

AOM DAY 2015

Rest
Relax
Renew

OCT 24th

How Acupuncture Came to the United States

Acupuncture has a long history, that started well over 2000 years ago.

The beautiful thing is that many of the principles and treatment modalities that were used back then are used now.

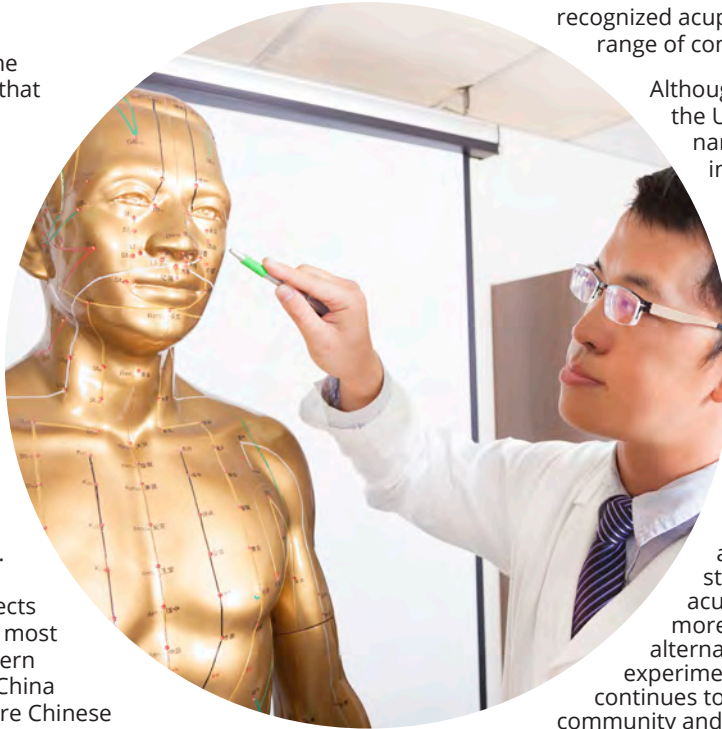
I have often been asked how acupuncture came to the US, and I think you may find it quite interesting.

Most will say the start of acupuncture in the United States really began in 1972. In this year, New York Times journalist James Reston traveled to China with Henry Kissinger, Nixon's Secretary of State. While in China, Reston fell ill and had an emergency appendectomy at a Chinese hospital. Afterward, doctors used acupuncture to relieve his pain. Reston wrote about his experience with acupuncture and its healing effects in the New York Times, the first time most Americans had heard about the Eastern medicine in detail. As relations with China became open during this period, more Chinese doctors and acupuncturists began coming to the States. This led to a surge in popularity that would hold its ground to this day. In 1992, the U.S. Congress created the Office of Alternative

Medicine and in 1997 the U.S. National Institutes of Health recognized acupuncture as a medical option for treating a range of conditions.

Although acupuncture became widely known in the U.S. in the 1970s, a Chinese acupuncturist named Mariam Lee was making a great influence in the States in 1966. At the time, acupuncture was illegal in California and Lee was arrested for practicing without a license. Lee was known for doing amazing work, and it was no surprise her patients came to support her at court. A year later acupuncture was legalized in the state as a legitimate medical practice. Miriam Lee later founded the Acupuncture Association of America and brought many influential acupuncturists over from China.

There are now around 40,000 acupuncturists and close to a hundred acupuncture schools in the U.S. Numerous studies have since been done about acupuncture and its healing effects as more and more Americans are choosing the alternative route that was once considered experimental. This ancient form of medicine continues to make its way in the mainstream medical community and has become the number one alternative medicine used in American hospital systems. As more Americans have started to look for other treatments outside of Western medicine, acupuncture has proved to be an effective option.



What is Acupuncture Good For

Most people seek out acupuncture care for painful conditions. That makes sense, because it works extremely well at it, without drugs or medication.

But you may be surprised by how many health conditions acupuncture has been known to help. Focusing on the whole body, one of the main goals of acupuncture is to return the body back to its natural balance and restore it to better health.

By addressing the "whole" self instead of one particular part where there may be just pain or illness, acupuncture has the power to treat and heal a variety of ailments from nausea, sciatica to addiction.

The most common effects you will feel after an acupuncture treatment include better sleep, relaxation, better digestion and more energy. Below are just a few ways acupuncture has proven to be beneficial.

Acupuncture, cancer and immunity:
<http://wb.md/1R0hyoU>

Acupuncture and rheumatoid arthritis:
<http://wb.md/1xVxDTo>

Acupuncture and depression:
<http://bit.ly/SFReaB>

Acupuncture and allergies:
<http://bit.ly/1MJqH6G>

Acupuncture and fertility:
<http://bit.ly/1HCLEyc>

Acupuncture and insomnia:
<http://bit.ly/1iMtnE4>

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What is AOM Day

Acupuncture and Oriental Medicine Day is observed on October 24 to bring awareness to acupuncture and Eastern medicine. Acupuncture has become increasingly popular with one in ten adults having received acupuncture at least once, according to a survey done by the National Certification Commission for Acupuncture and Oriental Medicine.

The official commemoration for AOM Day began in 2002 and has been promoted by many organizations in the U.S. including the Council of Colleges of Acupuncture and Oriental Medicine. AOM Day is also recognized in other countries such as Canada, Mexico and Pakistan.



Annually on October 24, Council member colleges come together through activities to promote awareness and the benefits of acupuncture and oriental medicine. Free acupuncture treatments at college clinics are typically offered on this day as well as free talks, health fairs and more.

The Council includes 49 accredited AOM colleges across the United States and welcomes other organizations to join in efforts as well.

All Oriental medicine including acupuncture is based on the idea of the flow of Qi throughout the body. Traditional Chinese Medicine believes that when we are ill, there could be a blockage or stagnation in our body's natural energy flow, which affects the organ systems. Acupuncture is used to correct this imbalance through the specific placement of needles on the body.

How can acupuncture help you

Acupuncture and Oriental medicine have been known to help treat countless health conditions. Everything from digestive issues such as abdominal pain and indigestion, to addiction, sciatica and high blood pressure. This treatment has been used for adults and kids

alike and is essentially harmless with almost no side effects. Not only is acupuncture effective on its own, but is one of the most popular complementary treatments combined with conventional methods. The National Institutes of Health Consensus has stated that promising results have emerged, specifically for postoperative and chemotherapy nausea, vomiting, as well as postoperative dental pain, low back pain, carpal tunnel syndrome and more.

Quick Facts about AOM Day and Oriental Medicine

1. Oriental medicine, such as acupuncture, is a health care system that has been used for more than 3,000 years to treat illness and improve quality of life.
2. All Oriental medicine is based on the idea of bringing the body to balance and improving the the body's natural energy flow, which is called qi.
3. The World Health Organization has listed acupuncture as a useful treatment for more than 40 health conditions.
4. Acupuncture is known to be helpful as a treatment on its own, as well as a complementary treatment.
5. AOM day is comprised of international partnerships with professional associations, research organizations and educational institutions.
6. The most common complementary and alternative medicines according to the NCCIH survey include acupuncture, acupressure, herbal medicine, tai chi and qigong.
7. Activities on AOM Day include press releases, health fairs, open house tours of college clinics and facilities, and working with AOM professionals and alumni to host free treatments and talks.
8. The 49 AOM colleges and programs in the U.S. are all part of The Council of Colleges of Acupuncture and Oriental Medicine, which was established in 1982 for the goal of advancing acupuncture and oriental medicine and promoting education.



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