

# Acupuncture and Weight Loss

If you struggle with your weight, you're not alone. In fact, a recent study suggests that 86% of Americans could be overweight or obese by 2030.

Americans spend billions of dollars annually on weight loss products, but obesity is still on the rise. People are even turning to surgery as a weight loss option. This is a drastic measure and

can cause unwanted side effects. Unfortunately, excess weight is not just a cosmetic issue. Being overweight is a risk factor for many conditions such as high blood pressure, diabetes, and heart disease. The good news is that maintaining a healthy weight can reduce your risk – and it's never too late to get started. People seeking to address their weight concerns are turning to acupuncture as a natural and effective way to approach weight loss.



## A Variety of

**Reasons:** Acupuncture works to control weight on various levels.

**Release Endorphins-**With diet changes, many people experience cravings which can lead to binge eating. Cravings in the body are often due to a lack of endorphins. Acupuncture can help to balance out the cravings by helping the body to release endorphins.

**Reduce Stress-**An increase in the stress hormone cortisol can alter the metabolism. Through the release of endorphins, cortisol can be neutralized.

**Support Digestion-**Acupuncture can support the body to generate an efficient digestive process and restore a slow metabolism.

**A traditional approach to healing.** Acupuncture and Traditional Chinese Medicine (TCM) take a holistic, or whole-body approach to health. This ancient form of healthcare works to restore the balance and flow of the body's vital energy, or Qi (chee). According to TCM, the reasons why people gain weight, or find it difficult to lose weight, are numerous. Your acupuncturist is well versed in uncovering the root causes that have affected your weight. Your acupuncturist will also take into consideration other factors that may have led to your weight gain, including your lifestyle and emotional well-being. By taking your whole self into account, you and your acupuncturist can get to the root of your health concerns, rather than just treating the symptoms.

**Acupuncture is not a quick fix. It is not the magic cure-all for weight loss. It is an effective tool in conjunction with proper eating habits and regular exercise.**

**A partnership for better health.** By working with your acupuncturist and committing to long-term goals, you will experience positive changes in your overall health, including maintaining a healthy body weight. In addition to acupuncture treatments, your practitioner may also recommend other lifestyle changes. Whether you want to lose a few pounds or a significant amount, people are turning to acupuncture as a natural and effective way to approach weight loss. By working together with your practitioner, you can help regain your body's natural balance and start taking steps toward true health and vitality.