

THE EFFECTS OF ACUPUNCTURE ON WEIGHT LOSS
IN OVERWEIGHT AND OBESE ADULTS
OVER 24 YEARS OLD

A Capstone Project
Presented to the
Doctoral Faculty of
Pacific College of Oriental Medicine

In Partial Fulfillment
of the Requirements for the Degree of
Doctor of Acupuncture and Oriental Medicine

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San Diego, 2010

ABSTRACT

The Problem: Obesity is a global epidemic. It is a contributing factor of mortality in both men and women. Current treatments for obesity include diet, exercise, pharmaceuticals, behavior modification, and surgery. These interventions are not always effective and weight gain is common once the program has ended. Traditional Chinese Medicine recognizes the human body as a continuously self-regulating organism. The use of acupuncture reawakens the body's ability to manage weight.

Purpose: This study was designed to evaluate and scientifically measure the efficacy of using acupuncture in reducing body weight and body mass index.

Method: Using a qualitative, pre/post test, single blinded, cross-over controlled trial. Participants were selected based on their body mass index and a medical questionnaire. Exclusion criteria included pathological factors, medical procedures, and pharmaceuticals that have been reported to cause secondary weight gain. Participants were randomly placed in two groups. Group A was the acupuncture group. Group B was the control group. The acupuncture group received 12 treatments during a 3-week period. The study was conducted at Pacific College of Oriental Medicine's acupuncture clinic in New York City, New York and lasted 6 weeks.

Results: The analysis of data collected indicated that there was a causal effect of acupuncture and weight loss. The null hypothesis was not accepted.

Keywords: Obesity, acupuncture, body mass index, overweight, electric stimulation.