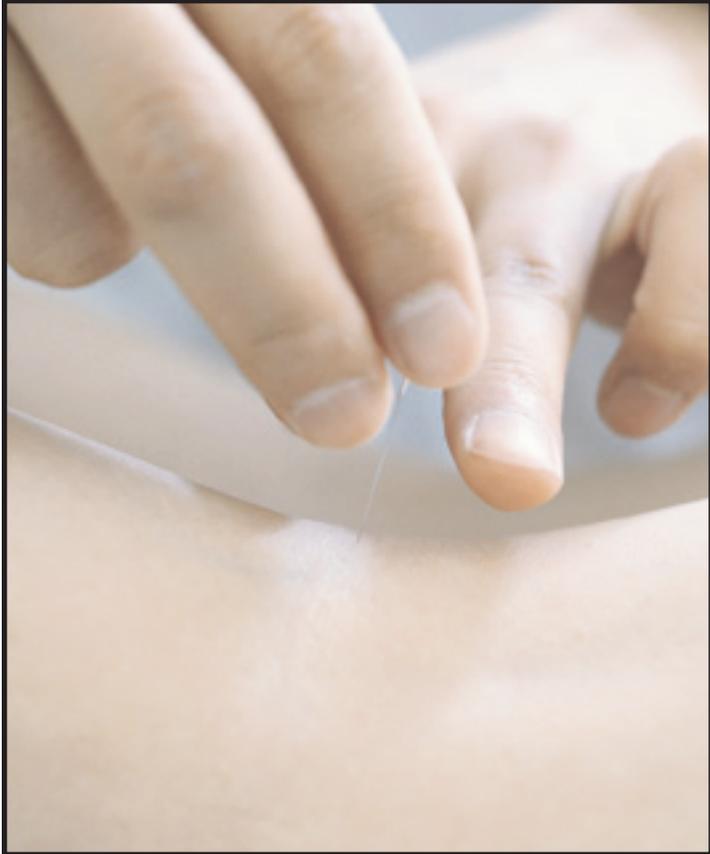


# Acupuncture



# HEALTH REPORT

VOLUME 9

ISSUE 15

## ACUPUNCTURE IS FINALLY ACCEPTED AS AN EFFECTIVE TREATMENT FOR ARTHRITIS BY MEDICAL COMMUNITY

*The Annals of Internal Medicine* recently published a landmark study that has validated Acupuncture as an effective therapy.

According to the National Institutes of Health, this study was the “largest, longest and most rigorous study of Acupuncture ever conducted.” Investigators further stated that Acupuncture is now considered a ‘new’ addition to therapies for degenerative osteoarthritis.”

Results showed that Acupuncture relieved the pain and improved function in patients who suffer with arthritis of the knee.

570 patients, ages 50 and older, participated in the study. All patients had arthritis in one or both knees.

Patients were randomly assigned to three groups: 190 patients received 23 Acupuncture sessions, 191 patients received 23 sessions of sham Acupuncture, and 189 patients took six two-hour education courses. All patients continued receiving care from primary physicians.

Researchers found that patients who received 23 sessions of Acupuncture over a six-month period reported a 40% improvement in knee function and a 40% reduction in pain by the end of the fourteenth week.

According to Dr. Brian M. Berman, director of the Center for integrative medicine at the University of Maryland’s School of Medicine, Conventional medicine doesn’t have all the answers.”

He noted that the drugs don’t always provide adequate pain relief and that many drugs have undesirable side effects.

“We need to have more ‘poly-therapies,’ not just one magic bullet.” said Berman, who also served as lead investigator for the study.

Acupuncture involves the insertion of needles at various points on the body. These points, according to Chinese practitioners, connect to pathways called Meridians, which conduct energy, or Qi. Chinese practitioners believe that Acupuncture works by improving the flow of Qi throughout the body.

SOURCE: *Annals of Internal Medicine*, December 21, 2004; *Web MD Health*, [www.my.webmd.com](http://www.my.webmd.com), December 20, 2004; *Indianapolis Star*, [www.indystar.com](http://www.indystar.com), December 26, 2004; *Atlanta Journal-Constitution*, December 21, 2004.

# HEALTH REPORT

VOLUME 9

ISSUE 23

## ACUPUNCTURE EFFECTIVE AT REDUCING NAUSEA AFTER BREAST SURGERY

Acupuncture is more effective at reducing nausea and vomiting after major breast surgery than the leading medication, U.S. researchers find. Researchers at Duke University Medical Center in Durham, N.C., find patients who underwent Acupuncture decreased postoperative pain.

The study, published in the *Journal Anesthesia and Analgesia*, says about 70 percent of women who undergo major breast surgery with general anesthesia suffer from nausea. “The patients in our randomized trial who received Acupuncture enjoyed a more comfortable recovery from their surgery than those who received an anti-sickness medication,” says study leader Dr. Tong Joo Gan.

*SOURCE: Maumee Bay Health Online: Acupuncture Effective at Reducing Nausea, October 15, 2004*

# HEALTH REPORT

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ISSUE 25

## BREATHE EASIER WITH ACUPUNCTURE!

From helping asthmatics reduce their incidence of attacks to supporting those who are trying to quit smoking, Acupuncture treatments can help Americans breathe easier.

More than 15 million Americans suffer from asthma. They may find the same relief from Acupuncture treatment reported by Michael Arsenault, L.Ac. from Woburn, Massachusetts. He reported that one of his patients, lifelong asthma sufferer Vivian Benson was able to nearly eliminate all her dependence on prescriptions.

After six weeks of once-weekly treatments and then a monthly treatment after that, Vivian reported, “My asthma was better than it’s been in ten years. I have inhalers for emergencies; I haven’t had to use the Flovent or Proventil for two or three months now.”

Havey Morgan has been a smoker for 27 years, starting when he was eleven years old. He told a reporter from television station KTRE in Texas that he had “quit every year, two or three times a year, from the time I was 20. I was a hopeless case. I didn’t quit until I finally found acupuncture. It was acupuncture that got me to quit.”

“I think it saved my life,” he added, stating that even now, fifteen years later, “I still don’t have the lung capacity I would have if I hadn’t smoked.”

