

Five Reasons to Give Acupuncture a Try

Acupuncture has been around for over 2,000 years. Originally practiced in China, it gained approval from Western medicine practitioners in the 1970s. Since then the number of specialists have increased and numerous agencies have provided funding for research. One thing is for sure, acupuncture has been proven to provide patients with relief from countless ailments.

1. Reduce Your Stress Load

Everyone deals with some degree of stress. Between the healing properties of proper needle placement and the peaceful office environment, patients will leave their appointment feeling like a weight has been taken off of their shoulders.

2. Alleviate Pain

Many Americans struggle with chronic pain on a daily basis. With the many undesirable side effects associated with pain medication, people are often looking for an alternative method to help them get through the day. Acupuncture can provide the relief they are looking for without the use of addictive narcotics.

3. Improve Seasonal Allergies

Allergies can be a real pain. Common allergens inhibit an individual's participation in certain activities, prevent them from going to certain places and can leave one feeling miserable. Acupuncture can alleviate allergy symptoms including runny nose, sneezing and itchy eyes.

4. Curtail Digestive Problems

We have all been there—an upset stomach or digestive problem that will not go away. Acupuncture can eliminate these issues by improving digestive functions and by giving your gut a boost to properly break down and absorb the nutrients that will make your body healthy.

5. Boost Your Immune System

With winter comes the inevitable flu and cold season. The last thing you want is to be stuck inside and sick. Research shows that acupuncture assists with raising white blood cell counts within the body. These little anti-bodies will allow your immune system to fight any virus or infection that may come their way in a rapid manner.

With all of the health benefits associated with acupuncture, it is no surprise that so many people continue to receive treatments. Just call the nearest practitioner and find out for yourself.