

with acupuncture. These studies are based on the real-life treatment of real live low back pain patients of all ages and both sexes. *In all these studies*, 60% had their condition totally corrected and *the total amelioration rate* was above 95%.

In Ireland, most acupuncturists use a combination of acupuncture, massage, Chinese Herbal medicine, both internally administered and topically applied, Chinese dietary therapy, and various types of Chinese exercise therapy. The modern Chinese medical literature shows that any one of these modalities can remedy or significantly improve low back pain. For instance, Qiu Wan-xing, in *Zhe Jiang Zhong Yi ZaZhi (Zhejiang Journal of Chinese Medicine)*, #12, 1993, reported on the treatment of 20 cases of acute lumbar sprain with a formula first recorded in the Chinese medical literature around 200 AD. Of these 20 cases, six were cured in three days and **70% were cured in 4-6 days** (14 cases). When used together, such ancient Chinese modalities provide one of the best and most effective treatment protocols available in the world today.

To experience the potent therapeutic effectiveness of acupuncture and Chinese Medicine, contact one of our skilled practitioners today.

Acupuncture Works!

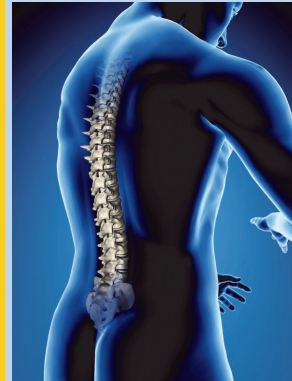
Oriental Medicine Clinic

**Athenry - Dublin 2
Glasnevin - Glenageary**

Phone: 087 2260150
Martin@orientalmedicineclinic.com
www.orientalmedicineclinic.com

Oriental Medicine Clinic

Tel: 087 2260150



**Low
Back
Pain**

Can acupuncture help?

Lower back pain means pain in the lower lumbar, lumbosacral or sacroiliac regions possibly accompanied by pain radiating down one or both buttocks and legs. Low back pain is one of the most common complaints. It is present in at least 50% of all persons 60 years of age or older. It accounts for thousands of hours lost from work and millions of euro spent on treatment and medication. Low back pain may be either acute or chronic. It can be simply annoying or irritating or it can produce unbearable physical and emotional suffering. In Western medicine, acute low back pain is treated with rest, local heat, massage, oral analgesics and muscle relaxants. Chronic low back pain is treated by weight loss, exercise, orally administered and intramuscularly injected analgesics, and surgery. However, long-term narcotic use has its own problems and surgery is not always effective. On the other hand, Chinese medicine has been treating low back pain with acupuncture and Chinese herbs for more than 2,000 years, and in the last 50 years, a large body of research has been amassed showing that Chinese medicine can be an effective treatment for lower back pain.

Recent research supports the use of acupuncture for lower back pain

76.1% Cured

Wang Wen-yuan et al, in *Bei Jing Zhong Yi (Beijing Chinese Medicine)*, #1, 1993, reported on 5,461 cases of neck, shoulder, low back, and knee pain using acupuncture. Of these more than 5,000 cases, 215 suffered from acute lumbar sprain and 186 from sciatic pain. Their ages ranged between 29-85 years old and there were 55.37% men and 44.63% women in this study. Patients received acupuncture once per day for a total of 10 treatments. Of the total 5,461 cases so treated, **76.10% were cured** and the total improvement rate was 97.20%

Acute Lumbar Sprain

Shu Hong-wen, in *Shang Hai Zhen liu Za Zhi (Shanghai Journal of Acupuncture & Moxibustion)*, #3, 1994, reported on the treatment of 129 cases of acute lumbar sprain by needling a single point (*Shui Gou*, GV 26). The age of these 129 patients ranged from 19-82 years of age, with 43 years old age being the average age. They had suffered from two hours to 15 days, with three days being the average duration of pain. The cases which received acupuncture treatment for their low back sprain were compared to a control group made up of approximately the same ages, males and females, and duration of pain. The members of this control group were treated with another acupuncture protocol using several points. In the single point group, there were **88% were cured** (114 cures). The other 15 cases, all showed marked improvement. Of those cured with this one point protocol, 73 were cured *in one treatment*, 33 in two treatments, and eight in three treatments. Among those receiving the alternative acupuncture treatment, 18 or 60% were cured, five cases or 17% showed marked improvement, and seven cases or 23% showed fair improvement. In other words, the back conditions were corrected or improved after receiving acupuncture for all patients in both groups. Kang Jin-qi et al., in *Shang Hai Zhen Jiu*

Za Zhi (Shanghai Journal of Acupuncture & Moxibustion), #4, 1994, also reported on the acupuncture treatment of acute low back sprain. They treated 130 cases who had been suffering from 3-7 days. One hundred four patients were men and 26 were women. Their ages ranged from 27-82 years. Of these 130 cases, 110 or 85% were cured *with 1 treatment*, while 20 or 15% were cured with 2 treatments.

Degenerative Disc

As for degenerative disc disease, Guo Jian-hua, in *Jiang Su Zhong Yi (Jiangsu Chinese Medicine)*, #4, 1994, reported that in treating 78 cases with prolapsed intervertebral discs with a combination of acupuncture, massage, heat lamps, and acupressure, 56 cases or **72% cases were cured**, 15 cases or 19.2% were markedly improved, five cases or 6% showed fair improvement, and *only two cases* or 2.8% got no result. This is a total amelioration rate of 97.2%

Disc Protrusion

Likewise, Wu Shi-qian, in *Tian Jin Zhong Yi (Tianjin Chinese Medicine)*, #4, 1994, reported on 50 cases of lumbar disc protrusion treated with acupuncture. Of these 50 patients, 30 were men and 20 were women. Their ages ranged from 30-60 years. They received acupuncture at 4-6 points per treatment, and one treatment every day for 10 days equaled one course of treatment. Typically, patients received three full courses of treatment. Of these 50 cases, 40 cases or **80% were cured**, eight experienced marked improvement, and two got no result. Thus the total amelioration rate in this study was 96%. These studies show that treatment by qualified and experienced acupuncturists can relieve both acute and chronic low back pain. Western researchers may quibble that these studies were not double-blind, placebo controlled studies, but that kind of study cannot be done