

The National Institute of Health ([NIH](#)) and the World Health Organization ([WHO](#)) find acupuncture effective for the following:

Circulatory Disorders

High blood pressure • Angina pectoris • Arteriosclerosis • Anemia

Emotional and Psychological Disorders

Anxiety • Insomnia • Depression • Stress

Eye, Ear, Nose, Throat Disorders

Sinusitis • Sore throat • Hay fever • Earache • Nerve deafness • Ringing in the ears • Dizziness • Poor eyesight

Gastrointestinal Disorders

Irritable bowel syndrome • Spastic colon • Colitis • Constipation • Diarrhea • Food Allergies • Ulcers • Gastritis • Abdominal bloating • Hemorrhoids

Gynecological and Genitourinary Disorders

Premenstrual syndrome (PMS) • Irregular, heavy, or painful menstruation • Endometriosis • Menopause • Fibroids • Chronic bladder infection • Complications in pregnancy • Morning sickness • Kidney stones • Impotence • Infertility in men and women • Sexual dysfunction

Immune Disorders

Candida • Chronic fatigue • HIV and AIDS • Epstein Barr virus • Allergies • Lupus • MS • Hepatitis

Musculoskeletal and Neurological Disorders

Arthritis • Neuralgia • Sciatica • Back pain • Bursitis • Tendonitis • Stiff neck • Bell's palsy • Trigeminal Neuralgia • Headaches and Migraines • Stroke • Cerebral palsy • Polio • Sprains • Muscle spasms • Shingles

Respiratory Disorders Asthma • Emphysema • Bronchitis • Colds and flu

Addiction

Smoking Cessation • Drugs • Alcohol

Miscellaneous

Chemotherapy and radiation side effects • Diabetes • Dermatological disorders • Weight control