SOURCE: TownOnline, <http://www2.townonline.com/reading/artsLifestyle/view.bg?articleid=173714>  
KTRE.9 website: <http://www.ktre.com/Global/story.asp?S=285068&nav=2FH5VXyu>

# HEALTH REPORT

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ISSUE 33

## ACUPUNCTURE FOR ARTHRITIS: NEW STUDY SHOWS IT'S AN EFFECTIVE COMPLEMENT TO STANDARD CARE

A landmark study funded by the National Institutes of Health has shown that Acupuncture provides pain relief and improved function for people with osteoarthritis of the knee.

The results published in the December 21, 2004 issue of the *Annals of Internal Medicine* reported that 570 patients aged 50 or older who had osteoarthritis of the knee were enrolled on the study. None of the subjects had ever received Acupuncture before. All patients continued to receive their usual care from their primary physicians.

By the eighth week of Acupuncture care, those who received Acupuncture care reported a significant increase in function; by week 14 they also reported a significant decrease in pain compared to the other groups that either received no treatment or sham Acupuncture treatments (treatment at points other than those intended for the specified condition).

Overall, those who received Acupuncture had a 40% decrease in pain and a nearly 40% improvement in function compared to baseline assessments.

SOURCE: <http://www.femalefirst.co.uk/health/1242004.htm>, <http://www.nih.gov/news/pr/dec2004/nccam-20.htm>,  
<http://www.nih.gov/news/pr/dec2004/nccam-20.htm>

# HEALTH REPORT

VOLUME 9

ISSUE 40

## STUDIES SHOW THAT STROKE SUFFERERS WOULD BE WISE TO INCLUDE ACUPUNCTURE FOR THEIR RECOVERY

Internationally, many studies have been done on the benefits of Acupuncture for stroke victims. In a Swedish study, stroke patients receiving Acupuncture recovered faster and more fully than a group of stroke sufferers who had not received any Acupuncture.

A number of Chinese studies resulted in the same findings. In one Chinese study it was found that post-stroke aphasia (loss of ability to use or comprehend language) showed greater improvement in the Acupuncture-treated group.

Research suggests that Acupuncture treatment improves blood circulation to the brain which may help reduce swelling or help heal tissue that was damaged but not destroyed.

Chinese researchers were able to document objective improvements after Acupuncture treatment, including positive changes in EEG (electroencephalogram) and in the composition of the blood.

*SOURCE: Scandinavian Journal of Rehabilitation, 1993, Neurol Res Bol. v23, p. 47-50 2001; Tidsskr Nor Laegeforen 1998 Mar 30; 118 (9): 1362-6; Clin Rehabil 1997 Aug; 11(3): 192-200; Am J Phys Med Rehabil 1999 Mar-Apr; 78 (2): 117-22; J Tradit Chin Med 1997 Sept; 17(3) 194-7; Zhong Xi Yi Jie He Za Zhi 1990 Sep; 10(9): 526-8, 515; J Tradit Chin Med 2001 Dec; 21(4): 270-2; Zhong Xi Yi Jie He Za Zhi 1989 Nov; 9(11): 653-5, 643-4; Zhen Ci Yan Jiu 1993; 18(3):209-12; Zhonghua Yi Xue Za Zhi 1995 Oct; 56(4): 258-63; J Tradit Chin Med 1998 Jun; 18(2): 102-5; Neuroradiology 2003 Au 27; Am J Chin Med 2003;31(3): 467-74*

# HEALTH REPORT

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ISSUE 42

## NEW ENEMY TO YOUR ACCESS TO NUTRITIONAL SUPPLEMENTS: THE CODEX ALIMENTARIUS COMMISSION

The Codex Alimentarius Commission was created in 1963 by two bodies of the United Nations with a purpose to oversee food safety on a planetary scale. Due to international trade agreements, nations are motivated to comply with decisions by the Codex or face crippling trade sanctions.

The Commission is currently developing international guidelines (a “codex”) for supplement accessibility that threaten to severely restrict your ability to walk into a health food store and buy something as simple as Vitamin C. As an example of the kinds of restrictions possible, Dr. Gary Null noted that the amino acid L-carnitine previously sold in Canada for \$14 for 100 capsules. After similar restrictions were imposed, it is now available only by doctor’s prescription for \$120 or more.

Dr. Mattias Rath, a strong proponent of the use of supplements in the treatment and prevention of disease, summed up the predictable effect of the Codex:

- Removal of access to a large number of the most effective forms of safe micronutrients
- The prevention of sale of all natural supplements without a doctor’s prescription
- Delivery of human healthcare exclusively into the hands of the pharmaceutical industry
- Consequent increases in unnecessary deaths from diseases that should long ago have been eradicated and from the side effects of the drugs themselves.

To make yourself heard on the subject, visit Dr. Rath’s website and use the simple email function to register your protest with your delegates.

About the Codex: [http://www4.dr-rath-foundation.org/THE\\_FOUNDATION/Events/codex2004a.html#about](http://www4.dr-rath-foundation.org/THE_FOUNDATION/Events/codex2004a.html#about)

Email: [http://www4.dr-rath-foundation.org/THE\\_FOUNDATION/Events/codex2004b.html](http://www4.dr-rath-foundation.org/THE_FOUNDATION/Events/codex2004b.html)

Dr. Gary Null’s Codex website: <http://www.garynull.com/Article.aspx?article=Issues/Index.aspx&Head=Issues> (then select “Codex”).

# HEALTH REPORT

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ISSUE 44

## ACUPUNCTURE FOUND EFFECTIVE IN RELIEVING SYMPTOMS OF CHRONIC PROSTATITIS/PELVIC PAIN IN MEN

A Canadian study has found that men with chronic prostatitis or chronic pelvic pain syndrome responded well to a course of Acupuncture treatment for the pain.

The twelve men used in the study had failed to respond to usual treatments of antibiotics, anti-inflammatories and other treatments. They received two treatments per week for six weeks; symptoms were then followed up for an additional 27 weeks.

Using the National Institutes of Health criteria to judge improvement, ten of the twelve patients reported a 50% decrease in symptoms at the final evaluation. 67% of the patients reported *marked* improvements.

