



# How Acupuncture, An Alternative Therapy Benefits People with Pain, Stress and Digestive Issues

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Abstract

Background: Acupuncture is a traditional Chinese medicine (TCM) that has been used for thousands of years. It is a non-pharmacological approach to pain management, stress reduction, and digestive health. The World Health Organization (WHO) has recognized acupuncture as an effective treatment for a variety of conditions, including chronic pain, anxiety, and depression. The mechanism of action of acupuncture is still unclear, but it is believed to involve the release of endorphins and the modulation of the autonomic nervous system.

Conclusion: Acupuncture is a safe and effective treatment for a variety of conditions, including chronic pain, stress, and digestive issues. It is a non-pharmacological approach that can be used in conjunction with other treatments. Further research is needed to better understand the mechanism of action of acupuncture.

Keywords: Acupuncture, Pain, Stress, Digestive Issues

Introduction

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Conclusion

Acupuncture is a safe and effective treatment for a variety of conditions, including chronic pain, stress, and digestive issues. It is a non-pharmacological approach that can be used in conjunction with other treatments. Further research is needed to better understand the mechanism of action of acupuncture.



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