

No, Chinese medicine is one of the most widely used forms of traditional healing modalities used in the world and the scientific data on its usefulness only continues to grow. Acupuncture was introduced to the United States in 1972 when the Nixon administration sent researchers to explore China's culture. This time-tested therapy has just begun to plant its feet in U.S. culture and has been receiving more and more attention as years pass due to its efficacy with many different health issues. Scientific studies are slowly uncovering the uses of acupuncture. Many studies are being conducted worldwide that are establishing acupuncture efficacy.

A 1997 conference held by the NIH (National Institute of Health) served as the basis for examining scientific data collected thus far involving acupuncture. This forum established a list of conditions that can be alleviated with acupuncture treatments. Researchers and doctors recognized acupuncture to be effective in treating addiction, stroke rehabilitation, headache, menstrual cramps, tennis elbow, fibromyalgia, myofascial pain, osteoarthritis, low back pain, carpal tunnel syndrome, asthma, adult postoperative and chemotherapy nausea and vomiting and for nausea associated with pregnancy.