

Acupuncture as an Effective Alternative Therapy for Fibromyalgia

Fibromyalgia is a complex chronic neurological disorder that generates a wide range of symptoms. Most people with fibromyalgia complain about recidivating muscular pain, rigidity of joints and a generalized state of body weakness. Although these manifestations may point to rheumatoid arthritis, clinical examinations can reveal any signs of physical damage in people with fibromyalgia. Due to the fact that most medical treatments are unable to overcome fibromyalgia, the disorder is considered to be incurable. However, this belief is far from the truth. Although fibromyalgia is a serious disorder with a pronounced chronic character, there are actually effective means of treating it. Acupuncture has proved to be a very reliable form of therapy for fibromyalgia, providing symptomatic relief and preventing the recurrence of the disorder. Acupuncture is an ancient Chinese practice that has been successfully used to treat various illnesses for thousands of years. This oriental therapy can relieve most of the symptoms generated by fibromyalgia in a relatively short period of time. Acupuncture can quickly restore physical and mental balance, improving the overall health of the people who follow this form of therapy. Acupuncture can quickly ease fibromyalgia pain and fatigue. This form of alternative therapy uses needles to stimulate various nervous centers of the body. In Oriental medicine, it is believed that the internal activity of the organism can be influenced by activating certain points on the body. These points are referred to as "acupuncture points" or "acupoints". Therapists use acupuncture needles to activate specific acupoints on the body, correcting the activity of the entire organism simply by stimulating the nervous system. This ancient Chinese practice is very beneficial for people affected by fibromyalgia. Acupuncture inhibits fibromyalgia pain by stopping pain impulses from reaching the brain. This form of therapy can also regulate the body's production of hormones, increasing the levels of serotonin, endorphins and enkephalin, which have a very important role in relieving pain. Acupuncture can also improve the blood flow, restoring muscular tonus. Furthermore, acupuncture can help people with fibromyalgia relax, inducing them a state of comfort and wellbeing. The majority of people affected by fibromyalgia admit that they have experienced an amelioration of their symptoms after only a few sessions of acupuncture. The first symptoms that can be relieved with the means of acupuncture are muscular pain and weakness, rigidity of the joints, and fatigue. After a month of ongoing therapy, acupuncture can also reduce stress, depression and mental confusion. Chinese therapists claim that acupuncture works on multiple levels, healing the body, mind and spirit altogether, helping people re-achieve their balance. Oriental therapists also state that acupuncture stimulates and increases the vital "chi" energy, improving the overall health of the organism. Acupuncture is very beneficial to people with fibromyalgia and it can quickly alleviate their symptoms. In present, this form of therapy is probably the most effective means of overcoming the disorder.

About the Author

The Society for Sex Therapy and Research is composed of a broad range of professionals who have clinical or research interests in human sexual.

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