

## WEIGHT LOSS AND ACUPUNCTURE%0A

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[Acupuncture for weight loss: Does it work? | Canadian Living](#)

Then maybe acupuncture could be the key to your weight loss success. What is acupuncture? Acupuncture is a traditional Chinese medical practice of placing fine, filiform needles into the body at specific points for therapeutic effect.

[I Tried It: Acupuncture for Weight Loss | Shape Magazine](#)

Weight Loss, weird and wacky After the birth of her second son, Allison, 25, found herself in the same situation as many other new moms with a few pounds left to lose and no idea how to do it.

[Acupuncture for Weight Loss: What You Need to Know ...](#)

Weight loss is a complicated issue. Not only is it physically difficult and emotionally fraught, it's also paved with fads of questionable efficacy. And the trend du jour? Acupuncture. This

[Acupuncture Can Help With Weight Loss | Pacific College](#)

Recent studies have shown that when acupuncture is combined with traditional methods of weight loss, patients lose more weight. In these cases, one to three acupuncture weight loss sessions can be safe and effective in helping people achieve reasonable weight loss goals.

[Acupuncture for Weight Loss - Can It Really Help?](#)

Acupuncture is a needle-based alternative therapy sometimes used for weight loss. Long practiced in traditional Chinese medicine, acupuncture is thought to stimulate the body's flow of vital energy (or "chi") and, in turn, improve several factors known to contribute to obesity.

[10 Essentials About Acupuncture for Weight Loss](#)

Acupuncture weight loss technique involves stimulation of certain areas of the body through small needle sticks. This is performed with the concept that the body is perceived as a map that needs to be shoved in order to stimulate and activate certain areas to help achieve an improved physical and mental well-being.

[Acupuncture for Weight Loss - Acufinder.com](#)

Weight loss comes under the topic of "Weight Control", because we are concerned with the loss and MAINTENANCE of loss of weight. This is a multi-faceted problem, and a good program involves diet, exercise and stress reduction techniques. Chinese acupressure and digestive aid exercises are also useful tools in the battle with weight loss.

### [Acupuncture for Weight Loss: Does It Work? - prevention.com](#)

When done correctly, acupuncture is a great supplement to a weight loss program, as patients have noticed decrease in appetite, improved mood, and decrease in stress, Rahnama says.

### [Acupuncture and Weight Loss | The Dr. Oz Show](#)

Using acupuncture to tackle weight loss is a multi-pronged approach. Pinning Down the Benefits The rationale for using acupuncture for weight control is based in the premise that weight gain could be the result of disturbed energy flow to and from the regulating center of the brain, called the hypothalamus.