

## Acupuncture and Diabetes



A research study looked at a group of obese women who were given electro acupuncture, a form of acupuncture, and found an increase in the insulin level in their plasma.

A study in Diabetes Research and Clinical Practice looked at 46 patients over the course of a year and found that 77% of patients saw significant improvement in their symptoms. Acupuncture has been thought to help diabetes due to improving circulation and local levels of nitrogen. Another study published in 2006 compared acupuncture and pharmacological therapy and found that acupuncture was more

effective in decreasing glucose and cholesterol levels than pharmacotherapy alone. Acupuncture can prove to be beneficial in multiple ways when it comes to reducing symptoms of diabetes. Contact an acupuncturist today to learn more about how to manage your diabetes and to boost your health.

### Sources:

<http://bit.ly/1GbHjS5>

<http://1.usa.gov/1jw4pbD>