

Modern Research & Acupuncture

Acupuncture & IVF - A systematic review and meta-analysis suggested that women undergoing IVF were 65 percent more likely to become pregnant when they integrated acupuncture into their normal IVF treatments. *BMJ*, 2008 February

Acupuncture & Insomnia - In the treatment of insomnia, acupuncture yields significant results with a total effective rate of 90.44%. It also improves the quality of sleep and overcomes complications induced by sleep medication. Sok, SR, et. al., The effects of acupuncture therapy on insomnia. *J. Adv Nurs.*, 2003 Nov;44(4):375-84. *J Traditional Chinese Medicine*, 2002 Dec.:22 (4):276-77.

Acupuncture & Gastritis - A study from the Guangxi College of Traditional Chinese Medicine concluded that acupuncture was effective in the treatment of chronic gastritis, resulting in a 95% effective rate. *J. Traditional Chinese Medicine*, 2003 Dec.:23(4):278-79.

Acupuncture & Shoulder Pain - Acupuncture is effective in the treatment of shoulder periarthritis. Of the 210 subjects studied, 158 were cured, 40 improved and 12 showed no significant improvement. *J. Traditional Chinese Medicine*, 2003 Sept.:23(3):201-02.

Acupuncture & Fibromyalgia - A study conducted showed that acupuncture, when added to traditional fibromyalgia treatments, reduces pain and improves the quality of life for up to three months following treatment. *J. Rehab. Med.*, 2008 Jul.:40(7):582-88.

Acupuncture & Blood Pressure - A German study concluded that acupuncture can create a significant reduction in both systolic and diastolic blood pressure. At the end of six weeks, subjects who received acupuncture achieved a reduction in both systolic and diastolic readings from their base-line. Researchers noted no noticeable change in subjects who received sham acupuncture. *J. Traditional Chinese Medicine*, 2003 Mar.:23(1):49-0.

Electro-Acupuncture & Immune Function During Chemotherapy - Electro-acupuncture can strengthen immune function, hematopoietic function and improve appetite, sleep, alleviate pain and digestive distress. Another study suggests acupuncture is able to normalize the pattern of leukocytes. *J. Traditional Chinese Medicine*, 2002 Mar.:22 (1):21-3. Mori, H., et. al., Unique Modulation by Electro-acupuncture in Humans Possibly via Stimulation of the Autonomic Nervous System. *Circulation J.*, 2007 June

Acupuncture & Migraines - Researchers concluded that acupuncture can significantly reduce migraines better than medication alone. Subjects who received traditional acupuncture showed lasting improvement in migraines when compared to participants who received mock acupuncture plus Rizatriptan. *J. Headache*, 2008 Mar.

Acupuncture & Depression - All subjects receiving acupuncture for major depression significantly improved by a greater margin than those not receiving treatment. Another study suggests that electro-acupuncture can produce the same therapeutic results as tricyclic drugs, but with fewer side effects and better symptomatic improvement. Acupuncture Treatment for Major Depression, the *Tenth Annual Symposium of the Society for Acupuncture Research*, 2003. *J. Traditional Chinese Medicine*, 2004 Sep.:24(3):172-6.

Acupuncture & Allergic Rhinitis - In a German study, researchers noted improvements in patients who suffered from allergic rhinitis. After three and six months, researchers followed up with subjects and concluded that subjects who were in routine care with acupuncture had clinically relevant and persistent benefits. *European. J. of Int. Med.*, 2008 Nov.:10(5):535-43.

Acupressure & Morning Sickness - A study was set up to determine the efficacy of acupressure in the treatment of pregnant women suffering from nausea, with or without vomiting. The study concluded that acupressure was extremely effective in controlling symptoms of nausea and vomiting, without adverse side effects, when compared to the placebo group. *Comp. Therapy Clin. Practice*, 2008 Feb;14(1):46-52.

Acupuncture & Asthma - Symptoms of bronchial asthma were markedly improved after acupuncture treatments, and the dosage of patient's medication was gradually reduced. Another study suggests improvement of the quality of life for patients with clinically stable, chronic obstructive asthma when conventional care is combined with acupuncture. *J. Traditional Chinese Medicine*, 1998 Mar.;18 (1):27-0. *J Altern. Comp. Med.*, 2003 Oct.:9(5):659-0.

