

8 Things You Can Do To Relieve Your HEADACHE

no medication

no surgery

restore your health in a natural way



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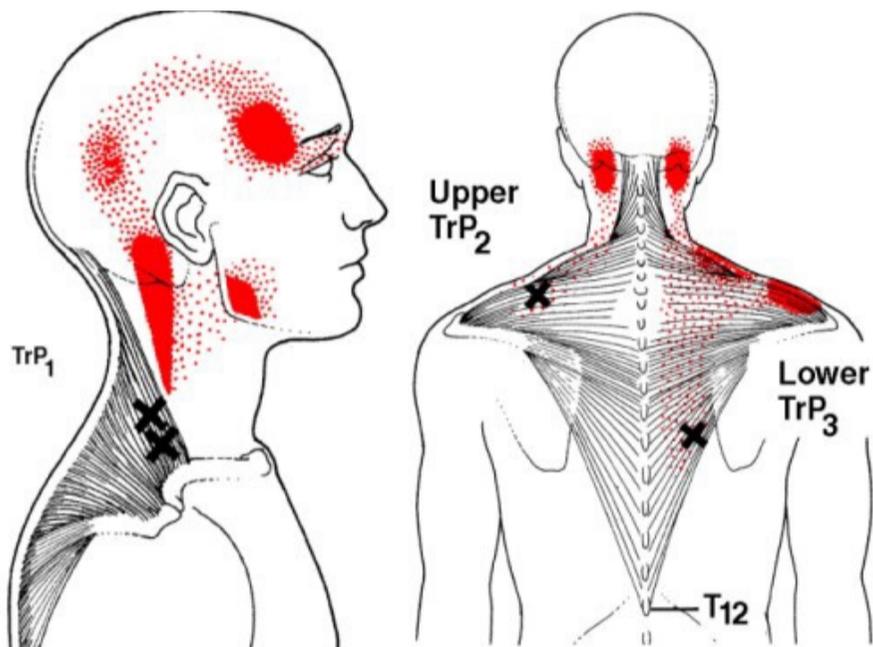
Do You....

- experience headaches more than once a month
- feel that your life is disturbed by your headaches and you can't do what you'd like to do with your work and family
- feel like medication is the only option to relieve your headache
- feel like you'd rather lock yourself in a dark room and not talk to anyone
- want to find a more natural approach for your headache and take back control of your life

If your answer is **YES** to one or more of the above questions, please continue to read. I have put together 8 tips to help calm down your headache and restore control of your life.

8 Things You Can Do To Relieve Your Headache

1. Stretch the tight Trapezius muscle



Pain by tight trapezius muscle

Muscle tightness is one of the common causes of neck pain and headache. A tight trapezius muscle can cause 'referred pain' to the head as seen in 'RED' in the diagram. If the area of your headache is similar to what it is shown in the diagram, you can try to do the following stretches to loosen up the tightness.



Trapezius stretching

When stretching the right side, bend your neck to the left. Gently hold it down with the left hand until you feel a mild stretch. Hold it for 10 seconds. Repeat 5 times.

2. Relax your mind and body

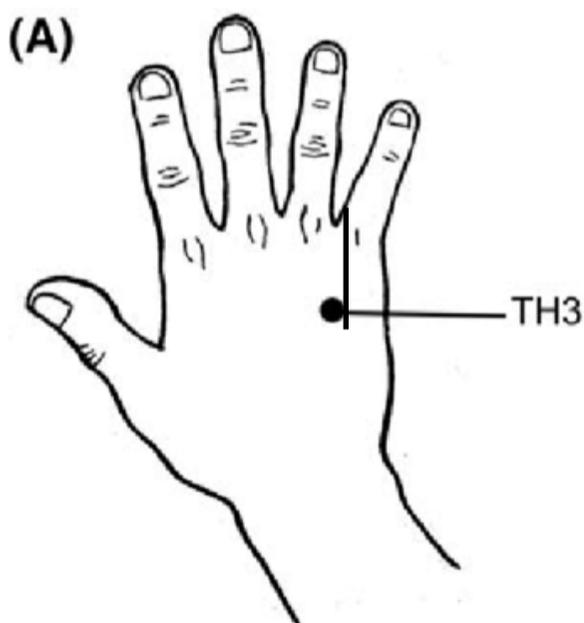


Relax your mind

Never ending stress in the modern world places a tremendous burden in our minds and the bodies to always function in a heightened and alarmed state. Overtime, the mind and the body become unable to relax, leading to a wide variety of dysfunctions including headache, insomnia, anxiety and fatigue etc.

