



# Bethune Oriental Medicine Center

白

## Main Clinic

3220 – 99 St. (Parsons Rd.)

Edmonton, Alberta T6N 1M2

TEL: ( 780 ) 461 6668

FAX: ( 780 ) 461 6366

www.bethuneacupuncture.com

求

恩

## Sub-Clinic

Whitecourt: call (780) 461-6668

Lloydminster: call (780) 461-6668

Lac La Biche: Louise (780) 623-7041

東

方

## Business Hours

- Mon - Fri 9 AM- 7 PM
- Sat - Sun 9 AM- 4 PM

醫

學

中

心



You can take Bus 70, request stop at 32 Ave.

# Weight Management

## What is obesity?

Obesity is an excess accumulation of fat tissue in the body.

The World Health Organization (WHO) recommends the measure of obesity by body mass index (BMI).

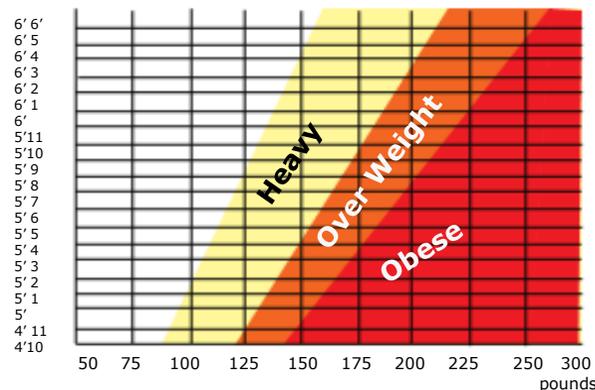
$$\text{BMI} = \text{body weight (kg)} / \text{height}^2 \text{ (m}^2\text{)}$$

Clinically, a patient may experience heaviness of the body, difficulties in movement, aches and pain, psychosocial pressure, poor sleep, low energy, etc.

## Four BMI groups are classified in Table 1:

BMI	Group/ Interpretation
25-29.9	Overweight
30-34.9	Obese, Class I
35-39.9	Obese, Class II
40+	Obese, Class III

Read the following chart and find the line that corresponds to your weight and height – representing which weight group you are now in.



## Causes and Health Consequences of Obesity

Obesity occurs due to an imbalance of too many **calories** taken in and/or too little **calories** used. This can be caused by the genetic composition of your body; eating/drinking (juice) too much; lacking enough exercise; psychosocial pressure (stress and depression); hormone imbalance and the like.

Obesity may lead to serious adverse health consequences, such as hypertension, heart disease, stroke, diabetes (type II), high blood lipids, degenerative joint disease, psychosocial disability, and many other disorders. Obesity at the upper body often results in more health problems and higher mortality than at the lower body.

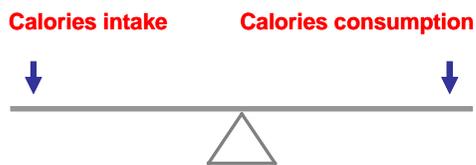
## How to treat obesity?

Despite various efforts in conventional medicine, obesity is hardly well managed and in fact is “among the most frustrating and difficult to manage. Little progress has been made in treatment, ...” (Current Medical Diagnosis and Treatment, 2002). Diet therapy, exercise, drugs, and surgery all suffer from limitations in one way or another. Today, only a small proportion of patients may, after treatment, lose 20 lbs or more and maintain that weight loss for at least two years.

Our clinical experience and literature have shown that body weight can be reduced by various therapies in Chinese medicine, such as acupuncture, herbal therapy, Qigong practice, and hypnosis.

A combination of these therapies enable our clients to enjoy not only a weight reduction in a natural way but also a feeling of overall well-being of the body, reduced pain, better sleep and increased energy.

In our view, the key in treatment is to “move” the fulcrum of the lever of the calories intake and consumption balance – change metabolism, a much more efficient way than to change the calories intake or consumption per se for many individuals. Also, we emphasize the body-mind interaction, the wholistic view, and the need of a client- and syndrome-specific treatment.



**Control of Metabolism**

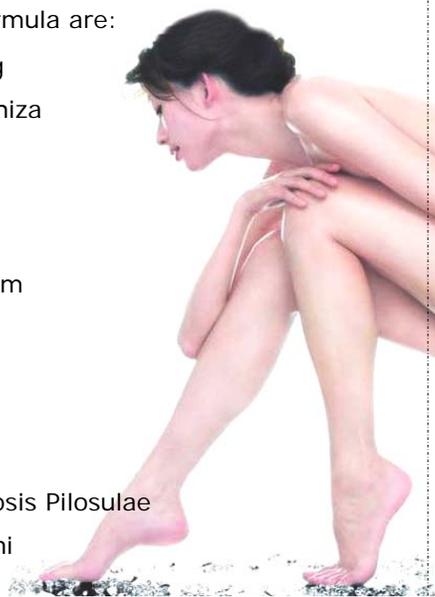
It has been well documented that acupuncture and Chinese herbs can adjust the functional status of our brain and internal organs, thus changing the metabolism of the body. The level of many neural transmitters, biological agents, and hormones may be modified by acupuncture and herbal remedies. Talk to our doctors and practitioners for further details

**Herbal therapy.**

Herbal therapy is the major part of Traditional Chinese Medicine. The herbs are usually prepared for daily drink like a common tea. The herbs work to reduce craving for food and enhance metabolism of fat tissue. In another study, 57 patients were treated with different herbal therapies. Total effective rate was as high as 79%.

The commonly used herbs in the weight loss formula are:

- Pseudoginseng
- Salvia miltiorrhiza
- Radish seed
- Farsythio
- Hawthorn
- Chrysanthemum
- Rhubarb
- Absinthin
- Alismatis
- Polia
- Radix Codonopsis Pilosulae
- Semen Raphani



**TCM therapy for weight reduction**

Compared with conventional therapies, TCM remedies are

- Easier to apply for many individuals who may find it difficult to abide by conventional therapies,
- A way of promoting a body's natural healing process in weight reduction,
- Person-syndrome-specific treatment, thus likely to reach a desired effect for the person,
- Improve other symptoms, thus a better improvement of your quality of life,
- Seeking the root of the problem, thus likely to maintain a long-term effect,
- Less likely to have the “re-bounce” of the body weight,
- Somewhat slower sometimes (compared to surgery and intensive exercise),
- No or less side-effects (compared to surgery and drugs).



**Our treatment plan and associated cost**

A client may have a mild (Class I), moderate (Class II), and severe case of (Class III) obese, possibly with different other conditions co-existing. While ideally a daily treatment may be required for reaching a desired effect for some patients at certain stage of a condition, such a plan in practice may not be able to be implemented for one reason or another. We are developing three plans in an attempt to meet the needs of different clients:

Plan A: TX Stage I  
TX Stage II

Plan B: TX Stage I  
TX Stage II

Plan C: TX Stage I  
TX Stage II

The cost we are taking is in line with the recommendation of the Acupuncture -TCM Society of Alberta, \$65 per session for a regular visit. For clients with financial difficulties, various cost-saving plans are being developed. Please ask our staff for further details.