

Acupuncture for Weight Control

Dr. Janet Horton's Acupuncture Weight Control Program uses cutting-edge, "no needle" electro-acupuncture in combination with *The Live Well Metabolic Makeover* to reduce cravings and help you feel full.

How It Works

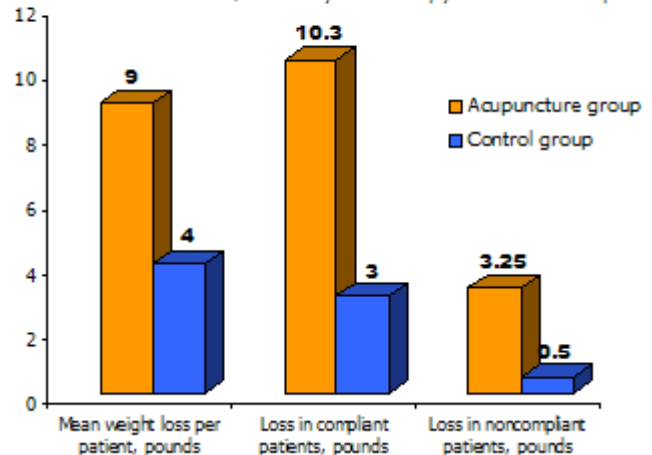
Did you know that acupuncture works on multiple levels at once? That's right...physical, emotional, and mental.

Acupuncture naturally releases those "feel good" chemicals in the body called endorphins. These are the same chemicals released after intense exercise or when you're in love.

Dr Horton's acupuncture weight control program has a relaxing, calming effect that makes it easier to tackle the frustration and anxiety that can trigger overeating and bingeing on fattening foods. These endorphins affect the digestive and hormonal systems to help rebalance and increase your metabolism.

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 regime of a 2000 calorie per 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 with the treatment plan.



Source: Acupuncture & Obesity. Medical Acupuncture 2003 14(2); 32-

The Treatment Program:

- ☑ **Reduces hunger and food cravings** so you can lose weight
- ☑ Allows your body to **take in less fat** from the food you eat
- ☑ **Feel full** so you eat less
- ☑ **Eases the frustration and anxiety** that triggers overeating

What are you waiting for? If you are not getting results, call Dr. Horton and sign up for **Acupuncture Weight Control Program** today!

Dr. Janet Horton ♦ 847.296.3877 ♦ drjanet@hortonchiropractic.com
960 Rand Road, Suite 225 ♦ Des Plaines, IL 60016