



Center for Acupuncture and Herbal Medicine, P.A.

DEPRESSION

Recently, the National Institutes of Health (NIH) funded a pilot study on the effects of acupuncture and depression in women. The results of the study showed that acupuncture was at least as effective as either drugs or psychotherapy without the negative side effects. When acupuncture is combined with Chinese herbal medicine, Chinese dietary therapy, and various other lifestyle modifications tailored to the person's own pattern of disharmony, the benefits are even greater. In addition, unlike western medications which tend to mask symptoms rather than heal, Chinese medical treatment addresses both the acute symptoms of depression and the patient's underlying state of health.

CAN ONE COMBINE WESTERN AND CHINESE MEDICINE?

Yes. In many cases, combining western medicine with acupuncture and Chinese herbs is the fastest and most effective way to resolve symptoms of depression and promote long-term health. Herbal medications are formulated to work synergistically with any medications patients are currently using to insure safety.

Acupuncture and Chinese medicine can be used to reduce or eliminate the side effects of anti-depressant drugs, while enhancing the effects of conventional treatments. Patients who want to wean off their medications with the help of Chinese medicine should definitely discuss this with their prescribing physician and coordinate a withdrawal schedule with their Chinese medical practitioner. Patients with bipolar disorder typically need to stay on their Western medication.