

Get practical Acupuncture And Acupressure advice online

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Organic Life

Side effects for those on medicine included nausea, diarrhea and burning sensations.

Show Luo at his Hong Kong Press Conference 01-16-2008

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Acupuncture and Weight Loss The Secrets Told

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Although acupuncture itself is ancient the use of to help weight loss has only in the last few years been used. It is only in modern times and the way in which we now live and with the advent of increased levels of obesity around the world that both medical practitioners and patients have been looking for ways to find a way of losing weight, thus research has been carried out in to acupuncture weight loss. Research has been carried out in China since 1998 into acupuncture weight loss techniques because of the influx of Western kind of foods in to the country has caused increased levels of obesity in the Chinese population.

The techniques used in acupuncture weight loss help to improve both the endocrine and digestive systems of a patient, which results in improved digestion which makes the patient feel fuller faster. By using a combination of needles and herbal therapies the goal of a patient to lose weight is very often achieved.

Normally when being treated using acupuncture weight loss techniques often the needles will be inserted into the meridian points associated with the stomach, spleen and kidney and on occasions those associated with the mouth, lungs and thyroids. However, any treatment carried out will be customized to suit each particular patient in relation to their needs and those of their body.

However in the Western world there is an acupuncture treatment available based on theories relating to the ears and is often known as Weight Control Ear Staples. But it is advised that this type of treatment should be disregarded as being effective as it ignores 90% of the full treatment normally required and may result in infections as well as damage to the ear cartilage.

What should be remembered that acupuncture weight loss is a slow and sometimes holistic treatment and simply cannot be reproduced by attaching things to a persons ears and therefore it is prudent if anyone looking to lose weight using acupuncture should discount such treatments involving the ears.

Normally most patients who have undergone acupuncture weight loss treatment will report results in about a year and it should be noted that such treatment does not require the patient focusing on a diet and exercise plan. The key part of this treatment is to make the patient feel fuller faster when eating and thus making them eat less, so will power and spending hours at the gym are not vital. Yet in Western society many practitioners will also ask their patients to follow a diet and exercise program that they produce for each individual and certainly is a lot easier for the patient to follow.

Whilst on any acupuncture weight loss treatment program the patient should ideally make time to have two or more treatments per week and not only involves the placing of needles to specific points of the body by also the gentle application of electrical currents to these points through the needles. Normally afterwards the patient will be asked to take a mixture of herbs which will help to remove any toxins from the body and strengthen the flow of energy (Qi (Chi)) through the body. Normally the first part of the treatment will show a slow and gentle weight loss and the latter part involves stabilizing the patient and slowly allowing certain items back into the diet which were previously omitted during the treatment period. The whole idea of this treatment is to maintain the weight that has now been achieved by the patient whilst allowing them to enjoy a more normal diet. Occasionally some practitioners may use ear acupuncture weight loss at this time which involves the attachment of herbal seeds to a patients ear.

Therefore if you are having problems with losing weight, it may be wise to look at acupuncture weight loss as a more safe and natural way of dealing with it.

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