

# Acupuncture May Aid Weight Loss

According to the National Health and Nutrition Examination Survey (2009-2010) two out of every three American adults are overweight or obese. So it's no surprise that many people include losing weight on their New Year's resolution list. As Americans gear up to watch what they eat and hit the gym, the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), may have a secret to aid in weight loss—acupuncture.

A 2012 randomized controlled clinical trial conducted by researchers in Iran and China, looked at 196 participants. This study found that acupuncture in combination with other healthy lifestyle choices, such as food choice; portion control and regular exercise, was effective in enhancing weight loss and improving dyslipidemia.

“Acupuncture by itself isn't the silver bullet to weight loss, but combined with exercise and a healthy diet, acupuncture can curb cravings and help patients keep the weight off,” said Afua Bromley, MSOM, Dipl Ac, LAc, Acupuncture St. Louis/Wellness.

“For example, one overweight patient using acupuncture for weight loss, lost 10 pounds in two weeks,” continued Bromley. “When she started to gain the weight back, I asked if she had changed any habits. She admitted to eating pizza every night at 10 p.m. Acupuncture alone won't help you lose weight, but when combined with diet and exercise, it can help you to reach your weight loss goals.”

In existence for more than 3,000 years, acupuncture and Oriental medicine's holistic approach can be leveraged not only to help patients lose weight, but also to fight addiction, treat pain, and maintain overall health and well-being.

“While acupuncture may help with weight loss, today's nationally board-certified NCCAOM acupuncturists can address many health concerns including reducing pain, digestive issues, headaches as well as improving immune system function and overall health,” says Kory Ward-Cook, PhD, MT(ASCP), CAE, CEO of NCCAOM.

---

*Posted on January 4, 2016 by [Shari Barbanel](#) in [Top Headlines](#)*

---

For more information, visit [www.nccaom.org](http://www.nccaom.org).

**Please review our business at:** [Yelp](#) [City Search](#) [Google +](#) [Angie's List](#)

We are proud winners of the 2016-2017 THE SPECTRUM AWARD FOR EXCELLENCE IN CUSTOMER SERVICE.

View our Spectrum Award [here](#).

Trainerly allows you to workout and exercise at your home, office, hotel room or pretty much anywhere in the world through live 2-way webcam. [Sign-up](#) for a class with me today. Use the promotional code “trainerly20” to save 20% off any service.

[Click Here](#) to sign-up for our e-mail list so can receive all of our articles & download your free copy of our Dietary Information e-book.

View our books on Amazon by [Clicking Here](#). Learn how to get a free audio book with all of the key fitness and nutrition principles [here](#).

[Like us on Facebook](#)/[Connect with us on LinkedIn](#)/[Follow us on Twitter](#)  
[Follow us on Google+](#)/[Pinterest](#)/[Instagram](#)/[YouTube](#)

**(Hold down the Ctrl key & click the underlined words or logos)**  
**Make sure to forward to friends and followers.**