

Acupuncture Research Update

Evidence of Acupuncture Improving Seasonal Allergy Symptoms



A study published in the Annals of Internal Medicine found that acupuncture treatment helped reduce patients' seasonal allergy symptoms and the need for medication. Participants in the study said that after the acupuncture treatment they had significant improvements to their quality of life, compared to those who did not receive the treatment. These results are significant for people looking to rely less on prescribed and over-the-counter allergy medication.

If you or someone you know is suffering from seasonal allergies, refer them to an acupuncturist for alternative treatment options.

<http://annals.org/article.aspx?articleid=1583575>