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Acupuncture for Weight Loss

In Oriental medicine the root of excess weight is an imbalance within the body caused by malfunctioning of the spleen and liver organ systems. Acupuncture points, foods and herbs selected to assist with weight loss can directly influence the Qi of the spleen and liver systems and treat the imbalances that have caused weight gain.

The spleen is responsible for the proper functioning of the digestive system, ensuring that the food we eat is transformed into Qi, the vital substance of life. Disharmony of the spleen will result in symptoms such as fatigue, slow metabolism, water retention, loose stool and a feeling of heaviness.

The liver's job is to keep the flow of your body's Qi, blood and emotions running smoothly. Our modern, fast-paced lifestyle and chronic stress can negatively impact the liver's ability to function properly and smoothly, which, in turn, can cause the spleen and the whole digestive system to function poorly. One result can be a decrease in your metabolism. Liver disharmony can also cause some of the "triggers" that lead to cravings and compulsive eating.

Acupuncture and Oriental medicine have been shown to have positive effects on the functioning of the nervous, endocrine and digestive systems. Treatment can help with food cravings and metabolism. These functions all help energize the body, maximize the absorption of nutrients, regulate elimination, control overeating, suppress the appetite and reduce anxiety.

Come in for a consultation to see how acupuncture and Oriental medicine can assist you with your weight management goals and help you to live a long, healthy life!



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Walk for Focus



One of the many ways that walking can promote health and wellness is by putting gentle pressure on Yongquan (Bubbling Spring).

An acupuncture point on the sole of the foot, this is the starting point of the Kidney meridian. Stimulation of this energizing point can promote clarity of the mind and stabilize emotions, helping you to focus on your goals.

A Total Health Program

Acupuncture and Oriental medicine address the issues of over-eating and low metabolism with effective tools to control appetite and increase energy. Energy imbalances are corrected and the digestive and elimination processes are improved so that there is a physical shift in the body to naturally have more energy and desire less food.

By addressing both the physiological and psychological aspects of weight loss, acupuncture and Oriental medicine provide a comprehensive therapy for weight issues that promotes better digestion, balances emotions, reduces appetite, improves metabolism and eliminates food cravings.

Each treatment is customized to the needs of the individual patient. Acupuncture points on the body are chosen for overall well being with the objective of increasing circulation of the blood and Qi (stimulating the metabolism) and calming the nervous system. Treatments can include a combination of auricular (ear) and body acupuncture, ear tacks or pellets to leave on between treatments, herbs and supplements, abdominal massage, breathing exercises, and food and lifestyle recommendations.

In addition to treating the root of the imbalance within the body, different acupuncture points may be used for each treatment as different symptoms arise. For instance, if you are experiencing a desire to overeat related to premenstrual syndrome (PMS) one week, then that can be addressed at that week's appointment.

The herbs and foods that are chosen during a weight loss treatment are for promoting healthy digestion, energizing the body, augmenting Qi, and improving elimination of water, toxins and waste products. Acupuncture points on the abdomen can help improve digestion. They can also help with food absorption and the movement of food through the intestines.

Deep breathing with visualization can also strengthen will power and be used as a tool to curb hunger and cravings. Most patients report a marked decline in appetite and cravings with acupuncture alone, but special herbs, healing foods and exercises can definitely enhance the efficacy of the treatments.

Acupuncture and Oriental medicine are powerful tools for healthy weight loss, by itself or as a supportive treatment in conjunction with other weight management programs.

How To Stimulate Yongquan

While Walking:

Let your heel tap the ground gently and feel your weight transfer fully to the ball and toes of your foot. Focus on breathing into your lower abdomen. Keep your shoulders relaxed and allow your arms to swing freely.

By Tapping:

Use your fists to strike your Yongquan about 100 times on each foot.

By Rolling:

Gently roll a tennis ball under your foot while relaxing on the couch.

Overcome Addiction with Acupuncture

Acupuncture has turned a growing number of cigarette cravers into permanent ex-smokers. In fact, researchers say that acupuncture is a promising treatment for all types of addiction from cigarettes to heroin.

In one study, a team from Yale University successfully used auricular (ear) acupuncture to treat cocaine addiction. Results showed that 54.8 percent of participants tested cocaine-free during the final week of treatment, compared to 23.5 percent and 9.1 percent in the two control groups. Those who completed acupuncture treatment also had longer periods of sustained abstinence compared to participants in the control groups.

Acupuncture treatments for addiction recovery focus on jitters, cravings, irritability, and restlessness; symptoms that people commonly complain about when they quit. It also aids in relaxation and detoxification.

