

Acupuncture for Weight Loss and Addiction Recovery



Acupuncture is known for addressing both the physiological and psychological issues of many health concerns and in doing so provides a comprehensive therapy for weight and addiction recovery issues. Acupuncture and Oriental medicine address the issues of over-eating and low metabolism with effective tools to control appetite and increase energy. Correction of energy imbalances and improvement of digestive and elimination processes manifests in a physical shift in the body to naturally have more energy and desire less food.

Acupuncture and Oriental medicine have been shown to have positive effects on the functioning of the nervous, endocrine and digestive systems. This comprehensive approach towards weight issues promotes better digestion, balances emotions, reduces appetite, improves metabolism and eliminates food cravings. Deep breathing with visualization can also strengthen will power and be used as a tool to curb hunger and cravings. Most patients report a marked decline in appetite and cravings with acupuncture alone, but special herbs, healing foods and exercises can definitely enhance the efficacy of the treatments.

According to researchers, acupuncture is a promising treatment for all types of addiction from cigarettes to heroin. Researchers also found that those who completed acupuncture treatment had longer periods of sustained abstinence compared to participants in the control groups.

Acupuncture treatments for addiction recovery focus on jitters, cravings, irritability, and restlessness; symptoms that people commonly complain about when they quit. It also aids in relaxation and detoxification.

Learn more about Acupuncture for [Weight Management](#) and [Addiction Recovery](#).