

ACUPUNCTURE HELPS WOMAN OVERCOME EARLY MENOPAUSE

Many devotees of Acupuncture attest to the therapy's ability to alleviate pain of all kinds. But true believers often say it can heal physical problems as well as just bring pain relief.

Rosana Bouzas of Sydney, Australia, suffered early menopause and was told by her doctors that she would never be able to have another baby. Rosana embarked on a series of Acupuncture treatments, and three months later found she was pregnant — and perfectly healthy.

“Initially, I thought I'd sought Acupuncture out to help with the symptoms of menopause, and when I explained exactly to the acupuncturist exactly what my situation was, he never promised me I'd get pregnant, but he did say that I was young, and healthy otherwise, and if we toned the body and responded to the treatment, there was a good possibility I could get pregnant,” Rosana told ninemsn, one of Australia's most popular news and information web sites.

“After three months of treatment I was pregnant, and I had a beautiful baby girl, Sophia. She was born on Christmas Day, so we always say that she's our miracle baby. I think something as radical as getting pregnant when you're told your ovaries are not functioning and you're not going to get pregnant, I think there's more to it than just me believing the treatment would work.”

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ACUPUNCTURE REDUCES HOT FLASHES

Women suffering from severe hot flashes that often occur during menopause may be afforded some relief through Acupuncture. These hot flashes, which often occur at night, can significantly disrupt sleep and affect a woman's quality of life.

A study was recently concluded on 29 menopausal women who were experiencing at least seven moderate to severe hot flashes per day. All of the women received 9 treatments delivered by trained acupuncturists in sessions spread over 7 weeks.

Twelve of the women in the study received real Acupuncture treatments using points selected to target both hot flashes and sleepiness. The remainder of the women received sham Acupuncture treatments using non-penetrating needles at randomly selected Acupuncture points.

During the study, the women were asked to record both the number and the severity of their hot flashes.

The women in the Acupuncture group reported a 28% decrease in the severity of nighttime hot flashes. On the other hand, those women who received the sham treatments reported only a 6% drop in the severity of their discomfort.

The traditional treatment for hot flashes is Hormone Replacement Therapy. Recent studies have shown Hormone Replacement Therapy to increase a woman's risk of heart disease or cancer. This has sparked renewed interest in alternative treatments.

Researcher Mary Huang, MS, of Stanford University conducted the study and suggests that Acupuncture definitely deserves further study as an alternative treatment for menopausal hot flashes. Acupuncture had a noteworthy result in decreasing the severity of the discomfort and this bodes well for additional research.