

## Weight / Fat Loss Weymouth MA

The ear is a complete micro-system of the body, which means, I can treat with acupuncture, the entire body through just the ear. The technique I use for weight/fat loss and smoking cessation targets 4 major organs and the autonomic nervous system, assisting in not only curbing existing cravings but assisting in an overall body cleanse as well. I also help train each person to identify their triggers and beat the hunger feedback loop before it beats you. If people can control their hunger, make healthy choices and plan better, there would be no weight issues, other than the occasional side effects of medication. I am not a purist, I would never say, "For this to work you can never have chocolate chip cookies again...nope, I believe in quality of life, and the freedom of enjoying a favorite snack." What we do need is to control our eating, make healthy choices and eat the not-so-good-for-us food, in moderation. But wouldn't it be easier if of addictions, i.e. for sugar, and/or cigarettes we under control? Or we just didn't feel as hungry? I not only provide acupuncture sessions for appetite control but provide you with a Chinese dieter's tea, or a smokers tea which ever is most needed and detox foot pads to expedite the detoxification process and reduce cravings while at the same time provide a proven dietary supplement to speed up fat metabolism, regulate insulin levels and curb hunger not to mention the huge boost in the immune system. With so much working for you, let this be the year you do something about it. IT IS TIME FOR A CHANGE.