

The Truth About Acupuncture: The Ground Breaking Study That Proved Skeptics WRONG.



Acupuncture Report

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Introduction

Thank you for visiting my web site and downloading my FREE Report. I compiled this information from many sources in an effort to educate my patients and the public in general about acupuncture. This report covers many areas of acupuncture, but there are two main objectives to it... the beginning of acupuncture in the United States, and where acupuncture is today in relation to western medicine. I hope that after you read it you have a better understanding about this ancient Traditional Chinese Medicine (TCM.)



2,000 Year Old Medicine



Acupuncture is one of the oldest and most commonly used medical procedures in the world. It originated in China more than 2,000 years ago, but some authorities claim that it has been practiced in China for some 4,000 years. The Chinese believe that the practice of acupuncture began during the Stone Age when stone knives or sharp edged tools were first discovered. These instruments, known as bian stones, originated on the east coast of China. They were 4.5 - 8 inches long with an oval semicircular edge on one end used for incisions and to drain abscesses, and a square pyramid shape on the opposite end used for therapeutic blood letting.

In 1991, a mummy frozen in the ice of the Italian Alps was discovered. When scientists began to examine the body, markings that were originally thought to be tattoos were discovered to be rock ground into his flesh to stimulate points on his body to treat various health disorders. This early Italian man (now called Otzi) was utilizing a system that matched up with Acupuncture meridians and points. Yet, at 5200 years old, he predated when scientists previously thought Acupuncture existed in China. This find has led scientists to theorize that meridian medicine systems like Acupuncture most likely existed in many early cultures as part of mankind's development of medicine and suggested an intuitive knowledge of the body in prehistoric man.



The first written record of Acupuncture is found in the 4,700 year old Huang Di Nei Jing (Yellow Emperor's Classic of Internal Medicine), by Shen Nung, who is known as the father of Chinese Medicine. This is said to be the oldest medical textbook in the world. Shen Nung documented theories about circulation, pulse, and the heart over 4,000 years before European medicine had any concept about them. There are written texts that date back to 300-500BC which are still studied in schools today and ancient herbal formulas that have been adapted for treatment of modern diseases.

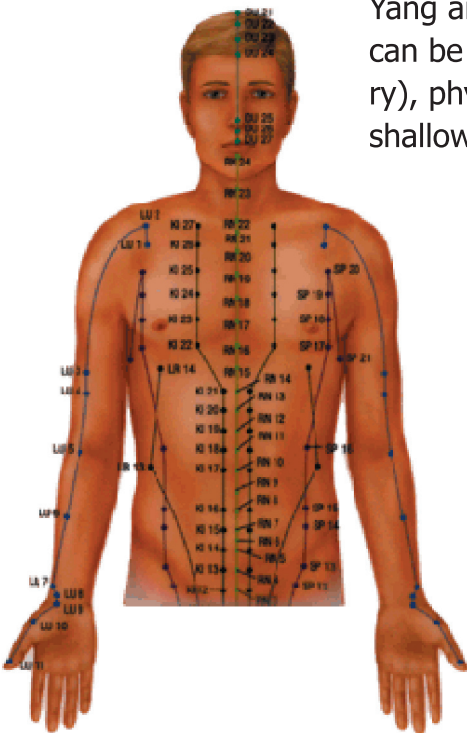
Through the hundreds of years that followed more books were published and the art of Chinese medicine was refined. In the seventh century acupuncture had become a specialized branch of medicine, and those in the field were titled acupuncturists. Today more than 100 countries have acupuncturists, and are taking part in scientific research on oriental medicine.



The Theory

Shen Nung theorized that the body has an energy force running throughout it. This energy force is known as Qi (pronounced Chee.) This Qi consists of all essential life activities which include the spiritual, emotional, mental and the physical aspects of life. A person's health is influenced by the flow of Qi in the body, in combination with the universal forces of Yin and Yang. If the flow of Qi is insufficient, unbalanced or interrupted, Yin and Yang become unbalanced, and illness may occur.

