# Article information:

The Health Benefits of Acupuncture | Time  
<https://time.com/6171247/acupuncture-health-benefits-research/>

# Article summary:

1. Acupuncture is gaining popularity as a therapy due to anecdotal success, research-backed results, and growing openness from the medical community.

2. Research supports acupuncture's effectiveness for conditions such as post-stroke aphasia, neck and muscle pain, fibromyalgia pain, lower back pain, vascular dementia symptoms, allergy symptoms, and cancer treatment symptoms.

3. Future studies may focus on acupuncture's impact on hormonal regulation, fertility, and mental health issues like depression and anxiety. However, the field lacks standardized protocols and clear terminology that would allow for more rigorous clinical trials.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article "The Health Benefits of Acupuncture" by Time provides a comprehensive overview of acupuncture as an alternative therapy for pain management and other health conditions. The author highlights the growing popularity of acupuncture in the US, citing a 2021 World Health Organization report that identifies it as the most widely used traditional medicine practice globally. The article also notes that Medicare and Medicaid services began covering acupuncture for chronic low back pain in 2020.

The article presents anecdotal evidence from Dr. Medhat Mikhael, a pain management specialist, who recommends acupuncture to his patients as an alternative or complement to pain medication and other treatments. However, the author also cites research-backed evidence that supports acupuncture's effectiveness for certain conditions such as post-stroke aphasia, neck, shoulder, and muscle pain, fibromyalgia pain, lactation issues after delivery, lower back pain, vascular dementia symptoms, and allergy symptoms.

While the article acknowledges that not all studies support acupuncture's efficacy for all conditions and that more research is needed to standardize protocols and terminology in the field, it does not explore counterarguments or potential risks associated with acupuncture. For example, some studies have found that acupuncture can cause adverse effects such as bleeding or infection at needle insertion sites.

Additionally, the article does not provide equal weight to both sides of the debate surrounding acupuncture's effectiveness. While it cites research supporting its efficacy for certain conditions, it does not delve into studies that have found no significant difference between real and sham acupuncture treatments.

Overall, while the article provides a useful overview of acupuncture's potential benefits and growing acceptance in Western medicine, it could benefit from exploring potential risks and presenting both sides of the debate more equally.

# Topics for further research:

* Risks of acupuncture treatment
* Adverse effects of acupuncture
* Counterarguments against acupuncture's effectiveness
* Studies on the efficacy of acupuncture for different conditions
* Standardization of acupuncture protocols and terminology
* Comparison of real and sham acupuncture treatments

# Report location:

<https://www.fullpicture.app/item/7a7b7fa3d5fca517c08d3ae842b06919>