

**Mayo Clinic's Medical Edge**  
**How does Acupuncture Work?**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
<b>(Chee)</b>	HERE'S A QUESTION FOR YOU. HOW'S YOUR CHI? IN TRADITIONAL CHINESE MEDICINE, CHI IS THE BASIC ENERGETIC FLOW OF LIFE. IMBALANCES IN YOUR CHI CAUSE ILLNESS. ACUPUNCTURE REBALANCES THAT ENERGY FLOW, RESTORING HEALTH. MAYO CLINIC DR. PETER DORSHER ADMITS IT'S A TOUGH CONCEPT FOR WESTERNERS TO ACCEPT, BUT...
<b>Peter Dorsher, M.D.</b> <b>Track 1 (4:08)</b>	"THERE'S MORE AND MORE EVIDENCE COMING OUT THAT CAN ACTUALLY SHOW ACUPUNCTURE

	POINTS CAN INFLUENCE THE STRUCTURE OF THE BRAIN THAT INFLUENCES YOUR REACTION TO PAIN.”
	WHILE ACUPUNCTURE IS PROBABLY MOST ASSOCIATED WITH PAIN RELIEF, DR. DORSHER SAYS IT CAN BE USED TO TREAT MANY CONDITIONS.
<b>Dr. Dorsher</b> <b>Track 4 (3:50)</b>	“WE’RE GOING TO SEE MORE AND MORE EVIDENCE ABOUT HOW IT INFLUENCES THE NERVOUS SYSTEM, BASICALLY TO REBOOT THE NERVOUS SYSTEM.”
	OFTEN WORKING AT LEAST AS WELL AS OTHER TREATMENTS WITHOUT THE DEBILITATING SIDE EFFECTS.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a> . I’M VIVIEN WILLIAMS.
