

Acupuncture and Diabetes



Chances are that you or someone you know has been affected by diabetes. It's an increasingly common condition—one that approximately 1.3 million people in the U.S. will be diagnosed with this year alone. While it is generally a long-term condition, diabetes can be managed through self-care, nutrition, and medication. Another safe, effective approach to managing diabetes and its symptoms is acupuncture. Acupuncture helps promote health and well-being. It can be used safely along with your current medical treatment to provide the best results for you.

There are two main types of Diabetes. Type I diabetes: usually diagnosed during childhood, type I is an autoimmune disease in which the body's immune system attacks insulin-producing cells. Symptoms usually come on suddenly, and treatment includes daily insulin injections. Type II diabetes: this type accounts for 90-95% of all diabetes cases and is usually diagnosed during adulthood. Major risk factors include family history, having high blood pressure or high cholesterol and being overweight and sedentary.

Diabetes respond very well to acupuncture along with other holistic health care choices and lifestyle

changes—sometimes even making medication unnecessary. Acupuncture can help put you on the path to a healthier lifestyle. Since diabetes has an impact on every part of your body, it makes sense to try a therapy that takes a holistic, or whole-body approach to health. In addition to acupuncture care, your practitioner may offer recommendations for dietary changes and herbal remedies.

Acupuncture and traditional Chinese Medicine addresses each patient's individual needs in eliminating symptoms and potentially reduce the need for medication. The best approach for controlling your diabetes is to work with a team of health care providers who can address the many aspects of diabetes. By including an acupuncturist to your team—and working together to manage your diabetes—you can have lasting benefits to help you live a healthy, active life.