

How Acupuncture, An Alternative Therapy Benefits People with Pain, Stress and Digestive Issues

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Introduction

Traditional Chinese medicine focuses on Qi, which is the body's life force energy. Acupuncture and acupressure are two types of acupuncture and acupressure. The two treatments have been linked to a slew of health benefits, ranging from your digestive system to emotional disorders [1]. While the procedures have certain similarities, they also have considerable differences. Here's everything you need to know about acupuncture and acupressure, as well as whether or not they're right for you.

What Is Acupuncture?

Acupuncture includes certified, trained specialists inserting hair-thin, sterilized needles into various places on the body. Acupuncture has traditionally been used to stimulate the body's meridians (think of them as energy corridors) so that it can rebalance itself. Acupuncture needles are put into acupuncture sites located throughout the body (practitioners estimate there are over 2,000 of them), which are linked by meridians.

Ka-Kit Hui explains, "It re-establishes the body's ability to convey messages." Although it is thought that the body has an inbuilt mechanism for balancing and healing itself, injury, disease, stress, and lifestyle choices can all cause blockages and imbalances.

What is involved in an Acupuncture Session?

You have a brief talk and evaluation at the start of an acupuncture session. Your acupuncturist will take your pulse, examine your tongue and eyes, and inquire about your mood and bowel motions, all of which will reveal which organs need to be stimulated or sedated.

After that, you'll lie down on a relaxing treatment bed that looks like a massage table. You can typically stay completely clothed if you wear loose clothing. The acupuncturist sterilizes small sections of skin with alcohol swabs before inserting one-time-use, hair-thin needles.

There should be no discomfort, but a tiny prick or pressure at the needle sites may be felt.

The number of insertion points varies significantly from one person to the next and from one session to the next. The acupuncturist dims the lights and leaves you to relax with the needles placed for a period of time - usually about 20 to 30 minutes—to help you relax. Most acupuncturists treat points all over the body, including the feet, ankles, legs, and hands, although some specialize in the ears or even only the hands and feet. Other methods may be used by acupuncturists to move stagnant energy. E.g. they may use a Transcutaneous Electrical Nerve Stimulation (TENS) device or a customized gadget designed for electrical stimulation in acupuncture to add modest electrical stimulation to acupuncture needles. They may also engage in "cupping," a technique that includes putting suction cups to various parts of the body in order to improve Qi flow, according to the belief. Acupuncturists may also suggest herbs and supplements.

Health Benefits of Acupuncture

Everyone recognizes the importance of exercise in our daily lives, but many of us are unaware of why or what exercise can do for us. The

term "exercise" refers to the everyday practice of performing some type of physical activity. Exercise is essential for overall health and mental clarity [4]. The daily practice of some physical work does not imply that the body is under stress; rather, it is a stress-relieving exercise. A solid work ethic necessitates good health. According to a well-known remark, there is compelling evidence that people who live active lifestyles are less likely to become ill and live longer. Exercise improves not only your physical fitness but also your mental health and overall sense of well-being.

Getting in shape doesn't have to mean spending hours on a treadmill at your local gym; it may also mean taking a dance class or taking up a new interest like fencing or mountain biking. It could be a group or team sport, such as football or karate. Regardless matter the type of exercise you select; you will almost surely meet new people and possibly create new friendships. These goals can be met by engaging in 30-60 minutes of moderate-intensity activity five times per week, 20-60 minutes of vigorous-intensity exercise three times per week, or a mix of the two. It is also permissible to combine one continuous session with many shorter sessions (of at least 10 minutes) [5].

Arthritis, Headache and Other Pain

Though researches have yielded mixed results over the years, a 2018 review of studies published in the Journal of Pain found that acupuncture is more effective than standard care and placebo in treating a variety of chronic pain conditions, including headache, osteoarthritis, shoulder pain, and general musculoskeletal pain [1].

Meanwhile, acupuncture offers a mild to moderate benefit for low back pain and a slight benefit for fibromyalgia symptoms, according to a study published in American Family Physician in 2020 [2].

Stress

According to a 2009 study published in Neuroscience Letters, acupuncture can help with chronic stress-related issues like melancholy and anxiety [3]. Acupuncture as a treatment for post-traumatic stress syndrome has shown to be effective in studies, while additional study is needed.

Digestive Issues

A review of study published in the journal Autonomic Neuroscience in 2010 indicated that acupuncture can be used to treat a variety of gastrointestinal symptoms [4,5]. Surprisingly, the therapeutic effects

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were limited to an acupuncture point just below the knee (ST36) and a point just above the wrist (PC6).

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