



Acupuncture for PTSD

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The San Bernardino County Sun in California said that nearly 50,000 patients were diagnosed and treated last year for post traumatic stress disorder (PTSD) at the Veterans Center in Loma Linda.

Research group "The Stress Project" is working hard to get the Department of Veterans Affairs to use "alternative medicine emotional freedom techniques (EFT) therapy" for veterans diagnosed with PTSD. Acupressure points are tapped into as past traumas are brought up and is said to help reduce PTSD, pain and depression. Though the VA has not recognized Acupuncture as a treatment for PTSD, many providers use the technique as an alternative medicine treatment.

Since 2005 the number of veterans that are diagnosed with PTSD has risen by 114%. Since September 11, 2001 with our service members fighting for freedom in Iraq and Afghanistan many come back with extreme PTSD. What they have experienced over there is unimaginable. On top of that Veterans that fought in Vietnam have since retired and are still facing the horrific memories they have of that time.

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