



## Brain and Nervous System Ailments Respond to Acupuncture

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Many people have experienced the benefits of Acupuncture treatment for pain of various types including low back pain and tension headaches. Recent articles and studies have also shown its benefits for conditions as diverse as post-traumatic stress disorder and chemotherapy-induced nausea and vomiting.

But unless a person has lived in China and worked with traditional doctors treating a wide range of conditions, they may not know that even ailments associated with problems with the brain and nervous system often benefit from Acupuncture.

As an example, Tourette Syndrome (TS) is a difficult neurological disorder to treat. It is characterized by repetitive, stereotyped, involuntary movements and vocalizations referred to as “tics.” Symptoms tend to show up in childhood and include eye blinking, shoulder shrugging, jerking and head movements. A person suffering from this condition may hit himself or herself in the face and may have a compulsion to repeat what other people say or swear out loud.

As medical science does not know the exact cause of this condition, it cannot cure it. If the symptoms are serious enough, practitioners can only suppress them with a choice of clomipramine (Anafranil®), fluoxetine (Prozac®), fluvoxamine (Luvox®), paroxetine (Paxil®), and sertraline (Zoloft®). Each of these drugs is associated with an increased risk of suicidality.

In China, there has been success in treating children between the ages of 6 and 15 who suffer from TS using Acupuncture. A report was published of the treatment of 156 young patients diagnosed with TS who were treated at the Tianjin College of Traditional Chinese Medicine. The children were divided into two groups based on analysis by the practitioners, and each group received the treatment appropriate to their analysis. Some treatments addressed deficiencies of the kidneys and heart.

Whatever the treatment pattern, the results were nothing short of excellent. Seventy-three percent of the patients were sufficiently relieved of their condition to discontinue medication. What a relief to their parents to be able to create better health for their children and stop administering dangerous drugs!

Source: National Institutes of Health, Acupuncture-Like Treatments Improve Outcomes Compared to Usual Care for Low Back Pain, May 2009, <http://www.nih.gov/news/health/may2009/nccam-11.htm>

Source: National Institutes of Health, Acupuncture and Pain, February 2010, [http://nccam.nih.gov/news/newsletter/2010\\_february/acu2.htm](http://nccam.nih.gov/news/newsletter/2010_february/acu2.htm)

Source: National Institutes of Health, Tourette's Syndrome, February 10, 2010, <http://www.ninds.nih.gov/disorders/tourette/tourette.htm>

Source: National Institutes of Health, Office of Rare Diseases Research, Tourette Syndrome, February 24, 2010, [http://rarediseases.info.nih.gov/GARD/Condition/7783/QnA/21553/Tourette\\_syndrome.aspx#633](http://rarediseases.info.nih.gov/GARD/Condition/7783/QnA/21553/Tourette_syndrome.aspx#633)

Source: Institute for Traditional Medicine, Acupuncture and Herbs for Mind and Brain Disorders, April 4, 2010, <http://www.itmonline.org/articles/acubrain.htm>