

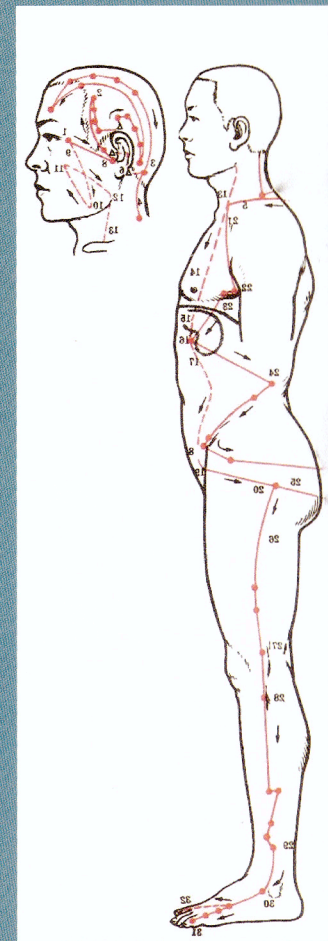
About one in ten people suffer from certain kind of migraine. They are the primary headache disorder for which women are most likely to seek medical treatment for. Migraines affect women 3 times more than men.

One in five of migraine sufferers experience 'auras', which are vision changes, distorted images or zigzag lines. Others may experience confusion, dizziness or numbness on one side of the body.

Sometimes, these symptoms may last for days causing you to miss out on work and family life. You may rather stay in a quiet, dark room and hope that the headache goes away with medication & rest.

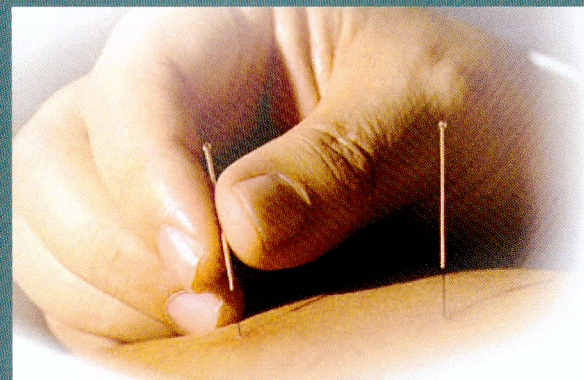
Chinese medicine has a very extensive history in treating headaches. 3000 years ago, "Huang Di Nei Jing" {黃帝內經}, one of the most classic Chinese documents mentioned the management of headaches.

Instead of just symptomatic relief, Chinese acupuncture is able to get down to the root of the problem. During examination, practitioners identify organs or meridians that are being affected. Then, treatments are designed to regulate the flow of energy and restore normal function of the affected areas. Once the flow of energy is restored, pain should often subside.



The 'Gall Bladder meridian' (red line), it starts from the corner of the eye, wraps around the temple area of the head, goes down the side of the neck, trunk and reaches the toe. Its one of the common meridians that often has blockage and therefore is used by acupuncturist on managing migraine headaches.

*Acupuncture is a time-tested method which effectively controls your migraine with no side effects.*



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