**ACUPUNCTURE FOR ATHLETES**

Acupuncture can provide benefit to athletes of all levels and ages. It is best known for the treatment of pain, but modern research is showing that acupuncture can also improve performance, prevent injury, and help with recovery. There is a growing number of amateur and professional athletes utilizing the powerful effect of acupuncture.

**RAPID RECOVERY**
- Reduce Inflammation
- Optimize sleep

**REDUCE PAIN**
- Release Endorphins
- Natural Painkillers

**INJURY PREVENTION**
- Improve Range of Motion
- Minimize muscle fatigue

**IMPROVE PERFORMANCE**
- Increase blood flow
- Reduce stress and anxiety

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**RAPID RECOVERY**

Acupuncture has been shown to reduce inflammation and oxidative stress in the body. It can enhance recovery by minimizing muscle fatigue, improving energy, and promoting more restful sleep in athletes during intense training cycles. Recovery is **KEY** to successful training.

**REDUCE PAIN**

Acupuncture can relieve pain by reducing inflammation, and stimulating the central nervous system to release endorphins. This process utilizes the body’s own endogenous opioids (painkillers), without the unwanted side effects of medications. It’s a safe and effective alternative to drugs.

**PREVENT INJURY**

The key to injury prevention is preparation and recovery. Acupuncture can help relieve muscle soreness, fatigue, and tension. It can also improve range of motion and mental focus. All of these factors contribute to performance without injury.

**IMPROVE PERFORMANCE**

Acupuncture can increase nitric oxide levels in the body. This relaxes blood vessels and opens up arteries, allowing for increased blood flow to the heart and other organs. Acupuncture can also reduce stress and anxiety, providing better rest and significant benefit before competition.

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**[CLINIC INFORMATION]**