

How To Lose Weight With Acupuncture|TCM Weight Loss Program

In recent years, more and more people are trying out acupuncture to lose weight. Just what is acupuncture? How can acupuncture treatment help you lose weight?

Acupuncture is a branch of traditional Chinese medicine (TCM) and has been around for about 5,000 years. It is the practice of inserting very thin needles to stimulate pathways or meridians in the body to treat many illnesses and diseases especially to relieve pain from chronic disorders.

Traditional Chinese Medicine practitioners or TCM physicians claim that acupuncture can help you to lose body fat by making you feel full and so will eat less. This curbs excess caloric consumption in the patient treated with acupuncture and is a great help in the patient's weight loss program.

Acupuncture treatment can also be used to raise your metabolic rate and help you to burn more calories to speed up weight loss. Some Chinese medicine practitioners say that acupuncture stimulates the production of a hormone called endorphins and this hormone helps to lower body fat, insulin and lipid levels in the bloodstream thus less insulin is converted into body fat.

Acupuncture is not a miracle cure for obesity. TCM physicians often stress that to achieve good weight loss results from your program and maintaining your weight, acupuncture treatment alone is not enough. To lose weight effectively and keep the fats off permanently, acupuncture treatment must be combined with healthy eating habits and regular exercises.

Before you begin your acupuncture treatment, your Chinese physician will conduct a medical examination on you by checking your pulse and examination of your tongue to ensure that you are suitable for acupuncture weight loss treatment. This is because TCM is a holistic branch of health care and do not just specifically target the ailment or medical complaint. So an investigation into other reasons why a patient is obese is necessary to solve the problem holistically.

If you want to lose weight naturally and without drugs, why not try TCM acupuncture for your weight loss program?

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About the Author

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