



Illustrated Treatment for Migraine Using Acupuncture, Moxibustion and Tuina Massage: Treated With Acupuncture, Moxibustion and Tuina Massage

Cui Chengbin, Xing Xiaomin

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Migraine is a condition that Western medicine finds notoriously difficult to treat, and acupuncture, moxibustion and Tuina massage can all be effective methods of bringing about relief. This clear and comprehensive guide will enable practitioners to carry out treatment and significantly ease symptoms and suffering. Opening with an explanation of migraine and the different forms and symptoms as understood in Chinese medicine, the book explains every part of the treatment process, from diagnosis, locating relevant acupoints and deciding which needle to use, and explains every step for all three forms of treatments. Matching symptoms to treatment in individual cases, the authors discuss Tuina manipulation, and show how to use these to relieve pain. Typical cases are then explained and effective treatments described, and these are summarised for ease of use. A final section outlines precautions that should be taken, and the book is accompanied by a DVD which complements the text, demonstrating exactly how to carry out these treatments. This book will be essential reading for any Chinese Medicine practitioner looking to treat migraine.

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