

# Headaches & Migraines

Alternative Health Care in the 21st Century



Over 50 million Americans will experience some form of severe headache at some point in their lives. While aspirin and prescription drugs can sometimes provide relief, drugs can also be hard on your body. Overuse of Ibuprofen for instance has been shown to eat away the lining of the stomach and cause intestinal bleeding.

Acupuncture and Traditional Chinese Medicine (TCM) offer all natural treatment options for headaches and migraines. Unlike prescription drugs, acupuncture has no side effects. It is safe, gentle, and effective.

In TCM not all headaches are treated the same way. This is because TCM focuses on the holistic approach to healing, in which two people with the same symptom can have totally different energy imbalances. In TCM theory the body's energy travels in channels called meridians. When these channels become blocked or diminished, stagnation can occur and headaches can begin. Thus headaches and migraines are seen as imbalances in the body's energy system - imbalances that can be corrected with acupuncture.

If you or someone you know is suffering from frequent headaches and unable to find relief with traditional Western treatment options, schedule a free 15 minute consultation to find out how acupuncture and TCM can help.

**Justin Hays, LAc, MAOM**  
1279 S. King st #1 - Honolulu, HI 96814  
[www.SourceUnlimitedHealing.com](http://www.SourceUnlimitedHealing.com)  
(888) 332-3657

# Insomnia

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Most will suffer from occasional insomnia at some point in their lives, but long term ongoing insomnia can be a sign of a deeper disharmony in the body's energy system. If not corrected insomnia can lead to a deterioration of health and well being that may become severe. When your body becomes unable to get the rest it needs low energy, poor mood, and trouble concentrating can be the result. Thankfully there is a solution.

Acupuncture and Traditional Chinese Medicine (TCM) are very effective for treating insomnia and restoring natural sleep patterns. Often poor sleep is the result of unbalanced emotions like anxiety, worry, or fear. TCM can help manage the emotions, and acupuncture can treat the root cause of the problem.

Some other tips for establishing healthy sleep cycles:

- *Stick to a regular sleep schedule*
- *Stay active and exercise regularly*
- *Go to bed and wake up at the same time each day*
- *Don't eat large meals right before bed*
- *Limit caffeine, alcohol, and spicy foods*
- *Try not to nap during the day*

Check with your acupuncturist to schedule a free 15 minute consultation on how acupuncture and TCM can treat insomnia and restore restful sleep.

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# Menopause

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Menopause is a natural physiological cycle that occurs in all women. Because conventional medicine often does not take into account the body's energy system, it tends to treat only the signs and symptoms of menopause while the underlying disharmony remains.

Acupuncture and Traditional Chinese Medicine (TCM) understand that the signs and symptoms of menopause are merely indications of an imbalance deep within the body. If these imbalances are left unchecked, a wide variety of symptoms, called menopause, can develop. Because they restore balance and harmony to the energy system, acupuncture and TCM offer very effective treatment modalities for menopause.

Hot flashes, poor sleep, dream disturbance, night sweating, and dryness are all possible symptoms of menopause. Your acupuncturist will conduct a thorough evaluation and complete health history upon your first visit. This information will help to "paint a picture" and formulate your TCM diagnosis.

As we age the energy systems can require additional support to maintain healthy functioning. Nutrition changes, herbal remedies, and lifestyle changes can also be part of the solution. Acupuncture and TCM are very effective for treating all types of menopause. Schedule a free 15 minute consultation for more details.

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