

Acupuncture Research Update

"All things are difficult before they are easy."- Chinese Proverb

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Acupuncture Helps Veterans with PTSD



A recent study into the efficacy of acupuncture as an adjunctive treatment for Post-Traumatic Stress Disorder has shown promising results. Researchers investigated the effects of acupuncture in adjunct to normal treatment approaches and the results showed significant improvement. Studies in the past have shown that veterans with PTSD are wary of seeking treatment for PTSD as many do not believe that mental healthcare can be effective. Researchers hope that with the increased efficacy of the adjunctive acupuncture treatment, veterans will be less reticent

towards seeking treatment for PTSD. The acupuncture treatment also saw secondary benefits for those treated as many reported a decrease in depression and pain as well as a general improvement in mental and physical well-being. PTSD can be debilitating and even more so with little or no treatment. Those suffering from PTSD should consult a doctor about treatment and discuss the option of acupuncture as well because it has been proven to help.

Sources:

<http://bit.ly/1Os0ndF>

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