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## MANAGING STRESS WITH ACUPUNCTURE NEUROLOGICAL POINTS

By: Dr. Carla Arieta



Stress affects all of us and can be caused by social obligations, financial pressures, and disrupted routines. Chronic stress can dysregulate the autonomic nervous system, leading to symptoms like insomnia, anxiety, and fatigue. Acupuncture, rooted in both traditional and modern neurophysiological principles, offers a scientifically supported method to restore balance and alleviate stress.

### **The Neurological Basis of Acupuncture**

Acupuncture's effects on the nervous system are mediated through the stimulation of specific points, known to influence the brain and peripheral pathways. When an acupuncture needle is inserted, it activates sensory nerves, leading to the release of neurotransmitters such as endorphins and serotonin. This mechanism not only reduces pain but also regulates the hypothalamic-pituitary-adrenal (HPA) axis, the body's central stress response system.



## Key Neurological Acupuncture Points for Stress

- **Yintang (EX-HN3)**: Located between the eyebrows, Yintang is linked to calming the mind. Stimulating this point activates the parasympathetic nervous system, reducing anxiety and promoting relaxation.
- **Shenmen (HT7)**: Found on the wrist, this point influences the heart's connection to the brain and is used to address insomnia, emotional instability, and tension.
- **Neiguan (PC6)**: Positioned on the forearm, this point is vital for calming the chest and alleviating nausea, often tied to stress.
- **GV20 (Baihui)**: At the crown of the head, GV20 harmonizes the nervous system by promoting circulation to the brain and alleviating tension headaches.

### Clinical Evidence

Studies using functional MRI (fMRI) have demonstrated that acupuncture modulates brain activity in regions associated with stress regulation, such as the amygdala and prefrontal cortex. This aligns with reports of patients experiencing improved emotional resilience and reduced holiday burnout after acupuncture sessions.

### Incorporating Acupuncture into Wellness

By targeting specific neurological points, acupuncture offers a holistic approach to managing stress. Pairing this therapy with mindfulness, regular sleep, and a balanced diet can amplify its benefits, enabling individuals to fully experience a calm and focused mind.



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[inspire-im.com](http://inspire-im.com) • 410.989.8833 • [register@inspire-im.com](mailto:register@inspire-im.com)