

Acupuncture Research Update

"Natural forces within us are the true healers of disease."- Hippocrates

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Evidence of Acupuncture and Increasing Sport Performance



Researchers have discovered that acupuncture can stimulate the release of biochemicals that help prevent athletic fatigue due to intensive exercise. The study showed that electroacupuncture can affect the free radical metabolism process in athletes and increase antioxidant activity. Researchers in the study came to the conclusion that electroacupuncture - a form of acupuncture - increases enzymes that have antioxidant properties and decreases the body's biochemical response to stressors, resulting in a decrease in athletic fatigue. These results are significant for any

serious athlete or person who regularly exercises at an intense rate and is looking to improve performance and endurance. If you feel this issue applies to you or someone you know, contact an acupuncturist to begin alternative treatment and improve your sport performance.