

Acupuncture Research Update

Acupuncture Alleviates Irritable Bowel Syndrome



Acupuncture has proven to be especially effective in alleviating Irritable Bowel Syndrome for patients suffering from a particularly severe type of IBS known as IBS-D. Recent research has shown that acupuncture has a 96.7% total effective rate with many patients recovering completely from IBS. The study tested the effects of acupuncture on abdominal pain and other severe effects of IBS-D. By itself, acupuncture had a 76% total effective rate but when combined with moxibustion, an herbal remedy, the total effective rate spiked to 96.7%.

The symptoms of IBS-D include abdominal pain and diarrhea and can be debilitating. This research is promising for any seeking treatment for IBS-D. If you suffer from IBS, make an appointment with an acupuncturist because you can be sure that they can help.

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