

HEALTH REPORT

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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>

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ASTHMA PATIENTS BREATHE EASIER WITH ACUPUNCTURE

There may be very good news for asthma sufferers given the results of a test recently conducted by the China Academy of Chinese Medical Sciences in Beijing. This study showed that Acupuncture treatment could be used to significantly improve breathing ability.

The goal of the study was to determine if pulmonary (lung) function could be positively affected through Acupuncture treatment further affecting the portion of the nervous system that controls functions like the beating of the heart, digestion and breathing. This is known as the “vegetative nervous system.”

Seventy-one chronic asthma patients were randomly assigned to one of two groups for the purpose of the experiment. Both groups continued to receive their anti-asthmatic medicine. However, a group of 40 received Acupuncture treatments in addition to their medication while 31 made up the control group and received no Acupuncture.

The researchers were interested in noting both pulmonary function improvements as well as heart rate variability changes as a result of the Acupuncture. Both were tested at the start and conclusion of the study.

What they learned was that both lung function and the function of the vegetative nervous system were “significantly superior to that in the control group after treatment.”

From the conclusions of the study, a person suffering from the effects of asthma may wish to consider the options provided through Acupuncture therapy when seeking relief. Acupuncture could offer significant improvement to the lungs and positively affect the function of the entire vegetative nervous system as well.