Qi travels throughout the body along "Meridians" or special pathways. The Meridians, (Channels) are the same on both sides of the body (paired). There are fourteen main meridians that run vertically up and down the surface of the body. Out of these, there are twelve organ Meridians in each half of the body (remember they are in pairs). These include the Lung, Liver, Heart, Spleen, and Kidney meridians. There are also two unpaired midline Meridians. The acupuncture points (there are over 360) are specific locations along the meridians where the qi pools at the surface of the skin, and are easily accessible by "needling," Moxibustion, and Acupressure. The connections between them ensure that there is an even circulation of Qi, a balance between Yin and Yang. Energy constantly flows up and down these pathways. When pathways become obstructed, deficient, excessive, or just unbalanced, Yin and Yang are said to be thrown out of balance and Illness occurs. Imbalances can be caused by poor diet (sugar, fatty foods), emotions (stress, over worry), physical trauma (car accidents, surgeries), lack of movement (exercise, shallow breathing), and even genetics. Acupuncture restores the balance.



What's All This Ying Yang Stuff?



It is important to understand the theory of Yin and Yang when discussing Acupuncture treatment, in relation to the Chinese theory of body systems. As stated earlier Qi is an energy force that runs throughout the body. In addition, Qi is also found in nature as well. Qi is comprised of two parts, Yin and Yang. Yin and Yang are opposite forces, that when balanced, work together. Any upset in the balance will result in natural calamities, in nature; and disease in humans.

Yin is signified by female attributes, passive, dark, cold, moist, that which moves medially, and deficient of Yang. Yang is signified by male attributes, active, light, warm, dry, that which moves laterally, and deficient of Yin. Nothing is completely Yin or Yang. The most striking example of this is man himself. A man is the combination of his mother (Yin) and his father (Yang). He contains qualities of both: This is the universal symbol describing the constant flow of yin and yang forces. You'll notice that within yin, there is Yang, and within Yang, there is the genesis of Yin. Whether or not you believe in Taoist philosophy, (which all this is based on), one thing is indisputable: Acupuncture works.



Acupuncture in the United States

- **1971 - Nixon Presidency**



© g. Paul Bishop 1958

James Reston

The first publicized use of acupuncture in the United States was in 1826. Ben Franklin's grandson Franklin Bache, MD published a paper on the beneficial effects of Acupuncture. Acupuncture and Electro-acupuncture were used in the 1860's, 70's and 80's for lumbago, fractures and anesthesia. In the early 1900, however, with the rise of Western allopathic medicine, the use of acupuncture became less known in the US except in Chinatowns.

It was not until 1971 during the Nixon Presidency that acupuncture was revived for Americans. James Reston, of the NY Times newspaper was traveling in China with Henry Kissinger when he developed acute appendicitis. Chinese physicians successfully treated him for post-operative pain using acupuncture. Reston wrote an article entitled "Now, Let Me Tell You About My Appendectomy in Peking..." This arose the interest of Americans everywhere and a resurgence of acupuncture practice commenced.

- **1997 - National Institutes of Health**



In 1997 it had been reported that over 1 million Americans had received acupuncture each year. The National Institutes of Health (NIH) Office of Alternative Medicine and the NIH Office of Medical Applications of Research organized a two-and-one-half-day conference to evaluate the scientific and medical data on acupuncture. The conference included national and international experts in the field of acupuncture, pain, psychology, psychiatry, physical medicine and rehabilitation, drug abuse, family practice, internal medicine, health policy, epidemiology, statistics, physiology and biophysics, as well as consumers. In addition, an independent non-Federal, non-advocate consensus panel weighed the scientific evidence and wrote a draft statement which was then edited by the conference and panel.

