

Traditional Chinese Medicine (TCM)

Even though TCM has been used effectively for more than 5000 years, Western science is just beginning to take a serious look into how and why it works to correct so many serious health issues. Unfortunately, they are still trying to 'prove' it's efficacy in a test lab, when the restored health of the patient is the only proof needed. Yet despite the best efforts of Western medicine, few diseases have ever been completely eradicated, in spite of all the advances in Western Medical Science. Drugs and surgeries are still used to control symptoms and relieve pain, and organs are removed from the body as though they were never needed.

Chinese medicine understands how the body works, and how disease develops. Using only acupuncture and herbal combinations, and sometimes cupping and moxa treatments, TCM practitioners have had a high success rate in restoring good health to their patients with no harmful side effects. Even in the worst case scenario when too much damage has been done to the body from drug therapies and other western treatments, TCM can often help the patient live a higher quality lifestyle by minimizing the side effects of the drugs they must now take.

The skilled practitioner of TCM knows how to read the human body, and the patient knows his symptoms better than any machine or blood test. All symptoms are taken seriously and are a critical part of the diagnostic process. Using TCM training and skill and the patients' description of their symptoms, a TCM practitioner can detect the cause and solution of health problems long before the body has reached an actual disease state or become irrevocably damaged, without the expense, discomfort, and inconvenience of blood, laboratory, and painful exploratory testing.

NI'S CHINESE MEDICAL CENTER...

was established by Bo-Shih Ni and has been serving the central Florida area for over 25 years. The physician's of Ni's Chinese Medical Center practice at superior levels due to Dr. Ni's training of ancient healing wisdom, something not found in American schools. Dr. Ni's knowledge is so extensive that he is a treasured professor not only in the U.S. but also in China and Taiwan.

Acupuncture, Chinese herbs, and Food as Medicine are utilized to expedite healing and provide lasting results. The goal is to restore balance to the internal system. Once balance has been obtained, our Physicians teach their patients winning strategies to maintain it. This knowledge is frequently sought out by local groups, therefore; our Physicians conduct monthly seminars and are available for speaking engagements. Visit our website www.drboni.com for current events.



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MIGRAINES

A struggle for relief



Ni's Chinese Medical Center

Board Licensed Acupuncturists

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Recognizing the symptoms

Millions of people of all ages in this country suffer from Migraine Headaches. If you suffer from this type of headache, you have felt the severe pain they can cause one or both sides of your head. The pain can be intense, throbbing or pounding, and is usually felt in the forehead temple and ear, or around the eyes. You may also have experienced an upset stomach or disturbed vision during the headache. An attack can last as long as several days.



Some Migraines, known as 'classic' migraines, are announced by a specific set of symptoms called an aura, that arrive 10 to 30 minutes before the attack. You may see flashing lights or zigzag lines. Your vision may blur. Some people have difficulty speaking, weakness in the limbs, tingling in their face or hands, or a feeling of confusion.



Why do I have them?

Migraines may be set off by a number of things including stress, head trauma or being in an accident, flickering lights, hormone levels, the weather and certain foods. Most people who suffer from migraines have constipation problems or incomplete bowel movements. When the metabolism can not make the waste exit, the pressure starts to build behind the eyes and a migraine develops.

Traditional Chinese Medicine (TCM) believes that migraines are caused by excessive moisture around the veins in the temple which lead to the brain. The moisture is what puts pressure on these veins, restricting their expansion and creating the headache. TCM focuses on reducing the moisture around the veins in the temple area.

All parts of the human body are interrelated and TCM Practitioners have found a connection between migraine pain and certain problems in the gall bladder and lower digestive system.

Treatment

Mild cases of migraine headaches can be effectively treated with certain herbs, prepared in a combination designed for your system by the Chinese Medicine Practitioner. In more severe cases, your herbal treatment may be combined with a short series of acupuncture treatments. Neither type of treatment produces any harmful side effects.



If you experience a migraine, you should call our office immediately. Acupuncture can be used effectively to provide instant relief.

Will I always have them?

The best news is that this disorder does not have to be a life-long struggle. Proper treatment can, in most cases, eliminate the underlying causes and the recurring pain of migraine headaches.

