

Athletes in Albuquerque Looking to Get an Edge Should Think About Regular [Acupuncture](#) Treatments

It's a known fact that there has been controversy after controversy about athletes using steroids, also known as performance enhancing drugs, to improve their performance on the playing field. From professional baseball, professional football and even if you can believe this, professional golf, athletes have been caught using steroids to get better, faster and stronger than their fellow athletes by cheating. They are now doing drug testing in sports so if you do get caught you face suspension from your sport and you face the huge down side of becoming ill from using the drugs. [Acupuncture](#), on the other hand, offers a natural alternative to using illegal drugs like steroids to enhance your athletic performance. In the American Journal of [Acupuncture](#) there is a published study that showed that regular acupuncture enhanced the anaerobic threshold and workout capacity of athletes. The researchers that did the study found out that those athletes that were treated with regular [acupuncture](#) treatments had elevated exercise capability and they had lower heart rates, plus they were able to deal with higher workout loads at the beginning of lactate buildup than the subjects in the study in the placebo group.

For athletes in Albuquerque that are on sports teams that are training for this season or getting ready for next season that want to consider an alternative but natural healthy way to improve their athletic performance regular [acupuncture](#) treatment is definitely something to consider making part of your regular weekly schedule.