What may be most notable is that *none* of the subjects of the study reported adverse effects to the treatments. Usual medical treatments for these conditions and their possible side effects include:

Ciprofloxacin: upset stomach and vomiting.

Less common side effects include hallucination, depression and thoughts about dying or killing oneself.

Diazepam: drowsiness, diarrhea, dizziness.

Less common side effects include seizures, shuffling walk and irregular heartbeat.

SOURCE: [http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=12809886](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12809886), <http://www.emedicine.com/med/topic3405.htm>, <http://www.nlm.nih.gov/medlineplus/druginfo/medmaster/a688016.html>; <http://www.nlm.nih.gov/medlineplus/druginfo/medmaster/a682047.html>

# HEALTH REPORT

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ISSUE 47

## PREGNANT? CHIROPRACTIC AND ACUPUNCTURE OFFER MORE COMFORTABLE PREGNANCIES AND EASIER BIRTHS

There are many complaints that can occur during pregnancy and birth, and Chiropractic and Acupuncture offer solutions without the dangers that medications might bring.

A recent study published in the *British Medical Journal* described the benefit that Acupuncture offered 394 pregnant women in Sweden. All the women in the study complained of pain in the area of the pelvic girdle, the circle of bones including the pelvis and sacrum. Women in the study were separated into three groups and were given:

1. Standard treatment consisting of a supporting belt and home exercise program
2. Standard treatment plus Acupuncture
3. Standard treatment plus stabilizing exercises meant to improve mobility and strength.

The groups receiving Acupuncture and the stabilizing exercises experienced less pain in the morning and evening and the Acupuncture group reported the least discomfort overall.

And if a mother-to-be is told that she can expect a breech birth, she would be wise to head for a Chiropractor familiar with the Webster Breech Turning Technique. The late Dr. Larry Webster developed a Chiropractic technique that lessens stress in the pelvic area, permitting many babies to turn before birth. A survey of Chiropractors in the U.S. and Canada found that doctors had treated 112 mothers with breech babies with this technique resulting in 102 cases where the babies turned properly for birth.

SOURCE: <http://www.americanpregnancy.org/pregnancyhealth/chiropracticcare.html>;  
[http://www.chiropracticresearch.org/NEWS\\_chiropractic\\_technique\\_helps\\_tur.htm](http://www.chiropracticresearch.org/NEWS_chiropractic_technique_helps_tur.htm);  
<http://www.forbes.com/lifestyle/health/feeds/hscout/2005/03/18/hscout524605.html>

# HEALTH REPORT

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ISSUE 57

## ACUPUNCTURE'S PAIN RELIEF EQUAL TO PAINKILLING DRUGS

A team of scientists from two British universities carried out brain scans on patients while they underwent Acupuncture treatment. The scans showed differences in the brain's response to acupuncture needles compared with tests using dummy needles that did not puncture the skin.

Doctors found that the part of the brain that manages pain and the nervous system showed pain relief levels of as much as 15 per cent.

Dr. George Lewith, from the University of Southampton's Complementary Medicine Research Unit, said the improvement is "exactly the same size of effect you would get from...real painkillers for chronic pain. The evidence we now have is that acupuncture works very well on pain."

The 14 patients in the study were put through three tests in random order, while 'brain maps' were created using sophisticated scans at University College London. In one test, researchers used blunt needles that pricked the skin, but which the brain registered as the sensation of touch. Dummy needles, where the tip was pushed back once it touched the skin, were then used, and in the third test the patients underwent acupuncture treatment with real needles.

The acupuncture needles had two measurable effects on the patients' brains: as with the dummy needles, the brain released natural opiates in response to the expected effect of the needles.

But the scans showed that the real needles had an extra effect and stimulated another part of the brain called the ipsilateral insular. This improved pain relief of 10-15% was similar to the effect of taking conventional analgesic drugs.

*SOURCE: [http://www.nzherald.co.nz/index.cfm?c\\_id=5&ObjectID=10123440](http://www.nzherald.co.nz/index.cfm?c_id=5&ObjectID=10123440)*

# HEALTH REPORT

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## FROM RELIEVING MIGRAINES TO IMPROVING STROKE SYMPTOMS, PATIENTS SAY ACUPUNCTURE WORKS

In Reading, Berkshire, England, Louise Shelver has suffered from debilitating migraines and pre-menstrual tension for years. Her doctor offered her birth-control pills or antidepressants but she decided to find another alternative: Acupuncture. She began to receive treatments once every two weeks.

She reports, “I feel like a different person. The migraines come maybe every three months now but they are not so bad. My husband has noticed a huge change because I don’t get so low.”

At the same, a retired firefighter is also finding relief from the symptoms of stroke. John Thurston, 79, suffered from a stroke last year and was left with numbness in one hand, an inability to lift one of his arms and difficulty walking. He started being treated once every two weeks at the College of Integrated Chinese Medicine in Berkshire, England, several months ago.

“When the doctors signed me off at the hospital, they said cheerio and that was it. I did a bit of physiotherapy but it’s coming here that has really helped. I can dress myself now whereas after the stroke, I couldn’t do a button up. I used to find it hard to lift my left leg up and now I’m walking more or less straight. I have got a lot more movement back.

“I wish everyone could have it. It’s done me a world of good.”

*SOURCE: <http://education.guardian.co.uk/higher/sciences/story/0,12243,1474375,00.html>*

# HEALTH REPORT

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ISSUE 63

## ACUPUNCTURE FOUND TO ENHANCE FERTILITY AND IN VITRO FERTILIZATION SUCCESS

Lucy Appert had suffered through two miscarriages, a stillbirth and an intensive illness during pregnancy that resulted in surgery. After five years of trying to bring a healthy baby to term, she and her husband found success after she underwent a series of Acupuncture treatments. In March 2005, she delivered a healthy baby boy.

Appert stated, "I recommend Acupuncture to everyone. It does work. I did everything possible for years to have a baby. I almost lost hope."

Acupuncture has become more popular as a remedy for female infertility after a handful of American and European studies showed that it improved the success rate of in vitro fertilization.

