

Christopher Carlow, D. Ac.  
Doctor of Acupuncture

Integrative Medicine – Natural Healing  
Safe – Gentle – Effective



Acupuncture & Herbal Medicine  
982 Tiogue Ave., Coventry, RI 02816  
Tel. (401) 219-6446  
[www.NaturesHealing.info](http://www.NaturesHealing.info)

## Acupuncture and Fibromyalgia Evidence - Based Medical Treatment Protocol

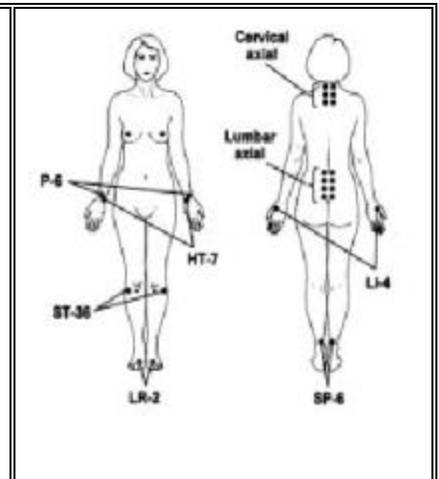
Acupuncture has been introduced to Americans as a medical therapy over the past few decades but this ancient healing art, originating in China, has accumulated over several thousand years of empirical knowledge and clinical experience. Acupuncture involves the insertion of fine needles into specific points along 14 meridians, or energy pathways traversing the body to stimulate a response in the body's natural healing and pain relieving mechanisms. These pathways cannot be seen by the naked eye but modern science has been able to measure and confirm such corresponding locations. This medical treatment is performed by a Doctor of Acupuncture and integrates the empirical knowledge and clinical experience of traditional acupuncture and an evidence-based protocol that has proven to be beneficial by scientific research. Acupuncture needles are much smaller and relatively painless compared to hypodermic needles. Acupuncture needles are hair-thin and solid with a rounded tip unlike hypodermic needles, which are hollow with a cutting edge. These single-use, sterile needles are regulated by the FDA as a medical instrument. Acupuncture treatments often include the use of electrical stimulation devices (E-Stim) that induce a small current between needles. This modern method of stimulation produces a mild tapping, or tingling sensation that can be adjusted to accommodate the patient's comfort.

**WHO MAY BENEFIT FROM THIS TREATMENT PROTOCOL:** Men or women with a diagnosis of fibromyalgia confirmed by a medical physician.

**TREATMENT DETAILS:** 12 acupuncture points will be used on the legs and arms as shown on the diagram. An additional series of 6-8 points will be used in either the neck or low back area depending on predominance of symptoms. Electrical stimulation is applied between the points on the back of the hand, below the knee and in the neck or back region.

**TREATMENT SESSION:** 1 Hour (includes preparation time plus 20 minutes of needle retention)

**THE PREFERRED COURSE OF TREATMENT SHOWN TO PROVIDE BENEFICIAL RESULTS:** 6 sessions over 2-3 weeks to obtain improvement in fatigue and anxiety. This effect may last as long as 7 months.



*Note: A diagnosis in the practice of Acupuncture is traditionally based on pattern discrimination and is not disease specific; therefore a treatment is tailored to each patient as an individual with a unique pattern of signs and symptoms. Modifications and/or additional therapies may be considered for the best therapeutic results.*

All new patients, prior to treatment, should download and complete the PATIENT HISTORY FORM located at [www.NaturesHealing.info](http://www.NaturesHealing.info).

AN EVIDENCE-BASED TREATMENT PROTOCOL DERIVED FROM THE FOLLOWING STUDY:

Improvement in Fibromyalgia Symptoms With Acupuncture: Results of a Randomized Controlled Trial  
D.P. Martin et al, Mayo Clin Proc. 2006;81(6):749-757.

**RESULTS SUMMARY:** 50 patients participated in the study: 25 in the acupuncture group and 25 in the control group. Fibromyalgia symptoms were significantly improved in the acupuncture group compared with the control group. The largest difference observed at 1 month. Fatigue and anxiety were the most significantly improved symptoms.

**CONCLUSION:** Acupuncture significantly improved fibromyalgia symptoms. Symptomatic improvement was not restricted to pain relief and was most significant for fatigue and anxiety.