

9 Surprising Things An Acupuncturist Can Help You With

Soothe Sore Throats

It's best if you catch it early, but a combination of acupuncture, cupping (suction that mobilizes blood flow), gua sha (scraping using oils and the side of a Chinese soup spoon), and herbs can help kick things like sore throat, according to licensed acupuncturist Cat Calhoun of Whole Human in Austin, TX. In Eastern medicine, colds and flus are known as wind invasions or external pathogenic factors and can take the form of either wind heat (inflammation) or wind cold (an unshakeable cold feeling). A combo of these treatments is thought to draw out the invaders and help relieve your symptoms.

Help with That Time of the Month

"Acupuncture is incredibly effective in dealing with hormonal issues like PMS, mood swings, and cramps," says nationally board-certified acupuncturist Paige Bourassa. Plus, it can help to regulate periods.

Slow Signs of Aging

Bourassa notes that there's a specialty called facial rejuvenation acupuncture that can help build collagen, lift drooping eyelids, reduce under-eye bags, and tighten double chins without the use of creams, serums, or Botox. Give it about 12 treatments, says Bourassa, and you should notice more youthful, smoother, and more glowing skin.

Give You a Flatter Stomach

The spleen and stomach are the main organs associated with digestion, and by keeping them in balance, you can treat a number of disorders associated with the digestive tract, notes Sara Calabro, licensed acupuncturist and founder of acupuncture publication AcuTake. Regular treatment can help reduce bloating, treat acid reflux, soothe heartburn by regulating acid secretion and speeding digestion, and even help you lose weight.

Make Things Better in the Bedroom

Acupuncturists, unlike most MDs, take a holistic approach to your health, so they try to make the physical, mental, and emotional connections that may be preventing you from having a fulfilling sex life. "By calming the nervous system, acupuncture treatments can help alleviate the stress and tension that can get in the way of good sex," Calabro says.

When emotional energy gets stuck, the body tightens and constricts, but acupuncturists can use needles to help break up this stagnation and allow for smoother flow to sexual organs. Also, if you have polycystic ovaries, it's thought to help relieve physical pain to make sex more enjoyable.

Have a Happy Baby

According to acupuncturists Dawn Balusik and Ayesha Atique, one popular point used during pregnancy is known as the happy baby point. Located on the inner part of the lower leg, it will supposedly help guarantee that your baby will be born happy. Traditionally, this point is needled every trimester to ensure the full benefit.

Relieve Carpal Tunnel Pain

Acupuncture helps unblock and loosen the blood and chi that is stagnating and causing pain in the wrist's tightened fascia.

The National Institutes of Health states that it may be useful as part of a comprehensive pain-management program.

Ease Asthma Symptoms

Acupuncturists say the practice helps lubricate the lungs and opens up air passages so people can rely less on their inhalers. According to the National Institutes of Health, acupuncture may be useful as an adjunct treatment. (Note: It's never a substitute for an inhaler. Always talk to your primary care doctor before you even think of abandoning it.)

Give You A Natural High

By working on a meridian matrix that affects the central nervous system, acupuncture initiates the release of endorphins that put you in a state of calm, according to Bourassa. People who get acupuncture regularly refer to this (naturally and legally) euphoric state as acu-land, a magical place where you're totally blissed out.

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