Dr. Paul Magarelli, an infertility doctor in Colorado Springs, Colorado, said, "Do I believe in it? Absolutely." Dr. Magarelli is the co-author of an ongoing study into the use of Acupuncture with in vitro fertilization with Dr. Diane Cridennda. Dr. Cridennda is a licensed Acupuncturist with a master's degree in Oriental Medicine. Dr. Magarelli, while initially skeptical of the possible benefits of Acupuncture, finally admitted, "No matter how I look at this data, I see an improvement. I'm pretty much of a convert."

In general, studies seem to indicate that doing Acupuncture about 30 minutes before and after in vitro fertilization can increase the chance that the embryo will be implanted successfully. The Colorado study so far shows a 7% higher birth rate among those who received Acupuncture treatment.

Acupuncture seems to help some women conceive because it improves circulation to the ovaries which makes for healthier eggs, and to the uterus which increases the chances that the lining will be strong enough to hold those eggs to full-term.

*SOURCE: [www.foxnews.com/story/0,2933,154472.00.html](http://www.foxnews.com/story/0,2933,154472.00.html)*

# HEALTH REPORT

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ISSUE 66

## ACUPUNCTURE ENABLES STROKE VICTIM TO RECOVER BALANCE, VISION, MOBILITY AND OTHER FACULTIES

Ruth Lycke lives in America's heartland, Marshalltown, Iowa. In 2001, she suffered a stroke that left her 100% disabled. While she was told that whatever recovery she made in the first 12 months was all she would *ever* make, she refused to believe it.

Instead, in 2004, she traveled to China to undergo a course of acupuncture treatment. Now, a year later, she has regained her balance, vision, mobility, cognitive brain functions and increased her fine motor skills and her energy level. She has regained a normal lifestyle. "You don't know how good it feels to get things back after years. I'm glad I was not content."

With the help of foreign exchange students from China, she found her way to Tianjin, China, where she was the first American patient ever treated. Each day, she received two acupuncture treatments lasting 20 to 30 minutes each.

"After only 8 weeks of Traditional Chinese Medicine, including acupuncture, they completely restored the feeling on my right side and made tremendous progress on restoring the fine motor movement and balance. I extended my stay for five months allowing me to maximize the affect that the acupuncture had on restoring my vision.

"A year ago, I was convinced I had little to offer and was considered 100 percent disabled. Now I can bring hope to hundreds if not thousands of stroke survivors who are simply existing and not truly living."

She now sets up trips to China for other stroke survivors.

SOURCE: [http://www.timesrepublican.com/news/story/0622202005\\_new\\_news.asp](http://www.timesrepublican.com/news/story/0622202005_new_news.asp);  
<http://www.strokesurvivors.net/>

# HEALTH REPORT

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ISSUE 72

## AMERICA TURNS TO ALTERNATIVE MEDICINE TO IMPROVE THEIR HEALTH – AND MANAGED CARE PROVIDERS FOLLOW

More and more consumers are choosing alternative forms of healthcare, with such options as Chiropractic, Acupuncture and massage leading the way.

A survey done in 2004 measured the increase in popularity. Thirty-six percent of U.S. adults now use some form of Complementary and Alternative Medicine (CAM) services. With this level of popularity, managed care providers are beginning to follow the trend by providing more coverage for CAM services. More than 60% of health plans now include CAM services as a covered benefit or offer “affinity” programs in which members receive discounts to CAM providers.

Employers are eager to utilize CAM services to keep their workforce on the job after a study was released October 2004 in the *Archives of Internal Medicine* that showed the benefits possible. The study stated that when employees had Chiropractic coverage, they had 41% fewer hospitalizations for back pain than employees without Chiropractic coverage. And they had 32% fewer back surgeries and significantly lower utilization rates for CT/MRI scans and x-rays than other employees without this coverage.

SOURCE: <http://www.managedhealthcareexecutive.com/mbe/article/articleDetail.jsp?id=146114>

# HEALTH REPORT

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ISSUE 73

## NEW STUDY: ACUPUNCTURE BRINGS BENEFITS TO WOMEN WITH BLADDER PROBLEMS

Many older adult women experience problems with complete bladder control, experiencing leakage in moments of physical stress such as laughter or sneezing, or getting an uncontrollable urge to void. In the U.S., 17% of men and women suffer from this condition.

There are medications that help – but they are accompanied by side effects such as rapid heartbeat, anxiety or agitation, sleeplessness, difficulty breathing and more.

A new study shows that Acupuncture can provide the same benefits as medication without the side effects.

A study published in *Obstetrics & Gynecology* reported that 85 women were treated with either Acupuncture treatment specifically intended to benefit the overactive bladder or acupuncture treatment for general relaxation.

The women who received general relaxation treatment reported a significant improvement in incontinent episodes but no improvement to the other symptoms of incontinence.

The women who received the specific acupuncture treatments for overactive bladder reported improvements in all symptoms: incontinent episodes, voiding frequency, urinary urgency and bladder capacity.

The improvements in both groups were comparable to the improvements offered by drug therapy or behavior therapy.

SOURCE: <http://www.my.webmd.com/content/Article/108/109010.htm>

# HEALTH REPORT

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ISSUE 74

## ACUPUNCTURE HELPS HEART TRANSPLANT PATIENT SURVIVE HER DIFFICULT RECOVERY

Acupuncture has long been known in the East for improving headaches, anxiety, joint pain and digestive problems. It has also made a striking difference in the survival of a young heart transplant patient.

Michiko Mills was just 22 when she needed a heart transplant as a result of a heart muscle disease called cardiomyopathy. Michiko Mills says, "Both my mother and brother had died from the same disease. So to learn that, it was very scary, you know, that I was the next one that would eventually die."

Her heart muscle had become weak and her heart couldn't pump blood efficiently. Thankfully, a donor heart became available. But right after surviving the transplant surgery, Michiko's home was hit by back-to-back hurricanes.

Because of the storms, Michiko missed some of her follow-up appointments. As a result, she found out late that her body was rejecting her new heart. She would need another transplant.

Mills says, "The first one was pretty difficult, but the second one was a lot worse." After that surgery, Mills became very ill. Nausea and vomiting kept her from gaining the strength she needed to get better. That's when neurosurgeon Ronald Reimer decided to try Acupuncture.

