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What Are The Benefits Of Acupuncture Treatment For African Americans With Essential Hypertension

Introduction

High blood pressure commonly known as hypertension is the leading killer worldwide; it affects hundreds of millions of people with black people in America being most vulnerable. Acupuncture is an intervention of traditional Chinese medicine, which requires the application of needle on specific disease locations, and has recently become a potential complementary treatment for essential hypertension.

Integrated-control

Acupuncture, yet is designed in the sense that it influences energy points they termed as meridians so as to enhance well being of the body. This is one of the reasons why of the studies show that receiving acupuncture regularly will lower one's systolic and diastolic pressure because it soothes the blood vessels and increases blood flow.

Mental Health

One common cause is chronic stress and How stress may lead to development of hypertension. Acupuncture leads to a relaxation activity through the promotion of the generation of endorphines and other natural chemicals that fight stress. It help s especially for African Americans to have this benefit because there are so many socio-economic stresses as well as health-related problems.



Conclusion

Acupuncture is safe and culturally tailored for the black population with essential hypertension. This old age practice integrates the best practice of today's advanced medical science to guide people to improved health.

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