

Weight Loss Program

Acupuncture for Weight Loss



Everyone is looking for the secret to weight loss, without falling victim to the latest gimmicks. With so many different opinions about how to lose weight, it can be difficult to tell what will really work. Fortunately there is a technique for weight loss that has been tested for centuries: ACUPUNCTURE. This technique is safe, sound and reliable. And, even more exciting, using acupuncture for weight loss helps you lose weight in several different ways.*

What Acupuncture Does

Acupuncture affects both physical wellness and mental aspects of weight loss. Acupuncture for weight loss works by decreasing cravings, promoting digestion, soothing emotions, and controlling appetite. Acupuncture stimulates the body to release endorphins, the body's own "feel-good" chemicals.* An increased level of endorphins is helpful in curbing your cravings. This can be particularly helpful for those who deal with emotional eating. Acupuncture can also help tone the stomach muscle. This helps you feel full faster. Overeating can leave your stomach "stretched out". Regular acupuncture treatments have been shown to help tone and shrink the stomach muscle.



Common Ear Points

Commonly used auricular (ear) points added to treatments:

- Shenmen: For grounding and calming the mind. Most acupuncturists start here to put the patient at ease.
- Mouth: Calming point for control of overeating.
- Small Intestine: Strengthens and improves digestion.
- Hunger Points: Relieves hunger & helps control compulsive eating.
- Endocrine points: Balances hormone levels and boosts metabolism function.*

The Program

For optimal treatment, acupuncture for weight loss should be scheduled once or twice a week for 8 to 12 weeks or until you reach your desired weight. These treatments may include a combination of auricular (ear) and body acupuncture, ear tacks or beads to leave on in-between treatments, herbs and supplements, [B12 Lipotropic injections](#), abdominal massage, breathing exercises, and food and lifestyle recommendations. It is necessary to commit to proper nutritional intake and a minimum of 30 minutes/day of exercise or movement such as walking in this program in order to attain desired results.

Important Benefits

In addition to touting acupuncture's efficacy on weight loss, scientists have now provided explanations on just *how* acupuncture promotes weight loss:

- **Increases metabolism**
- **Improves insulin resistance**
- **Decreases abdominal fat**
- **Appetite suppression**

For best results and optimal health, consider combining proper nutrition, maintaining an active lifestyle, and applying stress management techniques while using acupuncture and Traditional Chinese Medicine to fully enhance your weight-management regime and reach your goals!

**Results may vary*