The consensus panel noted that relatively few high-quality, randomized, controlled trials had been published on the effect of acupuncture. The majority of articles consisted of case reports, case series, or intervention studies with designs inadequate to assess efficacy. Many studies provide equivocal results because of design, sample size, and other factors. However, the report indicated that promising results were identified, for example, in adult postoperative and chemotherapy nausea and vomiting and in postoperative dental pain. Other areas that showed the efficacy of acupuncture were addiction, stroke rehabilitation, headache, menstrual cramps, tennis elbow, fibromyalgia,



myofascial pain, osteoarthritis, low-back pain, carpal tunnel syndrome and asthma--areas when acupuncture was identified as "useful as an adjunct treatment or an acceptable alternative or be included in a comprehensive management program."

- **2002 National Health Interview Survey**

Today growing numbers have sought out acupuncturists for chronic health problems -- when conventional medicine either hasn't worked nor has answers. According to the 2002 National Health Interview Survey, an estimated 8.2 million American adults have used acupuncture -- an impressive number considering only an estimated 2.1 million American adults had used acupuncture in the year before.



The Ground Breaking Study That Proved Skeptics **WRONG.** - May, 2005

Some critics of the ancient Chinese therapy say it is no better than a placebo. But a new study using brain-mapping shows it has a similar effect to standard Western medicines.

Skeptics have long claimed that acupuncture is all in the mind. But a ground-breaking new study has found that the ancient Chinese practice is as effective as popular painkillers for treating disabling conditions such as arthritis.

A team of scientists from two British universities made the findings after they carried out brain scans on patients while they underwent the 2,500-year-old treatment. The scans showed differences in the brain's response to acupuncture needles when compared with tests using "dummy needles" that did not puncture the skin.

Doctors found that the part of the brain that manages pain and the nervous system responded to acupuncture needles and improved pain relief by as much as 15 percent.



Dr. George Lewith

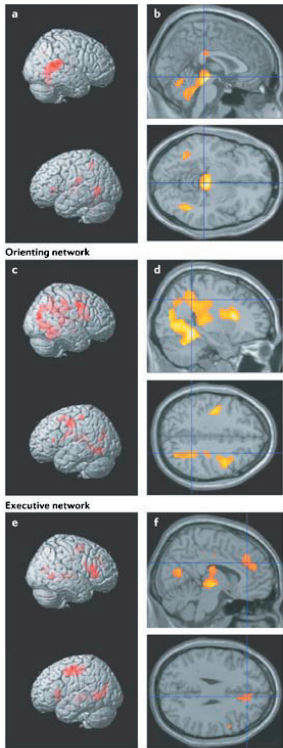
Dr. George Lewith, from the University of Southampton's Complementary Medicine Research Unit, said the improvement might seem modest, "but it's exactly the same size of effect you would get from real Prozac versus a placebo or real painkillers for chronic pain". "The evidence we now have is that acupuncture works very well on pain," he said.

The findings, have been welcomed by acupuncturists, who have long faced skepticism from scientists that the benefits are derived from the placebo effect. Although some clinical trials have shown an improvement in pain relief, the practice remains controversial. Other trials, for instance, have found little difference between acupuncture treatments and placebos.

Persis Tamboly, of the British Acupuncture Council, said: "We're really thrilled about this research. There will be critics of this subject until our dying days, but research like this substantiates what we've always maintained - that acupuncture works."

The 14 patients who participated in the study were put through three tests in random order, while "brain maps" were created using sophisticated positron emission tomography, or PET, scans at University College London. In one test, researchers used blunt needles that pricked the skin, but which the brain reg-





istered as the sensation of touch. Dummy needles, where the tip was pushed back once it touched the skin, were then used, and in the third test the patients underwent acupuncture treatment with real needles.

The acupuncture needles had two measurable effects on the patients' brains: as with the dummy needles, the brain released natural opiates in response to the expected effect of the needles. But the scans showed that the real needles had an extra effect and stimulated another part of the brain called the ipsilateral insular. This improved pain relief by 10-15 per cent - similar to the effect of taking conventional analgesic drugs.

