Acupuncture Treatment May Offer Relief From Back To School Stress

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The Renaissance Health Center, located in Las Vegas, Nevada, is reaching out to the community to raise awareness of the many benefits they may stand to gain through acupuncture treatments. First founded by Dr. Terry Pfau in 1986 and originally a homeopathic health center, the facility has evolved over the past 27 years to offer a wide variety of homeopathic and naturopathic treatments to individuals in and around the Las Vegas area.

Today, the Renaissance Health Center is renown for the acupuncture treatments it offers its patients. Acupuncture is widely known to offer an alternative treatment for a variety of conditions and symptoms, but Dr. Pfau wants the general population to know about the possible stress-relieving nature of acupuncture. On the practice?s website Dr. Pfau has published several documents about acupuncture and the benefits it may provide.

As described by Dr. Pfau in his educational resources on the subject, ?Acupuncture is a medical practice that entails stimulating certain points on the body, most often with a needle penetrating the skin, as it may alleviate pain or help to treat various health conditions.? While acupuncture was popular in China and other areas of East Asia thousands of years ago, it was not until recently that studies have shown that acupuncture may be effective in treating a variety of symptoms, such as chronic pain, nausea, and stress. Patients with conditions such as addictions, autoimmune disorders, anxiety, pregnancy, cancer, crohn?s disease, and many more have been known to control their symptoms without the use of medication, thanks to Dr. Pfau and his expertise in acupuncture treatments.

?Dr. Pfau is a wonder, and if you?ve been wanting to try acupuncture, go see him as soon as possible,? says patient Tammy J. ?I was extremely nervous at my first appointment for acupuncture but I was so put at ease by Dr. Pfau?s calm, soothing demeanor that I fell asleep during one part of the session! Acupuncture was a great way for me to address my myriad of issues (insomnia and anxiety among others), and I cannot wait to go back!?

Many parents across the US are veterans when it comes to back to school stress. Balancing work, parent meetings, and pick-up and drop-off times for their children can add an extra burden that many struggle to hold up. Fortunately, Dr. Pfau and the staff at his naturopathic clinic in Las Vegas, Nevada are working diligently to inform local parents about the benefits that acupuncture may provide when it comes to stress.

Although Western medicine still stigmatizes acupuncture to a certain extent, the practice has been gaining steady popularity in the US over the last 50 years. Recently, studies at the Georgetown University Medical Center have shown that acupuncture may have the ability to lower blood-hormone levels released by the hypothalamus pituitary adrenal axis. The release of these hormones is what causes a person to experience stress.

?I first started treatment at the Renaissance Health Center because of my anxiety disorder,? says patient Roxana M. ?I have tried to deal with my chronic stress with a myriad of medications over the course of many years. None of the medications were able to help me in the way I wanted and I was starting to feel overwhelmed with some of the side effects. Dr. Pfau and the acupuncture treatments have helped me manage my stress in a way that other treatments were unable to. I am so thankful that I finally gave acupuncture a try!?

As acupuncture was not widespread until the 1970?s in the US, many citizens remain skeptical of the practice. Dr. Pfau and the staff at the Renaissance Health Center in Las Vegas, Nevada want the public to know that acupuncture is a medical practice that is regulated by both the FDA and the National Institute of Health. As long as practitioners use sterilized and FDA regulated acupuncture needles, the procedure should pose little to no risk to the patient or their health. To learn more about acupuncture in Las Vegas, or how acupuncture may greatly reduce the symptoms of anxiety and stress, especially during the start of the school year, visit the Renaissance Health Center?s website or contact Dr. Terry Pfau.

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Renaissance Health Centre

Renaissance Health Centre is your source for holistic and naturopathic therapies in Las Vegas.

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