

Title:

Acupuncture: Ancient Needle Work as Pain Relief Treatment

Word Count:

539

Summary:

Acupuncture is an ancient form of pain relief treatment that improves the flow of energy through

Keywords:

Pain Relief Treatment

Article Body:

The sight of piercing needles through the skin in specific areas of the body may appear to be
According to Dr. Hayes Wilson, chief rheumatologist at Piedmont Hospital in Atlanta and nation
Since the procedure involves risks inherent in needle use, however, there are some conditions
According to Dennis Turk, professor of anesthesiology and pain research at the University of W
One psychological factor that can intensify pain perception is stress. Muscles tend to become
A change in the source of stress can help alleviate the pressure. In the case of a frequent na
Relaxation is another pain relief treatment. Meditation, yoga, deep breathing techniques, prog
Joining support groups or getting individual counseling also help in coping with stress or ail

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