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Dr. Dai Provides Alternative Relief for Migraines and Other Pain

By Frances O'Brien on October 24, 2007

BURBANK - According to the World Health Organization, approximately 11 percent of adult populations in Western countries suffer from migraine headaches. The Arthritis Foundation tells us that about 2.1 million Americans are affected by rheumatoid arthritis. And nearly everyone has a back problem, knee pain or a stiff neck at some point in his or her life. What is there to do about all the discomfort and misery? Fortunately, Dr. Mindy Dai of Valley Acupuncture and Herb Center is here to help.

"They come to me with pain from head to toe," Dr. Dai explains, "migraine headache, neck pain, back pain, lower back pain, hip, knee, all joints, the shoulder, all pain."

Acupuncture involves the insertion of fine, pre-sterilized needles into the body at local points (where the pain occurs) and distal points (further away and seemingly unrelated). The points are along a meridian or channel, and they are all interconnected. The result of the technique is a stimulation of the body's ability to heal itself.

For some types of pain, after the needle is inserted into the skin, a small electrical current is attached. "The needle goes deep so the stimulation is stronger," Dr. Dai says. "It works very well. I use that a lot." Some practitioners don't like that method because, as she explains, it requires a lot of effort. "They have to manipulate each needle. Adjust the needle higher and lower depending how the patient feels. I don't mind how much work it is."

But Dr. Dai doesn't stop at acupuncture. Her services also include Chinese massage, foot massage, local point exercises and physical therapy. In addition, she sometimes utilizes a method called cupping, in which small, jar-like bulbs are placed upside-down on the back and heated, thereby releasing oxygen and relaxing the muscle, so that pain, tightness, pinching, spasms and cramps can be alleviated.

Acupuncture is a centuries-old technique originating in China, and clearly it has proven its effectiveness for pain relief over the years. Many of Dr. Dai's patients are referred to her by medical doctors. "Last week, one day I had four different doctors refer patients. I have many doctor referrals." She also believes that doctors are supportive of acupuncture because after a patient receives it, he or she does better with medical treatment.

Voted Best Acupuncturist of 2006 and 2007 by the Burbank Leader, Dr. Dai is located at 2031 W. Alameda Ave., Suite 206, Burbank. To schedule an appointment, please call (818) 843-1558.

Frances O'Brien is a community event reporter for the "Tolucan Times."

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