



put a pin in it

FIVE REASONS TO TRY ACUPUNCTURE.

by Candice Behan



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ACUPUNCTURE AND CHINESE MEDICINE IS A COMPLETE MEDICAL SYSTEM THAT IS CAPABLE OF DIAGNOSING AND SUCCESSFULLY TREATING A WIDE RANGE OF CONDITIONS. BUT LIKE MANY ALTERNATIVE MEDICINE OPTIONS, IT IS OFTEN SEEN AS A 'LAST RESORT' THERAPY CHOICE. PATIENTS ARE OFTEN PLEASANTLY SURPRISED TO FIND RELIEF WHEN OTHER MORE TRADITIONAL METHODS HAVE FAILED THEM.

So often a happy client will tell me they wish they had tried acupuncture sooner. My only thought as to why more people don't seek the help of an acupuncturist earlier is that they simply do not know what it has to offer. And while I want to be clear that acupuncture is a great choice for most medical troubles, here are a select few that it treats especially well.

1 Fertility Acupuncture enhances fertility by reducing stress, balancing the endocrine system, and increasing blood flow to the reproductive organs, including the ovaries and uterus. This increases the chances that an egg will be properly nourished and carried to full term. And since most fertility issues begin with irregularities of

the menstrual cycle, I always advise women to seek treatment to correct their cycle *before* they want to conceive. It is important to note that infertility affects both women and men equally, and acupuncture successfully treats both.

2 Pain Relief A recent study showed that after traditional acupuncture, opioid receptors were more available, or receptive, to the types of body hormones and chemicals that help stop pain. Whether it's an injury, fibromyalgia, headaches, migraines, back pain, or literally *any* type of pain, see an acupuncturist today.

3 Depression and Anxiety Acupuncture works by moving energy. Stress stops this

natural flow of energy which produces symptoms such as depression, insomnia, and anxiety. Acupuncture also stimulates the release of natural endorphins found in the brain. These substances provide a feeling of 'wellbeing' which positively affect mood. So much that a 2013 study found that acupuncture could be a more efficient and faster treatment than fluoxetine (Prozac) for depression.

4 Autoimmune Diseases According to Chinese Medicine, autoimmune disorders occur when there is imbalance within the body. These imbalances disrupt the flow of energy resulting in a variety of symptoms. Acupuncture is used to help the body restore balance, treating the root of the disorder, while specifically addressing the symptoms that are unique to each individual. Clinical research has shown that acupuncture causes physical responses in nerve cells, the pituitary gland, and various parts of the brain. These responses can cause the body to release proteins, hormones, and brain chemicals that control a number of body functions. Therefore, acupuncture can affect a multitude of symptoms resulting in improved quality of life, and control of the autoimmune disease.

5 Cancer Treatment Side-Effects Acupuncture helps to reduce nausea, pain, hair loss, mouth sores, hot flashes, fatigue, and increase the body's overall immune response. A 2007 Italian study found that even simple acupressure could help chemotherapy patients who were not responding to anti-nausea medication. Anyone going through chemotherapy could benefit by seeing an acupuncturist as part of their treatment protocol. This could make them stronger both physically and mentally, making them better equipped to battle their disease.*

If you are not sure whether acupuncture is an appropriate treatment for your condition please contact a trained acupuncturist in your area for a consultation. Just because you have

suffered with something "forever" doesn't mean it's normal. Too many people begin to believe a debilitating pain or ailment is something they have to get used to. Not true. Relief is out there, if only more people knew.

**Acupuncture can safely be used alone or in conjunction with other complementary or conventional therapies.*

Acupuncturist and College of Naturopathic Medicine Lecturer, Candice Behan specialises in fertility at Clover Acupuncture in Dublin. If you would like to find out how you can train at CNM for an exciting new career in Naturopathic Nutrition, Herbal Medicine, Homeopathy, or Acupuncture, join us at our next open evening. Reserve your free place online at www.naturopathy.ie - College locations; Dublin, Cork & Galway.

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