



IN A HEATED COMPETITION, acupuncture beat drugs in easing hot flashes. Researchers compared the ancient practice with the antidepressant Effexor in a group of notoriously flash-plagued women—breast cancer patients taking tamoxifen. After 12 weeks, both treatments cut flashes and depression by half, but for the needle group, relief continued for 12 more weeks after treatment ended, compared with just two weeks for the pill takers. Another benefit of acupuncture: For 25 percent of the women, it boosted sex drive. →

Source: Henry Ford Hospital, Detroit