

5 SCIENCE BACKED USES FOR ACUPUNCTURE

1

PROMOTES RESTFUL SLEEP

The core of acupuncture is Qi, the energy basis of the body. Acupuncture helps balance Qi to improve sleep quality.

2

BOOST ENERGY LEVELS

One study found acupuncture to alleviate extreme fatigue and improve energy levels.

3

REGULATES DIGESTION

One study found acupuncture to ease symptoms of acid reflux. It also helps nausea and irritable bowel syndrome.

4

RELIEVES ANXIETY

Acupuncture works to restore balance in the body and one study found it to yield a calmer demeanor in animals.

5

PAIN RELIEF

Helps various types of pain conditions, including back pain, joint pain, chronic tension headaches and migraines.

