



Get in shape for the beach with acupuncture weight loss treatment

Summer holidays are fast approaching, conjuring up pleasant thoughts of relaxing around a sun-drenched pool in swimwear.

However, for many people it will have been a number of weeks since bikinis or trunks were last worn and, for some, the idea of squeezing into revealing costumes brings a sense of dread.

Statistics reveal over 60% of Britons are considered to be overweight with around 12 million people in the UK on a diet at any one time. [Click here](#) to visit the British Heart Foundation website and see if you are considered to be a healthy weight.



If you have resolved to trim down a few pounds/kilos before hitting the beach this year then perhaps our course of weight loss treatment can be of assistance.

European diets tend to be high in dairy products and carbohydrates (such as bread, potatoes and pasta).



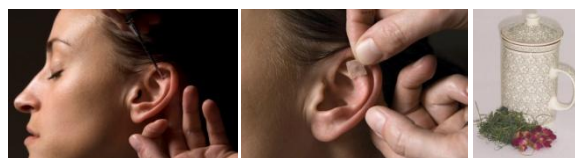
Although good sources of energy, Chinese medicine theory suggests these types of foods can easily cause sluggish digestion, bloating and weight gain. Irregular dietary habits and eating late at night can exacerbate the situation.

Barbican Acupuncture have developed a combination of therapies to try and counteract these problems:

- We use weekly acupuncture sessions to try and improve digestive function and clear any sluggishness from the system.
- Acupuncture treatments are supported by a daily prescription of our pleasantly refreshing and exclusively sourced herbal tea.

- We employ auricular acupressure to help bolster resolve and reduce cravings. This therapy involves stimulating special locations on the ears with very small herb-impregnated sticking plasters. The plasters are left in place for three or four days and can be re-stimulated by using a gentle squeezing action.
- Personalised Traditional Chinese Medicine dietary advice is also be offered.

Research suggests acupuncture, Chinese Herbal Medicine and auricular acupressure may be helpful in aiding weight loss. [Click here](#) for details.



Auricular acupressure and herbal tea

[Click here](#) if you would like more information concerning our course of weight loss therapy. And please do not hesitate to get in touch if you have any questions about acupuncture, herbal medicine and Chinese medicine.

Gary Minns

BSc Hons TCM, Dip Tn, MBAC, MRCHM, MATCM
Acupuncturist, herbalist and Chinese medicine practitioner

Barbican Acupuncture

1 Wallside, Barbican, London, EC2Y 8BH

T 020 7638 4322

E Gary@BarbicanAcupuncture.com

W www.BarbicanAcupuncture.com



22 May 2009

© Barbican Acupuncture 2009



Barbican Acupuncture comply with the HONcode standard for trustworthy health information. This document is for the use of the general public. It is for information only. If you feel unwell you should seek advice from your GP or other qualified health care professional.