

FOR IMMEDIATE RELEASE
October 16, 2006

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October 24 is National Acupuncture and Oriental Medicine Day

National Acupuncture and Oriental Medicine Day Aims to Raise Awareness of Alternative Therapies and Educate Consumers About the Benefits of Using Licensed Practitioners

BOSTON –In the U.S. the use of acupuncture and Oriental medicine is at an all-time high. According to a recent study conducted by the National Institutes of Health's National Center for Complementary and Alternative Medicine (NCCAM), an estimated 36 percent of U.S. adults use some form of alternative therapy, and 25 percent have tried acupuncture.

National Acupuncture and Oriental Medicine Day is a designation spearheaded by the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM) to raise awareness about the benefits of alternative therapies and to help consumers find certified professional practitioners to ensure better care, better treatment, and better outcomes.

In Massachusetts, regulations allowing acupuncturists to become licensed became law in 1988. These regulations are among the most comprehensive acupuncture regulations in the country.

"One of the biggest misconceptions about acupuncture is that it is still a 'back room' therapy performed by unlicensed people," said Laura Edgar, director of communications for NCCAOM. "On the contrary, today, most certified practitioners have master's level degrees from accredited schools, with an average of more than 3,000 hours of training, and have passed multiple rigorous national examinations.

In recognition of National Acupuncture Day Pathways to Wellness, a holistic therapies clinic in Boston's Back Bay, will present a free workshop to help people get straightforward answers to their questions about acupuncture and other holistic therapies. The workshop will be held on Tuesday, October 24 from 6:30-7:30pm and will explore holistic theory and research, symptoms and conditions that are responsive, benefits of various styles of holistic treatment, and guidelines for finding a practitioner. Demonstrations will also be provided.

Currently the National Institutes of Health (NIH) lists the following as approved uses for acupuncture: pain management, including dental pain, headache, menstrual cramps, fibromyalgia, myofascial pain and osteoarthritis; postoperative or chemotherapy-related nausea and vomiting; addiction; stroke rehabilitation; infertility, and asthma.

About Pathways to Wellness

For 16 years, Pathways to Wellness, a nonprofit public health organization, has provided equal access to high quality holistic therapies including acupuncture, shiatsu, and Chinese herbal medicine.

Open to all people needing care, Pathways practitioners work collaboratively in a team environment and in conjunction with Western medical professionals to offer an integrated approach to care.

Located at 142 Berkeley Street, 2nd Floor, Boston, MA 02116, Pathways to Wellness can be reached at 617-859-3036 or kporter@pathwaysboston.org. Additional information on Pathways to Wellness' services can be found on its web site at www.pathwaysboston.org

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