

Natural Weight control Program

Losing Weight and Keep It Off with Acupuncture and Chinese Medicine.

Weight control issue comes under the topic of poor metabolism recently, because people usually concerned with chronic fatigue, poor sleep and high stress level regarding weight gain. Weight control is a multi-faceted problem and needs a good program involves diet, exercise and stress reduction techniques. Chinese acupuncture and herbal medicine are very effective for this and proper digestive aid and exercises are also useful tools in the battle with weight loss.

The initial assessment

In order for Dr. Lee to make a great treatment plan for you, you must first come in for a consultation to make assessment of your body type and conditions and discuss your diet, life style and personnel history. Dr. Lee will check your pulse to discern the general state of your energy and differentiate the health of your Liver Qi in particular, and he would look at your tongue to check your health, which would provide some clues as to why the person has had an issue for gaining weight.

The Acupuncture treatment

Then, armed with this information, Dr. Lee would devise a treatment protocol using a combination of ear and body points. Body Acupuncture usually works for boosting your metabolic system the most, taking care of Liver, Spleen and Kidneys. Dr. Lee will combine electric acupuncture for burning your fat mostly around your abdominal area as well. Although the Chinese developed the system of auricular (ear) acupuncture a long time ago, as one of the various Microsystems of the body containing all the points relating to the major organs and body parts, a Frenchman by the name of Nogier, discovered many more acupuncture points on the ear that pertain to Western medicine such as points called "Adrenal", "Pituitary", "FSH", "Ovary", "Thyroid", etc. Auricular acupuncture especially works very good for reducing your sugar and carbs craving. People usually says after these Acupuncture treatment they experience less hungry but more energy instead.

The Treatment Plan

The number of sessions of acupuncture treatments necessarily depends on the patient's conditions and the goals for losing weight, and their commitment to keeping the weight off. If the overeating is severe, or your metabolism is quite slow, you might need to start with more frequent sessions for 1 or 2 weeks then taper off to normal sessions like twice a week until you reach your goal is appropriate, and then a booster treatment once a week is optimal. After a few booster treatments, Dr. Lee and you will mutually decide when to terminate frequent treatments and then can aim to meet approximately four times a year at the change of seasons when energy levels are unstable and tonification and harmonizing of one's system is appropriate for everyone.

Nutritional Counseling and Lifestyle Changes

As was mentioned earlier, a good weight loss program includes nutritional counseling and exercise as well as a commitment to make permanent lifestyle changes. Dr. Lee can help you with nutritional counseling and will give you some good food recipe that the patient can live with and maintain for the long term.

Other important tools that can aid in weight loss are stress reduction techniques and a moderate exercise regimen. Dr. Lee can suggest various stress reduction methods that may include breathing exercises, Tai Chi, and other personnel exercises. And since the goal of a weight program is not only weight loss but the balance and harmony of your general health, the idea about a good healthy diet and an exercise program that you like is the best one to choose.

Chinese Herbal Medicine and food Supplements

This is actually a great option for healthy weight control you can take. This herbal medicine will be formulated and prepared by myself based on your conditions, which is very special and customized herbal tea.

This herbal tea stimulates and strengthens your internal organs and your metabolism to burn your surplus fat as well as helps to increase your health.