

## **WHY ACUPUNCTURE MAY WORK**

**CNET - New research published this week in the journal Nature Neuroscience finds that the natural compound adenosine, known for its anti-inflammatory properties, floods tissue that is punctured or aggravated, and may be the secret ingredient in acupuncture.**

**"Acupuncture has been a mainstay of medical treatment in certain parts of the world for 4,000 years, but because it has not been understood completely, many people have remained skeptical," says Maiken Nedergaard, co-director of the University of Rochester's Center for Translational Neuromedicine, where the research was conducted.**

**Her team, which presents its work this week at Purines 2010 in Barcelona, inserted and rotated needles into the tender paws of mice and found that the biochemical blockade of adenosine soothed the mice about as much as giving them drugs that boost adenosine levels.**

**More specifically, both during and immediately following an acupuncture treatment, the level of adenosine in the tissue near the needles was 24 times greater than before the treatment. So acupuncture may relieve pain by simply tricking bodies into thinking there's been minor tissue trauma.**