



◆ THIS WEEK'S FEATURE

Acupuncture for Migraines & Tension Headaches

Discover how traditional acupuncture — a cornerstone of our naturopathic approach — offers lasting, drug-free relief from debilitating headache pain.

[READ THE FULL ARTICLE](#)

[EXPLORE ACUPUNCTURE](#)

At Las Vegas Integrative Medicine, we believe in treating the root cause, not just the symptom. Acupuncture and naturopathic medicine work together to restore your body's natural balance and help you live headache-free.

◆ FROM OUR BLOG

What the Research Says

Migraines and tension headaches can be debilitating, but acupuncture offers a proven, holistic path to relief. Here are the key insights from our latest article.

◆ KEY HIGHLIGHTS

Exploring the Therapeutic Benefits of Acupuncture for Migraines & Tension Headache

- **Migraines vs. tension headaches:** Migraines bring intense throbbing pain, nausea, and light sensitivity, often on one side. Tension headaches present as a dull, bilateral ache with neck and shoulder tension. Acupuncture is clinically effective for both.
- **How acupuncture works:** Fine, sterile needles are placed at specific acupuncture points on the body, scalp, and ears selected based on your unique headache patterns and TCM diagnosis to promote the flow of Qi and restore nervous system balance.

- **Clinically proven results:** Research studies have shown acupuncture can significantly reduce the frequency, intensity, and duration of both migraines and tension headaches, often with fewer side effects than conventional medications.
- **Holistic & personalized:** Each treatment is tailored to the individual. Our practitioners address underlying energy imbalances, nervous system function, and stress patterns not just pain at the surface level.
- **Drug-free & lasting:** Acupuncture offers a safe, non-pharmacological alternative ideal for patients seeking long-term relief without dependency on medications.

◆ KEY BENEFITS

REDUCED FREQUENCY

Fewer headache days per month with regular acupuncture treatment.

LESS STRESS & ANXIETY

Calms the nervous system, a major trigger for tension headaches.

PAIN RELIEF

Targets both muscular and energetic roots of discomfort for lasting results.

WHOLE-BODY WELLNESS

Addresses physical, emotional, and energetic imbalances together.

[READ MORE ON OUR BLOG](#)

◆ OUR PRACTITIONERS

Meet Your Care Team

Our licensed acupuncturists and naturopathic doctors are here to guide your healing journey with expertise, compassion, and personalized care.



Dr. Yoojin Lee - Sedera,
N.D., O.M.D.



Dr. Rachel Ong, N.D.,
O.M.D.



Dr. Alex Kong,
O.M.D.



Caroline Zhao, L.Ac.,
O.M.D.

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the Difference?

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