

Acupuncture Research Update

"A man may esteem himself happy when that which is his food is also his medicine." - Henry David Thoreau

VOL 7.0

Evidence of Acupuncture Reducing Symptoms of TMJ



A study published by the British Acupuncture Society found that "acupuncture is a simple, relatively safe and potentially efficacious and useful technique in the management of temporomandibular dysfunction (TMJ)." By returning the body's natural flow back to order, acupuncture can relieve pain and inflammation in the jaw. The study found that acupuncture produced a beneficial effect in 85 percent of participants suffering from TMJ and a pain reduction intensity on average of 75 percent. Another study done at the Ribeirão Preto Dental School at São Paulo University in Brazil concluded that patients with TMJ had significantly less pain, less clenching

and increased strength of bite after three months of acupuncture treatment. If you or someone you know is suffering from TMJ, refer them to an acupuncturist for alternative treatment options.

Sources:

www.ncbi.nlm.nih.gov/pubmed/16618045
<http://acucarevancover.ca/treat-tmj-disorder-acupuncture>
<http://online.liebertpub.com/doi/abs/10.1089/acm.2009.0015>

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Evidence of Acupuncture Reducing Symptoms of Tinnitus



Tinnitus is a nerve disorder that includes a constant ringing in the ear. These sounds are not produced externally and can lead to insomnia and depression. Tinnitus can be caused by a number of factors including exposure to explosive noises and age. In a study done by Revista Brasileira de Otorrinolaringologia, researchers found that acupuncture treatment had a significant effect on reducing otoacoustic emissions - the sound in the inner ear - in patients who suffered from tinnitus. There were no changes in patients who did not receive acupuncture treatment in the study. In a comparative study done by Tan KQ et al.,

researchers found that clinical therapeutic effects of acupuncture with patients with tinnitus were 73 percent effective. Researchers also concluded that acupuncture was more effective than Chinese herbs and western medicine in the treatment of tinnitus. If you or someone you know is suffering from tinnitus, refer them to an acupuncturist for alternative treatment options.

Sources:

www.acupuncture.org.uk/a-to-z-of-conditions/a-to-z-of-conditions/tinnitus.html

www.pacificcollege.edu/acupuncture-massage-news/articles/1157-whats-that-ringing-tinnitus-and-how-tcm-can-help.html