

Acupuncture

Acupuncture, a traditional Chinese medicine practice, involves inserting fine needles into specific points on the body to balance energy flow (Qi) and promote health. It is increasingly being explored as a complementary treatment for weight loss

How Acupuncture Supports Weight Loss?

- 1. Appetite Control** - Acupuncture may help regulate appetite by influencing hormones and neurotransmitters that control hunger and satiety.
- 2. Metabolism Boost** - Certain acupuncture points may help enhance metabolism and energy expenditure by stimulating the body's metabolic functions.
- 3. Stress Reduction** - Acupuncture can help reduce stress and anxiety by promoting relaxation and balancing the body's stress response. Since stress can lead to emotional eating and weight gain, managing stress can indirectly support weight loss.
- 4. Improving Digestive Function** - By targeting specific acupuncture points, it is believed that acupuncture can improve digestion and gastrointestinal function, which may support weight management.
- 5. Balancing Hormones** - Acupuncture may help balance hormones that regulate appetite and fat storage, such as insulin, leptin, and ghrelin.
- 6. Enhancing Physical Activity** - Some studies suggest that acupuncture may improve physical stamina and energy levels, which can encourage increased physical activity.

Types of Acupuncture for Weight Loss

- 1. Auricular Acupuncture** - Involves inserting needles into specific points on the ear that are believed to influence appetite and cravings.
 - o **Benefits:** Often used for appetite control and reducing food cravings.



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- 2. Body Acupuncture** - Involves needle insertion into various points on the body, including the abdomen, legs, and arms, to address appetite, metabolism, and stress.
 - o **Benefits:** Targets overall weight management and metabolic health.

- 3. Electro-Acupuncture** - Uses electrical stimulation in conjunction with acupuncture needles to enhance the effects of traditional acupuncture.
 - o **Benefits:** May offer more pronounced effects on metabolism and appetite control.

- 4. Acupressure** - Involves applying pressure to specific acupuncture points without needles.
 - o **Benefits:** Can be used as a non-invasive alternative to traditional acupuncture for managing appetite and stress.



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