Dr. Reimer, a Mayo Clinic neurosurgeon, says that with acupuncture treatment, "many people who have been in bed, nauseous, vomiting or retching for weeks on end will have cessation of these symptoms and develop an appetite fairly soon after treatment."

Four months later, Mills is thriving, enjoying her second gift of life. Acupuncture can reduce nausea and vomiting by restoring balance to the nervous system. While everyone responds differently to Acupuncture, nearly everyone sees improvement after Acupuncture when other medications fail.

SOURCE: <http://www.keloland.com/NewsDetail2820.cfm?Id=0,41680>

# HEALTH REPORT

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ISSUE 86

## HAPPIER, HEALTHIER BABIES RESULT FROM ACUPUNCTURE TREATMENTS

When traditional treatments don't work, parents of babies as young as six weeks old are finding success using Acupuncture to improve conditions including colic, sleeping problems, eating problems, excessive crying, chicken pox, colds, flu and developmental disabilities such as autism.

Savannah is a three-year-old living in Sydney, Australia, who was diagnosed with autism. After ten weeks of Acupuncture, gentle massage and dietary changes her mother said, "We've really seen Savannah come back out of her shell. We're getting better eye contact and she's engaging more and initiating play. Both her speech therapist and occupational therapist, independently and unprompted, have told me they've noticed a wonderful increase in her interaction."

Her sister, one-year-old Ella, had a condition that caused her temperature to drop dramatically at night. Medical doctors could not figure out what caused it and tried several courses of antibiotics with no results.

Ella's mother said her daughter's temperature improved almost immediately after the first session with Acupuncture, homeopathy and a change in diet.

Maria Deligiannis, the acupuncturist treating Savannah and her sister, said that with more parents seeking treatment for the common problems of infancy, babies now make up almost a third of her practice.

SOURCE: <http://www.smb.com.au/news/national/babies-acupuncture-and-the-secret-to-a-good-nights-sleep/2005/09/03/1125302782104.html?oneclick=true>

# HEALTH REPORT

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ISSUE 89

## EARLY STUDY RESULTS SHOW ACUPUNCTURE OFFERS HOPE FOR HEARTBURN SUFFERERS

A report on the first phase of a study of Acupuncture treatment showed that some people suffering from chronic heartburn may benefit from a needle-free form of Acupuncture.

The researchers administered electrical stimulation of an Acupuncture point in the wrist of 14 healthy volunteers to discover the effect of this stimulation on “relaxations” of the lower esophageal sphincter muscle, the band of muscle that closes off the esophagus from the stomach. When this muscle relaxes, stomach acids can creep up into the esophagus and cause heartburn or acid reflux.

Among these volunteers receiving this treatment, there was a 40% reduction in these relaxations. In a second experiment, the researcher speculated that the improvement might be the result of the body’s release of pain-killing chemicals called enkephalins so they blocked their production with medication and tried the experiment again. Still, the acupoint stimulation produced an improvement in the relaxations of this muscle.

The researchers utilized an Acupuncture point on the wrist that has historically been used by Chinese medicine to aid gastrointestinal symptoms.

Researchers stressed that these results were preliminary and planned to follow these findings with more study.

*SOURCE: [http://www.hindustantimes.com/news/181\\_1490600,001100020006.htm](http://www.hindustantimes.com/news/181_1490600,001100020006.htm)*

# HEALTH REPORT

VOLUME 9

ISSUE 92

## ACUPUNCTURE PROVIDES WELCOME RELIEF TO NERVE PAIN

After twenty years of suffering from trigeminal neuralgia, a neurological disease that inflames a central nerve in her face so that it feels like “a vise grip in your face that keeps turning and won’t let go,” Daryl Files found a simple, drugless solution: Acupuncture.

“I’ve been to neurologists and pain management people,” Files said. “I’ve had nerve blocks. I’ve been on every medication combination (doctors) could think of.”

Then, on the advice of one of her daughters, she visited Jian Shu, an acupuncturist who was trained in traditional Chinese medicine in Beijing. Finally, said Files, after a few months of having slender needles only as wide as a whisker inserted in her face, her hands and along her back, she found relief.

Many people make their first visit to an acupuncturist for the same reasons Files did: they’ve received treatment for their ailments from Western doctors to no avail. Shu agrees; many of her patients come to her, frustrated, as a “last resort.” By that time, their pain may be years old and may need several visits to remedy.

“Traditional (Western) doctors use a Band-Aid effect,” Files said. “They treat the pain, they don’t get to the root of it. When I went to Dr. Shu, I told her what I had, she researched it and started doing different treatments related to the different nerve paths.”

Shu said inserting the needles is only one step of the treatment. Once they’re in deep enough to connect with the body’s energy pathway, they are stimulated by manual twisting, or application of electric currents or infrared heat. “This stimulates the emotions in the body, which stimulates the brain and that stimulates a hormone called endorphins,” she said, which help the body rebalance itself.

Evidence shows that the rebalancing effect was just what Daryl Files needed to overcome her constant pain.

SOURCE: <http://www.syracuse.com/entertainment/poststandard/index.ssf?/base/entertainment-0/112478614896600.xml&%3bcoll=1>

Band-Aid® is a trademark of Johnson & Johnson Consumer Products Co.

# HEALTH REPORT

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ISSUE 101

## ACUPUNCTURE PUTS SCOTLAND'S SOCCER TEAM CAPTAIN BACK INTO COMPETITION FOR THE WORLD CUP

Steven Pressley is the captain of Scotland Edinburgh's Hearts soccer team. The Hearts continued their undefeated run towards the World Cup after their only tie game of the season at Falkner. The captain, however, was doubtful for the next round of playoff games. "Elvis," as he is frequently called, was badly fouled and could barely walk on a leg so painful, that both he and the press called it, "a dead leg."

After two days of extensive Acupuncture treatment, Elvis declared himself fit to make the crucial World Cup double header with Belarus and Slovenia.

Defender Elvis turned to the ancient Chinese medical treatment and declared it a success as he prepared to join up with his international teammates.

He said: "I've had a couple of sessions to treat injuries before. I had another course after the Falkirk game, and there has been definite improvement in the injury over the last couple of days.

