



## Options for Head Pain

**Acupuncture** – Improves circulation and enhances the body's own ability to deal with head pain without the side effects that often come with the use of pain medications and other prescription medications. Additionally in some cases, acupuncture for head pain has been shown to provide equal or better results than medication without side effects.

An average acupuncture session takes about one hour. Although it is common to see some immediate reduction in pain after the first session, it can take up to 4-5 sessions. At that time, we re-evaluate progress and develop a treatment plan designed for your needs. Because each individual's symptoms vary, please call us so we can discuss your specific needs.

**Craniosacral Therapy** - assistance will occur by using a gentle, noninvasive light touch generally at the head, feet or sacrum to balance the cranial system which contains the fluid surrounding the brain and central nervous system. With head pain this can increase relaxation and improve circulation with gentle detection and correction which encourages your own healthy mechanism to dissipate the negative effects of stress. We recommend one or two treatments.

**Life Flow Tai Yi®** - can enable healing by working the physical, mental, emotional and spiritual levels. It allows you to discover your own healing abilities after Universal Life Force Energy has been precisely delivered. When stagnant energies are dissipated or removed, your health can be restored which can enhance your relaxed well-being. Specific treatments for head pain include: Cerebellum, Spine, Cerebral Transforming Energy, Brain, Central Spinal Fluids, Self Esteem Purge, Accident Syndrome Detoxification, Walking Skeleton, Post Traumatic Stress Syndrome and Skull Breath of Life. After making an appointment with one of our therapists, they can help you decide which treatment is most appropriate for you. We recommend one or two treatments.

**Mindful Touch Therapy** – a powerful but gentle blend of energy, touch and healing concepts to support individuals in every state of wellness, dis-ease and disease. Its benefits may include, but not limited to: release of endorphins, the body's own pain killers; improved management of pain or anxiety and greater comfort and improved quality of life. One or two sessions are recommended.

**Neuro-Kinetics** - uses self-care techniques for the relief and management of head pain. These strategies address your neck and more importantly the muscles and joints at the base of your skull, and your jaw muscles. Initially some soft tissue treatment is usually involved. Self-care is the key. The first treatment is 90 minutes to allow for some tissue clearing and learning the beginning movement strategies. After that treatment involves 60 minute sessions with more self-care techniques. The amount of additional treatment depends on your symptoms and how sophisticated you'd like your self-care techniques to be.

Turn over



**Therapeutic Massage** - is a popular technique that can enhance general relaxation and provide an outlet for stress and relaxation for the head. It can include an assortment of techniques that involve targeted manipulation of the body's soft tissue through coordinated pressure and movement. Benefits include:

- Reduced swelling
- Improved circulation
- Increased range of motion
- Relieves muscular tension

**Yoga Therapy** – opens a vast tool box of yoga methods and practices to alleviate pain, reduce stress and create balance specific to the head. We use breathing practices, gentle movement and relaxation techniques to access areas of pain and separation.

A typical session would begin with a structural and breathing assessment and focus on learning techniques to realign balance and posture and reduce the overall effects of stress on the body, mind and breath. Three sessions are generally required so that patterns can begin to change. Benefits include:

- Release tension
- Lengthen the muscles
- Realigning the joints

