



ELEMENTS  
*of*  
HEALTH

# Acupuncture, Nutrition & Herbal Medicine

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## Interesting Acupuncture Facts

**Acupuncture or Jail?** Acupuncture is used in more than 20 states in over 800 drug dependency programs. Patients who go through these programs have lower re-arrest rates on drug related charges than those not treated with acupuncture. Miami-Dade County drug offenders have the choice of acupuncture or jail.

**Referral Rates** - According to a study published in the *Archives of Internal Medicine*, 51% of medical doctors understand the efficacy and value of acupuncture, and refer patients to acupuncturists more than any other alternative care provider.

**Endorphins were identified in 1977** - One of the dominant areas of research on acupuncture mechanisms has been its effect on endorphins. Endorphins are one of several neuropeptides, the body's own "opiates", and can alleviate pain. These biochemicals were identified in 1977, just as acupuncture was becoming popular in the West. They are involved in two areas that have been the focus of acupuncture therapy in the West: treatment of chronic pain and treatment of drug addiction.

**\$9.5 Million in Research** - The National Center for Complementary and Alternative Medicine (NCCAM) awarded 8 grants that directly relate to acupuncture, Chinese herbal medicine and traditional Chinese medical research, totaling more than \$9.5 million dollars.

**Acupuncture in Hospitals** - In 2006, The American Hospital Association found that, of the 1400 surveyed hospitals more than a quarter were offering alternative medicine programs to the patients they serve.

**First in the press in 1972** - Acupuncture and Oriental Medicine has received more free publicity than any other health care modality in the history of the United States. Acupuncture gained attention in the United States when President Nixon visited China in 1972. Traveling with Nixon was New York Times reporter James Reston, who received acupuncture in China after undergoing an emergency appendectomy. Reston was so impressed with the post-operative pain relief he experienced from the procedure that he wrote about acupuncture upon returning to the United States.

**Acupuncture in Warzones** - The U.S. military was introduced to acupuncture during the Vietnam War, when local physicians were allowed to administer acupuncture to Vietnamese patients at a U.S. Army surgical hospital. Most recently, Col. Richard Niemtow, an Air Force physician began a program in 2001 termed "battlefield acupuncture". Air Force, Navy and Army doctors are taking acupuncture to the war zones of Iraq and Afghanistan as part of emergency care in combat and in frontline hospitals.