

Acupuncture is an effective treatment for pre menstrual syndrome

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This long-practiced tradition is used for pain control and psychosomatic illnesses (Habek, Habek, and Barbir).

Although there is not enough conclusive evidence that can substantiate the use of acupuncture, it is still a method that should be considered as an alternative or a complement for other treatment. It is a holistic approach that affects the hormones called endorphins which results in the patients feeling better. Most women who have tried registers a marked reduction in PMS symptoms (Habek, Habek, and Barbir).

It is difficult to understand PMS for someone who has not experienced such. Alternative treatment such as acupuncture might be the answer especially for those who have tried the usual methods. There are a number of doctors who approve of the method and have seen improvement in the lives of their patients. The treatment usually lasts for 45 minutes to 1 hour per session. For better results, doctors advise regular treatment. Acupuncture does not have side effects like medication and if coupled with a balanced diet and exercise, it might prove as the better alternative for a lot more women.