

Acupuncture Research Update

Acupuncture Can Help Soothe the Pain of Endometriosis



A study has concluded that acupuncture and Chinese herbal remedies can be effective in treating the painful symptoms of endometriosis. Researchers analyzed the practices of 24 different studies involving acupuncture as a source of relief for endometriosis and found one study in particular which effectively researched and demonstrated the effects of acupuncture as relief for endometriosis. While the study used a smaller sample size of 67 patients the results conclusively demonstrated that acupuncture is effective in treating endometriosis with a total effective rate of over 90%. This study was also backed up by

research done by Dr. L.C. Giudice, published in the New England Journal of Medicine which demonstrate the efficacy of acupuncture as a treatment for endometriosis. While further research is necessary and ongoing, this preliminary research should provide hope for women suffering from endometriosis, an often debilitating ailment which can worsen with age. Women experiencing pain and discomfort due to endometriosis should consult an acupuncturist about a safe and effective way to relieve the pain.

<http://www.healthcmi.com/Acupuncture-Continuing-Education-News/1225-acupunctureendometriospainst25cv6>

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Research Isolates Acupuncture Point to Ease Menstrual Pain



Researchers have recently pinpointed a specific acupuncture point (SP6) which they have linked to dysmenorrhea. Symptoms of dysmenorrhea include abdominal, lower back and hip pain and menstrual cramps. Researchers have linked point SP6 to these symptoms and found that acupuncture at this point can help alleviate them. Researchers noted that “tenderness at Sanyinjiao (SP6) exists in women undergoing primary dysmenorrhea.” This research compiles on top of previous research which found acupuncture to be effective in treating menstrual pain along with the use of other traditional Chinese herbal remedies such as moxibustion. This

research also confirms that acupuncture in conjunction with moxibustion is more effective than ibuprofen alone, for treating menstrual pain. This research may provide hope and significant relief for any woman suffering from regular dysmenorrhea and menstrual pain.

<http://www.healthcmi.com/Acupuncture-Continuing-Education-News/1414-acupuncture-point-sensitivity-linked-to-menstrual-pain>