

FOR IMMEDIATE RELEASE

**5K Walk in Raleigh to Raise Awareness on Acupuncture's Role in Solving the Opioid Crisis
Veterans and other patients share their stories of healing**

Raleigh, NC - October 24, 2017 - The North Carolina Society of Acupuncture and Asian Medicine (NCSAAM) is hosting its **2nd Annual Walk for Acupuncture 5K** in downtown Raleigh on Saturday, October 28th at 10:30 am. Patients who have suffered chronic pain and other acute medical issues will be available for interviews to share their amazing transformations as a result of acupuncture.

For several thousand years, acupuncture has been used effectively and safely to treat all types of pain. Now, the American College of Physicians has formally recommended acupuncture as a first, primary form of treatment for back pain, with the use of pharmaceuticals now considered a secondary, less effective remedy. This is key in reducing the amount of opioids being prescribed to patients and can disrupt the current epidemic in the United States.

The NCSAAM also is committed to assisting patients in getting more inclusive insurance coverage and patient access to this evidence-based medicine. In addition to licensed acupuncturists and their advocates, there will be several patients participating in the walk. Michelle McNabb suffered numerous medical issues, including migraine headaches, Hashimoto's disease, digestive problems and severe back pain. She took significant amounts of medicine for all these maladies. In 2013, McNabb began going to acupuncture. Four years later, her migraines are gone, the autoimmune disease is undetectable and she takes no more daily medications. McNabb credits her acupuncture regimen for improving her health and making her whole again. Cancer patients and veterans whose health has made tremendous improvements also will be available to share their success stories as a result of acupuncture.

What: Walk for Acupuncture 5K Walk-A-Thon

When: Saturday, October 28th at 10:30 am

Where: Halifax Mall - 16 W. Jones Street, Raleigh, NC 27601

Register: <https://www.ncsaam.org/>

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About the North Carolina Society of Acupuncture and Asian Medicine

The North Carolina Association of Acupuncture and Asian Medicine is a not-for-profit, professional organization of Licensed Acupuncturists, Asian Medicine practitioners, related students and other interested parties throughout the state of North Carolina. The purpose of the association is to encourage and foster those forms of the healing arts known as Acupuncture and Asian Medicine and its various modalities and adjunctive therapies, educate the public, policy makers and mainstream healthcare about its positive benefits. For more information, visit www.ncsaam.org.

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