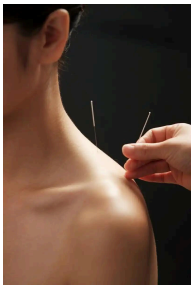
Can Acupuncture Treat Cervical Spondylosis?

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Acupuncture can help treat cervical spondylosis, primarily through the following mechanisms:

Pain and Inflammation Relief: Acupuncture affects the endocrine system, stimulating the release of endorphins. It also accelerates local metabolism and the absorption of inflammatory substances, which helps to reduce pain.

Improving Blood Circulation: Poor blood circulation in the neck can lead to stiffness and limited movement. By stimulating acupuncture points, blood flow is enhanced, which helps alleviate stiffness, reduce pain, and promote recovery.

Relieving Muscle Tension: Acupuncture helps relax the neck and shoulder muscles, reducing spasms and relieving the pressure on the intervertebral discs. This, in turn, reduces nerve compression and alleviates pain.

Regulating the Nervous System: Acupuncture can also help regulate the central nervous system, which reduces pain and aids in the recovery of the cervical spine.

In summary, acupuncture treats cervical spondylosis by targeting acupuncture points related to the cervical spine, helping to reduce inflammation, improve circulation, relax muscles, and regulate the nervous system, ultimately promoting recovery.

Keywords: Cervical spondylosis, acupuncture