

Acupuncture & Heart Health



Heart disease is the number one cause of death in the world with over 375,000 Americans who die from it each year. A systematic review of 16 trials found that acupuncture can reduce the risk of heart attack when used as an addition to conventional treatment. A study done by the Department of Nuclear Medicine at Peking University Shenzhen Hospital found that specific acupuncture points resulted in significant improvements in patients suffering from coronary heart disease. Researchers found that the 32 patients who received the acupuncture treatment had an improvement in blood flow to the heart. The

acupuncture group was compared to another group who only received nitroglycerin. Contact an acupuncturist to learn more how this natural treatment can decrease your risk of heart disease and improve overall health.

Sources: <http://bit.ly/1Rf6Uyd>