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## Qi Mail™

### The Acupuncture Newsletter

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## Oriental Medicine for Weight Management

In Oriental medicine the root of excess weight is an imbalance within the body caused by malfunctioning of the spleen and liver organ systems. Acupuncture points, as well as foods and herbs selected to assist with weight loss can directly influence the Qi of the spleen and liver systems and treat the imbalances that have caused weight gain.

The spleen is responsible for the proper functioning of the digestive system, ensuring that the food we eat is transformed into Qi, the vital substance of life. Disharmony of the spleen will result in symptoms such as fatigue, slow metabolism, water retention, loose stool and a feeling of heaviness.

The liver's job is to keep the flow of your body's Qi, blood and emotions running smoothly. Our modern, fast-paced lifestyle and chronic stress can negatively impact the liver's ability to function properly and smoothly, which, in turn, can cause the spleen and the entire digestive system to function poorly. One result can be a decrease in your metabolism. Liver disharmony can also cause some of the "triggers" that lead to cravings and compulsive eating.

Acupuncture and Oriental medicine have been shown to have positive effects on the functioning of the nervous, endocrine and digestive systems. Treatment can help with food cravings and metabolism. These functions all help energize the body, maximize the absorption of nutrients, regulate elimination, control overeating, suppress the appetite and reduce anxiety.

**Come in for a consultation to see how acupuncture and Oriental medicine can assist you with your weight management goals and help you to live a long, healthy life!**

## A Total Health Program

Acupuncture and Oriental medicine address the issues of over-eating and low metabolism with effective tools to control appetite and increase energy. Energy imbalances are corrected and the digestive and elimination processes are improved so that there is a physical shift in the body to naturally have more energy and desire less food.

By addressing both the physiological and psychological aspects of weight management concerns, acupuncture and Oriental medicine provide a comprehensive therapy for weight issues that promote better digestion, balance emotions, reduce appetite, improve metabolism and eliminate food cravings.

Each treatment is customized to the needs of the individual patient. Acupuncture points on the body are chosen for overall well being with the objective of increasing circulation of the blood and Qi (to stimulate the metabolism) and calming the nervous system. Treatments can include a combination of auricular (ear) and body acupuncture, ear tacks or pellets to leave on between treatments, herbs and supplements, abdominal massage, breathing exercises, and food and lifestyle recommendations.

In addition to treating the root of the imbalance within the body, different acupuncture points may be used for



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## Combat Cravings with Ear Massage

Ear Massage is an extremely relaxing and effective therapy aimed at decreasing cravings, reducing stress, promoting well being and addressing various health issues. Ear acupuncture is used throughout the world to reduce food cravings, assist in the detoxification of addictive substances, manage pain and calm anxiety.

Medical experts in ancient times regarded ear massage as a practice for health enhancement and disease prevention. Ancient Chinese medical literature states that the "ear is the meeting point of all the meridians" and "vital energy of human body converges on the ear".

Ear massage triggers the release of endorphins, the body's natural painkillers. Studies have demonstrated that ear stimulation increases levels of endorphins in both the blood and cerebrospinal fluid.

Here is a great ear massage that you can do for yourself or your loved ones:

1. Rub in small circular motions with your thumbs inside the widest

each treatment as different symptoms arise. For instance, if you are experiencing a desire to overeat related to premenstrual syndrome (PMS) one week, then that can be addressed at that week's appointment.

The herbs and foods that are chosen during a weight management treatment are for promoting healthy digestion, energizing the body, augmenting Qi, and improving elimination of water, toxins and waste products. Acupuncture points on the abdomen can help improve digestion. They can also help with food absorption and the movement of food through the intestines.

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 treatment alone, but special herbs, healing foods and exercises can definitely enhance the efficacy of the treatments.

Acupuncture and Oriental medicine are powerful tools for achieving a healthy weight, by itself or as a supportive treatment in conjunction with other weight management programs.

upper part inside the ears, holding them from outside with the index and middle fingers.

2. Use your index finger to massage inside the smaller crevices if your thumbs don't fit and along the front of your ear where it attaches to the head.

3. Massage the earlobes by gently pulling them down and making circles with your thumb and index finger.

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