

# IBS & Acupuncture

As a part of our comprehensive services at The Women's Hospital, we provide patients with an environment of peace and relaxation at our Center for Healing Arts.



**The Women's Hospital**  
CENTER FOR HEALING ARTS

JOINTLY PHYSICIAN OWNED

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**Deaconess**

Acupuncture stimulates the flow of qi (pronounced "chee") in the body. Qi is the vital energy which flows throughout your body and can be disturbed by factors including cold, stress, diet, drugs and hereditary weakness.

By influencing the flow of qi, acupuncture stimulates the body to heal itself. Most patients report an enhanced sense of physical and mental well-being as a result of treatment.

For more information, call **812-842-4328** or visit **[www.deaconess.com/CHA](http://www.deaconess.com/CHA)**.

## IBS and Acupuncture

Do you experience on-again, off-again constipation and diarrhea, abdominal bloating, pain and excessive gas as a reaction to stress? Perhaps you experience heartburn, fatigue, headache, back pain, irregular heartbeat and general weakness? If so, you are one of the estimated 20 million Americans who suffer from irritable bowel syndrome or IBS. This is a functional or movement disorder of the bowel rather than a structural problem. It's most often present in people with a history of stress, anxiety, drug abuse or emotional problems. It is more common in women than men. Symptoms can show up unexpectedly, and though it is not considered life threatening, it can become debilitating and affect your quality of life.

Chinese medicine classifies IBS as stagnant liver energy overacting on the digestive system or the spleen-pancreas-stomach network. Stress and emotional disturbances can greatly contribute to stagnant liver energy. A study presented to the American College of Gastroenterology investigated the use of acupuncture in IBS patients. The study found that patients' quality of life and gastrointestinal symptoms were improved, with a statistically significant reduction in abdominal pain.

Furthermore, a significant reduction in stress perception was also observed in the acupuncture group. The conclusion drawn was that acupuncture is an effective form of treatment for IBS, particularly the pain and stress symptoms.

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