

Migraine relief a needle away?

Acupuncturist honoured for success of clinic

Migraine headache sufferers may be able to find relief from the debilitating ailment at a local clinic.

Brendan Cleary, the founder of the Ontario Migraine Clinic which he's operated in Georgetown since 1999, said he's had remarkable success treating people who have migraines.

Of the 1,300 patients who have come to his Mill St. clinic with a migraine, Cleary, who has a PhD in acupuncture, said no one has left with one. After a series of acupuncture treatments—a traditional form of oriental medicine in which very fine needles are painlessly inserted at specific points on the body—patients have about a 90 per cent chance of never having a migraine headache again.

Cleary, who also operates Ah-Shi Acupuncture in Georgetown where he treats people with many other disorders, recently opened a second migraine clinic in Toronto.

Treatments at Cleary's Georgetown clinic have made a remarkable difference for long-time migraine sufferer Carol McCartney.

Migraines have been a part of her life since childhood. Back then however, the now 55-year-old Georgetown resident said

she'd usually have only two migraines a year. As she got older they became more frequent.

Two years ago her migraines were almost constant and she estimates there were only about 30 days in a year when she didn't suffer from the excruciating painful ailment that was often accompanied by vomiting.

"It's just like I returned from the dead," said McCartney of the difference Cleary's treatments have made for her. Before she went to see him she had tried every treatment imaginable to conquer her migraines and had been taking \$500 worth of medication a month.

She was skeptical he'd be able to help, as she had been to an acupuncturist before, but figured she had nothing to lose.

She went for her first treatment in the throes of a migraine.

"I am screaming, it's so bad," said McCartney.

She said after two hours on the table her migraine was gone but due to the severity of the migraine and the fact it was her first treatment she said Cleary knew she'd be back.

She was, later that afternoon. After another hour on the table she couldn't believe how she felt.

"I got off the table and it was like I never had a migraine," she said.

McCartney had half-hour treatments twice a week for about two-and-a-half months at the clinic and said she noticed a dramatic improvement in the frequency and severity of her migraines.



Acupuncturist Brendan Cleary demonstrates his technique on Janet Allison. Cleary was honoured recently for his work and the success of the Ontario Migraine Clinic.

Photos by Ted Brown

in Asia, said he checks 12 different qualities of a patient's pulse before he places the acupuncture needles.

"Based upon that, I know where to place the needles," he said.

There is no pain to the needles, you can't even feel them," said Cleary who was introduced to the benefits of acupuncture when he suffered an athletic injury at the age of 15.

McCartney said the needles aren't uncomfortable.

Inserting the needles at specific acupoints has two effects Cleary said. It stimulates specific

nerves which transmit electrical impulses to the brain and diseased area and it releases chemical substances—enkephalins, endorphins, serotonin, dynorphin and others—which provide pain relief from the brain centres and pituitary gland.

Many other health problems frequently treated with acupuncture include diabetes, carpal tunnel syndrome, arthritis, anxiety, depression, asthma, addictions such as smoking and alcohol, tendinitis and repetitive strain injuries.

For more information, call Ontario Migraine Clinic, 83 Mill St. Suite 304, at 905-702-0625.

—By Lisa Tallyn, staff writer

Downtown Spa & Relaxation Centre also home of Flamingo Dance/Fitness Studio

SUMMER DANCE CAMP 2001

DATES: Monday - Friday, Week of July 16th

TIME: 9 am - 5 pm

AGES: 7 & up

PRICE: \$115.00/week or \$25.00 a day + GST

Learn the basic steps and/or routines to these types of dance.

CLASSES WILL INCLUDE:

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|---------|-----------------------|---------------|
| Jazz | Hip Hop | Latin |
| Lyrical | Fun Fitness | Swing |
| Ballet | Stage/Musical Theatre | Crafts, Props |
| Acro | Line Dancing | |

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|-----------|-----------------------------|
| Manicures | *Intro to Make-Up |
| Pedicures | *Skin Care/Analysis |
| | *Brow Wax / Shape or Tweeze |

Available for ages 12 and up with parental consent*.



Handouts will be given out on proper nutrition and why exercise is important. On Friday of each week, we will be having a pizza day. Along with that we will be making a video that will be combining various dances we have learned over the course of the week.

Also on Friday we will be doing a musical theatre number.

**Please note that parental consent is required for the children to participate in the video, wax or tweeze brows. Must register prior to start date. Limited registration.

You are a valued client and we'd like to Thank You for your business. -Dorri Bland

36 Main St. S., Georgetown 873-4907

Downtownspa@downtowngeorgetown.com

WHICH CRAFT

June Events Schedule

905-877-8444

Friday June 8th 6:30 - 9:30

Kidz Club - Night On The Town
for 9-13 year old girls

Pizza, Karaoke, Craft, Snacks and FUN, FUN, FUN!!

Friday June 22nd 6:00 - 9:00

Kidz Club - Night Out for 5-8 year old girls
Pizza, Music, Movie, Craft, Games and
Lots More Fun!

Saturday June 16th from 2:00 - 4:00

Fathers Day Craft Workshop

Registration for June Learn to Draw Art Classes has begun - call 905-877-8444 to inquire. Classes are two hours in length once a week for three weeks!

Summer Camp Registration continues, call 905-877-8444!

WHICH CRAFT is Birthday Party Headquarters, for all ages and stages - Many themes and party ideas to choose from...Dates book fast, call Ida or Janette.