

Could acupuncture be the cure for your niggling MIGRAINE or even ASTHMA?

FOR most of the nation, acupuncture isn't part of our monthly routine - but could it be the answer to those niggling migraines?

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If you asked Joe Bloggs what acupuncture was, he'd probably say it was something people in Hollywood had as part of their relaxation routine.

It isn't something often associated with a normal, healthy routine. But should it be?

Express.co.uk spoke to Emma Perris, a qualified member of the British Acupuncture Council, about how acupuncture could help everyone in some form.

Especially, she added, those who suffer from migraines or tension headaches. It comes just days after a list of the [best natural healing techniques](#) were announced.

Speaking exclusively to Express.co.uk, Emma said: "Traditional Acupuncture is a whole mode of medicine, it can be applied to any illness or condition, in the young or the elderly.



When migraines get too much, it might be worth considering acupuncture



Acupuncture isn't painful and can be super relaxing

"The National Institute of Clinical Excellence (NICE) recommends it as a first line treatment for persistent, non-specific lower back pain and in 2012, NICE extended their recommendations to include tension type headaches and migraines."

How would it help someone suffering with asthma, we quizzed Emma.

She said: "Traditional Acupuncture stimulates the body's nervous system promoting healing, the British Acupuncture Council have produced Factsheets on lots of common disorders like Asthma.

"Acupuncture can help asthma sufferers by reducing inflammation and helping to open the chest and airways.

"It can also regulate the allergic response in sufferers who have an allergic component to their asthma."

Traditional acupuncture, Emma explained, is deeper and more specific than traditional massage.

She revealed the focus is on the individual and all symptoms are seen in relation to each other.

Emma said: "Each patient is unique and two people with the same western diagnosis may well receive different acupuncture treatments.

"It can also reduce inflammation, promote circulation, and improve muscle stiffness and joint mobility as well as pain relief.

"Traditional acupuncturists that are members of the British Acupuncture Council also have to undertake a minimum of three years training at degree level meeting World Health Organization standards."

Traditional acupuncture is one of the oldest documented systems of medicine in history.

It's based on the meridian system and the movement of energy around the body.

Emma revealed: "It is believed that illness and pain occur when the meridians become unbalanced or blocked. Fine, sterile acupuncture needles are inserted painlessly into acupuncture points situated along meridians or channels within the body.

"This triggers a healing response which helps to correct the imbalance and enables the person to feel a greater sense of wellbeing."

And it's not just asthma and migraines the Chinese tradition can appease; Emma explained it could help "any illness or condition".

She said: "An analogy I find useful is to think of our body as an electrical circuit or like a network of roads and pathways.

"When things go array, a traffic jam occurs or there's a short circuit, Acupuncture points act to widen the road or bypass the circuit to repair the communication.

"Traditional Acupuncture can fix things when they go wrong but it can also help preserve our health; like any intricate machine with moving parts that needs maintaining."

What would Emma say to an acupuncture sceptic?

"It's the perfect antidote to modern life even though it has been practiced for thousands of years.

"It's proven safe, well researched, effective, and treats what's going on for you as an individual. I'd say they should give it go and find out the benefits for themselves."

[@Daily_Express](#) conf #acupuncture can cure migraines and asthma. bit.ly/22L0YxJ