

Acupuncture Research Update

"Be not afraid of growing slowly, be afraid only of standing still"- Chinese Proverb

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Acupuncture and Memory



A systematic review from the *US National Library of Medicine National Institutes of Health* found that electroacupuncture could improve orientation, perception, praxis and attention with older patients with stroke. Another study published in the *Journal of Acupuncture and Meridian Studies* found that patients who were given acupuncture treatment saw an increase in memory and decrease in anxiety when completing a given task to test working memory. A study published in the *Public Library of Science* concluded that acupuncture treatment for

patients with Alzheimer disease and mild cognitive impairment can activate cognitive-related regions in the brain to help improve memory. If you or someone you know is suffering from memory loss, consider acupuncture as a safe, alternative treatment.

Sources:

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

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

<http://bit.ly/1N8AfZY>