

10 REASONS TO TRY ACUPUNCTURE

Head 20 sessions of electroacupuncture (where a small electric current is applied to the needles) within 4 weeks reduced the number of monthly migraines.

Nose For seasonal allergy sufferers, 12 acupuncture sessions reduced symptoms and allowed people to use antihistamines less often.

Mood Once weekly acupuncture sessions can treat depression within 3 months (comparable to results from counseling) likely because it regulates happy-making neurotransmitters in your brain.

Throat 10 sessions over the course of a month treated acid reflux disease and soothed heartburn better than upping meds, possibly by regulating acid secretion and speeding digestion.

Heart Regular sessions can decrease markers of stress and lower blood pressure.

Immune System Well-placed needles can boost the activity of immune cells that seek out and destroy infections.

Sleep acupuncture revs up the production of neurotransmitters associated with relaxation and sleep, helping insomnia sufferers sleep better.

Back 5 weeks of twice-weekly needling was found to relieve lower back discomfort for up to 6 months.

Menopause Acupuncture can ease the frequency and severity of hot flashes for up to 3 months after treatment, possibly by helping regulate body temperature.

Weight Acupuncture helped obese adults shed up to 9 pounds over a span of 2-weeks to 4-months.

