

Effectiveness of Acupuncture on IBS



In a 2014 study published by the World Journal of Gastroenterology, researchers found a positive link between acupuncture and the treatment of symptoms of irritable bowel syndrome. Researchers were able to prove through meta-analysis that acupuncture does indeed help prevent and heal symptoms those with IBS may be facing.

The study involved using randomly-controlled trials in order to evaluate the specific efficiency of

acupuncture for IBS. The researchers sifted through various information from MEDLINE, PubMed, Scopus, Web of Science and the Cochrane Central Register for Controlled Trials in order to come up with their information. Both double-blind and placebo-controlled trials were looked at in their research in order to determine acupuncture's effectiveness on treating the symptoms of IBS.

Although there is still no universally-accepted cure for IBS, the researchers found information to determine that acupuncture is one way to help improve the quality of life of those afflicted with IBS.

If you or someone you know may be experiencing symptoms of IBS, send them to your local licensed acupuncturist and get them on a treatment plan right away, it could make a big difference in their daily routine as they try to cope with IBS.

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