

Can Massage Relieve Migraines?

Have you ever suffered from a migraine? If you have, you don't need to read a clinical description of one. You know what a migraine is. I believe relief from the pain of migraines is one of the most rewarding benefits I have ever witnessed as a result of giving therapeutic massage. Research has revealed massage increased serotonin levels in adults with migraine headaches. Another study had patients receive massage therapy or practice progressive muscle relaxation (PMR) or receive standard treatment. Dopamine levels, Natural Killer cells, and lymphocytes increased from the first to the last day of the study for the massage therapy group.

Many experts suggest that dehydration is often an overlooked culprit of chronic headaches. A good rule of thumb is to drink 1/2 your body weight of water in ounces, daily. According to the Backyard Medicine Chest, by Douglas Schar, the best herb for migraine is feverfew. The leaf is the part of the herb you want to use. Freeze drying preserves the herbs vital elements, so be sure to purchase the herb in this form. Mr. Schar recommends taking two 100 mg capsules per day. And as always, please check with your doctor before taking any herbs and vitamins. Aromatherapy and essential oils make a huge difference. I have found a blend of marjoram, Roman chamomile, and lavender to be very helpful for my clients. Other oils like citrus bergamot or orange, a floral such as rose or jasmine, or a wood tone like clary sage or sandalwood can be added depending on the clients' personal preference.

You all know I am a big believer in integrative medicine. That means, if you are suffering from chronic pain, you must see your doctor and get a complete physical. Your doctor will take a look at factors such as your blood sugar, and hormones. She might order a complete blood chem. profile, check your blood pressure, evaluate food allergies, and eliminate underlying physiological conditions. I also find it helpful to go see my chiropractor once or twice a month. For more information, please visit my web site at www.wrighttouchweb.com.

Be well,

Rebekah Wright