

## Weight Loss

Those who have struggled with losing weight know that it is a complicated issue. If it were easy, there likely would not be as many weight-loss programs, diets and supplements to choose from. What works for one person, may not seem to work for another. The key to any strategy is that it meets your needs, but also that it is not so complicated that you can stick with it for the long haul.

Traditional Chinese Medicine, which includes acupuncture and herbal supplements, is effective because it helps to rebalance the entire body. It is very common that a person has issues coexisting with and complicating the prospect of losing weight. Addressing such issues as chronic stress, chronic pain and insomnia can make it easier to stick with a weight loss program. Acupuncture is also an important tool, because it can help to change a person's relationship to food.



Eating foods that are high in carbohydrates, sugar, salt and fat seem especially appealing when we are over-tired, feeling stressed, anxious or depressed. There are chemical changes in our brains when we eat these “feel good” foods and there are also chemical changes in our brains when acupuncture and herbal supplements are employed. Setting up a series of acupuncture sessions with the emphasis of getting a handle on cravings and addressing underlying imbalances can be a very effective in losing weight.

Additionally, another aspect of our relationship to food may be related to allergies. Sometimes, our body just doesn't handle certain foods well. Common examples of this are gluten and dairy intolerance. The best strategy may be to totally avoid these foods, but this typically isn't that easy. In these cases, a technique called NAET can be useful to help reprogram the body's response to these foods. NAET is a relatively straight forward process, but for more details, please see the separate article on Allergy Relief.