

## Benefits of [Acupuncture Treatment in Albuquerque](#)

Acupuncture offers so many health benefits it's hard to compile a list that does justice to how many benefits there are and how much people feel better that are treated by regular acupuncture. Take a look at the list we've compiled and see what you think.

[Headaches](#) – It has been reported by acupuncture patients and multiple studies alike that acupuncture had been show to relieve short-term and on-going chronic headache maladies. Undoubtedly you should consult your doctor to see acupuncture treatment for regular problem headaches is a solution for your headaches that you should explore.

[Carpal Tunnel Syndrome](#) – In today's world of typing, keyboards, smartphones, and general wrist excess use people experience CTS more and more often. Carpal Tunnel Syndrome is caused by repetitive used of devices like keyboards and mouse that in turn cause people to have sometimes very real pain in their hands, wrists, and fingers. Several studies have been done that show people that have been treated for CTS have been show to show little or no pain after they have been treated with acupuncture.

[High Blood Pressure](#) – As many of us know, more and more people are overweight in American society. With this new found propensity for obesity 100,000's if not 1,000,000's of Americans now have high blood pressure that did not have it before. Several studies have shown that people that have hypertension or high blood pressure have seen a marked improvement after they have been treated for it with acupuncture. If you are one of the many Americans' with high blood pressure it might be wise for you to seek out a acupuncturist and look at this type of treatment as one of many options to help you with your hypertension.

[Morning Sickness](#) – Nearly every newly pregnant woman has had to deal with getting sick in the morning when they become pregnant. Multiple studies have been shown to prove that using acupuncture can effectively treat this common problem.

[Weight Loss](#) – Nearly 64 percent of Americans are now overweight. With this in mind it is easy to think that we have an overweight epidemic in the United States. Using acupuncture has been show to help people to lose weight to suppress their appetite.

[Melancholy](#) - This malady, otherwise known as depression, is a very real problem. Approximately 15 percent of Americans have clinical depression. Acupuncture can and is used by doctors and their patients in treating the various symptoms associated with depression. The fact of the matter is that not only does depression help treat the symptoms of depress, acupuncture also helps to enhance the effectiveness of anti-depression drugs.

The bottom line is [acupuncture](#) is good for what ails many people in Albuquerque and all over American as well. The real factor in using this method in helping yourself or someone you know

feel better is to get them to see their doctor or a local acupuncturist to see if acupuncture treatment is right for them.