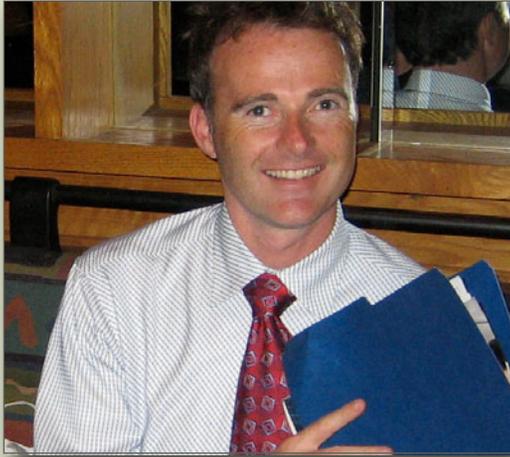


Why do I suffer from Migraine?



BRENDAN CLEARY

The Ontario Migraine Clinic was opened during the summer of 1999. The goal of this clinic is to raise awareness and promote the use of complementary methods to treat this debilitating health issue. The treatments consist of a unique method of Acupuncture and the success has been nothing short of amazing.

For his work and the success of The Ontario Migraine Clinic, founder Brendan Cleary Ph.D., D.Ac., was awarded the Star of Asia by The Open University of Complementary Medicine, in December 2000, which is given to the person who most contributes to the field of Complementary Medicine. This is the first time that this award has been awarded to someone in North America.

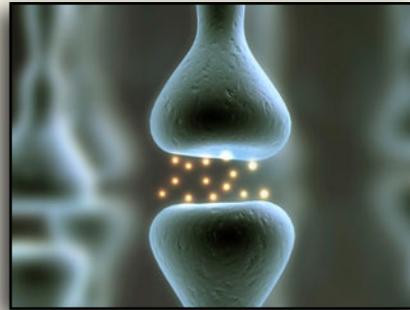
“Acupuncture is not magic, it is a very effective way to predictably stimulate the nervous system. When weaker aspects are detected and then stimulated, proper function is regained. Acupuncture is like going to the gym for your nervous system”



THE PROBLEM IS HOW 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 at the appropriate



time. Sometimes with decreased 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 delayed adjustment can last hours or even days. Eventually the correction is made and function returns to normal. Migraineurs have normal adjustment of neurotransmitter under virtually every situation but a few, and those are referred to as triggers.

There are thousands of triggers for migraine, but usually only a few affect an 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.

For example, foods that we eat cause a cascade of physiological events to use the nutrients we digest. The different nutrients cause different neurotransmitters to be released so that the body can perform

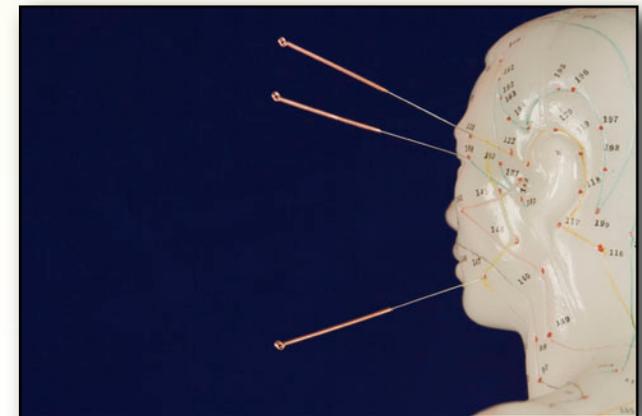
the correct function to utilize the food properly. This balancing of transmitters is different with different foods. Foods that are referred to as a trigger, challenge the individual's ability to balance transmitters in the correct amount. The inappropriate transmitter balance leads to the symptoms of migraine. This balance is eventually achieved and the symptoms retreat until the next difficult challenge.

WHY DO I HAVE DIFFICULTY WITH BALANCING TRANSMITTERS?

Our nervous system adjusts to adapt to the challenges that we knowingly or unknowingly expose it to. Some examples would be, weather, food, stress, hormones, the way we think, how much sleep we get, exercise, what we smell and anything else you can think of. Routines that we develop alter or stress certain parts of our nervous system more than others. Some aspects of our nervous system become better at reacting, while others weaken. Those weak links can leave us vulnerable.

HOW DOES THE TREATMENT WORK?

The treatment is so successful because of the nature of your nervous system. Understanding that your nervous system is ever learning and is adaptable to changes is the first step in understanding how acupuncture works. The weak links that develop will only improve if stimulated or trained. Depending on



an individual's lifestyle, different nervous system strengths and weaknesses will arise.

Proper assessment of an individual's health can pinpoint the areas that need improvement. Selecting the specific acupuncture points will target the weaker areas and stimulate them to regain optimal function.

Our nervous system is designed to be stimulated and give a similar response in many ways. Going outside on a cold day or having someone scratch fingernails on a chalkboard will cause shivering. Biting into a cold lemon or just thinking about it can cause the same response of salivating. This is a similar mechanism of how acupuncture can stimulate a desired response that will train the nervous system towards optimal health.

WHAT DOES THE TREATMENT CONSIST OF?

Initial consultation- completion of assessment forms, registration in clinic, assessment, explanation of acupuncture treatment, commencement of treatment program, review of findings and discussion of expectations.

Second visit until re-evaluation-From the initial consultation to re-evaluation there will be a progression in the treatments as each treatment builds upon the last. This is different for each patient.

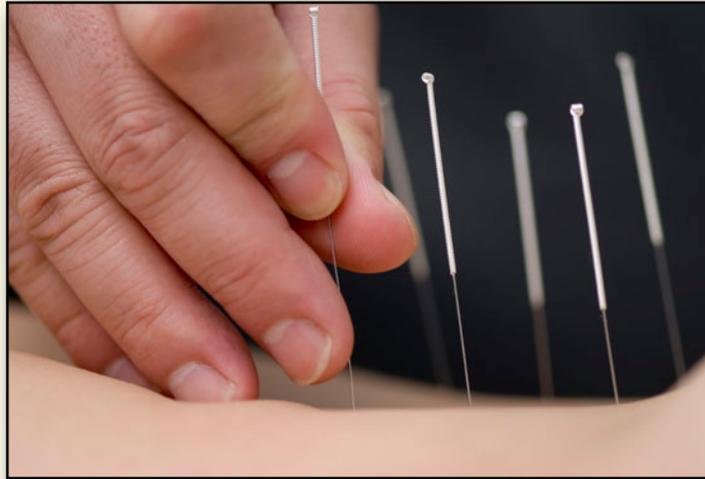
Re-evaluation- at this time progress results are assessed and discussed.

Completion of program treatments.-the number of treatments to achieve maximal results can vary greatly and is often dependent on the amount of medication the patient is taking and the overall health of the patient.

The number of treatments can vary greatly from patient to patient. Factors that will effect the number of treatments are interrupted treatment, medications, age and other health problems.

TREATMENT OPTIONS.

Multiple treatments may be received each day. This will not only reduce the amount of travel required, but will also reduce treatment period. Ask us about your treatment options.



TREATMENT GOALS

Eliminate or reduce the frequency, severity and duration of migraine attacks.

Improve responsiveness to treatment of acute attacks.

Reduce the level of disability in the case of future attacks.

COURTESY ROOM

We have a suite available for you to relax between treatments with a lounge, internet, wireless laptop connection, rest rooms and kitchenette. This warm environment will aid in making your treatments as easy and comfortable as possible.

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