

Theories on Acupuncture's Mechanisms of Action:

- Stops pain by releasing substance P ⁱ
- Reduces inflammation ^{ii iii}
- Vasoconstricts cerebral blood flow in migraines ^{iv}
- Vasodilates blood vessels ^{v vi}
- Signals the brain to release endorphins, norepinephrine, enkephalins & endogenous opioids ^{vii}
- Stimulates the release of oxytocin to activate the parasympathetic nervous system ^{viii}
- Releases opioid peptides for pain relief ^{ix x}
- Releases serotonin & dopamine ^{xi xii xiii xiv xv xvi}
- Releases inflammatory cytokines ^{xvii xviii}
- Changes the neuroplasticity of the brain ^{xix xx}
- Changes connective tissue ^{xxi xxii xxiii xxiv}
- Increases local nutritive blood flow ^{xxv}
- Stimulates C & A delta fibers to create an axon reflex ^{xxvi xxvii xxviii}
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