DR Lewith said: "Further research is definitely planned. This is a very interesting area. I have been involved in acupuncture research for 25 years, and I'm now getting a very realistic understanding of the effects of this mechanism," he said.



Other Studies

Brain scans, ultrasound and other techniques, show that acupuncture triggers direct, measurable effects on the body, including perhaps activation of precisely the regions of the brain that would be predicted by ancient Chinese theory. This is good news for the millions of Americans now scrambling for pain relief in the wake of conflicting government recommendations on painkillers Vioxx and Celebrex.



Prof. Seung-Schik Yoo

At the University of California at Irvine, researchers have shown that when a needle is placed in a point on the side of the foot that Chinese theorists associate with vision, sure enough, the visual cortex in the brain "lights up" on fMRI (Functional Magnetic Resonance Imaging) scans.

Neuroscientist Seung-Schik Yoo of Brigham and Women's Hospital has shown that when a needle is placed in a point called pericardium 6 on the wrist, known in Chinese medicine as a sensitive point for nausea, the part of the brain that controls the vestibular system (which affects balance and nausea) lights up on scans.

We know that the body is designed to heal itself, but sometimes it needs help to do that job. Acupuncture and Oriental Medicine are systems designed to assist the body in recovering balance, unlike much of Western medicine which FORCES the body to make changes, mask symptoms, or subverts/replaces the body's balancing mechanisms, Acupuncture and TCM (Traditional Chinese Medicine) stimulate the natural healing/balancing mechanisms.

Since the 1970s, Western researchers have known that one of the ways acupuncture works is by releasing endorphins, the body's natural painkillers. They also have shown that acupuncture boosts levels of serotonin, which is often deficient in depression, and lowers levels of norepinephrine and dopamine, which are often elevated in stress and pain.

Dr. Kathleen K. S. Hui, a neuroscientist at the Martinos Center for Biomedical Imaging at Massachusetts General Hospital, which has a \$5 million federal grant to study acupuncture's effects on the brain, says Acupuncture seems to calm precisely the part of the brain that controls the emotional response to pain. Her brain-scan studies show decreased activation in deeper brain structures in the limbic system, which governs emotions and other physiological functions.

Precisely how signals travel from acupuncture points to the brain is still a matter of some debate. Most researchers, Hui among them, believe that electrical



Photo: L. Barry Hetherington

Brain Imaging System at Martinos Center for Biomedical Imaging. The scans produce "movies" of the brain at work.



signals travel along nerve tracts that branch off from the brain stem to the limbic system.



Dr. Helene Langevin

Others, like Dr. Helene Langevin, a neurologist at the University of Vermont College of Medicine, believe signals may pass also along the 12 major acupuncture "meridians" that run through the body.

For years, Western scientists doubted the existence of these meridians. But, in the latest series of studies using ultrasound, Langevin has found evidence that the meridians lie along the sheets of connective tissue that surround organs. By analyzing meridians in the arm of a cadaver, Langevin said she discovered "that 80 percent of the acupuncture points coincided to where the major connective tissue plane was. We also did a statistical analysis -- this was not due to chance."

Ted Kaptchuk, an assistant professor of medicine at Harvard Medical School who is also a doctor of Chinese medicine says that more than 40 clinical trials have shown that acupuncture reduces nausea following chemotherapy or surgery.

The data on chronic pain and headache are somewhat mixed, but acupuncture clearly helps with dental pain, Kaptchuk said. A recent, randomized, controlled study of 570 people with osteoarthritis of the knee showed that real acupuncture, as opposed to a fake form used as a control, reduced pain and increased function by about 30 percent.



