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Acupuncture: How it works, uses, benefits, and risks

Currently, NICE only recommends considering acupuncture as a treatment option for: chronic tension-type headaches. migraines. Acupuncture is also often used to treat other musculoskeletal conditions (of the bones and muscles) and pain conditions, including: chronic pain, such as neck pain. joint pain.

Acupuncture - NHS

The aim is to direct the flow of qi to trigger your body’s healing response and to restore physical, emotional and mental equilibrium. Treatment is designed to affect your whole being as well as your symptoms so, as the condition being treated improves, you may notice other health problems resolve and an increased feeling of wellbeing.

How does acupuncture work?

Acupuncture is one of those therapies that many experts say can complement conventional medicine. ANCIENT ROOTS . Acupuncture is an alternative medicine that originated in China about 3,000 years ago.

Acupuncture 101: Is it right for you? - WXYZ

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Acupuncture involves the insertion of very thin needles through your skin at strategic points on your body. A key component of traditional Chinese medicine, acupuncture is most commonly used to treat pain. Increasingly, it is being used for overall wellness, including stress management. Traditional Chinese medicine explains acupuncture as a technique for balancing the flow of energy or life force — known as chi or qi (chee) — believed to flow through pathways (meridians) in your body.

Acupuncture - Mayo Clinic

As you can imagine, acupuncture isn’t yet well-known in Oklahoma. A lot of people have never heard of it, so let’s answer a few questions I get asked frequently. What is acupuncture? This is a question people ask me all the time, right after “does it hurt?” First of all, acupuncture is awesome. Why?

Is Acupuncture Right for You? | INTEGRIS

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If you suffer from frequent and severe bloating, gassiness, and stomach pain, you may have IBS. If your doctor diagnoses you with IBS, you may benefit from acupuncture. Acupuncture is not a cure for the disorder, but it is proven to reduce the side-effects and symptoms. IBS patients who receive acupuncture treatment feel more relaxed and comfortable.

Acupuncture Is Beneficial For Health, But Is It Right For You?

Acupuncture is very safe when administered by a practitioner who is licensed and properly trained. The needles are sterile and disposable, and there are no drugs involved to produce unwanted side effects. However, certain people shouldn’t have this kind of treatment. You should avoid acupuncture if you have:

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