good effect, stay away from everything else until you recover (especially dairy, sweets, cold foods, fruit juices and oily-greasy foods.)
- Specific foods that are good for migraines: rye broth, rye porridge or congee, omega-3, Dragonwell green tea, walnuts

Also:

- Don't overeat any one food
- Moderate spices for flavoring
- Let your stomach empty before eating again
- Don't overeat or eat just before bed
- Don't skip meals
- Drink only about a teacup of warm water/green tea with meals

Acupressure for Headaches

The best acupressure points depend on the type of headache you have, but you can still try these and you may be very surprised by their effectiveness in time.

Apply medium pressure (never painful), for a minimum 60 seconds / 3 X day, with your finger, thumb or knuckle to:

LI 4 Massage the web of your hand between the thumb and forefinger where it's painful (press hard - you'll find it). This may only be a temporary fix, but can be very effective.

Du 20 Massage the vertex of your head at the point where the line between the top of your ears meet. You'll probably feel a depression there.

LV 3 Massage the web between your big toe and your 2nd toe, working up to the point where you feel the bones of your feet come together.

