

# *The Truth* *About Health*

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## Acupuncture Shown to Support Emotional Health by Balancing the Body

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Many people think of Acupuncture as something to be used for pain or headaches. Studies have shown that it also helps with nausea and the effects of cancer treatments. But emotional health? That's not mentioned so often.

Wisconsin Certified Acupuncturist Curry Chaudoir provides an explanation of why Acupuncture helps in this area of life, too.

Ideally, all the organs of the body would operate in balance and emotions would be calm and appropriate to life's situations. When organs get out of balance, it can be difficult for an individual to maintain their normal emotional balance. Some people may experience erratic, excessive or difficult emotional states.

He gives several examples of organ imbalances that skewed emotional responses:

- \* An imbalance in liver function can cause a person to experience excessive or inappropriate anger, irritability, frustration, impatience, and/or depression. On the other hand, a properly functioning and balanced liver will help one to be generally relaxed, patient, and emotionally even.
- \* An imbalance in heart function can cause a person to experience excessive or inappropriate anxiety or panic attacks. Normal heart function tends to help a person live with a more accurate interpretation of reality.
- \* An imbalance in spleen/pancreatic function will cause one to worry excessively or overthink. On the other hand, a strong spleen/pancreatic function will support clear and crisp thinking at a normal pace.
- \* An imbalance in lung function can cause one to experience inappropriate or excessive grief, sadness, and/or melancholy. Strong lung function provides a general feeling of happiness.

It's not necessary to resort to mood-elevating drugs when Acupuncture can bring the organs back into balance. Antidepressants and anti-anxiety drugs have some serious, even life-threatening side effects! And these drugs may throw this organ balance even further out of line.

Dr. Chaudoir cites the results he's been able to achieve with patients whose emotions had been affected by their physical imbalances. One of them reported: "I have struggled with addiction and weight issues. Emotional and physical health seemed to be out of reach. It was just an endless battle. I was taking several medications recommended by my physician. All of them had varying side effects while claiming to alleviate symptoms. Now, six weeks later, I am withdrawing from the last medication. I feel strong and in control of my health."

Another patient described her results. When she arrived, she was depressed, had an upset stomach and intestines, was weak and unsteady, with fear and anxiety. She said, "After seven sessions, I do not feel depressed, with no crying for more than two weeks. I now do exercises every day without

feeling sick or tired. I am now getting stronger and can walk around the inside of the house with the aid of a walker without feeling exhausted and ready to collapse. Most important is the feeling of hopelessness which I had prior to starting treatment. This has gone and I feel healthier and look forward to feeling even better.”

Acupuncture is a safer and more effective treatment for your emotional health than prescription drugs. Find the help you need for your emotional and physical health at your local Acupuncture clinic today!

Source: Oriental Medicine and Your Emotions, Acupuncture and Holistic Health Associates Website, <http://www.holisticacupuncture.net/content/om%20and%20your%20emotions.pdf>

Source: Acupuncture and Holistic Health Associates Website, Patient Testimonials, [http://www.holisticacupuncture.net/misc\\_success.htm](http://www.holisticacupuncture.net/misc_success.htm)