



## ACUPUNCTURE REDUCES SYMPTOMS OF MORNING SICKNESS

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New research has shown that acupuncture is an extremely effective treatment for morning sickness in early pregnancy.

“Fifty to 80% of all pregnant women experience nausea or vomiting in early pregnancy,” said Dr. Caroline Smith, of the Women’s and Children’s Hospital and Adelaide University, Department of Obstetrics and Gynecology, and coordinator of the study “As a result, women can have a poor quality of life — feeling lousy, lowering spirits, anxiety and making it hard to do everyday activities.”

593 women with symptoms of nausea and vomiting, who were less than 14 weeks pregnant, participated in the study.

Each woman was given 20-minute sessions of acupuncture treatment, once a week for a four-week period.

Results of the study, which were published in the American journal *Birth*, showed just one acupuncture treatment can significantly change the way women feel.

Traditional acupuncture, which uses a variety of points on the forearm and abdomen, reduced nausea throughout the trial, with dry retching being reduced by the second week.

Smith said the women felt much better, both emotionally and physically, following the treatment.

SOURCE: *Alternative Medicine*, August 2002, p. 22.