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Aside from that, you should also make some lifestyle changes as there are trigger factors that have been known to cause migraines. Stress is number one on the list so you get enough rest and exercise as well as a balanced diet. Patients who are suffering from migraine should also check if acupuncture is covered by their HMO. Most insurance providers and HMO's these days cover all or part of the cost but there are restrictions so you should check what is covered by your policy. Once these spots are identified, these sharp needles are then inserted. Usually 5 needles are placed in various acupoints.

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