How to Fight the Causes of Weight Gain

The Problem...

Concerns over obesity and being overweight are at an all-time high around the world. As obesity rates rise among both children and adults, researchers are finding strong links between obesity and conditions such as heart disease, cancer and diabetes.

The answer to this monumental problem seems simple in theory. It’s a fact of physics: weight is dependent on the amount of energy (calories) you take in and the amount of energy you expend. Lower your calorie intake to a healthy level, sustain it over time, and you should lose weight. So, why is obesity an epidemic?

Most people operating in today’s society experience high levels of chronic stress, a shortage of time and easy access to fast (predominantly unhealthy) food options. Add to this the fact that research shows we take in more calories than we need to when it is available to us and you can start to understand why obesity has become such a problem.

Those who turn to extremely calorie restrictive diets for quick results only exasperate the problem. Cravings come back with a vengeance, often derailing weight loss efforts and causing even more weight gain.

An effective solution tackles the cravings themselves, making it easier to avoid poor food choices and stick with weight loss efforts over the long-term.

For centuries, acupuncture has offered that solution. Acupuncture addresses both the physiological and psychological aspects of weight loss – reducing stress, suppressing appetite, stimulating metabolism, improving digestion, influencing obesity hormones and reducing cravings. This comprehensive approach makes elusive weight-loss goals a potential reality.

Acupuncture Theory and Weight Loss

According to acupuncture theory, the causes of weight gain can be traced to an imbalance of the spleen and liver organ systems.

- Disharmony in the Liver, which controls the smooth flowing of Qi and blood, can lead to cravings and excessive eating.
- Improper functioning of the Spleen, which is responsible for the digestive system, causes fatigue and a slowing in metabolism. The spleen converts food to energy (or Qi).
- Acupuncture works by regulating these organ systems, ultimately energizing the body, reducing stress and controlling cravings.

The Research

There is a growing body of research to support the efficacy of acupuncture for weight loss. In a 2009 research review published in the *International Journal of Obesity* scientists examined 31
studies, including a total of 3013 individual cases, in which acupuncture was used to reduce body weight. The results demonstrated that acupuncture was associated with a significant reduction in average body weight as well as with an improvement in obesity.1

In addition, acupuncture has been shown to influence the hormones leptin and ghrelin. Ghrelin slows metabolism and decreases the body's ability to burn fat; leptin regulates fat storage and metabolism. 2

Although it is not a cure in and of itself, when used in conjunction with a healthy lifestyle and exercise, this modality has proven to be a powerful tool in the battle against excessive weight. The problem is that treatments can be inconvenient and expensive. What if you could get all the weight loss benefits of acupuncture without ever leaving your home? You can, with LifeWave.

A New Solution...

LifeWave’s SP6 Complete patch utilizes principles of Chinese medicine to regulate the appetite through mild stimulation of points normally associated with appetite suppression and increased metabolism. And LifeWave patches have a proven effect on acupuncture points.

Patches are all natural, and non-transdermal. Nothing enters the body. Drugs, stimulants and needles are not necessary.

How can YOU start using LifeWave to support your weight loss goals?

It's time to start realizing your weight loss goals with the support of a proven technology.

Click here to start benefitting from LifeWave’s technology today.

Contact your local LifeWave distributor to learn more about LifeWave’s SP6 Complete patch.

Find out more details by visiting www.lifewave.com

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