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Modern Research & Acupuncture

Acupuncture & IVF - A systematic review and meta-analysis suggested that women undergoing IVF were 65 percent more likely to become pregnant when they integrated acupuncture into their normal IVF treatments. *BMJ*, 2008 February

Acupuncture & Insomnia - In the treatment of insomnia, acupuncture yields significant results with a total effective rate of 90.44%. It also improves the quality of sleep and overcomes complications induced by sleep medication. Sok, SR, et. al., The effects of acupuncture therapy on insomnia. *J. Adv Nurs.*, 2003 Nov;44(4):375-84. *J Traditional Chinese Medicine*, 2002 Dec.;22 (4):276-77.

Acupuncture & Gastritis - A study from the Guangxi College of Traditional Chinese Medicine concluded that acupuncture was effective in the treatment of chronic gastritis, resulting in a 95% effective rate. *J. Traditional Chinese Medicine*, 2003 Dec.;23(4):278-79.

Acupuncture & Shoulder Pain - Acupuncture is effective in the treatment of shoulder periarthritis. Of the 210 subjects studied, 158 were cured, 40 improved and 12 showed no significant improvement. *J. Traditional Chinese Medicine*, 2003 Sept.;23(3):201-02.

Acupuncture & Fibromyalgia - A study conducted showed that acupuncture, when added to traditional fibromyalgia treatments, reduces pain and improves the quality of life for up to three months following treatment. *J. Rehab. Med.*, 2008 Jul.;40(7):582-88.

Acupuncture & Blood Pressure - A German study concluded that acupuncture can create a significant reduction in both systolic and diastolic blood pressure. At the end of six weeks, subjects who received acupuncture achieved a reduction in both systolic and diastolic readings from their base-line. Researchers noted no noticeable change in subjects who received sham acupuncture. *J. Traditional Chinese Medicine*, 2003 Mar.;23(1):49-0.

Electro-Acupuncture & Immune Function During Chemotherapy - Electro-acupuncture can strengthen immune function, hematopoietic function and improve appetite, sleep, alleviate pain and digestive distress. Another study suggests acupuncture is able to normalize the pattern of leukocytes. *J. Traditional Chinese Medicine*, 2002 Mar.;22 (1):21-3. Mori, H., et. al., Unique Modulation by Electro-acupuncture in Humans Possibly via Stimulation of the Autonomic Nervous System. *Circulation J.*, 2007 June

Acupuncture & Migraines - Researchers concluded that acupuncture can significantly reduce migraines better than medication alone. Subjects who received traditional acupuncture showed lasting improvement in migraines when compared to participants who received mock acupuncture plus Rizatriptan. *J. Headache*, 2008 Mar.

Acupuncture & Depression - All subjects receiving acupuncture for major depression significantly improved by a greater margin than those not receiving treatment. Another study suggests that electro-acupuncture can produce the same therapeutic results as tetracyclic drugs, but with fewer side effects and better symptomatic improvement. Acupuncture Treatment for Major Depression, the *Tenth Annual Symposium of the Society for Acupuncture Research*, 2003. *J. Traditional Chinese Medicine*, 2004 Sep.;24(3):172-6.

Acupuncture & Allergic Rhinitis - In a German study, researchers noted improvements in patients who suffered from allergic rhinitis. After three and six months, researchers followed up with subjects and concluded that subjects who were in routine care with acupuncture had clinically relevant and persistent benefits. *European. J. of Int. Med.*, 2008 Nov.;10(5):535-43.

Acupressure & Morning Sickness - A study was set up to determine the efficacy of acupressure in the treatment of pregnant women suffering from nausea, with or without vomiting. The study concluded that acupressure was extremely effective in controlling symptoms of nausea and vomiting, without adverse side effects, when compared to the placebo group. *Comp. Therapy Clin. Practice*, 2008 Feb;14(1):46-52.

Acupuncture & Asthma - Symptoms of bronchial asthma were markedly improved after acupuncture treatments, and the dosage of patient's medication was gradually reduced. Another study suggests improvement of the quality of life for patients with clinically stable, chronic obstructive asthma when conventional care is combined with acupuncture. *J. Traditional Chinese Medicine*, 1998 Mar.;18 (1):27-0. *J Altern. Comp. Med.*, 2003 Oct.;9(5):659-0.

Acupuncture & Carpal Tunnel Syndrome (CTS) - A randomized, controlled study compared the efficacy of acupuncture with steroid treatment in patients with mild to moderate CTS. Researchers concluded that acupuncture is a safe and effective treatment option for patients who have CTS, but experience side effects to oral steroids or those who opt out of surgery. *Clinical J. of Pain*, 2009 May;25 (4):327-33.

Acupuncture & Osteoarthritis (OA) - A randomized, controlled study showed that acupuncture can provide improvement in function and pain relief as an adjunctive therapy for OA when compared to sham acupuncture. Berman, BM., et al., *Effectiveness of Acupuncture as Adjunctive Therapy in Osteoarthritis of the Knee: a randomized, controlled trial. Annals of Internal Medicine*, Dec.21,2004;141(12)901-910.

Acupuncture Cupping (AC) & Chronic Fatigue Syndrome (CFS) - A study was conducted using AC in subjects suffering from CFS. After six weeks of receiving AC, subjects showed improvement in fatigue levels, sleep, memory and digestion. Flaws, B., et al., *Chronic Fatigue Syndrome and Cupping*. 2001; 70-71.

Acupuncture is recognized by the National Institute of Health (NIH) and the World Health Organization (WHO) to be effective in the treatment of over 43 common ailments including: Food allergies, Peptic Ulcers, Chronic Diarrhea, Constipation, Hypertension, Anemia, Depression, Insomnia, Anxiety, Alcoholism, Nicotine and Drug Addiction, Post-Operative Pain and Nausea, Chemotherapy Nausea and Vomiting, Shoulder Pain, Neck Pain, Urinary Tract Infections, IBS, Painful Menstruation, Incontinence, Anorexia, Indigestion, Gastritis, Asthma, Sinusitis, Bronchitis, Migrane Headaches, etc.