10 things you need to know about acupuncture...

1. 1.35 million more Americans are using acupuncture since 2002
2. 33,000 estimated acupuncture practitioners in the United States
3. 3,035 hours to be nationally board certified for acupuncture and herbology by The National Certification Commission for Acupuncture and Oriental Medicine (NCCAOAM)
4. 1,410 hours of specific acupuncture training for acupuncture practitioners
5. 30 acupuncture needles can fit into one hypodermic needle that might be used to get a shot
6. 28 diseases, symptoms, or conditions for which acupuncture has been recognized - by the World Health Organization - to be effective. 60+ more conditions are being studied for effectiveness
7. $10 conditions where it is a proven cost-effective treatment: allergic rhinitis; headache and migraine; ambulatory anesthesia; dysmenorrhea; chronic pain, including low back and neck; and depression
8. 4 known mechanisms acupuncture has been shown to work: Stimulates local blood flow, normalizes the nervous system, improves emotional well-being (effects endorphins, serotonin, and dopamine), and lessens pain sensitivity
9. More insurances are covering acupuncture as a benefit, but currently Medicare does NOT have it included
10. $∞ acupuncture treats more than just pain

Acupuncture: Helping your body heal itself