

Mayo Clinic Medical Edge
Acupuncture for Nausea

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	GAYLON JONES KNEW THAT GETTING HIS STRENGTH BACK AFTER SURGERY WOULD BE TOUGH. BUT HE WAS NOT PREPARED FOR THE INTENSE NAUSEA AND VOMITING THAT DEVELOPED AFTER THE OPERATION.
Gaylon Jones, Patient	"BASICALLY I WAS NAUSEATED FROM THE FIRST THING IN THE MORNING TO LATE AT NIGHT. IT WAS COMPLETELY DEBILITATING."
	THAT'S WHEN HE TURNED TO MAYO CLINIC DR. RONALD REMIER. A NEUROSURGEON, DR. REIMER ALSO PRACTICES THE ANCIENT

	CHINESE ART OF ACUPUNCTURE.
	HE DESCRIBES IT AS WORKING IN THIS FASHION: NEEDLES IN THE SKIN STIMULATE THE NERVOUS SYSTEM, INCLUDING THE SPINAL CORD AND BRAIN. THIS CAUSES ENDORPHIN LEVELS TO RISE AND OTHER CHEMICALS TO CHANGE.
Ronald Reimer, M.D.	“IT IS A SCIENCE THAT IS TRYING TO REBALANCE THE FLOW OF QI, OR ENERGY IN THE BODY.”
	ACUPUNCTURE RECEIVED THE NAUSEA FOR GAYLON.
Gaylon	“I WENT FROM PROBABLY 12 HOURS A DAY OF NAUSEA, FROM MILD TO EXTREME, TO MAYBE TWO TO THREE HOURS A DAY. IT WAS LIFE CHANGING.”
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.