Acupuncture & Carpal Tunnel Syndrome (CTS) - A randomized, controlled study compared the efficacy of acupuncture with steroid treatment in patients with mild to moderate CTS. Researchers concluded that acupuncture is a safe and effective treatment option for patients who have CTS, but experience side effects to oral steroids or those who opt out of surgery. *Clinical J. of Pain*, 2009 May;25 (4):327-33.

Acupuncture & Osteoarthritis (OA) - A randomized, controlled study showed that acupuncture can provide improvement in function and pain relief as an adjunctive therapy for OA when compared to sham acupuncture. Berman, BM., et al., *Effectiveness of Acupuncture as Adjunctive Therapy in Osteoarthritis of the Knee: a randomized, controlled trial. Annals of Internal Medicine*, Dec.21,2004;141(12):901-910.

Acupuncture Cupping (AC) & Chronic Fatigue Syndrome (CFS) - A study was conducted using AC in subjects suffering from CFS. After six weeks of receiving AC,

Acupuncture is recognized by the National Institute of Health (NIH) and the World Health Organization (WHO) to be effective in the treatment of:

- Addiction - alcohol, drug, smoking
- Anxiety
- Arthritis
- Asthma
- Bronchitis
- Carpal tunnel syndrome
- Chronic fatigue
- Colitis
- Common cold
- Constipation
- Dental pain
- Depression
- Diarrhea
- Digestive trouble
- Dizziness
- Dysentery
- Emotional problems
- Eye problems
- Facial palsy/tics
- Fatigue
- Fertility
- Fibromyalgia
- Gingivitis
- Headache
- Hiccough
- Incontinence
- Indigestion
- Irritable bowel syndrome
- Low back pain
- Menopause
- Menstrual irregularities
- Migraine
- Morning sickness
- Nausea
- Osteoarthritis
- Pain
- PMS
- Pneumonia
- Reproductive problems
- Rhinitis
- Sciatica
- Seasonal affective disorder (SAD)
- Shoulder pain
- Sinusitis
- Sleep disturbances
- Smoking cessation
- Sore throat
- Stress
- Tennis elbow
- Tonsillitis
- Tooth pain
- Trigeminal neuralgia
- Urinary tract infections
- Vomiting
- Wrist pain

1, 2, 12, 13, 14 National Institute of Health (NIH) - National Institute of Health Consensus Conference on Acupuncture, Program & Abstracts (Bethesda, MD, November 3-5, 1997). Office of Alternative Medicine and Office of Medical Applications of Research. Bethesda.

3 Neuro-acupuncture, Scientific evidence of acupuncture revealed, 2001 Cho, ZH., et al., page 128.

4 Acupuncture - A scientific appraisal, Ernst, E., White, A., 1999, page 74.

5 Acupuncture Energetics - A clinical approach for Physicians, Helms, Dr. J., 1997, page 41-42.

6 Anatomy of Neuro-Anatomical Acupuncture, Volume 1, Wong, Dr. J., page 34.

7 Han, J.S. "Acupuncture Activates Endogenous Systems of Analgesia." National Institute of Health Consensus Conference on Acupuncture, Program & Abstracts (Bethesda, MD, November 3-5, 1997). Office of Alternative Medicine and Office of Medical Applications of Research. Bethesda.

8 Neuro-acupuncture, Scientific evidence of acupuncture revealed, Cho, ZH., et al., page 116.

9 Acupuncture Energetics - A clinical approach for Physicians, Helms, Dr. J., 1997, page 66.

10 Acupuncture Energetics - A clinical approach for Physicians, Helms, Dr. J., 1997, page 41.

11 Astin, JA., et. al., A review of the incorporation of complementary and alternative medicine by mainstream physicians. *Arch Intern Med.*, 1998;(158):2303-10.

