

Acupuncture Research Update

"The journey is the reward"- Chinese Proverb

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Acupuncture and Stress



A research study done at Georgetown University School of Nursing and Health Studies and published in the Journal of Endocrinology found that acupuncture can alter stress hormones in rats when used on certain parts of the body. Researchers found that electroacupuncture blocks the elevated hormones due to stress as well as lowers the "fight or flight" response. Not only can acupuncture help lower stress, but conditions that arise from it as well such as depression, insomnia and anxiety. Acupuncture works by the specific

placement of needles on the body to return the body back to its natural energy flow, improving overall health. Contact an acupuncturist and learn how treatment can lower your stress.

Source:

<http://huff.to/1MqsSae>