

*No one likes to live with pain.*

*On the job. In the home. Makes it tough to do anything.*

*Here are 10 ways acupuncture can help alleviate constant, annoying pain.*

*Without surgery. Without expensive prescriptions.*

## **1. Stress Reduction**

The demands of our jobs or our home lives can be stressful. Stress can trigger significant physical symptoms. Stress is one of the primary reasons people get sick or injured. Acupuncture has been known to moderate anxiety, reduce mood swings, and lower stress. Overall feelings of happiness and lower stress hormones are a direct result of regular acupuncture treatments.

## **2. Joint Pain Reduced**

When you're feeling constant neck pain and tension in your back and arms, take a look at these offenders:

- Lazy desk posture
- Bad computer keyboard positioning
- Heavy backpacks
- Chronic cell phones usage

Our workdays get bombarded with these distractions to our productivity. Acupuncture can reduce inflammation that causes this pain. It'll do it without costly and ineffective drugs.



*One hardly notices the ultra-thin acupuncture needles. They're light and flexible, which means you barely feel them.*

### **3. Headache Relief**

For thousands of years, acupuncture has been used to treat headaches. Untreated migraines can lead to multiple days away from work at a cost. As anyone who has ever suffered from migraines knows, the effects can be debilitating. Acupuncture's benefits can last for days after the treatment. Some of the most common side effects are improved relaxation and an increased sense of euphoria. Acupuncture is an excellent treatment alternative for those looking for a drug-free option.

### **4. Relieve Eye Strain**

Eye strain is often related to neck tension. Acupuncture can reduce the stress often associated with many eye ailments.

-- short-sightedness

-- long-sightedness

-- lazy eye

-- cataracts and many, many other eye problems

## **5. Immune Systems Improve**

In every large office or workplace environment, cold and flu season is often dreaded.

Everyone is susceptible to a case of the sniffles that goes around the office.

Acupuncture combats pathogens by boosting the body's immune system. Acupuncture treatments can shorten the cold symptoms that keep you at home.

## **6. Increased Energy and Mental Clarity**

Acupuncture patients notice a surge of increased energy. Sleep patterns improve. Other sleep disorders, like insomnia, can be relieved through acupuncture treatments.



## **7. Reduced from Digestive Problems**

A well regulated digestive system can lead to overall good health. The link between the two is unavoidable. Linking the two is good news for those of you considering the use of acupuncture.

## **8. Relieve Allergies**

Acupuncture can be vital in preventing allergies. But what is even more critical is that treatments can be used before allergy season begins. Acupuncture is safe to use while taking antihistamines.

## **9. Reduced Nicotine Craving**

Acupuncture can be an effective solution on the road to cutting back on your dependence on smoking. Additionally, lung tissue gets repaired while detoxing the

effects of the nicotine. Treatments lead to a more relaxing withdrawal from this unhealthy addiction.

## **10. Repeated Motion Injuries**

Repetitive stress causes injuries. Over time, they lead to some of the most common job-related losses. These can increase the number of days away from work.

Acupuncture is often successful in treating repetitive stress injuries. Avoiding surgery the need for drugs is another commonly found benefit.

To learn more about these and other top-rated corporate wellness programs available in your area, contact Amber today at Y Healing Arts. [www.yhealingarts.com](http://www.yhealingarts.com)