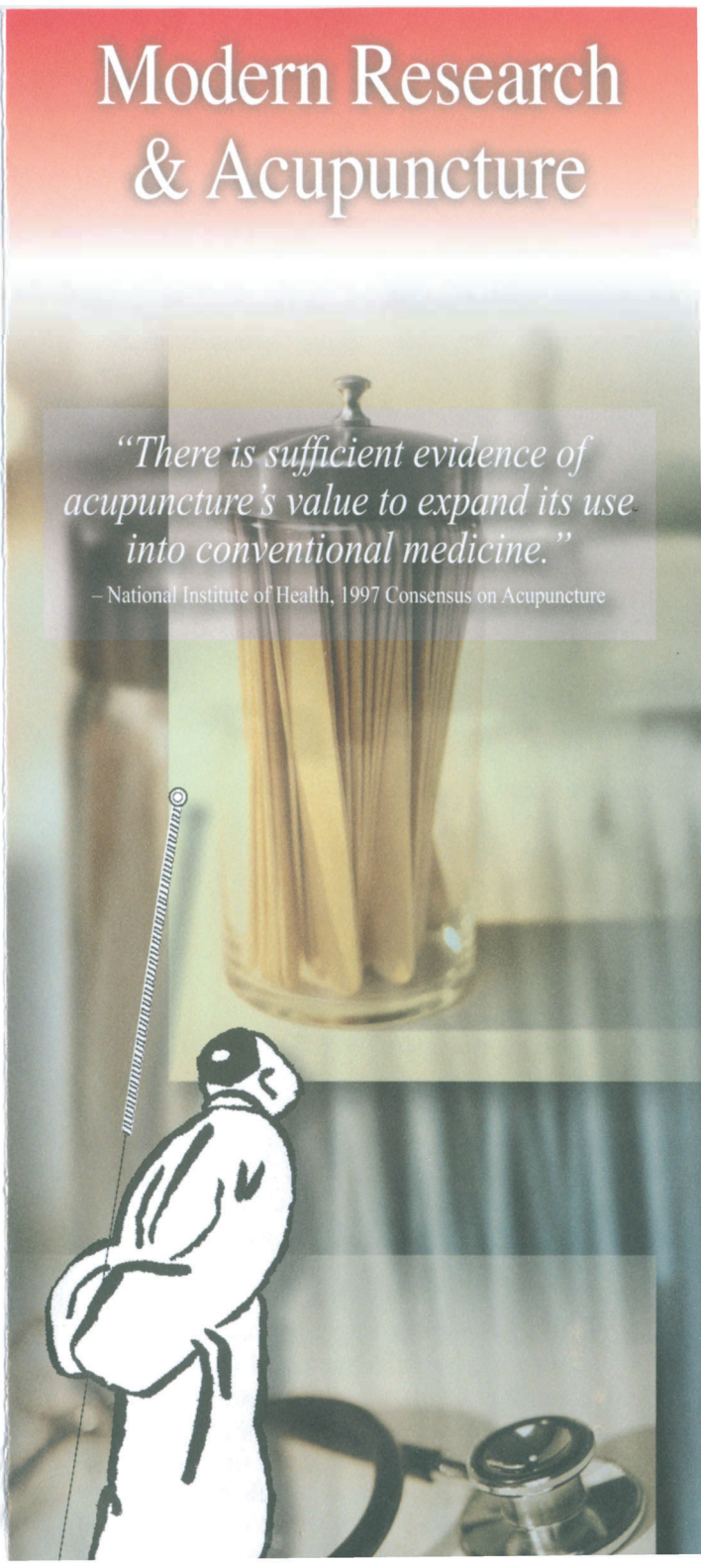
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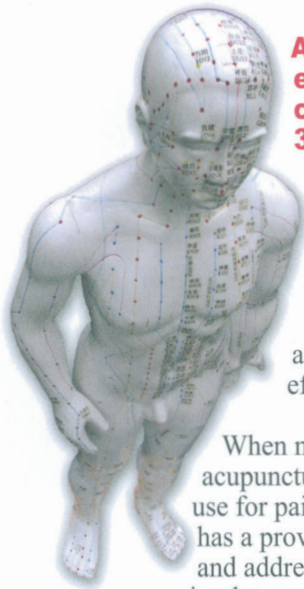
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"There is sufficient evidence of acupuncture's value to expand its use into conventional medicine."

- National Institute of Health, 1997 Consensus on Acupuncture





Acupuncture has been employed as a health care modality for over 3,000 years.

