

# Acupuncture Research Update

"Natural forces within us are the true healers of disease."- Hippocrates

VOL 6.0

## Evidence of Acupuncture Reducing Chronic Headaches & Migraines



According to a study published in the Canadian Medical Association Journal, acupuncture may have lasting effects in helping reduce chronic migraines. Participants in the study reported fewer migraines per month after receiving traditional acupuncture treatment during the four-week study. Participants who received the acupuncture treatment also reported less migraines in the following month after treatment. These results are significant for people who suffer from chronic headaches and migraines; acupuncture can prove to be a long-lasting

alternative to help reduce the number experienced each month. If you or someone you know suffers from chronic headaches or migraines, contact an acupuncturist for alternative treatment options.

[www.cmaj.ca/content/184/4/401.abstract](http://www.cmaj.ca/content/184/4/401.abstract)

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## Evidence of Acupuncture and Increasing Sport Performance



Researchers have discovered that acupuncture can stimulate the release of biochemicals that help prevent athletic fatigue due to intensive exercise. The study showed that electroacupuncture can affect the free radical metabolism process in athletes and increase antioxidant activity. Researchers in the study came to the conclusion that electroacupuncture - a form of acupuncture - increases enzymes that have antioxidant properties and decreases the body's biochemical response to stressors, resulting in a decrease in athletic fatigue. These results are significant for any

serious athlete or person who regularly exercises at an intense rate and is looking to improve performance and endurance. If you feel this issue applies to you or someone you know, contact an acupuncturist to begin alternative treatment and improve your sport performance.