

Anxiety Disorders Effectively Treated Using Acupuncture

By Toni Eatros, MS, Dipl Ac, AP

Q: I have anxiety most of the time and I think it is getting worse. When I am under more stress than usual, my feelings can escalate into panic attacks. I have even had to go to the emergency room in the past during one of these episodes because I couldn't breathe and my heart was beating very hard and fast. Can acupuncture help me?

A: Great question. The persistent feelings of anxiety you are experiencing are more common than you think. Anxiety disorders are the most common mental health disorder in the U.S, affecting 40 million adults and costing more than \$42 billion per year, according to the Anxiety Disorders Association of America. These disorders include generalized anxiety disorder (GAD), social anxiety disorder, panic disorder, and post-traumatic stress disorder (PTSD), phobias and obsessive-compulsive disorder (OCD).

Anxiety is a normal feeling that most of us experience when unexpected life events occur. The anxiety should disappear, once you have moved through the event. Unfortunately, for many, there is a chronic low level anxiety always present, regardless of the current situation. This may manifest as a constant uneasiness accompanied by feelings of nervousness, worry, and fear that something unexpected or bad may happen. For some, the anxiety can build into a full blown panic attack with feelings of intense fear that may lead to shaking, sweating, dizziness, shortness of breath, heart palpitations, and/or nausea. The wonderful thing is that, YES, acupuncture can be extremely helpful in managing anxiety.

Q: Has there been any research studies that prove acupuncture is useful in treating anxiety?

A: A clinical study conducted in China in 2010, has concluded that acupuncture is a "safe and effective" treatment for mood disorders, including anxiety, making it a great alternative for people that have intolerable side effects to medication or choose not to take medication.



Q: I take medication prescribed by my doctor to help with the anxiety, can I still get acupuncture treatment?

A: The answer is ABSOLUTELY. Acupuncture will not interfere with any medications you may be taking. In fact, my patients that have wanted to discontinue their medication for anxiety have been able to slowly taper the dosage down and eventually discontinue the medication entirely. Our ability to use Chinese herbs may be limited depending on your current medications.

Q: How many treatments will I need?

A: The number of treatments you will need depends on how long you have had the anxiety disorder and how severe it is. If you have a mild case of uneasiness, it is likely that one to three treatments will be plenty. If you are having daily panic attacks, you may need to come six to twelve times to stop the panic attacks entirely.

Q: Once I complete my six visits will I be cured?

A: The majority of patients feel considerably better after their very first visit. If you complete a course of six treatments, you will be much better able to cope with stressful situations. I will give you tools to manage your stress at home, however, it will ultimately depend on how you implement these tools as to whether you will need to come back for maintenance treatments or not.

I find the majority of my patients benefit the most from three to six treatments within a two to three week period of time, then coming in for maintenance treatments when they start to feel the anxiety returning. This is usually averages one treatment every one to two months.

I now offer a \$20 mini stress-reducing treatment that takes only 20 minutes and can be helpful on particularly stressful days. We use just a few acupuncture points in the ear that work like magic to wipe away stress, alleviate anxiety and put you on cloud nine.

Anxiety disorders are highly treatable, yet only about one-third of those suffering receive treatment. Do not be one of the two-thirds of people that suffer with anxiety disorders. Take action now. You will be amazed at how much better you feel after just a few acupuncture treatments. Your unique treatment plan will restore balance, uplift mood, alleviate your physical symptoms and assist you in handling stress more effectively.

Q: How do I schedule an appointment?

A: You can go to my website, www.AcupunctureSolutionsOnline.com, and push the "Schedule Now" button to schedule an appointment any time, day or night. If you don't see a time that works for you, please call the office to see how we can accommodate your schedule. The website is full of useful information and answers to frequently asked questions. Of course, you are always welcome to call the office at 239-260-4566.

Get relief from anxiety today, call (239) 260-4566 to schedule an appointment. For more information and answers to frequently asked questions, please visit www.AcupunctureSolutionsOnline.com.

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