Ted Kaptchuk

Perhaps the most intriguing scientific question is not whether acupuncture works but how. The bottom line? At long last, Western scientists are beginning to show, by their standards, just what Chinese acupuncturists have been saying for millennia: That the effects of acupuncture are real. And that, at least for certain problems and to some degree, acupuncture can help relieve pain and suffering.



Acupuncture Has Won Medical Acceptance



Today 51% of medical doctors believe Acupuncture to be efficacious and of value, and they refer their patients to acupuncturist more than any other “alternative” health care provider. Not only has acupuncture won medical acceptance but the AAMA (American Academy of Medical Acupuncture) encourages its members (medical doctors only) to join the association for the purpose of “promoting the integration of concepts from traditional and modern forms of acupuncture with Western medical training, to thereby synthesize a more comprehensive approach to health care.”

Wow... Can you believe it? I know I get excited about acupuncture, but Chinese acupuncturists have been saying this for hundreds of years, and Western medicine has finally adopted it in the last 15 years. Today many licensed MD's, dentists and D.O.'s (Doctor of Osteopathic Medicine) are taking “continuing education” courses on Acupuncture, and CAM (Complimentary and Alternative Medicine) to learn about and incorporate these modalities in their practice.

It is very gratifying for me to see the impact that Alternative Medicine has made in the United States in the last 10 years. I believe in the power of the body's self healing abilities and I believe that there is an alternative to the over-use of drugs and surgery when CAM should be considered. Don't get me wrong... there's a place for conventional medicine, but the problem is that it focuses on treating the condition or disease rather than the cause. And to compound the problem, since our health care system is market driven, pharmaceuticals, medical doctors and hospitals have a responsibility to stock holders, which many times is in conflict with the patients best interest.



What Acupuncture Can Do for You



Peter Wayne, PhD

It's a mystery and a miracle: An acupuncture needle inserted in the pinkie toe changes a breech baby's position in the womb. How is this possible?

In an interview with WebMD, Peter Wayne, PhD, director of research at the New England School of Acupuncture says that the applications for acupuncture are endless ... "people use it for sports injuries, for their emotional well-being, for everything."

Pain Relief: With the safety of pain relievers being questioned and one (Vioxx) being pulled from the market, a new study gives arthritis sufferers more reason to try acupuncture. One advantage of this type of treatment, says the NIH, is that the rates of side effects are substantially lower than that of many drugs.

In what was hailed as "the largest, longest, and most rigorous study of acupuncture" ever conducted, acupuncture was found to reduce pain and improve function and movement among patients with osteoarthritis of the knee when used with other treatments.

That study paves the way for more and better research of acupuncture, says Wayne. "This was a landmark study not only in its finding for osteoarthritis. It shows that if we put resources into a carefully designed trial, we're likely to see something definitive ... we may be able to say with more certainty that other [applications of acupuncture] are effective."

Cancer: Side Effects: Nausea and vomiting -- the distressing side effects of chemotherapy -- respond well to acupuncture. A study published a few years ago showed that acupuncture plus anti-nausea medication worked better than just medication alone. The NIH "has given us two thumbs up," Wayne says.

Depression: Dr. Wayne adds that "a study in the late 1990s from the University of Arizona showed that clinically depressed women responded well to a course of acupuncture. Other preliminary studies of anxiety and depression show that anxiety related to medical procedures can be resolved with some acupuncture at treatment time."

Stroke: Results from a study of acupuncture in treating stroke patients are just coming in. "We've seen responses, even among people who suffered their strokes many years ago," Wayne reports. "Their chronic paralysis and spasticity are responding well." However, results from other stroke studies have not always shown an effect. More research is needed, he notes.



Pelvic Pain: A study currently underway involves endometriosis-related pelvic pain in young women. "It's a very serious condition in which the standard course of [drug treatment] doesn't always work," says Wayne. "They can't go to school or do sports. The last resort is to induce menopause in 15-year-old girls. But there's some evidence acupuncture may help."

