

Acupuncture combined with healthy food choices and exercise is an exciting new approach for **weight loss**

Many Americans get frustrated with dieting because they are unable to keep the weight off. They lose some weight only to gain it right back. Several popular diets work temporarily but fail because it is too difficult to stay on them. As a result, these diets are not effective in achieving or maintaining an ideal weight in the long run.

The addition of acupuncture treatment to a sensible regimen of healthy eating and exercise is a break-through in weight management. It is gaining popularity in the United States because it enables an individual to lose weight gradually, keep it off, and feel healthy. It is important to find a licensed acupuncturist (L.Ac.) who also has a thorough knowledge of nutrition and specific exercises focused on burning abdominal fat, increasing metabolic rate, and enhancing energy level. This treatment combination will help individuals achieve their desired body weight in a healthy and natural way.

How does acupuncture help with weight loss? Acupuncture has a powerful

effect to curb and control cravings. Many people have cravings for sweet, salty, and fried foods. These foods are unhealthy to the body and could lead to diabetes, high blood pressure, high cholesterol, heart attack and stroke. It is crucial to control these cravings because it not only helps with weight loss but will also prevent future disease.

Acupuncture also helps with stress and mood, which are known to be triggers of overeating behaviors. Other benefits of acupuncture therapy include a better digestion, increased metabolism, a balanced central nervous system, a stronger immune system, and a deeper sense of relaxation and general well-being. These benefits are being validated through research conducted all over the world.

Individual nutrition counseling will focus on making healthier food choices. Foods with high water content are especially important because they have an impact on satiety. These foods have larger volume but relatively fewer calories. Individuals are able to eat enough food to feel full and still reduce their total caloric intake. Foods naturally rich in water include fruits, vegetables, low-fat

milk, cooked grains, lean meats, poultry, fish, and beans.

By staying on a plan with healthy food choices, an individual can lose weight and look great. Change requires planning, knowledge, commitment, and encouragement. These changes in eating habits can help to maintain ideal body weight for a lifetime.

Exercise is an essential component to this approach and delivers countless benefits to one's general health. There are different forms of exercises that we incorporate into our program such as Tai Chi, Chi Gong, Yoga, Pilates, cardiovascular, strength and flexibility training. Each form of exercise has its own benefits, but in this new approach, specific exercise techniques are emphasized to help burn abdominal fat, speed up metabolic rate, and increase energy.

This new weight loss regimen will help reshape your body into one that you will be proud of. No more see-sawing between weight gain and weight loss. The wonderful things you can achieve from this unique program are a beautiful body, a relaxed mind, and optimal health.

By Lorenzo Phan, OMD, A.P

Acupuncture Benefits

- Curbs food cravings
- Increases metabolism
- Strengthens digestive system
- Relieves stress & depression
- Balances central nervous system
- Increases blood circulation
- Promotes stronger immune system
- Prevents hypertension, diabetes type II and other cardiovascular diseases
- Promotes general well-being.



L. Phan, D.O.M., A.P

“Experience is priceless...”

- Graduated from the University of Hawaii’s as a B.Sc in Bio-Chemistry
- Completed 4 years post-graduate training in Acupuncture and Herbal Medicine at American College of Acupuncture and Oriental Medicine in Houston, TX
- Licensed Massage Therapist
- Certified Neuromuscular Therapist
- Certified Craniosacral Therapist
- N.A.E.T (allergy) Therapist
- Certified Laser Therapist
- Herbalist (NCCAOM)
- Texas Acupuncture Assoc. Member
- Florida Acupuncture Assoc. Member
- National Acupuncture Assoc. Member

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Acupuncture & Weight Loss

**Acupuncture to curb food cravings
and relieve stress**

Personal nutrition counseling

**Exercise techniques to reduce
abdominal fat**

*“The wonderful things you can achieve from
this new regimen are a beautiful body, a
relaxed mind, and optimal health”*