

Migraine Headache Puzzle: Migration of Headache Along the Meridians

By Simon Yu, MD

Headache ranks among the top ten medical problems for visits to primary care physicians. In fact, headache is such a common medical problem that there is a new breed of “headache specialist” within the specialty of neurology. Headaches can be severe and disabling.

The first priority of a physician’s job is to differentiate the benign headache from a more serious life threatening headache. There are many different classifications of headaches. The two most well known headaches are tension headache and migraine headache.

Tension headaches are often associated with stress. The stress often causes muscular tenderness in the back of the head, neck and shoulders. Treatment plans typically include anti-inflammatory medications, a muscle relaxant, massage, acupuncture, and cranial and chiropractic adjustment. These treatments are all directed toward controlling the symptoms. Of course, if stress is the primary causative factor then controlling the stress will bring about the majority of relief and alleviation of symptoms.

Migraine headaches are much more complex and challenging to treat compared to tension headaches. What is a migraine headache? Migraine headaches, often called vascular headaches, are characterized by a recurrent, severe throbbing usually occurring on one side of the head. Migraines are often accompanied by nausea and sensitivity to light.

In severe cases, vomiting, neurological symptoms, unilateral muscle weakness, and sensory problems are increased by a visual disturbance of bright flashing lights. Sometimes patients describe the pain as a creepy, crawling sensation along the temporal areas of the head, i.e. near the temples.

The true cause of a migraine headache is unknown. Migraine headaches, though, are often triggered by hypoglycemia, food allergies, medications, hormonal changes and emotional stress. Some of the other trigger factors to consider include environmental chemical sensitivities and hidden dental problems.

One of the most surprising and least suspected problems I encounter in my practice has been from unrecognized hidden parasite infections. As odd as it may sound, parasite infections could also influence migraine headaches. (See my web site www.preventionandhealing.com on parasite related articles.)

It is common to take a standard medical treatment from your primary physician. This could include medications to control headaches, such as narcotic or non-narcotic pain medications including propranolol, amitriptyline, Methysergide, Imitrex, Zomig and many different forms of ergot preparations. It is also commonly suggested that you take bed rest and keep hydrated with lots of water.

The best treatment for migraine headaches is prevention. Be proactive by eliminating as many triggering factors as possible. When I evaluate a patient with a migraine headache with the Acupuncture Meridian Assessment testing (see the article by this name on my web site), I will often find a disturbance along the gallbladder, stomach or liver meridians.

Many of my patients surprisingly are responding to herbal and/or prescribed parasite medications. As an example, the gallbladder meridian, one of the most complex meridians in the body, travels along the temporal side of your head, side of your eyes, neck, shoulder, upper abdomen, flank and back, to the hip, knee, ankle and to the 4th toes.

Hidden parasites can disturb any part of the gallbladder meridian. They can create physical symptoms along that particular energy flow of the body, such as headaches, hip and knee pain, nausea, upset stomach and eye pain. If we detect the disturbance of the meridian signals and treat with the appropriate parasite medications, not only does this relieve migraine headaches, but often your eye pain, hip or knee pain, and upset stomach may get better.

It seems that the enigma of the hidden enemy gets detected and destroyed. Once you know the cause of the disturbance of the meridians, the puzzle of the migraine headache may be finally solved. In addition, the headache will not return until you run into other hidden trigger problems.

Dr. Simon Yu, M.D. is a Board Certified Internist. He practices Internal Medicine with an emphasis on Alternative Medicine to use the best each has to offer. For more articles and information about alternative medicine as well as patient success stories visit his web site at www.preventionandhealing.com or call Prevention and Healing, Inc., 314-432-7802. You can also attend a free monthly discussion on Alternative Medicine at Prevention and Healing on the second Tuesday each month at 6:30 pm. Please call to verify the date and reserve your space.



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