

# Acupuncture for hypertension: Study shows that acupuncture is effective at lowering blood pressure for a month and a half!

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Approximately 70 million American adults have high blood pressure, and only 52 percent of these adults report that their condition is under control. (1)

A new study has found that patients who use acupuncture to treat high blood pressure experienced drops in their blood pressure that lasted up to a month and a half. (2)

There are 350 acupuncture points in the body. Qi is believed to flow through meridians in the body. It is at these acupuncture points that the energy flows can be accessed. In Chinese medicine, illness is thought to be a consequence of an imbalance of the forces. When needles are inserted into these points, it is believed that the energy flow can be brought back to balance. (3)

## **New study on acupuncture provides hope for the 70 million American adults who struggle with hypertension!**

According to the World Health Organization, acupuncture is effective for treating 28 conditions, and may have therapeutic effect for many more conditions. The new study confirms that acupuncture is beneficial for treating mild to moderate hypertension and could help lessen the risk of stroke or heart disease. (3)

The study is a culmination of more than a decade of research. Researchers conducted tests on 65 hypertensive patients who were not receiving any medication to address the issue. They were separated into two groups. The subjects were then treated with electroacupuncture. One group received the electroacupuncture on both sides of the inner wrists and slightly below the knees. Researchers noticed a drop in blood pressure in 70 percent of the participants, and the drop was maintained for a month and a half. (2)

### **Acupuncture completed on inner wrists and below the knees showed a noticeable drop in blood pressure for 70 percent of participants!**

The research team also noticed that this group had significant declines in blood concentration level of norepinephrine, which constricts blood vessels. There were no noticeable differences in the other group that received acupuncture in other locations. (2)

### **Study also showed a significant decline in blood concentration of norepinephrine, which constricts blood vessels**

If you struggle with high blood pressure and you would like to avoid medication or get off your existing medication, consider alternative therapies and lifestyle changes. If you have not tried acupuncture, consider meeting with a licensed acupuncturist to discuss the process and the results that they have noticed.

#### **Sources for this article include:**

- (1) [www.cdc.gov](http://www.cdc.gov)
- (2) [www.sciencedaily.com](http://www.sciencedaily.com)
- (3) [www.medicalnewstoday.com](http://www.medicalnewstoday.com)