Practitioners of this ancient medical practice have experienced clinical success with a variety of health issues. Today, acupuncture is receiving wide acceptance as a respected, valid and effective form of health care.

When most people think about acupuncture, they are familiar with its use for pain control. But acupuncture has a proven track record of treating and addressing a variety of endocrine, circulatory and systemic conditions.

Acupuncture and modern medicine, when used together, have the potential to support, strengthen and nurture the body towards health and well-being.

What is known about the physiological effects of acupuncture. Over the last few decades, research has been conducted seeking to explain how acupuncture works and what it can and cannot treat.

The 1997 National Institute of Health (NIH) Consensus on Acupuncture reports that “studies have demonstrated that acupuncture can cause multiple biological responses, mediated mainly by sensory neurons, to many structures within the central nervous system. This can lead to activation of pathways, affecting various physiological systems in the brain, as well as in the periphery.”¹¹

The NIH Consensus also suggests that acupuncture “may activate the hypothalamus and the pituitary gland, resulting in a broad spectrum of systemic effects. Alteration in the secretion of neurotransmitters and neurohormones, and changes in the regulation of blood flow, both centrally and peripherally, have been documented. There is also evidence of alterations in immune functions produced by acupuncture.”²

Below are current theories on the mechanism of acupuncture:

- 1. Neurotransmitter Theory:** Acupuncture affects higher brain areas, stimulating the secretion of beta-endorphins and enkephalins in the brain and spinal cord. The release of neurotransmitters influences the immune system and the antinociceptive system.^{3,4,5}
- 2. Autonomic Nervous System Theory:** Acupuncture stimulates the release of norepinephrine, acetylcholine and several types of opioids, affecting changes in their turnover rate, normalizing the autonomic nervous system, and reducing pain.^{6,7}
- 3. Gate Control Theory:** Acupuncture activates non-nociceptive receptors that inhibit the transmission of nociceptive signals in the dorsal horn, “gating out” painful stimuli.⁸
- 4. Vascular-interstitial Theory:** Acupuncture effects the electrical system of the body by creating or enhancing closed-circuit transport in tissues. This facilitates healing by allowing the transfer of material and electrical energy between normal and injured tissues.⁹
- 5. Blood Chemistry Theory:** Acupuncture affects the blood concentrations of triglycerides, cholesterol, and phospholipids, suggesting that acupuncture can both raise and diminish peripheral blood components, thereby regulating the body toward homeostasis.¹⁰

According to a study published in the *Archives of Internal Medicine*, 51% of medical doctors understand the efficacy and value of acupuncture, and medical doctors refer patients to acupuncturists more than any other alternative care provider.¹¹

The NIH Consensus on Acupuncture further states that clinical experience, supported by research data, suggests “acupuncture may be a reasonable option for a number of clinical conditions.”¹²

Evidence also points to positive clinical trials that “include addiction, stroke rehabilitation, carpal tunnel syndrome, osteoarthritis, and headaches.” The Consensus also mentions that acupuncture treatment may be helpful for other conditions such as asthma, postoperative pain, myofascial pain and low back pain.¹³

This ancient health care system is proving itself as an effective modality for a wide variety of problems. So much so that the National Center for Complementary and Alternative Medicine (NCCAM) awarded 8 grants that directly relate to acupuncture, Chinese herbal medicine and traditional Chinese medical research, totaling more than \$9.5 million dollars.

“One of the advantages of acupuncture is that the incidence of adverse effects is substantially lower than that of many drugs or other accepted medical procedures used for the same conditions. As an example, musculoskeletal conditions, such as fibromyalgia, myofascial pain, and tennis elbow, or epicondylitis, are conditions for which acupuncture may be beneficial. These painful conditions are often treated with, among other things, anti-inflammatory medications (aspirin, ibuprofen, etc.) or with steroid injections. Both medical interventions have a potential for deleterious side effects, but are still widely used and are considered acceptable treatments. The evidence supporting these therapies is no better than that for acupuncture.”¹⁴

Acupuncture works as an effective alternative and adjunct treatment modality. It is a safe, effective and natural approach to help regain and maintain health and well being.

