

**LATEST  
ONLINE  
DISCUSSION  
FORUM  
TOPICS**

**Is there a real  
demand for  
acupuncturists?**

**Way too many  
acupuncture  
courses.**

**Cure for pan-  
creatic cancer?**

**Treatment of  
Ross River Fe-  
ver with Acu-  
puncture**

We would like to welcome Acuneeds Australia on-board as an Acupuncture.com.au premium partner.

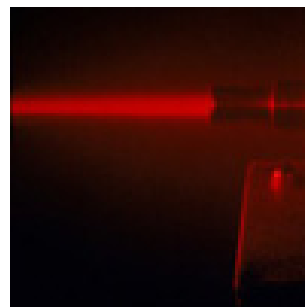
Acuneeds have been providing Acupuncture and TCM products to the Acupuncture community for over 20 years. They are Australian owned and operated and their company motto says it all..

Large enough to serve, small enough to care.



## **Study of Autonomic Nervous Activity of Night Shift Workers Treated with Laser.**

**Objective:** The aim of this study was to evaluate the impact of laser acupuncture on the autonomic nervous system (ANS) of the night shift worker. **Background Data:** Many articles have demonstrated that levels of affective disorders and stress are high in night shift workers. We applied laser energy to the



Neiguan point (PC6) to examine the impact of laser acupuncture on the ANS of 45 healthy young males

who were night shift workers and evaluated their heart-rate variability (HRV).

**Materials and Methods:** The laser group (n = 15) received laser acupuncture (9.7 J/cm<sup>2</sup>, 830 nm) for 10 min, and the placebo group (n = 15) received sham laser treatment. The effects

*(Continued on page 2)*

## Study of Autonomic Nervous Activity of Night Shift Workers Treated with Laser.

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before and after this intervention on the HRV of the subjects were assessed, along with those seen after 30 min of lying down. Results: After treatment and after the 30-min rest period, the independent-sample t-test showed that both groups exhibited statistically significant differences in high-frequency (HF) HRV, low-frequency (LF) HRV, and the LF:HF ratio of HRV ( $p < 0.05$ ). Compared with the placebo group, the

paired-samples t-test showed that after laser treatment the treatment group had a statistically significant improvement in HF HRV ( $p = 0.001$ ), LF HRV ( $p = 0.001$ ), and the LF:HF HRV ratio ( $p = 0.02$ ).

**Conclusions:** Laser acupuncture stimulation applied to the Neiguan point increased vagal activity and suppression of cardiac sympathetic nerves. This effect was positive and could be used to help patients who have circadian

rhythm disorders.

**Country:** Taiwan

**Institute:** Department of Biomedical Engineering, Ming Chuan University, Da Chien General Hospital, Miaoli, Taiwan.

**Author(s):** Wu JH, Chen HY, Chang YJ, Wu HC, Chang WD, Chu YJ, Jiang JA.

**Journal:** Photomed Laser Surg. 2008 Sep 11.

## Media gallery photo. - Oprah gets Acupuncture

In February of last year Oprah Winfrey received Acupuncture live on her Television show. Her first response was "It's really not that bad. It's not as bad as getting your ears pierced, I'll tell you that."



## Acupuncture / TCM events for October

**05****Melbourne - TaiJi Secrets Seminar**

Contact: Cameron Hall on 0401061430 or cam247@hotmail.com

This is a multi-day event ending on the 05/10

**09****Adelaide - Breast, Prostate Cancer & Interleukin 6**

When: 10am - 3.30pm, Where: Hilton Hotel, 233 Victoria Square

Contact: Emily Lewis on 1300 133 807 or emily@panaxea.com

This is a multi-day event ending on the 09/10

**11****Perth - Breast, Prostate Cancer & Interleukin 6**

When: 6.30pm - 10pm @ Park Hyatt Regency, 99 Adelaide Terrace

Contact: Emily Lewis on 1300 133 807 or emily@panaxea.com

This is a multi-day event ending on the 11/10

**12****Sydney - TaiJi Secrets Seminar**

Contact: Cameron Hall on 0401061430 or cam247@hotmail.com

This is a multi-day event ending on the 12/10

**19****Gold Coast - TaiJi Secrets Seminar**

When: 9.00am - 4.30pm

Contact: Cameron Hall on 0401061430 or cam247@hotmail.com

This is a multi-day event ending on the 19/10

*If you would like to add your own event to our calendar for free, visit us online .*

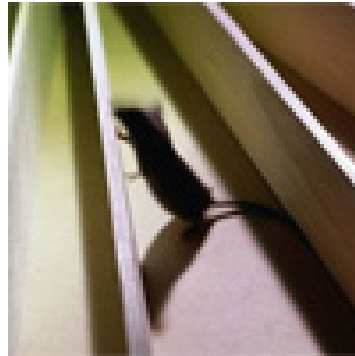
Acupuncture dedicated research  
archives available online.

featuring links to full text articles and search facility

## Electro-Acupuncture restores learning and memory impairment induced by both diabetes mellitus and cerebral ischemia in rats.

**Abstract:** Previous investigations have demonstrated that electroacupunctural stimulation can ameliorate primary and secondary symptoms such as peripheral neuropathy and diabetic encephalopathy in diabetic rats.

In this study, we investigated whether electroacupuncture could improve learning and memory which was typically impaired in diabetic rats with cerebral ischemia. Furthermore, we investigated the mechanisms underlying its effects using passive avoidance test, active avoidance test, Morris water maze and electrophysiology.



Electroacupuncture increased the step-down latency in passive avoidance test and accurate rate in active avoidance test, decreased the escape latency in Morris water maze. After electroacupuncture treatment, the long-term potentiation (LTP) impaired by both diabetes and cerebral ischemia was restored significantly.

These results suggest that electroacupuncture can ameliorate learning

and memory capacity impaired by hyperglycemia and ischemia. LTP plays a very important role in this beneficial effect.

**Country:** China

**Institute:** Institute of Acupuncture and Moxibustion, China Academy of Chinese Medical Science, 16 Nanxiaojie of Dongzhimennei, Beijing 100700, China.

**Author(s):** Jing XH, Chen SL, Shi H, Cai H, Jin ZG.

**Journal:** Neurosci Lett. 2008 Oct 10;443 (3):193-8.

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