

*“The effective combination of Western and Eastern healing practices, therapies and health protocols.”*

Are drugs the only way to relieve your migraines? Or are there other effective ways to manage or eliminate your pain?

Many migraine sufferers have become aware of the benefits of natural approaches to healing. Some have collaborated with therapists trained in Chinese and other non-Western healing traditions. These therapists practice many drug-free healing techniques neglected by Western medicine.

### **Acupressure, Tai Chi and Chi Kung**

If you're already taking drugs prescribed by your doctor, and are not satisfied with the results, consider a visit with an integrative health therapist.

Acupressure for migraines, as practiced by an accredited Chinese massotherapist, applies finger pressure to acupoints on your head and neck. Acupressure releases your body's energy and natural healing powers—sometimes with instantaneous and startling results. A good Chinese massotherapist will even teach you how to apply acupressure on yourself. You can then treat your migraines by yourself at home or at work.

Two other Chinese health therapies, Tai Chi and Chi Kung, also awaken your body's natural healing powers. They employ various stances, breathing exercises, concentration and other mind-body integration techniques that gently stimulate your immune system. Tai Chi and Chi Kung are also ideal for reducing stress—a major factor affecting pain in many migraine sufferers. In addition, Tai Chi and Chi Kung will help you increase your energy, stamina, and ability to focus.

## Stop your migraine pain the natural way

**Heal yourself without drugs or side effects**

**By Craig Cormack**

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With the help of an experienced integrative health therapist, you can develop a migraine pain treatment program tailored to your specific needs. This program will include various physical therapies, but also dietary and other recommendations.

### **Diet, home remedies, supplements and herbs**

Your diet may be an important factor affecting your migraines. Think about changing your eating habits. Try eating smaller meals more often. Eat wholesome, organic foods with no additives, preservatives or artificial flavours or colours. Increase the amount and variety of fresh vegetables, fruits, whole grains, beans and legumes, fish, and poultry in your diet. Favour fibre-rich foods. Avoid red meat and preserved foods, MSG, aspartame and other artificial sweeteners. Experiment with your diet to find what works best for you.

Home remedies for migraine headache will vary in effectiveness according to the person. Some find relief with ice packs on the forehead and neck base. Others soak their feet in a hot bath. Fresh carrot and celery juice works for some, a cup of strong coffee for others.

Calcium, magnesium, vitamin B complex and niacin have all been found effective for migraines. Herbs such as butterbur, kudzu, white willow bark, turmeric and various Chinese traditional herb combinations can also help. Consult your integrative health therapist for more details and direction on the use of supplements and herbs.

### **Take control of your pain**

Visit your library and bookstore. Research the internet. Find out the latest facts on migraine headaches. Talk to your doctor about adding the knowledge and resources of a good integrative health therapist to your migraine headache treatment program. You may be very surprised at the results you achieve when you take control of your pain.

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