

Acupuncture and Stress...

by

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The Stress Epidemic

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 is the cause of 75 percent to 90 percent of all primary care physician visits. Stress is a major contributing factor, either directly or indirectly to the six leading causes of death in the United States: coronary artery disease, cancer, respiratory disorders, accidental injuries, cirrhosis of the liver, and suicide.

Most people associate stress with worry, but stress has a broader definition to your body. Any kind of change, whether it's emotional, environmental, an illness, hormonal or just pushing too hard, can be stressful. Even positive events can be stressful. 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. We become stressed every hour of every day.

The stress epidemic is costly—medical costs alone have been estimated in the United States at well over 1 Billion dollars per year. Stress costs industry approximately 150 Billion dollars per year in increased health insurance outlays, burnout, absenteeism, reduced productivity, costly mistakes, poor morale, high employee turnover, as well as family, alcohol and drug related problems.

The Silent Killer

Stress is both additive and cumulative. It adds up over time until a state of crisis is reached and symptoms appear. These symptoms may manifest themselves psychologically 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 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 recuperative power and immunity. Acupuncture treatment corrects the energetic imbalance by encouraging the body's natural ability to heal itself, without the use of drugs and surgery. Acupuncture has a relaxation response with decreased heart rate, lowered blood pressure, stress reduction and increased energy and tissue regeneration. Acupuncture can relieve feelings of anxiety and depression, which may be serious handicaps 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) Consensus Development Conference—“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) recognizes Acupuncture and Traditional Chinese Medicine’s (TCM) ability to successfully treat emotional and psychological disorders including depression and anxiety all related to stress!