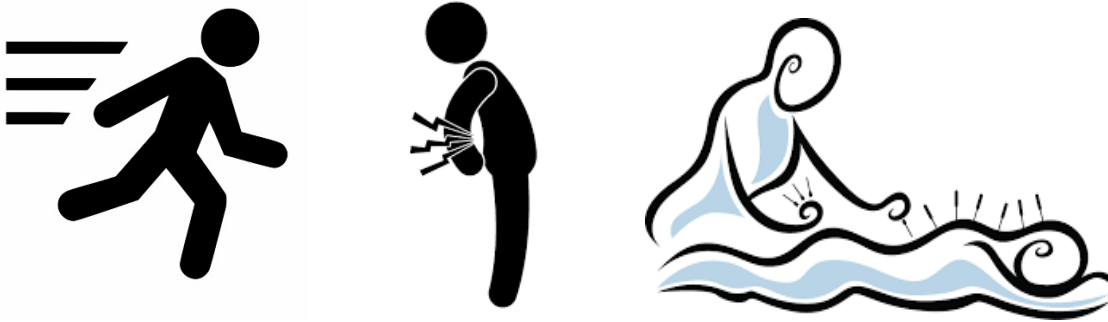


## **Acupuncture Is For Everyone!**



**Acupuncture, considered a complementary and alternative therapy, has recently gained great popularity! It is considered an integrative medicine therapy which involves the insertion of very thin needles (thinner than a human hair) into specific acupuncture points on the body. These needles promote the natural healing process in the body.**

**Anyone can get acupuncture. It doesn't matter your age, race, gender, religion, socio-economic status, or political affiliation. Because it is a healing therapy, it is right for everyone! In fact, evidence points to the fact that acupuncture is popular among many groups of diverse people, including women, older adults, people with chronic pain, and athletes.**

**Women tend to use acupuncture more frequently than men to address women's health issues, such as menstrual cramps, infertility, and menopausal symptoms. A systematic review of randomized controlled trials found that acupuncture effectively reduced menstrual pain and improved the quality of life in women with primary dysmenorrhea (1). Another systematic review found that acupuncture was a viable alternative to hormone replacement therapy for symptoms frequently occurring during menopause, such as night sweats, insomnia, and hot flashes (2). In another study, acupuncture improved fertility outcomes for women undergoing in vitro fertilization (3).**

**Older adults use acupuncture more frequently to address age-related health issues such as arthritis, chronic pain, and sleep disorders. In a study of older adults with knee osteoarthritis, acupuncture effectively reduced pain and improved physical function (4). Another study found that acupuncture effectively enhanced sleep quality and reduced insomnia in older adults (5).**

**People with chronic pain also use acupuncture frequently to complement their pain management. Research has shown that acupuncture may be a cost-effective alternative to conventional medical care for chronic low back pain (6). Additionally, a systematic review of acupuncture for chronic pain found that acupuncture was effective in reducing pain intensity and improving physical function in patients with chronic low back pain, neck pain, knee osteoarthritis, and headache (7).**

**Athletes also commonly use acupuncture to treat sports injuries and improve athletic performance. A systematic review of acupuncture for sports injuries found that acupuncture effectively reduced pain and improved function in athletes with musculoskeletal injuries (8).**

**To conclude, acupuncture has become a very popular complementary therapy among a diverse group of people. Research has shown its effectiveness for various health issues. Acupuncturists are enthusiastic about the current research, which points to the fact that this integrative medicine modality is highly effective in healing many health issues. Future research will help scientists and doctors (both Eastern and Western) to understand exactly how acupuncture works. The popularity and availability of acupuncture and its potential benefits make it an important therapy for those seeking highly effective alternative or complementary medical treatments.**

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