**Acupuncture & Weight Loss**

Everyone is looking for the secret to [weight loss](http://www.wellspringsacupuncture.com/can-you-use-acupuncture-for-weight-loss/), without falling victim to the latest gimmicks. With so many different opinions about how to lose weight, it can be difficult to tell what will really work. Fortunately there is a technique for weight loss that has been tested for centuries:  **acupuncture**. This technique is safe, sound and reliable. Even more exciting, using acupuncture for weight loss helps you [lose weight](http://www.wellspringsacupuncture.com/can-you-use-acupuncture-for-weight-loss/) in several different ways.

**Is there proof that acupuncture helps with weight loss?**

Yes. In one study by Professor Sabina Lim, at the East-West Medical Research Institute at Kyung Hee University in Seoul, South Korea, researchers found that acupuncture resulted in about a 6% reduction in [body mass index](http://www.wellspringsacupuncture.com/can-you-use-acupuncture-for-weight-loss/) (BMI) over 8 weeks. Researchers [continue](http://www.wellspringsacupuncture.com/can-you-use-acupuncture-for-weight-loss/) to study the effectiveness of acupuncture for weight loss, but the results look promising.

**How does acupuncture help with weight loss?**

There are three primary ways that acupuncture can help with weight loss.

First of all, acupuncture helps balance hormones. Acupuncture can increase endorphins, which reduce cravings and generally make you feel more positive. This can help reduce binge eating.

It also decreases the hormones that contribute to weight gain. [Dr. Burak Bahar](http://aim.bmj.com/content/early/2012/06/21/acupmed-2012-010127.abstract) and his team at the Ankara Physical Medicine and Rehabilitation Training and Research Hospital in Ankara, Turkey found that both leptin and insulin levels dropped with acupuncture. Leptin regulates fat storage and metabolism and stimulates the feeling of being full.  Insulin regulates carbohydrate and fat metabolism and the absorption of glucose from the blood. This finding suggests that acupuncture may actually reduce the hormones that lead to overeating. Restoring balance to leptin levels may help to reduce leptin-resistance, making it easier to stop eating before you overeat.

The third way that acupuncture helps with weight loss is by reducing stress. Cortisol, the stress hormone, can affect weight in several ways. It disrupts digestion and contributes to [depression](http://www.wellspringsacupuncture.com/can-you-use-acupuncture-for-weight-loss/). If you feel overwhelmed, you are more likely to binge for emotional reasons and to assume you have no time to prepare healthy meals.

And finally, acupuncture can aid digestion. According to Traditional Chinese Medicine (TCM), the spleen is responsible for digestion. Disharmony and imbalance in the spleen can lead to fatigue, slow metabolism, water retention, loose stools and a feeling of heaviness. The liver is responsible for the flow of Qi, blood and emotions. Disharmony in your liver can lead to cravings and compulsive eating.

**By balancing your organ system, you support weight loss both physically and psychologically.**