

Obsessive Compulsive Disorder



A study published in the Journal of Acupuncture and Meridian Studies in 2013 found that students were less likely to feel anxiety and OCD related symptoms after having a 20-minute acupuncture treatment. Researchers at Georgetown University found that acupuncture can reduce the body's production of stress hormones, which then can lower symptoms of OCD or compulsive behavior that is caused from stress. Acupuncture offers almost no side effects compared to prescription medication and other forms of

treatment for OCD and anxiety. If you or someone you know is suffering from OCD, contact an acupuncturist to learn more how acupuncture can get you on the road back to better health!

Sources:

www.scientificacupuncture.com/modernresearch/compulsive.htm