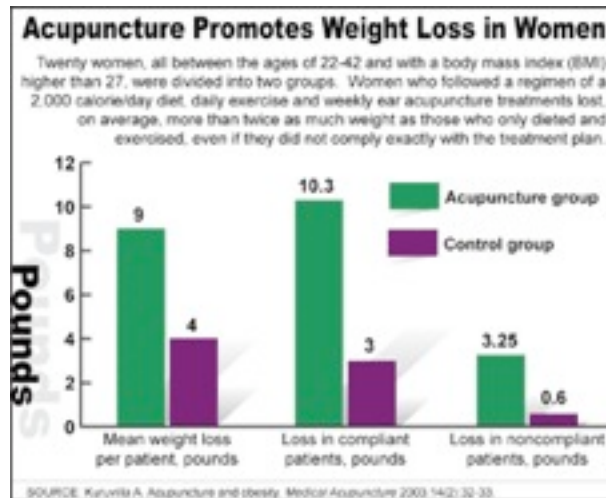


## HELPING WEIGHTLOSS WITH ACUPUNCTURE AND ORIENTAL MEDICINE



**Study:** Acupuncture treatment was administered weekly for 8 weeks. Patients also consumed a 2000-calorie per day diet and increased physical activity.

**Results:** Mean weight loss for patients in the acupuncture group was 9 lbs, while controls demonstrated a mean weight loss of 4 lbs. Compliant acupuncture participants had a mean weight loss of 10.3 lbs; compliant controls had a mean weight loss of 3 lbs.

**Study Conclusion:** These findings indicate that acupuncture at designated points, in conjunction with a reduced-calorie diet and increased physical activity, can be effective in treating obesity.

**Benefits of Acupuncture for those trying to lose weight:** Comprehensive acupuncture treatment for weight loss includes a differential diagnosis to determine individual constitutional causes of weight gain, acupuncture to help control appetite and cravings and to help with water retention, bloating, and to raise the metabolism.

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Taken partially from a study on Acupuncture and Weightloss:  
[http://www.medicalacupuncture.org/aama\\_marif/journal/vol14\\_2/article6.html](http://www.medicalacupuncture.org/aama_marif/journal/vol14_2/article6.html)

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