

Acupuncture Research Update

"A smile will gain you ten more years of life"- Chinese Proverb

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Acupuncture and immune system



Acupuncture has been proven to be beneficial to the immune system in numerous studies. One study published in the Journal of Traditional Chinese Medicine in 2014 analyzed cancer patients after they received acupuncture treatment. The study found that there was a significant increase in blood cells as well as a decrease in fatigue after the acupuncture treatment. Overall, the study concluded acupuncture can boost the immune system and increase immune cells. Another study published in Evidence-Based Complementary and Alternative Medicine found that acupuncture has been reported to improve symptoms of allergies,

which is an abnormal immune response. The study concluded that for the patients tested, there was evidence that acupuncture treatment helped lower inflammatory properties in the body to alleviate symptoms. If you are suffering from any form of an autoimmune disorder contact an acupuncturist to learn more about how treatment could help you.

Sources:

<http://bit.ly/1XqWfzp>
<http://bit.ly/1U1W9Aw>