

Acupuncture – does it really work?

About 14 years ago I was changing career and someone suggested I take a look at becoming an acupuncturist. My sceptical nature had always made me view acupuncture, etc. as ‘hocus-pocus’. I had spent the previous 13 years working in the medical/pharmaceutical industry, and had always been taught to look for *evidence* based medicine. I certainly wasn’t going to consider acupuncture... or was I.

Fortunately, I spoke to a Doctor friend of mine, who I respected a lot, and he told me that actually acupuncture was a complementary therapy which he had a lot of time for. He suggested I look a bit deeper into it.

14 years later, and having studied and practiced acupuncture since then, and travelled to China to train in one of their best hospitals, my views have certainly changed!

Over the last few years there are an increasing number of good quality clinical trials and other developments which are coming out showing how well it can work, and in fact the question has now moved on from ‘*does it work?*’ to ‘*for which conditions does it work best?*’

Good quality trials and studies are now appearing which show acupuncture’s effectiveness in areas such as:

- Osteo-arthritis of the knee
- Urinary Tract Infections (Cystitis)
- IVF support (fertility treatment)
- Anxiety and depression
- Pain management
- Nausea, etc, etc.

The U.S. National Institutes on **H**health (their highest health authority) issued a ‘consensus statement’ a few years ago, having reviewed the evidence for and against acupuncture, and gave it their ‘seal of approval’. This has really moved things forward and helped in the more mainstream acceptance of acupuncture.

So, does it work? I hear you ask.
Yes, it works.

To find out more contact: 01 2761745 e: info@thenovaracentre.ie w: www.thenovaracentre.ie