

# The Truth About Health

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## Acupuncture Provides Blessed Relief for Those Who Put Their Lives on the Line Vol. 14 Issue 26

Our military men and women, both at home and abroad, deserve the best care because of all they do to ensure our safety and security. If they are on the front lines, there's the trauma, both physical and emotional, from the conflict. But even those who are not at the front can experience high levels of physical and emotional stress from their duties or having to be away from home and family.

The Air Force is using Acupuncture treatment as a way to improve health and well-being and reduce pain. Col. (Dr.) Richard Niemtzow has been administering Acupuncture in military facilities for more than a decade. And one by one, soldiers (and some that aren't soldiers) are catching on to the improvements that await them after treatment.

Col. Niemtzow has developed an approach to administering Acupuncture in a battlefield environment to relieve pain and help a traumatized person realize he is safe. The technique is intended to help soldiers who have no time to retreat from battle.

In the clinic environment, Acupuncture is helping those with chronic pain situations. Like Christa, the Airman who received Acupuncture for the first time in her life for pain in the back of her legs. At first she was skeptical. But after treatment, she had a different opinion. "I had no idea it worked this well! This is fantastic!" she said.

A Lieutenant Colonel who was also a doctor tried out Acupuncture for pain in his shoulders. He described the treatment: "They put the needles in one point on each side of the ear and the pain was immediately gone. I can't believe in less than ten minutes my pain is gone!"

Col. Niemtzow is establishing a study that will enable all military doctors to learn about the quality of life improvements that are available from the delivery of Acupuncture to acute and chronic pain patients. Soon, the phenomenal results of Acupuncture will be able to be communicated to military healthcare personnel everywhere.

Source: U.S. Air Force website, Deploying Physicians to use Acupuncture, March 18, 2009, <http://www.af.mil/news/story.asp?id=123135495>

Source: Battlefield Acupuncture, The Niemtzow Battlefield Acupuncture Treatment, March 14, 2010, <http://www.battlefieldacupuncture.com/2010/01/15/the-niemtzow-battlefield-acupuncture-treatment/>

Source: National Institutes of Health, Acupuncture for Acute and Chronic Pain in Air Force Personnel, September 4, 2007, <http://clinicaltrials.gov/ct2/show/NCT00286390>