



Acupuncture for Work-Related Stress

Stress is all around us--it is part of modern life. Everyone is susceptible to it and no one is exempt. Stress can have profound effects on your immune system and overall health. It has been estimated that stress-related problems are the cause of 75 percent to 90 percent of all primary care visits.

Our bodies are able to handle occasional stresses, however long term chronic stress can weaken our bodies and contribute to many degenerative conditions. Most of the stresses we experience are both long term and chronic. It adds up over time until a state of crisis is reached and symptoms appear.

These symptoms may manifest themselves as irritability, anxiety, impaired concentration, mental confusion, poor judgment, frustration and anger. Common physical symptoms of stress include: muscle tension, headaches, low back pain, insomnia, digestive problems and high blood pressure. Stress weakens a person's immune response, leaving them more susceptible to infection, and can lead to unhealthy lifestyle habits.

Acupuncture and Stress Relief

Acupuncture and Traditional Chinese Medicine (TCM) is a complete medical system that has been used to diagnose, treat and prevent illness for over 23 centuries. It can remedy ailments and enhance the body's recuperative power and build the immune system. Acupuncture treatment promotes relaxation and it decreases heart rate, lowers blood pressure, reduces stress, increases energy and promotes tissue healing.

Acupuncture can relieve feelings of anxiety and depression, which may be serious concerns for people trying to cope with difficult domestic, social and work problems. It can give a person a feeling of self-confidence and well-being. Acupuncture is an effective substitute for sleeping pills, tranquilizers, and antidepressant drugs. Acupuncture can be used not only as an alternative to these drugs but also to treat side effects and dependence.

Acupuncture can provide a safe, effective, cost saving health care for stress. According to the 1997 National Institutes of Health (NIH) "one of the advantages of acupuncture is that the incidence of adverse effects is substantially lower than that of many drugs or other accepted medical procedures used for the same conditions." In addition, The World Health Organization (WHO) recognises Acupuncture and TCM's ability to successfully treat emotional and psychological disorders including depression and anxiety all related to stress!

British Medical Journal wrote that acupuncture is beneficial for chronic headaches, particularly migraine, and it is cheaper than other interventions. A randomised study of patients with chronic headache received acupuncture. Headache scores were better after the treatments; patients used fewer medications, took fewer days off sick, with a smaller number of visits to their GP. The BMJ states that acupuncture improves quality of life at a small additional cost and advocates that an expansion of existing health services should be considered.

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