

Weight Loss

Program includes:

- Acupuncture
- Electro-Acupuncture
- Ear Seeds
- Dietary, Exercise and Lifestyle Coaching
- Chinese Herbal Medicine

Benefits from the program includes:

- Increased Metabolism
- Improved Digestion
- Slimmer Waistline
- Reduced Weight
- Better Energy and Mood

How it works:

During your initial consultation, you and your acupuncturist will complete a thorough review of your health history and weight loss goals in order to determine the best treatment plan for you. Treatment plans typically include twice-weekly acupuncture/electro-acupuncture treatments, dietary, exercise and lifestyle modifications, and the prescription of safe, gentle herbal formulas that are taken daily. Recommendations and weight loss results naturally vary by individual. Our goal is to help you lose weight while improving your overall health and sense of wellbeing.

Consultation

(Required prior to treatment)

\$150

Acupuncture for Weight Loss

1 Visit: \$150

6 Visits: \$690 (\$115/visit)

10 Visits: \$1,100 (\$110/visit)

18 Visits: \$1,890 (\$105/visit)

This program is appropriate for people who want to lose weight safely, effectively, and holistically. We do not recommend our weight loss program to women who are pregnant, actively trying to get pregnant, or breastfeeding. Other conditions may also limit or preclude participation in the program. Before beginning treatment, all patients complete an initial consultation, during which we review our patients' health history and current condition to determine whether the patient is advised or can benefit from acupuncture for weight loss. Acupuncture and herbal medicine, together with dietary and lifestyle modifications suggested specifically for each patient support weight loss by curbing appetite, quelling cravings, boosting metabolism, improving digestion, reducing stress, regulating obesity-related hormones and enhancing the way nutrients are absorbed.

You can expect to experience some benefits, including better digestion, and improved energy and mood, as soon as the first week. Healthy weight loss is a gradual process, during which your body learns to recalibrate itself. As with any weight loss program, results will vary between individuals and depends on several factors including each person's:

- Starting point—including starting weight, age, constitution, build, and health conditions
- Adherence to the treatment protocol, including frequency of visits, finishing herbal prescriptions, dietary, exercise and lifestyle modifications
- Response to treatment

Chinese Herbal Medicine formulas are made from naturally occurring plant, animal and mineral products. We customize our

herbal formulas to serve each individual's unique needs. Formulas are designed to gently aid digestion and elimination in a safe and healthy manner. They should not cause abdominal pain or discomfort. Herbs are taken daily to support the benefits of the program, and are prescribed and filled on a weekly basis.

Depending on what the other weight loss programs involve, it may possible or even optimal to combine programs such as exercise programs and certain dietary programs. However, be sure to discuss these other programs with your acupuncturist beforehand to ensure that it is safe and advisable to combine these programs with our Acupuncture Weight Loss Program.