Infertility: Acupuncture also boosts the effectiveness of high-tech reproductive medicine procedures. Small studies have found that adding acupuncture to traditional in vitro fertilization (IVF) treatments increased pregnancy success. There is also evidence that acupuncture stimulates blood flow and egg production in women who can't -- or don't want to -- use fertility medications to help them get pregnant.

The treatment "has a calming, restorative effect that increases a sense of well-being and ultimately helps the body to accept the creation of life," said acupuncturist Ifeoma Okoronkwo, MD, a professor of medicine at New York University School of Medicine, in an earlier interview. Studies have shown a clear link between acupuncture and the body's natural "feel good" brain chemicals.

Acupuncture also appears to affect three areas critical to egg production and ovulation: two areas of the brain that control hormone production (the hypothalamus and pituitary glands) as well as the ovaries. "My guess is that acupuncture is changing the blood supply to the ovaries, possibly dilating the arteries and increasing blood flow, so that ultimately, the ovaries are receiving greater amounts of hormonal stimulation," Sandra Emmons, MD, professor of obstetrics and gynecology at Oregon Health Sciences University, told WebMD in a previous interview.

Acupuncture may also "boost" the uterine lining when it is too weak to sustain a pregnancy, a problem known to increase the risk of miscarriage.



Finding an Acupuncturist



If you're interested in trying acupuncture, be sure to tell your doctor first. To find a certified acupuncturist, your doctor may be able to help. Friends may have suggestions. Check with major academic medical centers.

A qualified acupuncturist gets thousands of hours of training. A physician with acupuncture training, however, gets only 200 hours or so of training. "There's a big difference," says Wayne. A qualified acupuncturist will be licensed through state and national boards.

With increasing studies of acupuncture, it's been shown that safety "is phenomenally good," Dr. Wayne says. "The adverse effects are very, very low with a trained acupuncturist. Some conditions where licensed acupuncturist would know what they can and can't do. In pregnant women, there are certain areas you wouldn't touch. But safety is the first thing you're taught. Otherwise, the worst thing that can happen is a little bruising or a little lightheadedness after the treatment session," he says.

According to the National Center for Complementary and Alternative Medicine, a government agency, Acupuncture is an extraordinarily safe technique that has been used so far by now more than 8.2 million Americans. Some insurers also now pay for acupuncture.



Thank You For Your Interest In Acupuncture

I want to thank you for taking the time to read my report. I hope this information was helpful in your evaluation of Acupuncture, and that you now have a better understanding of Complimentary and Alternative Medicine. For a complete list of disorders and conditions treatable by Acupuncture please visit my website at www.HarmonyWellnessCenter.com

If you have any questions or need additional information you can reach me at **407-234-6454**. I wish you the best throughout your healing journey.

About Christina Prieto A.P.



Christina M. Prieto, A.P., D.O.M. is a Board Certified and Licensed Acupuncture Physician, and founder of Harmony Wellness Center in Orlando, Florida.

Christina Marie Prieto, a Florida native, is a Board Certified and Licensed Acupuncture Physician. She studied at the Florida College of Integrative Medicine, and graduated Cum Laude with a Bachelor in Natural Health Sciences and a Masters of Science in Oriental Medicine.

These studies include specialized training in acupuncture, Chinese and Western herbs, nutritional therapy, cupping, moxibustion, and other modalities.

Christina has received additional training from renowned physicians including Dr. Li-Chun Huang in Advanced Auricular Acupuncture and Dr. Richard Tan in the Meridian Balance Method. Additionally, she has been trained in Acupoint Injection Therapy and Homotoxicology.

She successfully completed an internship in China at the Yantai Traditional Chinese Medicine Hospital where she gathered a complete understanding of Chinese healing and culture which she integrates into her practice. Christina is the founder of Harmony Wellness Center in Orlando, Florida and is a member of the Florida State Oriental Medicine Association (FSOMA) and the American Association of Oriental Medicine (AAOM).

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