

Acupuncture Prevention of Migraine



A 2009 study first published in The Cochrane Review was revisited in 2016 to determine the effectiveness acupuncture has on preventing migraines. Both studies looked to investigate whether acupuncture is more effective than routine treatments of headaches, more effective than placebo acupuncture and just as effective in reducing headaches as a normal treatment with drugs would be.

The researchers decided to build upon their 2009 study with new findings and current information.

By searching the Cochrane Central Register of Controlled Trials amongst other databases they were able to come up with enough information to create an efficient study.

After checking for the eligibility of all the data, the researchers were able to determine what kind of responses acupuncture gave those seeking treatment for migraines.

The main results indicated that out of the 22 trials selected, substantial evidence was shown proving that acupuncture can help and be a valuable remedy for migraines. The study determined that a course of acupuncture lasting at least six sessions can be beneficial for those experiencing chronic migraines.

So in addition to taking prophylactic drugs for your headache you should consider going in for routinely acupuncture appointments as well, in order to reduce your chance of experiencing severe and chronic migraines.

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