

Acupuncture For Weight Loss

In traditional Chinese medicine, it is believed that acupuncture can help in weight loss by reducing one's appetite, lowering stress, increasing metabolism, and targeting the part of the brain that controls hunger (the hypothalamus).

Causes of Weight Loss

Leading a sedentary lifestyle with no exercise is more prone to gaining weight over time. Overeating fried foods and sweets can also lead to weight gain. The imbalance of Leptin and Ghrelin can also contribute to weight gain due to menopause, insomnia, and high stress.

Acupuncture Points For Weight Loss



Elbow Point

This is the point where all inner energy passes by, and pressing this point is said to improve intestinal functions. It will energize you and further help in getting rid of excessive fat stored in your body.



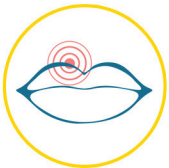
Knee Point

Zu San Li point can help increase the metabolism. It is situated just below the knee. Regularly pressing this point for about five minutes can decrease inflammation on several body parts.



Ear Point

Applying pressure on the ear point and massaging it upwards for at least three minutes regularly can decrease the lobe where the point extends to and can help increase the metabolism and as a result, one can lose body fat easily.



Upper Lip Point

Nervousness and hunger can be controlled by pressing the point in the center of the area between the upper lip and nose for about five minutes for at least two times a day.



Ankle Point

Applying pressure to the ankle point, which is 2 inches above the ankle, for a few minutes using the thumb can help in balancing the fluids in the body and aiding weight loss.



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