



## Acupuncture & Herbal Medicine Day



**OCTOBER 24TH**

### What is AHM Day?

Acupuncture and Herbal Medicine Day is observed on October 24 to bring awareness to acupuncture and Eastern medicine. Acupuncture has become increasingly popular with one in ten adults having received acupuncture at least once, according to a survey done by the National Certification Commission for Acupuncture and Chinese Medicine.

The official commemoration for AHM Day began in 2002 and has been promoted by many organizations in the U.S. including the Council of Colleges of Acupuncture and Traditional Chinese Medicine. AHM Day is also recognized in other countries such as Canada, Mexico and Pakistan.

### How can acupuncture help you?

Acupuncture and Traditional Chinese Medicine have been known to help treat countless health conditions. Everything from digestive issues such as abdominal pain and indigestion, to addiction, sciatica and high blood pressure. This treatment has been used for adults and kids alike and is essentially harmless with almost no side effects. Not only is acupuncture effective on its own, but is one of the most popular complementary treatments combined with conventional methods. The National Institutes of Health Consensus has stated that promising results have emerged, specifically for postoperative and chemotherapy nausea, vomiting, as well as postoperative dental pain, low back pain, carpal tunnel syndrome and more.

### Quick Facts about Chinese Medicine

Traditional Chinese Medicine, such as acupuncture, is a health care system that has been used for more than 3,000 years to treat illness and improve quality of life.

1. All Traditional Chinese Medicine is based on the idea of bringing the body to balance and improving the the body's natural energy flow, which is called qi.
2. The World Health Organization has listed acupuncture as a useful treatment for more than 40 health conditions.
3. Acupuncture is known to be helpful as a treatment on its own, as well as a complementary treatment.
4. AHM Day is comprised of international partnerships with professional associations, research organizations and educational institutions.
5. The most common complementary and alternative medicines according to the NCCIH survey include acupuncture, acupressure, herbal medicine, tai chi and qigong.
6. Activities on AHM Day include press releases, health fairs, open house tours of college clinics and facilities, and working with Acupuncture Medicine professionals and alumni to host free treatments and talks.
7. All Acupuncture Medicine colleges and programs in the U.S are part of The Council of Colleges of Acupuncture and Oriental Medicine, which was established in 1982 for the goal of advancing acupuncture and Chinese medicine and promoting education.



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Annually on October 24, Council member colleges come together through activities to promote awareness and the benefits of acupuncture and Chinese medicine. Free acupuncture treatments at college clinics are typically offered on this day as well as free talks, health fairs and more.

The Council includes 49 accredited AM colleges across the United States and welcomes other organizations to join in efforts as well.

All Chinese medicine including acupuncture is based on the idea of the flow of Qi throughout the body. Traditional Chinese Medicine believes that when we are ill, there could be a blockage or stagnation in our body's natural energy flow, which affects the organ systems. Acupuncture is used to correct this imbalance through the specific placement of needles on the body.