"I picked up a knock on the side of my thigh at Falkirk, and it made for a really uncomfortable 25 minutes until the end of the match.

"But now I'm fine and ready to join the squad. It may be Thursday before I'm ready to train with the lads, but I'm confident I'll be okay by the weekend."

SOURCE: [http://www.dailyrecord.co.uk/sport/tm\\_objectid=16209166%26method=full%26siteid=66633-name\\_page.html](http://www.dailyrecord.co.uk/sport/tm_objectid=16209166%26method=full%26siteid=66633-name_page.html)

# HEALTH REPORT

VOLUME 9

ISSUE 103

## ACUPUNCTURE HELPS PATIENTS DEAL WITH PARKINSON'S DISEASE

Patients suffering from Parkinson's Disease (PD) up until now have had very little choice but to take drugs which cause nausea, sleepiness, dizziness, involuntary writhing movements and visual hallucinations. Over time, these drugs become less and less effective until a point is reached where the drugs only work for a few hours, if at all. Now there is hope, as three different studies find Acupuncture is a tremendous benefit to patients suffering from the effects brought on by PD.

The Department of Neurology at the University of Maryland School of Medicine did a study to determine the safety, tolerability, and efficacy of Acupuncture for the symptoms of PD. Twenty patients participated in the study, each of which received a standard examination and tests as well as filling out a questionnaire on their activities of daily living. On the patient questionnaire, 85% of the patients reported subjective improvement of individual symptoms including tremors, walking, handwriting, slowness, pain, sleep, depression and anxiety. The exam, tests and questionnaires found no adverse effects. It was determined that Acupuncture therapy is safe and well tolerated in PD patients.

In another study of 29 PD patients who were treated with Acupuncture for three months while using western drugs and a control group of 24 patients taking western drugs only. The study showed that there was a significant improvement in symptoms for those treated with Acupuncture, while those treated with drugs alone had a worsening of symptoms. Furthermore, patients treated with Acupuncture ended up using a lower total dosage of drugs after three treatments while those using only drugs retained their original drug dosage.

A third study which was published in *Shanghai Journal of Acupuncture and Moxibustion* reported on scalp acupuncture with electro-stimulation for PD. It was noted that there were some responses immediately after treatment, with a calming of tremors in two-thirds of the patients. Among the 24 patients that completed three months of therapy, six were said to show marked improvement, and the other 18 moderately effective.

SOURCE: <http://www.itmonline.org/arts/parkinsons.htm>  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=15884039&dopt=Citation](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=15884039&dopt=Citation)

# HEALTH REPORT

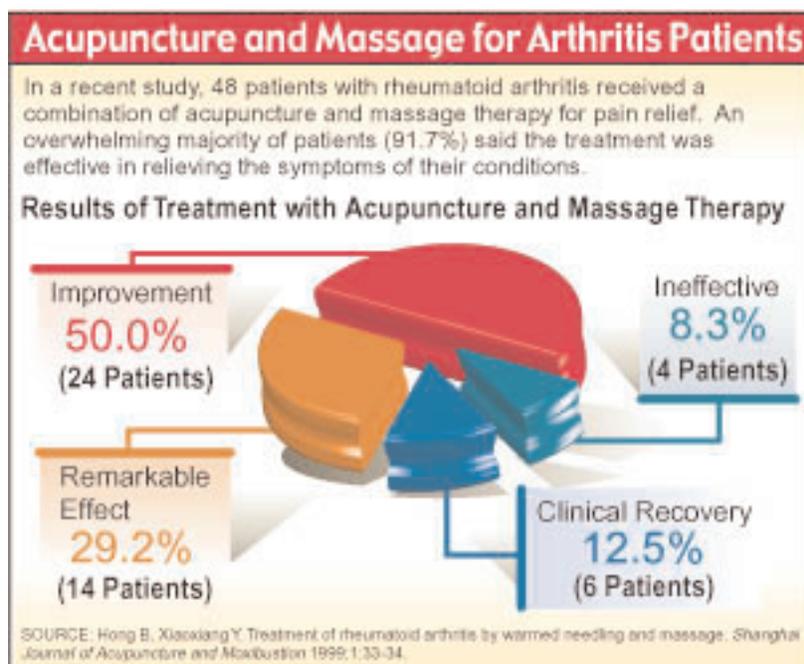
VOLUME 9

ISSUE 116

## ACUPUNCTURE PROVIDES WELCOME RELIEF FROM KNEE PAIN

The *Journal of Traditional Chinese Medicine* published a study that showed the effectiveness of Acupuncture in treating swollen knees. Fifty patients were diagnosed with inflammation of the lubricating tissues of the knee, with a collection of fluids in adjacent tissues or joint cavities. These fifty patients were then administered Acupuncture treatment.

Acupuncture proved its effectiveness by creating improvements in *every* patient. Thirty-six percent of the patients reported a “marked improvement,” and a full 60% of patients reported that they were cured. Remarkable results and completely drug-free!



SOURCE: [http://www.acupuncturetoday.com/graphs/feb\\_06graph.html](http://www.acupuncturetoday.com/graphs/feb_06graph.html)

# HEALTH REPORT

VOLUME 9

ISSUE 124

## NEW STUDY PROVES WHAT CHINESE DOCTORS HAVE KNOWN ALL ALONG: “ACUPUNCTURE HELPS RESOLVE PAIN!”

To find out whether or not Acupuncture helped people with their many varieties of aches and pains, up to now you'd have to ask those who have received the treatment or the practitioners who administered it. Now there's a new study that provides analytical support for this anecdotal information.

A new study has revealed that Acupuncture can turn off parts of the brain involved with pain. The study, carried out on a set of volunteers by scientists at Hull York Medical School as part of a new BBC TV series called *Alternative Medicine: The Evidence*, found that an Acupuncture technique using deep needling led to the deactivation of part of the brain's limbic system, which helps the body to be conscious of pain.

The study compared a shallow form of needling with deeper needling of points on the back of the hand. Two forms of Acupuncture were used on separate sets of volunteers. When deeper needling was done, a measurable deactivation in the brain's limbic system was found in the brain scan images of the subjects used.

