

WEIGHT LOSS

Approximately 25% of people in the United States are overweight and trying to lose weight. Billions of dollars are spent on weight loss programs and yet the failure rate remains enormously high. Fortunately, acupuncture and Traditional Chinese Medicine can help the majority of these people. In addition, acupuncture is effective in treating and preventing depression and stress related to over-eating. Research has shown that acupuncture can be used to curb the appetite, decrease cravings, rid excess water, stimulate the pituitary gland to burn off extra calories, and correct the body's internal imbalance.

In Traditional Chinese Medicine, doctors divide obesity into deficiency syndrome and excess syndrome. The excess type is due to an over intake of fatty food, or excessive consumption of alcohol. The deficiency type is due to spleen and stomach Qi deficiencies. There are also congenital and natural causes of obesity. When the food intake is more than the food utilized by the body, the extra food will be stored as fat. Overweight means that the fatty degree is 10% over the normal body weight. If the fatty degree is over 20% of the weight, it is called obesity.

Treatment Principles

Initially, acupuncturists differentiate between deficiency and excess. Then they apply the principles of invigorating the spleen and nourishing the kidney to treat deficiency syndromes, and employ methods of resolving dampness and stagnation to treat excess syndromes. In addition to herbal medicine and acupuncture treatments, your acupuncturist will help you incorporate exercise and a healthy diet, which are also important in treating obesity.

Some treatment techniques used for weight loss include:

- ◆ Ear Acupuncture – needles are inserted at the points for the Lung, Large Intestine, Triple Energy, Hunger Point, and Thirst Point to control appetite and reduce food absorption
- ◆ Chinese Herbal Medicine – various Chinese Medicines are taken orally to control the symptoms and promote weight loss
- ◆ Moxibustion – a complimentary technique where a burning stick or cone is placed over the affected area without burning the skin to increase the circulation of blood and strengthen the life energy, Qi

Results of Acupuncture Treatment

Acupuncture helps patients lose weight safely and effectively. People can lose up to 15 pounds, or more in some cases, in a period of one month. Acupuncture can also help people maintain their desired weight.

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