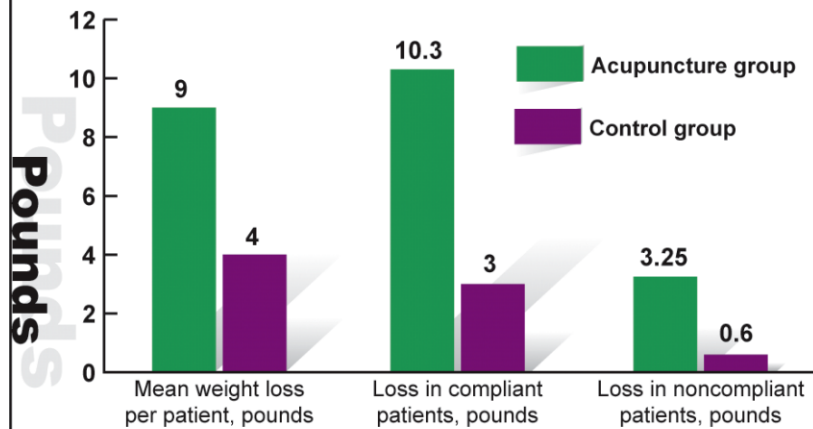


## Acupuncture Promotes Weight Loss in Women

Twenty women, all between the ages of 22-42 and with a body mass index (BMI) higher than 27, were divided into two groups. Women who followed a regimen of a 2,000 calorie/day diet, daily exercise and weekly ear acupuncture treatments lost, on average, more than twice as much weight as those who only dieted and exercised, even if they did not comply exactly with the treatment plan.



SOURCE: Kuruvilla A. Acupuncture and obesity. *Medical Acupuncture* 2003;14(2):32-33.