

Acupuncture Research Update

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

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Immune System for Seniors and Acupuncture



A research study published in the *BMC Complementary and Alternative Medicine* compared acupuncture to sham acupuncture, no treatment or normal care to determine the effectiveness of acupuncture for treatment of osteoarthritis symptoms. The study found that acupuncture is associated with significant reductions of pain and an increase in mobility and quality of life. The study recommends that acupuncture can be used as an alternative therapy for patients with osteoarthritis. Research has also shown

acupuncture to be helpful in protecting the body from stress and aging such as increasing white blood cell count and lowering inflammation. One study found that hip fracture patients who received acupressure reported reduced pain and anxiety compared to those who did not receive the treatment. If you or someone you know is feeling the effects of aging, consider acupuncture treatment for a better quality of life.

Sources:

<http://bit.ly/23uHPFQ>

<http://bit.ly/1V1tFHR>