

Ted Block Acupuncture



TedBlockAcupuncture.com 732-740-2205

Headaches

Just as the Inuit have hundreds of words for snow, there are hundreds of types of headaches, and even more treatments for them.

Basically I maintain that I don't specifically treat a symptom, I treat the whole person. However.....
When I see a patient who's chief complaint is a headache I have to determine where the systemic imbalance is. The patient's imbalance will determine the type of treatment that will be most effective. For example, a headache that has a pounding quality only on one side, combined with a pulse that has a particular pattern position could be a headache linked to the gallbladder meridian. The treatment would be to balance this meridian. Depending whether or not there are excesses or deficiencies the specific points to stimulate would vary. Often when the correct pattern is identified, the results are quite dramatic.

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