**Abstract**
Traditional western allopathic medicine isn’t the only way to treat pain. The purpose of this study is to research acupuncture, an ancient Chinese medicine in which thin needles are put into the skin at strategic points in the body, in order to balance out chemicals and energy flow. Using evidence based research on acupuncture techniques, we will be evaluating acupuncture’s effectiveness of treatment versus other western methods. We will study the use of acupuncture as treatment for headaches, arthritis, menstrual cramps, and anxiety. This form of treatment isn’t a permanent solution but, could act synergistically with western medicine.

**Acupuncture in Mental Illness Patients**
- Mental disorders are typically caused by a chemical imbalance in the brain because our bodies produce too many stress hormones and acupuncture helps to reestablish equilibrium. (Hull, 2014)
- Often time’s western medicine alone is difficult to treat more complex disorders such as PTSD in veterans. Acupuncture treats these in a more broad sense by targeting multiple biological symptoms concurrently. (Ostermann, 2013)

**Acupuncture in Mental Illness Patients**

- Many females are afflicted with painful menstruation cramps. This notion of a painful menstruation cycle is known as dysmenorrhea.
- Dysmenorrhea can indeed be fixed temporarily by taking certain medications (like ibuprofen, birth control, etc.) however acupuncture gets rid of it once and for all. [Points made near the abdomen, back, and legs especially help.] (Smith, 2010)

**Relief from Arthritis**
- Acupuncture can ease pain through the release of endorphins to the affected muscle. Acupuncture triggers the muscle to relax which can bring relief to those suffering from Arthritis.
- The relief from acupuncture doesn’t come quickly. It can take multiple sessions for people to feel relief.

**Combination Therapy**
- Many experiments have shown that the best solution for pain management is a combination of acupuncture with traditional allopathic medicine
- A study conducted on patients with high blood pressure proved this (Kim, Zhu 2010)
- With cancer pain studies showed drugs alone were more effective than acupuncture alone, but the most effective was the combination of the two (Choi, 2012)
- Studying nausea before and during a cesarean showed both methods to be effective, but acupuncture to be easier and more tolerable for patients (Ahmady, 2011)

**Conclusion**
- If acupuncture and modern western medicine were used hand in hand in patients with certain illnesses, acupuncture could work as a temporary relief as western medicine works on a long term solution.