



ACUPUNCTURE HELPS HEART PATIENTS EXERCISE

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Most heart patients are given a list of do's and don'ts to help improve their condition —and they usually include exercise. But exercising with a weak heart can be exhausting and, consequently, heart patients often don't get the exercise they need to improve their condition. According to a new study, Acupuncture could give them the boost they need.

How can Acupuncture help? According to Dr. Johannes Backs, physician and study director at the Department of Internal Medicine III of Heidelberg University Hospital, Acupuncture can reduce shortness of breath and fatigue, help fight exhaustion, and reduce inflammation.

- * **Shortness of Breath and Fatigue:** When your heart is weak, fatigue and shortness of breath are common. But it's not just the ability of the heart to pump that causes those symptoms — they are also dependant on certain elements of the nervous system being in balance. In fact, if those elements are not in balance, the condition gets worse. This new study shows that Acupuncture restores the balance, and reduces the symptoms.
- * **Exhaustion:** After 10 Acupuncture sessions, patients could walk further in a given time than the patients in the study who did not receive the Acupuncture. The patients who received Acupuncture also said they felt less exhausted, and they recovered more quickly.
- * **Inflammation:** Inflammation, which contributes to tired muscles, is increased in chronic heart patients. This is caused by an increase in substances that reduce muscle mass and strength. After the patients in the study received Acupuncture, the blood level of these substances dropped.

This double-blind study was published in *Heart*, a prestigious medical journal. Could Acupuncture help you?

Source: Medical News Today <http://www.medicalnewstoday.com/articles/193709.php>