

# HEALTH REPORT

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## THE SOUNDS OF RINGING IN THE EARS RELIEVED WITH ACUPUNCTURE

Relief for persons suffering from the annoying and ever-distracting sounds of tinnitus, known as ringing in the ears, can be achieved through the application of Acupuncture.

Ringling in the ears affects millions, and new research data released by York University in England shows that 5 out of 6 patients in a recent study improved after just two weeks of treatment.

The patients in the study ranged in age between 32 and 79 years. Individuals had been enduring the condition for which there is no known cure from between 1 and 20 years.

Each group member was given 10 Acupuncture treatments over a two-week period of time. Needle sites and number of points utilized varied from person to person.

The positive result was that 5 of the 6 persons in the sample reported a drop in loudness and pitch as well as fewer hours affected by the tinnitus. Only the oldest member of the group did not respond in this fashion after only 10 treatments. Additionally, the majority of the group reported improved quality of sleep.

“More work is needed, but our results support the idea that Acupuncture might be beneficial for people with tinnitus,” says Dr. Hugh MacPherson, a senior research fellow at York University.

SOURCE: <http://www.acupuncture.org.uk/content/news/news.asp?id=45>