I always tell my patients to find healthy ways to relax their mind and body. Be it through meditation, yoga, breathing exercise, singing in the shower. Whatever works for you, do it!

3. Magic acupuncture point for headache on the side (temple headache).



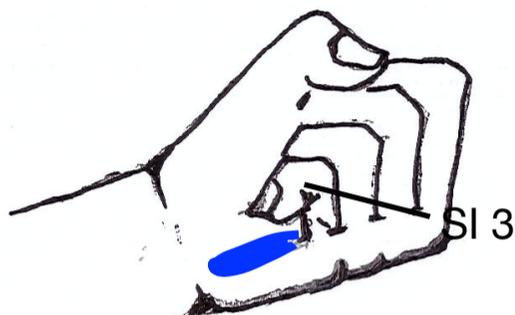
The 'TH3' point is located at the back of the hand between the 4th and 5th finger

This is one of the magic point I often use for patients with 'temple headache' which are headache on the sides of their head.

Yes, you are thinking correctly! Using a point on the hand to treat pain in the head. Don't forget to use the hand opposite to the side of the headache.. (i.e. right hand for a left headache and vice versa)

Feeling along the area as shown as 'TH3' in the diagram, choose the most tender spot and massage it with gentle but firm pressure for 1 minute. As you do this, check how your headache response. Repeat as necessary.

4. Magic acupuncture point for headache at the back (occipital headache)



The point 'SI 3' is located by the side of the hand, under the 5th finger.

This is yet, another point on the hand for headaches. This time the headache should be at the occipital region, meaning the back of the head.

Feeling along the muscle on the side of the hand, identify the tender spot(s) in the blue area as seen in the diagram.

Massage with gentle but firm pressure for 1 minute. (again, massage the hand on the opposite side of the headache works better) Check how the headache change. Repeat if necessary.

5. Balance of Sleep and Wakefulness



Good Night

It is clear that a lot of headaches are influenced by the imbalance between sleep and wakefulness. Lack of sleep is a well-known trigger for migraine headaches, so as not able to sleep in the right timing. Often times sleeping is the only way to terminate a headache.

Try to get enough hours of sleep every night, and go to bed at the same time each day. These are great ways to minimize the unwelcome headaches you or a loved one has been experiencing.

Good Night!

6. Avoid cold wind draft



bundle up

In Chinese medicine, outdoor wind is able to draw pathogens into our body and create damage. Always bundle up when it is cold and especially windy outside. Stay away from cold draft especially towards your head and neck area.

7. Take note



understand your headache

Take note and understand the triggering factors of your headache.

For example, (for female patients) if your headache usually get worse at the beginning of your menstrual cycle and is triggered by stress and lack of sleep, rearrange your time to make sure you have enough sleep and find time to relax during this monthly period. Don't let all the triggering factors happen at once and cause a perfect storm for the headache to flare.

8. Try different approaches



Acupuncture

Have you ever wanted to know the cause of the problem rather than just always reaching for medication?

It is possible that you can find the root of your headache problem through the lens of Chinese medicine.

Acupuncture is a time tested method which has been demonstrated to be a very effective treatment for people suffering from migraine headaches. Besides symptomatic relief, the philosophy of Chinese medicine is to balance the functions of the body, get down to the root of the problem and achieve long lasting effect of healing.

Since you have made it to the end of this e-booklet, I strongly believe that it is because either you or your family has suffered from certain kind of headache, and you are dedicated to find out the answer for it.

In celebrating the 20th year anniversary of Legend Rehabilitation, I am giving out 10 **FREE** consultations (\$120 value) for patients who are trying to find answers for their headaches. Call 718-980-9888, mention you have read the '[8 Things You Can Do To Relieve Your Headache](#)'. In the consultation, you will receive an in-depth examination to find out what may be the cause of your headache and a plan of care for your condition.

Good Luck to your *journey of healing*

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