The Will Power Connection

Is there a body/mind connection to will power? According to the principles of Acupuncture and Oriental medicine there is. Will power, or "Zhi," is said to reside in the kidneys and the state of the Kidney Qi directly correlates to the fortitude of our will power.

In Oriental medicine there is a protective layer around the exterior of the body called Wei Qi, or defensive energy. Nourishing Qi can greatly enhance the body's ability to thrive in times of stress and can aid in healing, prevent illness and increase vitality. Recharging your battery and regeneration of vital energy, Qi, will help you live, look and feel your best!

Is there an addiction you are working to overcome? Contact us to see how Acupuncture and Oriental medicine can help you!

The Many Healthful Benefits Of Coconut Oil

People often look at me in a funny way when I begin to tell them about the many benefits of eating coconut oil. Many people see coconut oil in its hard, white consistency and associate it with the cholesterol-rich plaques that build up in blood vessels, and assume that coconut oil causes heart disease.

But, the truth is that in tropical countries where large amounts of coconut and coconut oil are consumed, there are significantly less problems with high cholesterol and heart disease than there are in countries like the US where polyunsaturated oils like corn, soybean, safflower, canola, and others are the oils most frequently eaten.

Back in the 1930s, Dr. Weston Price (www.wapf.org) found South Pacific islanders whose diets were high in coconut to be healthy and trim, despite high dietary fat, and heart disease was virtually non-existent. Similarly in 1981, researchers studying two Polynesian communities, for whom coconut was the primary source of calories, found them to have excellent cardiovascular health.

Seven Addiction Recovery Tips

1. Exercise more. Exercise can reduce your stress and help you relax.
2. Get plenty of fresh fruit and vegetable juices to neutralize and clear the blood and to fortify blood sugar.
3. Carrots, celery, leafy green salads and citrus fruits promote body alkalinity and decrease cravings.
4. Avoid junk food, sugar and coffee. They can upset blood sugar levels and increase blood acidity which can aggravate withdrawal symptoms.
5. Lobelia tea or green tea can be sipped daily during the detox period to keep tissues flooded with elements that discourage cravings. Lobelia is traditionally used to rid the body of a strong toxin such as a snake bite.

6. Drink water. Research shows that dryness causes cravings. Sip water frequently throughout the day.

7. Practice deep breathing exercises to increase body oxygen and keep calm.

Coconut oil is a saturated fat and thus has been demonized along with other sources of saturated fat like meat and dairy products. Clearly, this is a huge misconception. It is the unsaturated fats, particularly the polyunsaturated oils mentioned above, that cause damage to your cells and body systems.

Polyunsaturated fats, or PUFAs, consume oxygen when they enter cells. This oxygen consumption leads to, amongst other things, a slowing down of your body's metabolism. This process tends to also depress thyroid function and creates free radicals, which can cause tissue damage and aging in many areas of the body. PUFAs also force cholesterol into tissues.

Recent research is suggestive that there is a causative role for viruses in the initial formation of atherosclerotic plaques and even the re-clogging of arteries following angioplasty. Coconut oil is known to have antiviral and antibacterial properties which may play a role in inhibiting the formation of arterial plaque. This ability is due to the oil's content of lauric acid.

Much of the 'damning' evidence against the use of coconut oil was conducted using a hydrogenated form of the oil. We all know by now that hydrogenated oils are harmful and are a major culprit in the development of coronary artery disease. Even still, in most of the studies that anti-coconut camps have quoted, coconut oil was artery neutral.

In people with elevated cholesterol, coconut oil has been shown to lower total serum cholesterol and LDL, and raise levels of HDL. It appears from many of the research reports that coconut oil has a very different effect on people with low serum cholesterol values.

In people with low cholesterol, there may actually be a raising of cholesterol levels into a more normal range. People with too low levels of cholesterol (yes, there is such a thing as too low cholesterol), appear to be at greater risk for cancer, heart disease, early aging, and many chronic diseases. So coconut oil appears to balance cholesterol levels!

Coconut oil seems to have some anticancer activity, as well. This is an area that calls out loudly for more studies, with cancer rates increasing by the decade.

If you would like to add coconut oil to your diet, I'd suggest a starting dose of 1 teaspoon per day. You can gradually increase the amount up to 2 tablespoons a day, or whatever your tolerance amount is. I cook with it and add it to salad dressing (provided it's warm enough to melt the oil). I also eat it off the spoon sometimes, but then I like the taste! I would recommend you buy organic, raw coconut oil, unless you have food sensitivities, in which case, the refined version would be more appropriate as it contains less allergens. Bon Appetit!

To your continued good health!

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