**What Conditions Acupuncture Can Help?**

Acupuncture has become an integral part of our health system. Scientific research demonstrates that acupuncture is a powerful medicine that can safely treat myriad of health conditions. Here are several examples that provide evidence of that:

The World Health Organization

In 1979, the World Health Organization (WHO) acknowledged that acupuncture is effective for treatment of 43 health problems, including:

* Respiratory disorders (Sinusitis, rhinitis, common cold and flu, tonsillitis, pharyngitis, bronchitis, asthma)
* Eye Disorders (Conjunctivitis, cataracts)
* Mouth disorders (Toothache, post-extraction pain, gingivitis)
* Gastrointestinal disorders (Spasms of esophagus, hiccoughs, gastritis, acid reflex, duodenal ulcers, colitis,

constipation, diarrhea, paralytic ileus)

* Neurologic disorders (Headaches and migraine, facial palsy in early stage, trigeminal neuralgia, peripheral

neuropathies, Meniere's disease, neurologic bladder dysfunction, bedwetting)

* Musculoskeletal disorders (Back pain, pain in the rib area, frozen shoulder, tennis elbow, osteoarthritis, carpal tunnel syndrome, knee pain, fibromyalgia, chronic fatigue, injuries and pains)
* Reproductive and gynecological disorders (Premenstrual syndrome, menstrual cramps, spotting, excessive bleeding loss of menstrual period, impotence, infertility, incontinence, prostatitis)
* Mental and emotional disorders (Stress, anxiety, depression, insomnia)

National Institutes of Health (NIH) Consensus Statement

(<http://consensus.nih.gov/1997/1997Acupuncture107html.htm>

In its consensus statement, the NIH reported that “acupuncture may be useful as an adjunct treatment or an acceptable alternative or be included in a comprehensive management” of the following conditions:

* Postoperative and chemotherapy nausea and vomiting
* Postoperative dental pain
* Addictions
* Stroke rehabilitation
* Headaches
* Menstrual cramps
* Tennis elbow
* Fibromyalgia
* Myofascial pain
* Osteoarthritis
* Low back pain
* Carpal tunnel syndrome
* Asthma

What Do the Acupuncture Studies Say?

 Below are just a few results from the studies done to show the effectiveness of acupuncture. You can find many more research results on the Internet.

Acupuncture for Migraines

A study carried out at the National Hospital for Nervous Diseases in London showed that acupuncture was more effective than drugs in the treatment of migraine*Jnl. of Neurology, Neurosurgery and Neuropsychiatry 1984; 47. 333-7*

A more recent study from Turin, in Italy, showed that acupuncture was significantly better than a standard drug at reducing the number of migraine attacks but gave better pain relief and had fewer side effects - it upset patients less than the drug. Patients who used acupuncture at the start of a migraine reported reduced symptoms, required less medication and had decrease frequency of headaches during the four months of the study. *Allais G, et al. Headache, 2002; 42; 855-861*

Pregnancy

A study published in *Fetal Diagnosis and Therapy* (Nov.-Dec. 2003) concluded that women with breach babies treated with acupuncture were far more likely (76.4%) to have the fetus move to the proper delivery position than those not given acupuncture.

Postoperative Sickness

A researcher at Duke University, *Dr. Tong G. Gan* concluded in the journal Anesthesia & Analgesia (Sept. 2003) that acupuncture was far more effective for postoperative sickness and vomiting than Zofran, a widely used anti-nausea drug.

Sciatica

In an article published in the *Journal of Traditional Chinese Medicine* (March 2003), 50 patients with sciatica received acupuncture twice per week for 5 weeks. Only two patients out of 50 reported no improvement. 40% were completely cured and the remaining 56% had significant improvement.

Cancer

In the *Journal of Clinical Oncology* (November 2003), a study reported that pain intensity levels of cancer-related pain decreased an average of 36% in those patients receiving ear acupuncture.

Sleep and Insomnia

In the winter 2004 issue of *Journal of Neuropsychiatry and Neuroscience,* a preliminary report stated that acupuncture promotes sleep in insomnia patients, noting that anxiety levels were lower and sleep efficiency and nighttime melatonin levels increased in 18 adult patients suffering from anxiety and insomnia.