

## Acupuncture and Diabetes



A research study looked at a group of obese women who were given electro acupuncture, a form of acupuncture, and found an increase in the insulin level in their plasma.

A study in Diabetes Research and Clinical Practice looked at 46 patients over the course of a year and found that 77% of patients saw significant improvement in their symptoms. Acupuncture has been thought to help diabetes due to improving circulation and local levels of nitrogen. Another study published in 2006 compared acupuncture and pharmacological therapy and found that acupuncture was more

effective in decreasing glucose and cholesterol levels than pharmacotherapy alone. Acupuncture can prove to be beneficial in multiple ways when it comes to reducing symptoms of diabetes. Contact an acupuncturist today to learn more about how to manage your diabetes and to boost your health.

### Sources:

<http://bit.ly/1GbHjS5>

<http://1.usa.gov/1jw4pbD>



## Acupuncture and Addiction



According to the Huffington Post, more than 2,000 drug and alcohol treatment programs in the U.S. have used ear acupuncture as part of their treatment plans. Ear acupuncture, known as micro-acupuncture, has been proven effective in treating and helping curb addiction. Lincoln Hospital in New York delivered 100 acupuncture treatments a day over 35 years as a part of their substance disorder program, finding patient's anxiety and agitation were reduced, as well as reaching patients who were reluctant to attend treatment programs. The American Cancer Society also acknowledges acupuncture as a method for

quitting smoking. Acupuncture treatment can help reduce symptoms of withdrawal such as cravings, irritability, jitters and anxiety. A study from the University of Oslo, Norway, found that acupuncture reduced the desire to smoke as well as reduced the craving for the flavor of cigarettes for up to five years after treatment. Acupuncture can be an effective treatment in aiding quitting smoking, contact an acupuncturist today and learn how you can get back on the road to better health.

### Sources:

<http://huff.to/1PrpK2t>

<http://bit.ly/1G3y5Yr>

<http://bit.ly/1OzFL5Y>