

[Albuquerque Depression Solutions](#) – Treating Depression with Acupuncture

8,000,000 people in the US are considered clinically depressed. It is a huge problem affecting lots of people in America. Depression is the major cause of suicide with over 40,000 people committing suicide in the US every single year. Quite often people will get treated by a physician for the depression and that doctor will prescribe anti-depressant drugs to treat the person's ailment. The problem with treating depression with drugs that can occur is that the drugs do sometimes have side effects. [Acupuncture](#) has been found to be an effective treatment method for depression for depression patients.

[Acupuncture](#) balances the flow of energy through the human body. The life force that flows through human body is also known as Qi. If your body's Qi is blocked then quite often discomfort, pain, fatigue, insomnia, stress, and also depression can occur. Acupuncture can treat depression by calming your spirit and unblocking emotional stagnation. If you are stuck emotionally it is a bad thing. Certain acupuncture practitioners apply electro-acupuncture when they treat patients suffering from depression. *In chronic depression patients applying a minute amount of electric current through the [acupuncture](#) needle has shown to be highly effective in treatment of depression. The body, as many doctors and people know, has profound abilities to heal itself. With acupuncture treatment therapy the body's ability to heal itself improves because the treatment assists the body in its natural ability to heal itself.*

Various studies have been done over the years where researchers set up a group of people with depression for treatment of their depression ailment. The researchers split the groups into two groups where one group was given antidepressant drugs and the other group is treated for depression using [acupuncture](#). At the end of each study each group was given a set of assessment tests to measure the success of each group's treatment. It was found that both groups demonstrated about the same rate of effectiveness of treatment. The down side to the group taking the anti-depression drug was the test group suffered various side effects including nausea, and diarrhea.

[Acupuncture offers healing essentials](#) that help people living life with depression. Along with exercise, a good diet and a regular regiment of acupuncture depression can be dealt with effectively using this method of treatment.