

2015

# liveinbalance

YOUR HEALTH + WELLNESS MAGAZINE



# THE headlines

[www.liveinbalancemagazine.com](http://www.liveinbalancemagazine.com)

EDITION

# Migraines

+ Writing | The Ontario Migraine Clinic

Why do I suffer from migraines? The problem is how the nerves are talking. The main cause of migraine is an individual's slow reaction to specific internal or external environmental changes. Physiological reactions take place constantly in response to our body's needs. These responses are communicated through the nervous system to direct and coordinate proper function of our cells, organs and systems. The way that nerves communicate with one another is by releasing chemical messengers called neurotransmitters. Any physiological adjustment that needs to take place requires the correct amount of neurotransmitter(s) at the appropriate time. Sometimes with altered function, this release is too fast or slow, too much or too little, and this can lead to inaccurate or delayed adjustment in function. With migraine sufferers, the impaired adjustments can last hours or even days. This inappropriate adjustment period leads to the associated migraine symptoms. Eventually the correction is made and function returns to normal. Migraine sufferers have normal adjustment of neurotransmitter under virtually every situation but a few, and those are referred to as triggers.

There are hundreds of triggers (individual or combined) for migraine, but usually only a few effect any one individual. It is important to understand that the trigger is not the problem, but rather the individual's diminished ability to respond fast enough to what that trigger is requiring them to do. The demand placed upon our physiology is very different from barometric pressure changes compared with the strong smell of perfume. Both are considered to be triggers for migraine but, not in all migraineurs. The reason for this is that different triggers place different biological demands on different aspects of our physiology. This is why different people can have different triggers, even though the migraine can feel the same for both. Think of it in a similar fashion to having a fever. Several people could have the same temperature fever, with totally different types of infections. The fever doesn't tell you what the infection is, or what part of the body is infected. The suffering of a migraine, doesn't indicate where you are deficient in your health. Once the weakened areas are identified, they can be treated appropriately. An individual's lifestyle, mental or physical stress, can be the cause of different nervous system strengths and weaknesses.

## How does acupuncture work?

Treatment is successful in part, because of the nature of the way your nervous system works. Understanding that your nervous system is ever learning and is adaptable to changes is the first step in understanding how acupuncture works. Acupuncture is like going to the gym for your nervous system. The placement of fine needles to a depth that stimulates specific branches of nerves, is one way of understanding how acupuncture is able to tap into different levels of the nervous system. Combinations of needles that are working towards a desired effect is how treatments are designed. Systems that have been observed to be under or over functioning will optimize if stimulated or trained through the specific application of acupuncture. Proper assessment of an individual's health can determine the areas that need improvement.

Traditional Chinese Medicine, has many evaluation techniques that assess the individual's health, on a system by system basis. The complete assessment determines an individual's strengths and areas of weakness. This is the starting point of each person's treatment plan. Selecting the specific acupuncture points will target the appropriate areas and stimulate them to regain optimal function. Just like drinking red wine may stimulate the process of physiological events that we refer to as migraine, the appropriate placement of acupuncture needles can stimulate a response to reverse the process. It is the optimizing of the systems, through the neurological training the acupuncture provides, that regains a person's health.

Acupuncture is training, like going to school. Acupuncture treatments are administered in a logical progression, with each treatment building upon the last, to reach the desired effect of regaining optimal function. A person with several migraine triggers, like weather changes, hormonal fluctuations or alcohol, might need different amounts of improvement to achieve the ability to handle what each trigger is imposing. Because different triggers place different physiological demands, each individual will achieve the ability to deal with different triggers at different stages of treatment. Only a little improvement may be needed in their systems that are responsible for dealing with hormones, but lots of improvement in the areas responsible for processing alcohol. Remember physiologically they are different problems that end up having the same symptoms of migraine.



[migraineclinic.ca](http://migraineclinic.ca)

**Outstanding success  
in eliminating or reducing  
migraine suffering!**

**TORONTO LOCATION**  
212 King Street West, Suite 500  
Toronto, Ontario M5H 1K5

**GEORGETOWN LOCATION**  
83 Mill Street, Suite 304  
Georgetown, Ontario L7G 5E9



**NOW ACCEPTING  
NEW PATIENTS**

No referrals required

**CONTACT US FOR  
AN APPOINTMENT**

T: (905) 702-0625

E: [info@migraineclinic.ca](mailto:info@migraineclinic.ca)