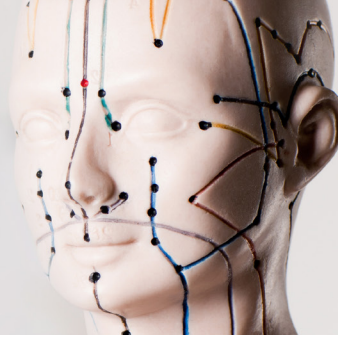




Acupuncture  
Medicine Day

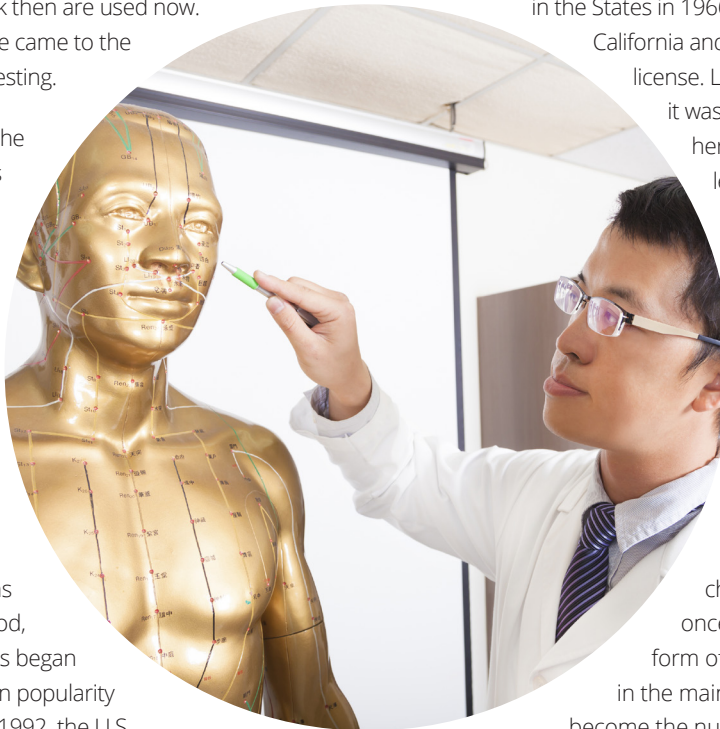


OCTOBER 24TH

## How Acupuncture Came to the United States

Acupuncture has a long history, that started well over 2000 years ago. The beautiful thing is that many of the principles and treatment modalities that were used back then are used now. I have often been asked how acupuncture came to the US, and I think you may find it quite interesting.

Most will say the start of acupuncture in the United States really began in 1972. In this year, New York Times journalist James Reston traveled to China with Henry Kissinger, Nixon's Secretary of State. While in China, Reston fell ill and had an emergency appendectomy at a Chinese hospital. Afterward, doctors used acupuncture to relieve his pain. Reston wrote about his experience with acupuncture and its healing effects in the New York Times, the first time most Americans had heard about the Eastern medicine in detail. As relations with China became open during this period, more Chinese doctors and acupuncturists began coming to the States. This led to a surge in popularity that would hold its ground to this day. In 1992, the U.S. Congress created the Office of Alternative Medicine and in 1997 the U.S. National Institutes of Health recognized acupuncture as a medical option for treating a range of conditions.



Although acupuncture became widely known in the U.S. in the 1970s, a Chinese acupuncturist named Mariam Lee was making a great influence in the States in 1966. At the time, acupuncture was illegal in California and Lee was arrested for practicing without a license. Lee was known for doing amazing work, and it was no surprise her patients came to support her at court. A year later acupuncture was legalized in the state as a legitimate medical practice. Miriam Lee later founded the Acupuncture Association of America and brought many influential acupuncturists over from China.

There are now around 40,000 acupuncturists and close to a hundred acupuncture schools in the U.S. Numerous studies have since been done about acupuncture and its healing effects as more and more Americans are choosing the alternative route that was once considered experimental. This ancient form of medicine continues to make its way in the mainstream medical community and has become the number one alternative medicine used in American hospital systems. As more Americans have started to look for other treatments outside of Western medicine, acupuncture has proved to be an effective option.

### What is Acupuncture Good For?

Most people seek out acupuncture care for painful conditions. That makes sense, because it works extremely well at it, without drugs or medication.

But you may be surprised by how many health conditions acupuncture has been known to help. Focusing on the whole body, one of the main goals of acupuncture is to return the body back to its natural balance and restore it to better health.

By addressing the "whole" self instead of one particular part where there may be just

pain or illness, acupuncture has the power to treat and heal a variety of ailments from nausea, sciatica to addiction.

The most common effects you will feel after an acupuncture treatment include better sleep, relaxation, better digestion and more energy. Below are just a few ways acupuncture has proven to be beneficial.

**Acupuncture, cancer and immunity:**  
[http://bit.ly/acu\\_overview](http://bit.ly/acu_overview)

**Acupuncture and rheumatoid arthritis:**  
[http://bit.ly/acu\\_arthritis](http://bit.ly/acu_arthritis)

**Acupuncture and depression:**  
[http://bit.ly/acu\\_depression](http://bit.ly/acu_depression)

**Acupuncture and allergies:**  
[http://bit.ly/acu\\_allergies](http://bit.ly/acu_allergies)

**Acupuncture and fertility:**  
[http://bit.ly/acu\\_fertility](http://bit.ly/acu_fertility)

**Acupuncture and insomnia:**  
[http://bit.ly/acu\\_insomnia](http://bit.ly/acu_insomnia)

**Photo Credits:** ©iStock.com/Tomwang112

**Sources:** <http://bit.ly/1y1BvF>, <http://bit.ly/1KTaSrT>

© 2020 Copyright Acupuncture Media Works / AcuPerfect Websites, All Rights Reserved. The information contained within the contained within this newsletter is only used to educate and inform. This newsletter is not a substitute for the advice of a licensed and registered health care provider. Seek prompt attention for emergencies. Consult a health care provider for specific health concerns, and before starting a diet, cleanse or exercise routine.