“The particular area of the brain that MRI shows deactivation during Acupuncture helps someone decide whether something is painful or not. So it could be that Acupuncture in some ways changes a person's pain threshold,” Sykes added.

“I'm just thrilled that we managed to do a real scientific experiment, shaped and run by scientists and acupuncturists together, where we found something quite unexpected – that Acupuncture is having a measurable effect on the brain,” said Professor Sykes.

SOURCE: [http://www.ivy-rose.co.uk/Health/show\\_di.php?id=819](http://www.ivy-rose.co.uk/Health/show_di.php?id=819)

# HEALTH REPORT

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ISSUE 125

## NEW STUDY RECOGNIZES ACUPUNCTURE AS EFFECTIVE TREATMENT FOR PAIN OF OSTEOARTHRITIS

A landmark study published in *The Annals of Internal Medicine* and funded by the National Institutes of Health has finally provided objective proof that Acupuncture provides real hope and help for those suffering from osteoarthritis.

The study team enrolled 570 patients aged 50 or older with osteoarthritis of the knee. Participants were randomly assigned to receive one of three treatments: Acupuncture, sham acupuncture, or participation in a control group that followed the Arthritis Foundation's self-help course for managing their condition.

On joining the study, patients' pain and knee function were assessed using standard arthritis research survey instruments and standard measurement tools. Patients' progress was assessed at 4, 8, 14, and 26 weeks. By week 8, participants receiving Acupuncture were showing a significant increase in function and by week 14 a significant decrease in pain, compared with the sham and control groups. These results held through week 26. Overall, those who received Acupuncture had a 40% decrease in pain and a nearly 40% improvement in function compared to baseline assessments.

"For the first time, a clinical trial with sufficient rigor, size, and duration has shown that Acupuncture reduces the pain and functional impairment of osteoarthritis of the knee," said National Center for Complementary and Alternative Medicine Director Stephen E. Straus, D.C. "These results also indicate that Acupuncture can serve as an effective addition to a standard regimen of care and improve quality of life for knee osteoarthritis sufferers.

"More than 20 million Americans have osteoarthritis. This disease is one of the most frequent causes of physical disability among adults," said Stephen I. Katz, M.D., Ph.D., National Institute of Arthritis and Musculoskeletal and Skin Diseases Director. "Thus, seeking an effective means of decreasing osteoarthritis pain and increasing function is of critical importance."

SOURCE:<http://nccam.nih.gov/news/2004/acu-osteo/pressrelease.htm>

# HEALTH REPORT

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ISSUE 126

## TRADITIONAL CHINESE MEDICINE ACHIEVES SUCCESS IN TREATMENT OF DREADED DISEASE

One of the grimmest diagnoses to receive is that of ALS: amyotrophic lateral sclerosis, also known as Lou Gehrig's disease. It is a degenerative disorder of the central nervous system that leads to weakening and wasting of the muscles. Eventually all four limbs become involved, and there may be considerable cramping and stiffness that develops with the partial loss of nervous control over the muscles.

A normal course of disease progression is to reach the point that respiration is affected within 5 years after the initial symptoms and diagnosis, causing death. There is about a 5% rate of survival past 12 years, and some people live more than 20 years, while others have rapid disease progression within just 2 years.

Western medicine has little to offer the ALS sufferer other than medications to allay the pain and other symptoms.

In China, Dr. Chong Yongde has had good results treating a group of 27 males and 19 females diagnosed with ALS. The results of therapy were classified into four categories: (i) clinical remission, where atrophic muscles were largely restored, the patient then being able to manage daily activities and take place in social activities, or being able to survive with the disease more than ten years after diagnosis; (ii) markedly effective, where the ability of managing daily activities was enhanced somewhat, or being able to survive more than five years after diagnosis; (iii) fairly effective, muscular atrophy slows down, with survival over three years; (iv) ineffective, symptoms do not significantly improve with survival less than three years.

Of the 46 patients, 6 appeared to have clinical remission; for 11 the treatment was markedly effective; for 24 it was fairly effective, and for 5 it was ineffective (the patients died within a few months time).

*SOURCE: <http://www.itmonline.org/arts/als.htm>, originally published in the Shanghai Journal of Acupuncture and Moxibustion*

# HEALTH REPORT

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## SAFE, DRUGLESS ALLERGY RELIEF PROVEN TO BE AVAILABLE, COURTESY OF TRADITIONAL CHINESE MEDICINE STUDY

To be comfortable, a person with allergies unfortunately must either avoid the materials to which they are allergic, no matter how pervasive they are, or resort to medications for relief. Now, Acupuncture and Chinese herbs have been shown to provide blessed relief, no matter whether the source is pollen, animal dander or reaction to chemicals.

A study published in the April 2004 issue of *Allergy* reported on a study of 52 patients, all with allergic rhinitis (inflammation of the nasal mucous membranes) who received either weekly Acupuncture treatment and Chinese herbs or a placebo.

All the sufferers were between 20 and 58 years of age. They were randomly assigned to the Traditional Chinese Medicine (TCM) group or the placebo group. The TCM group received standardized weekly treatments for 20 minutes each. They also received treatment with Chinese herbs specifically addressing their condition.

The placebo group received sham Acupuncture treatment and rice powder in capsules exactly like the ones used for the Chinese herbs. Then each group was asked to rate the severity of their allergy symptoms.

TCM patients experienced improvements in allergy symptoms in the eyes and nose, higher levels of physical activity, and an improved psychological condition compared to patients in the control group.

Intake of anti-allergy drugs also dropped dramatically among TCM patients. According to the researchers, "The permitted drug intake for allergic rhinitis symptoms decreased substantially, from 7.7 to 3.4 points in the TCM group, whereas we found only a slight decrease in the control group (7.7-6.0)."

While further and longer studies will provide more convincing evidence for Western medicine and patients, this study shows the promise of the help available from Traditional Chinese Medicine.

SOURCE: <http://www.acupuncturetoday.com/archives2004/dec/12allergies.html>

# HEALTH REPORT

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## CHINESE HERBS PROVEN SUCCESSFUL IN TREATING AIDS

In a test program done in five Chinese provinces 2,700 HIV/AIDS patients have been helped with traditional Chinese Medicine. The test was so successful six more provinces are being added to the study.

