

What are the health benefits of acupuncture treatment?

Acupuncture benefits the patient by eliminating the cause of the disease rather than offer cure from symptoms. Acupuncture is an effective way of treating people who are averse to taking strong medication with lasting side effects.

A note about Health Benefits of Acupuncture

In natural health and healing, we believe in holistic health and healing, as we realize that different parts of the human body are highly interlinked, often beyond Man's understanding. We also believe that the body has the ability to heal itself of any disease, even supposedly incurable diseases.

In order to do so, the body needs the support of some basic dietary and lifestyle good health habits, such as a full body detox and a proper understanding and application of nutrition. Taking these fundamental health steps will greatly magnify the effects and benefits of any of our health-promoting efforts, including the use of certain holistic remedies.

The numerous conditions that could otherwise be treated only with medication that can benefit from acupuncture treatment include, allergic rhinitis and asthma, anxiety, fibromyalgia, cystitis, depression, dysmenorrhea, headaches & migraines, high blood pressure, insomnia, irritable bowel syndrome, low back pain, osteoarthritis, and urinary tract infections.

Hence, there are numerous benefits to acupuncture treatment and a few benefits of acupuncture are as stated below:

People who aren't suffering from any particular disease but are experiencing serious drop in energy levels due to stress and anxiety benefit a lot from acupuncture treatment. By unblocking energy channels in the body, people feel de-stressed and revitalized. They experience a sense of calm and happiness post acupuncture treatment.

Reports indicate that acupuncture treatment inhibits and prevents certain diseases from manifesting mainly because it strengthens the immune system and improves blood circulation.

Patients suffering from insomnia and sleeplessness over extended periods of time have had long lasting benefits from acupuncture treatment. Conditions like these require taking medication over extended periods of time, which have certain ill effects on other body systems and organs; hence one of the best ways of treating such ailments is to by way of acupuncture.

Similarly for patients with regular headaches and migraines, acupuncture is more beneficial since they

do not have to take strong medication to relieve symptoms without curing the underlying cause. Acupuncture treatment in patients suffering from constant headaches or migraines will provide relief from these conditions on a permanent basis.

One of the great benefits of acupuncture is that it employs a holistic method of treatment. Thus, most times, the overall health and wellness of the patient is considered and treatment provided is not specific to one problem alone. Acupuncture will take care of all disease conditions and symptoms by unblocking energy along various channels in the human body, thereby eliminating all possible causes and healing the patient completely.

Patients suffering from chronic low back pain, arthritis, and other aches and pains too benefit from acupuncture treatment because acupuncture sessions will work on eliminating the cause of the pain. Therefore, one can experience overall wellness and healing rather than only relief from symptoms.

Acupuncture has also been found to be extremely beneficial to people that are in the process of overcoming certain addictions like smoking, alcohol, and drugs.

Therefore, based on the abovementioned benefits of acupuncture, it is a therapy which is worth considering for overall health improvement as well as treatment of various health conditions.

<http://www.all4naturalhealth.com/benefits-of-acupuncture.html>. Retrieve 15,Dec,2010