

AcuNews

"Be not afraid of growing slowly, be afraid only of standing still"- Chinese Proverb

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How Acupuncture Can Help Arthritis

How acupuncture helps

Acupuncture treats the patient by addressing the whole body. When the body is out of balance, pain and illness can arise. Acupuncture works by returning the body back to its natural balance and energy flow to eliminate pain and to improve overall health.

There are more than 2,000 acupuncture points on the body. When these specific points are stimulated through small acupuncture needles, it can help relieve pain by improving the body's nervous system, which can jumpstart the production of pain-reducing endorphins.

Research studies

A study in Germany found that 304,674 people with osteoarthritis experienced less pain and stiffness after 15 sessions of acupuncture. The treatments were done during a three-month period and lasting results were seen for another three months after treatment was stopped. The patients who had the acupuncture treatment reported better quality of life and function than those who had no treatment.

A study done at the Chronic Pain and Fatigue Research Center at the University of Michigan Medical School found that of 20 women who were diagnosed with fibromyalgia, the half that received acupuncture treatment had increased activity of the pain-reducing receptors in the brain.

A trial published in the *Annals of Internal Medicine* studied 570 men and women with osteoarthritis. For the men and women who received 23 acupuncture treatments for about 6 months, results of less pain and better functionality occurred, compared to those with the placebo treatment.

Arthritis can be painful and persistent, resulting in frustration when it isn't easy to find relief. Acupuncture is a non-invasive, alternative treatment that has been proven in numerous studies to help reduce pain and increase mobility.



6 Foods to Help Your Arthritis

1 Fish

Fish are full of omega-3 fatty acids, which work as a natural anti-inflammatory. Some of the best fish to consume include salmon, tuna, mackerel and herring, which are all rich in omega-3s. The recommended weekly amount is around six to eight ounces of fish.

2 Oil

Healthy oils like extra virgin olive oil, avocado and safflower oils are packed with healthy fats and anti-inflammatory properties.

3 Broccoli

Because it contains sulforaphane, broccoli has been shown to slow and prevent the progression of osteoarthritis. Broccoli is rich in vitamin K, C and calcium, which is known to help strengthen bones.

4 Green Tea

Green tea has many health benefits, one including reducing pain of arthritis. The tea is full of antioxidants that work to lower inflammation and the disintegration of cartilage.

5 Citrus Fruits

Fruits like oranges, limes and grapefruits are very acidic and full of vitamin C. Vitamin C can help aid healthy joints for those with arthritis and work as an anti-inflammatory.

6 Beans

Beans are beneficial for many reasons. They are a great alternative to meat for protein and are rich in folic acid, magnesium, iron, zinc and potassium. Red beans, kidney beans and pinto beans are known to improve muscle health and the heart and immune system.

Having a natural and well-rounded diet is a part of any healthy lifestyle, but can be especially beneficial for arthritis and chronic pain.



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