

# How does acupuncture work?

Acupuncture has been around for over 3000 years, we have seen it do some amazing things. It may seem like magic or “woo”, but there really is science behind it. Based on before and after blood chemistry studies, as well as MRI studies done during treatment, acupuncture affects the physiology of the body by stimulating the central nervous system. This causes the body to release chemical messengers to the spinal cord, brain and muscles. Think of the acupuncture points like light switches to the brain and nervous system!

## **Acupuncture Increases your white blood cell count.**

Do you have something that ends with “itis”, then you have inflammation. Itis is the medical term for inflammation, like tendinitis, plantar fasciitis, arthritis. White blood cells calm down the inflammation. Do you get sick often, allergies, etc? White blood cells are the major players in the immune system that keep you from getting sick.

## **Acupuncture stimulates your body to release endorphins.**

Endorphins are the body’s feel good chemicals that boost mood & relieve pain.

## **Acupuncture releases neurotransmitters like serotonin and neurohormones.**

Neurotransmitters help you sleep, affect mood and affect organ function.

## **Acupuncture stimulates the pituitary/hypothalamus glands.**

These glands affect temperature, appetite & sleep hormones in your body.

## **Acupuncture interrupts pain signals and releases the body’s natural opioids.**

Pain comes from the brain and not the area that is hurt. If you hurt your back, it is the signals in your brain that actually tell your body to feel it in your back. By stimulating the body’s natural pain receptors, acupuncture turns the volume down on the pain signals from the brain.

## **Acupuncture increases blood circulation.**

Increased circulation helps muscles relax, improves the state of over healthy and relaxes the body. Increased blood flow also reduces inflammation & edema.

## **Acupuncture activates the parasympathetic nervous system.**

The parasympathetic nervous system is responsible for rest and digest. The opposite of fight or flight. In other words, it calms the body down! This means less anxiety, better sleep, better digestion, etc.

## **Acupuncture loosens and softens the body’s connective tissue.**

This encourages an ionic exchange in the extracellular matrix in order to relieve tension and pain.

## **Acupuncture helps regulate intestinal motility.**

When your gut is unhappy your whole body is unhappy. If your body cannot properly absorb nutrients it affects every system in the body. By regulating intestinal motility acupuncture helps regulate the systems of the entire body.