

Weight control in TCM



Introduction

Probably weight control is one of the most hot and interesting topic. Weight control refers to maintain a desirable weight, either avoid weight loss and weight increasing, especially the later. Over weight could cause one of the most serious public health problems of the 21st century, especially in the developed countries both for adults and children.

In modern medicine, obesity is usually considered as a combination of excessive food energy intake with lack of sufficient physical activity. Meanwhile, following factors play also important roles, such as genetic susceptibility, endocrine disorders, medications, and psychiatric illness, etc.

This seminar presents two parts:

- Part one, general views of weight problems, including
 - BMI
 - Impact of obesity on health
 - Possible underlying causes in modern medicine
 - Management
- Part two, TCM views of weight control
 - Physiology of Water metabolism in TCM
 - Aetiology and pathology of obesity in TCM
 - Analysis of general symptoms
 - Patterns of obesity in TCM
 - Maintenance and prevention of obesity in TCM

Goal

To set up a treatment protocol

The followings are the steps that takes for weight control treatment.

1. Specialized Questionnaires & Personalized Diagnosis: By specialized TCM questionnaires, we determine the condition level and set up a personalized treatment method.
2. Body Composition Analysis :Through modern technology, analyze your fat condition
3. Abdominal Cupping Therapy: Dissolves body fat, promotes circulation of energy and blood, and detoxifies
4. De-appetite Ear Acupuncture/Seeds Therapy: Promotes endocrinal system and reduces appetite
5. Detoxifying & Balancing Acupuncture: Detoxifies, strengthens immune system, calms the Mind, and balances the body
6. Personalized Chinese Herbal Formulas & dietetics: Helps to control the appetite, invigorates the vital energy, and harmonies the Mind and Body.
7. Herbal tea's

