



10

10 things you need to know about acupuncture...

1



1.35

million more Americans are using acupuncture since 2002

2



33,000

estimated acupuncture practitioners in the United States

3



3,035

hours to be nationally board certified for acupuncture and herbology by The National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)

4



1,410

hours of specific acupuncture training for acupuncture practitioners

5



30

acupuncture needles can fit into one hypodermic needle that might be used to get a shot

6



28

diseases, symptoms, or conditions for which acupuncture has been recognized- by the World Health Organization - to be effective. 60+ more conditions are being studied for effectiveness

7



10

conditions where it is a proven cost-effective treatment: allergic rhinitis; headache and migraine; ambulatory anesthesia; dysmenorrhea; chronic pain, including low back and neck; and depression

8



4

known mechanisms acupuncture has been shown to work: Stimulates local blood flow, normalizes the nervous system, improves emotional well-being (effects endorphins, serotonin, and dopamine), and lessens pain sensitivity

9



More

insurances are covering acupuncture as a benefit, but currently Medicare does NOT have it included

10



1+ ∞

acupuncture treats more than just pain

Acupuncture: Helping your body heal itself