

Acupuncture is recognized by both the National Institute of Health & the World Health Organization



In November 1997, the National Institute of Health (NIH)¹ convened a panel of 12 distinguished physicians and scientists to review the history, licensing, practice, and current status of clinical research on the effectiveness of acupuncture. The result was the first formal endorsement of acupuncture by the NIH, declaring, "There is sufficient evidence of acupuncture's value to expand its use to conventional medicine and to encourage further studies of its physiology and clinical value"

Acupuncture has been cited by the World Health Organization (WHO)² to treat over 43 conditions, including the following:

Musculoskeletal

Neck pain, Shoulder Pain, Tennis Elbow, Carpal Tunnel, Back Pain, Knee Pain, Sciatica, Foot Pain, Sports Injuries

Neurological/ Nervous System

Headache, Insomnia, Stroke, Stress Disorders, Bell's Palsy, Hyperthyroidism, High Blood Pressure, Neuralgia, Epilepsy

Gynecological

Fertility: Male/Female, Menstrual Pain, PMS, Menopause, Pregnancy, Cysts

Respiratory

Asthma, Cough, Sore Throat, Common Cold, Hay Fever, Other Diverse Allergies

Gastrointestinal

Constipation Diarrhea, Acid Reflux, Nausea, Stomach Pain, Poor Digestion

Others

Heart Disorders, High/Low Blood Pressure, Chronic Fatigue, Impact Cancer Treatment, Men's Health Issues Addiction, Accident Related Injuries, Anxiety & Depression, Skin Disorders.

References

1. [1. Consensus Development Conference Statement , November 3-5, 1997](http://consensus.nih.gov/1997/1997Acupuncture107html.htm) <http://consensus.nih.gov/1997/1997Acupuncture107html.htm>
2. [2. WHO on Acupuncture](http://www.who.int/topics/acupuncture/en/) <http://www.who.int/topics/acupuncture/en/>