

# H e a d a c h e



Headache is a common pain. It can happen at any age and can often be the result of your lifestyle. There are several common types of headache as follows:

## **Tension Headache**

Stress, worry and anxiety can cause pain at the back of your neck or across the top of your forehead. It can feel like a band around your head or a weight on top of your head. Working in the same position for many hours each day may make a tension headache worse and last longer.

## **Migraine**

Migraine pain commonly occurs on one side of the head and when severe, may throb in time with your pulse. If your headache is a migraine, you may not be able to bear light, noise or strong smells. You may also feel sick and sometimes vomit. Some people may have warning signs before a migraine starts, such as flashing lights or numbness and tingling in their arms, legs or face.

## **Cluster Headache**

Severe pain occurs behind one eye or on one half of the head, with redness and watering of the eye and blockage of the nostril on that side. It can last for 10 minutes to two hours and may occur again several times in 24 hours, often waking the person from sleep. These headaches can occur in bouts, usually lasting for weeks or months and are separated by pain free periods of months or years.

## **Sinus Headache**

Blocked sinuses cause pain above the eyebrows, between the eyes and in the cheekbones. The pain is worse when waking up or bending over.

## **Causes of Headache**

Some people find that certain things trigger their headaches. Triggers aren't the same for everyone and they can be different for the same person at different times.

## **Triggers include:**

- Stress, tension
- Hormonal changes eg. periods, pregnancy, the oral contraceptive pill, hormone replacement therapy
- Coffee withdrawal
- Too much alcohol
- Fasting, missing meals
- Too little or too much sleep
- Glare or cold, windy weather
- Some medicines
- Stuffy, smoke filled rooms.

## **TCM Drug Free Pain Control**

Acupuncture works in a preventative capacity as well as dealing with the problem initially. The following regime is always followed, but each type of ailment is unique to the individual and so will be treated according to the individual cause.

- All treatments take into consideration the psychological effect the ailment has on you and your lifestyle
- Acupuncture
- Herbs which are prescribed in pill or raw form depending on the individual palate and case
- Local laser to treat tender spots occurring in the regional anatomy
- Electro-acupuncture therapy
- Cupping/Moxibustion
- Massage
- Exercise
- Dietary advice

**PTO**

*masters of TCM Pty Ltd*

A.B.N. 22 074 633 211

435 Riversdale Road Hawthorn East Vic 3123 Phone 9882 2255 [www.mastersoftcm.com.au](http://www.mastersoftcm.com.au)

What a relief! A drugless alternative to the pain you have been experiencing. And it has been proven for thousands of years. TCM works because it establishes your body's equilibrium by correcting your energy imbalances.

TCM works in a curative and preventative manner. Incidentally, the frequency and duration of your treatment will vary according to your individual condition. Generally speaking, the longer a patient has had a particular condition, the longer it will take to treat.

TCM has a strong sense of commitment and purpose to each patient, this is why we are the only clinic offering one hour treatments with each appointment and an extremely high success rate.

If we can be of further assistance please do not hesitate to call.