

6 Benefits of Acupuncture

Acupuncture is a treatment derived from ancient Chinese medicine.

Fine needles are inserted at certain sites on the body for therapeutic or preventative purposes. It's used in many NHS general practices, as well as the majority of pain clinics and hospices in the UK.

Acupuncture is often seen as a form of complimentary alternative medicine.

Here we briefly touch on areas where acupuncture might be useful for you.



May reduce headache pain and frequency

Acupuncture may have long term pain relief for migraines and headaches. In studies, this ancient remedy has shown to decrease the pain but also had a lasting effect.



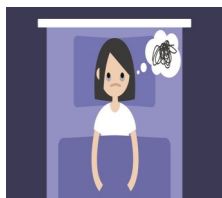
May help relieve back pain

Trials have shown a significant reduction of lower back pain when treated for 8 weeks with acupuncture therapy. And there are no side effects, unlike prescription medication.



May reduce chronic pain

Research has proven that acupuncture is a reliable treatment option for back and neck muscle aches and pain, osteoarthritis and other chronic pain illnesses.



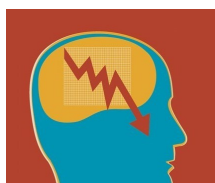
May help treat Insomnia

Acupuncture therapy helps you sleep and improves the effectiveness of other natural sleep treatments.



May help with cancer and chemotherapy recovery

Acupuncture can help boost immunity and speed up recovery following cancer treatment.



May help prevent cognitive decline

Parkinsons patients were treated with acupuncture for 16 sessions. 85% of patients reported subjective improvements of individual symptoms, including tremors, walking, writing, slowness, pain, sleep, depression and anxiety. There were no adverse effects.