

August 2009

Study on Acupuncture and Fibromyalgia



A recent study from the Mayo Clinic found acupuncture helpful in treating the fatigue and anxiety commonly experienced by fibromyalgia patients.

In the trial, patients who received acupuncture to counter their fibromyalgia symptoms reported improvement in fatigue and anxiety, among other symptoms. Acupuncture was well tolerated, with minimal side effects.

In the double-blind study, Mayo Clinic doctors gave 25 fibromyalgia patients acupuncture, and 25 "sham" acupuncture treatments. Patients received six treatments during the two- to three-week study. Those who received acupuncture treatments reported less fatigue and anxiety one month following after treatment than did the "sham" group.

[**Read more about study...**](#)

Acupuncture for Fibromyalgia Syndrome



Fibromyalgia Syndrome (FMS) affects an estimated 2 percent of the population. Conventional therapies are limited in the success of treating this complex and unexplained condition. Current treatment is largely comprised of prescribing different medications for the varying symptoms in a trial and error approach. Research shows that as many as 90 percent of people with fibromyalgia have turned to complimentary and alternative medicine to manage their symptoms. Acupuncture, in particular, has become a popular treatment choice and has shown to be an effective treatment for FMS.

What is Fibromyalgia Syndrome?

Fibromyalgia is a medically unexplained syndrome characterized by chronic widespread pain, a heightened and painful response to pressure, insomnia, fatigue, and depression...

From an Eastern Perspective

Pain is seen as a disruption of the flow of Qi within the body. The disruption of Qi that results in fibromyalgia is usually associated with disharmonies of the Liver, Spleen, Kidney and Heart Systems...

The Acupuncture Treatment

Oriental Medicine does not recognize fibromyalgia as one particular disease pattern. Instead, it aims to treat the specific symptoms that are unique to each individual depending on their constitution, emotional state, intensity and location of their pain, digestive health, sleeping patterns and an array of other signs and symptoms...

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