The test was done because, while western-style treatment aim to use drugs to kill the virus, so far no medicine has proved to be successful in doing so. The best they can do is slow the progress of the virus. These drugs have many side effects and are very expensive. The herbs used in traditional Chinese Medicine work to protect and raise the patient's immunity and ease the symptoms of the disease. The cost for traditional Chinese Medicine in HIV/AIDS treatment is much lower and they result in few side effects.

The test found that an herbal treatment for HIV/AIDS patients has fairly good clinical results. Furthermore, it was also found that it is possible to use the combination of western-style, anti-virus drugs with traditional Chinese Medicine.

Liu Wenwu, an official with the State Administration of Traditional Chinese Medicine says, "Statistics show that herbal treatment for HIV/AIDS patients evidently help ease the common symptoms which include diarrhea, vomiting, and weariness. Traditional Chinese Medicine also effectively reduces those side effects of anti-virus drugs. Patients and their relatives welcome our treatment, which has enriched the clinical treatment for HIV/AIDS."

*SOURCE: [http://www.chinadaily.com.cn/english/doc/2005-09/24/content\\_480569.htm](http://www.chinadaily.com.cn/english/doc/2005-09/24/content_480569.htm)*

# HEALTH REPORT

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## ACUPRESSURE BETTER FOR LOW BACK PAIN THAN PHYSICAL THERAPY

A study completed at the National Taiwan University in Taipei found Acupressure is a more effective treatment in reducing low back pain than conventional physical therapy.

A test group of 129 people, identified by researchers as suffering from chronic low pain, were recruited through an orthopedic clinic. Each received a standard disability questionnaire. 65 were assigned a standard physical therapy treatment regimen, and 64 received 6 Acupressure treatments over a one-month period.

Acupressure (pushing specific points with the fingertips to release tension and increase circulation) utilizes all of the same body points as Acupuncture. To keep the treatment consistent, all of the subjects received treatment from the same therapist.

The study concluded that Acupressure gave patients better, longer-lasting relief for low back pain. An 89% reduction in disability was reported for the Acupressure group, who also scored better on measures of pain and had fewer days off from work or school.

Perhaps the most significant conclusion of this study was that when the patients were followed-up six months later, they still had the benefits of the Acupressure treatment.

*SOURCE:* [http://www.nlm.nih.gov/medlineplus/news/fullstory\\_30076.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_30076.html)

# HEALTH REPORT

VOLUME 9

ISSUE 138

## ACUPUNCTURE HOLDS BENEFITS FOR DIABETES SUFFERERS

Patients with diabetes may have new hope for treatment – Acupuncture.

A recent study conducted in a country exhibiting exceptionally high rates of diabetes in both its general population as well as foreign residents may offer new hope for persons suffering from this condition anywhere in the world.

The United Arab Emirates (UAE) demonstrates a very high rate of Type II Diabetes (non-insulin dependent) in its population. Estimates run as high as 25% of the population suffering from diabetes and 90% of these are in the Type II position. Apparently, the cause is both a lack of physical activity and poor eating habits.

The Acupuncture study was conducted at the Dubai Wellbeing Center and was spurred by the fact that 1 in 3 visitors to the center show signs of diabetes. The 17 doctors from the center administered Acupuncture treatment and traditional diabetes treatments to 60 patients divided into two groups.

The Acupuncture group of 38 patients received treatment at three points administered once daily for 30 days. The control group of 22 took usual diabetes prescribed drugs. Both groups followed the same regulated diet during the study.

Besides the major benefit to the Acupuncture group of marked improvement to their condition, none of the participants showed any side effects to their treatment. Officially, 27 (71%) of this group were successfully treated and only 11 (29%) needed some additional treatment.

In the drug-taking control group, 12 (55%) cases were rated as effectively treated and 8 (36%) significantly helped. However, 20 (91%) of them showed serious side effects to the drugs, including kidney failure.

The study concluded that Acupuncture treatments are a better alternative than existing drug treatments for diabetes and have no side effects. It is another study showing Acupuncture to be effective in a territory beyond only the handling of pain, where many people commonly think the benefits end.

SOURCE: <http://www.prweb.com/releases/2005/11/prweb315733.htm>  
<http://www.acupuncture.com.au/education/q&a/diabetes.html>

# HEALTH REPORT

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## ACUPUNCTURE HELPS SHOULDER IMPINGEMENT BETTER THAN PT

The benefits of Acupuncture in treating Shoulder Impingement Syndrome have been confirmed in a 2005 study conducted by researchers in Sweden. The results showed Acupuncture to provide enhanced healing over traditional ultrasound therapy when administered over a like period of time.

Shoulder Impingement Syndrome is due to irritation to or a tear in the rotator cuff, or an inflammation of the bursa in the area of shoulder bones. (A bursa is a fluid-filled sac that provides a cushion between a bone and tissues such as skin, ligaments, tendons, and muscles. An inflammation of the bursa is called bursitis.) This occurs mainly in individuals participating in sports or work activities requiring extensive and repeated overhead action, such as in the sports of tennis or swimming or the occupations as painting or construction. Pain occurs when the arm is lifted above shoulder height; the pain often travels down from the shoulder extending as far as the elbow joint.

85 adults, aged 30-65, who were identified as suffering from some degree of Shoulder Impingement Syndrome for at least 2 months were qualified for the study. Randomly, they were allocated to receive either Acupuncture or ultrasound.

The acupuncture group received 10 treatment sessions over a 5-week period. The ultrasound group received ultrasound therapy twice weekly over the same 5 weeks. Additionally, a home exercise program was regularly performed and logged by both groups. The aim of the exercise was stimulation of increased circulation and strength conditioning of rotator cuff muscles.

Testing of the patients at the end of the 5-week period demonstrated more rapid improvement in the Acupuncture group. And, while members of both groups continued to improve in tests conducted in the year to follow, the Acupuncture group continuously showed greater improvement.

Researchers concluded, "Acupuncture is advocated before ultrasound, in addition to home exercises, for patients with Impingement Syndrome."

SOURCE: *Acupuncture Today*. <http://www.acupuncturetoday.com/archives2006/mar/03shoulder.html>