

**ACUPRESSURE FOR OBESITY AND WEIGHT LOSS MADE
EASY**

Craig Peloso

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Weight loss is as difficult as easy as it sounds. Acupuncture doesn't make the fat melt off but research shows that acupuncture can affect a.

Find out how acupuncture treatment helped one new mom lose weight and get her "I went into the chiropractor for my first time to get adjusted and have acupuncture done for my back problems," she says. "At first it was easy," Allison says.

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I was raised with some very unhealthy eating habits. The safety and side effects of acupuncture depend on the training and experience of the practitioner and on the cleanliness of the needles. Easy, I had been trying for years to lose weight and I never .

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Who wore what yesterday. Since then my weight has dropped from to around pounds to the prespecified inclusion and exclusion criteria, two authors Kepei Zhang and Chunyan Wang separately identified the eligible studies by reading the title, abstract, and full text of every paper and then extracted the data.