

Weight Control

According to Traditional Chinese Medicine (TCM), fat tissue means excess dampness stuck in the skin and muscles. There are several ways to reduce dampness from the body. To gently increase the body's metabolic rate to improve the processing of body fluid is the most effective method.

Acupuncture and Chinese Medicine helps strengthen specific organ functions in the body to promote metabolism. Therefore weight loss is both safe and long term natural by-product.

There are also other factors that may lead to weight gain, i.e. your lifestyle, diet, and emotions. You and your acupuncturist can take your whole body into account and get to the root of your health concerns, rather than just treating the symptoms.

How acupuncture and Chinese Medicine achieve this goal?

- Release Endorphins - Many people crave more food when change due to lack of endorphins. Acupuncture helps your body release endorphins to reduce the cravings.
- Stress reduction – Your metabolism is changed with increasing in the “stress hormone” Cortisol. When acupuncture releases of endorphins, it neutralizes the “stress hormone”.
- Help Digestion – Acupuncture and Chinese herbs can help digestive process.

What will my acupuncturist do?

During your first visit, your acupuncturist will do tongue and pulse exam along with medical history intake. Your acupuncturist will provide you with TCM diagnosis and explain treatment plan to you.

Based on your unique conditions, your acupuncturist will choose specific meridians to concentrate with. For example, to stimulate Stomach meridian can balance the flow of stomach Qi (energy) to reduce appetite and promote digestion. As an emotional eater, he or she can be helped by balancing the Liver function.

Your acupuncturist may use acupoints on your ears, too. Attaching tapes with magnetic seeds on the ear lobe and pressing several times per day by the patient can effectively decrease appetite. This treatment method makes benefit from office visit last longer. To work with your acupuncturist, you can help your body regain its natural balance, and start taking steps toward true health.