

Acupuncture and HIV



Research studies have shown that acupuncture can help those living with HIV improve their quality of life. HIV is a disease that doesn't have a cure, but can be managed with the right treatment. A large factor for those with HIV is not only their physical well being, but their mental health as well. Being diagnosed with HIV is a traumatic experience and can lead to feelings of anxiety, loss of self and feeling hopeless. A study done by the University of Boston gave acupuncture treatment to HIV patients and found that a large patient

response included having an increased quality of life. Another study done by Yale University School of Nursing found that acupuncture offered relief of psychological distress and improvement of symptoms and quality of life. The study was published in the journal, *Alternative Therapies in Health and Medicine*. In TCM, it is believed that HIV represents an imbalance in the body's energy. Although acupuncture isn't a cure, by the specific placement of needles, it can help calm patients and reduce pain and symptoms of anxiety. Contact an acupuncturist today and learn how treatment can help HIV symptoms and improve overall quality of life.

Source:

<http://1.usa.gov/1Ma6ynz>

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