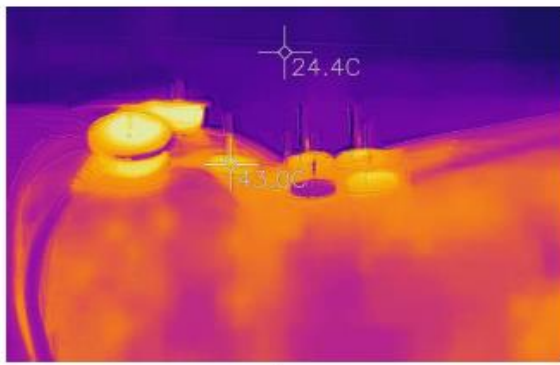


## Supplementary materials

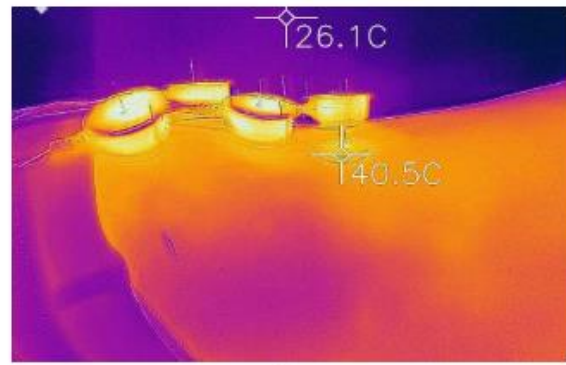


### **Supplement 1. Warm acupuncture conducted using specially designed moxibustion device.**

The specially designed moxibustion device (DAJ-23, XiangHe Chinese Traditional Medicine Instruments Co., Ltd., Heilongjiang, China) consisted of a ceramic heating part at the top, a cork layer at the bottom as an insulation preventing the heat transfer from the upper heating part to the skin, and a thin copper tube in the middle of the cork layer that can be inserted in the upper heating part. During warm moxibustion, the moxibustion device was put through the needle on the skin, with the needle in the copper tube, and the heat from the upper heating part transfers to the copper tube then to the needle.



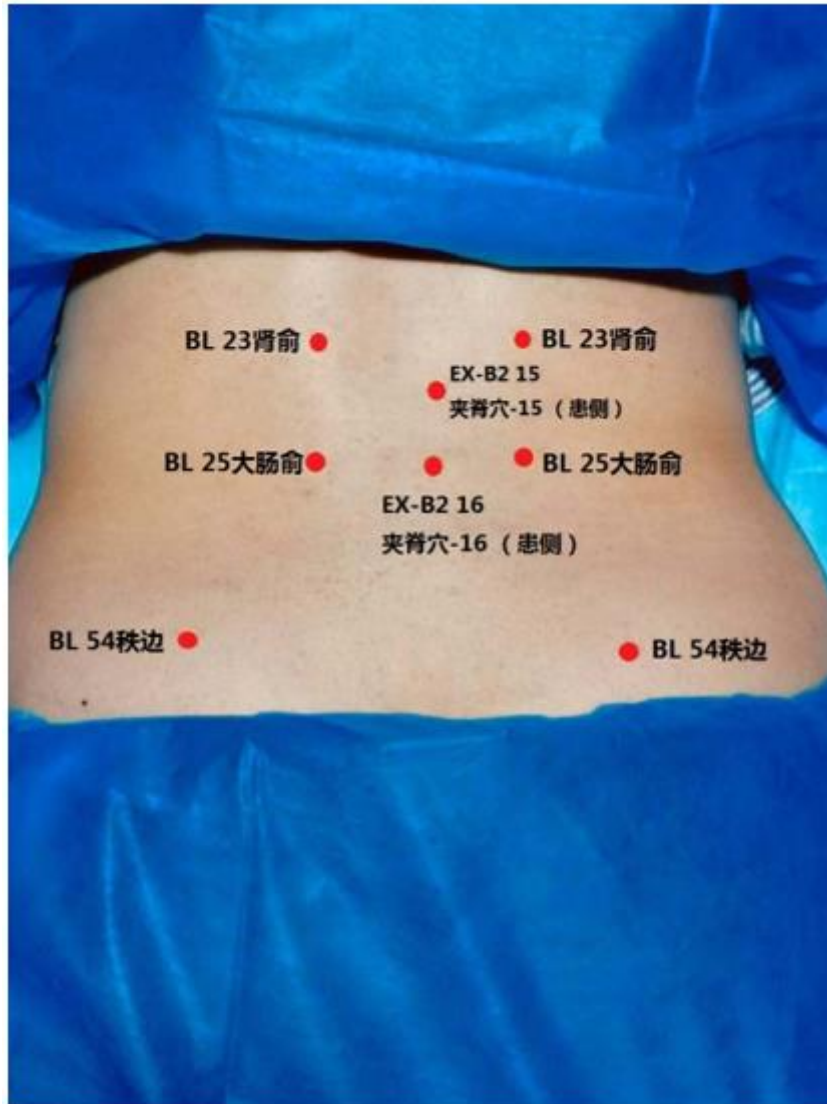
A



B

### Supplement 2. Infrared thermography on acupuncture points.

(A) Infrared thermography after immediate removal of one of the warm acupuncture sets in SvN group. The temperature of the skin surface at the acupuncture site was around 43.0°C after removal of the warm acupuncture. The actual temperature with the device on should be above 43.0°C. (B) Infrared thermography after immediate removal of one of the warm acupuncture sets in SSN group. The temperature of the skin surface at the acupuncture site was around 40.0°C after removal of the warm acupuncture. The actual temperature with the device on should be above 40.0°C. The indoor temperature was maintained at  $25 \pm 0.8^\circ\text{C}$ .



Supplement 3. Locations of the eight main points in the warm acupuncture treatment.