

Depression and weight gain

Weight gain and depression

Sadness and over eating

Depression is often linked with obesity. While the two can occur together either can be cause and effect.

The link between the two could have to do with social factors creating underlying neuroendocrine effect.

At the centre of the biological focus of obesity-depression link is the hormonal pathway known as the HPA axis. It is the route of communication between the hypothalamus, pituitary and adrenal glands.

These three points of the body work together to maintain chemical equilibrium when the body is under stress. The HPA axis is responsible for releasing cortisol, the so called "stress hormone" that also plays a role in energy metabolism as well as many other functions. Cortisol released in response to stress prompts the human body to deposit fat around abdomen, a pattern of fat accumulation that is especially hazardous to health.

It appears that the culprit is probably a combination of social and biological factors- interaction between the outer and the inner.

Obesity carries a large social stigma and may bring on depression if it negatively affects self-esteem, body image or social mobility. It may even disrupt the normal hormonal pathways. Than again, depression may also bring on obesity, if person lacks energy to exercise or is immobilized by stress.

Obesity-Body Fat-Thoracic Duct Congestion Strategy.

Throughout history, people in different societies have used various methods of stimulation as therapeutic tools to influence function of the lymphatic system.

Now, acupuncture emerged as another system of health care to develop specific techniques related to weight loss via treatment of thoracic duct.

The thoracic duct is the common trunk of all the lymphatic vessels of the body.

Through stimulation at the area of solar plexus it is possible to influence velocity of lymphatic fluid to vena cava and ultimately to the heart. Increased fluid flow to the heart causes myocardium to contract better and in turn improve circulation. With the improvement of circulation body cells not only get more effectively oxygenated but also detoxified from metabolic waste and excess fat.

The realistic goal.

Acupuncture and supplementation used in our clinic with successful treatment, yields initial weight loss of about 10% during the first month of treatment.

The second month weight loss effect levels off and third month additional reduction in weight takes place.

Once increased metabolic rate gets well established , it is very unlikely for it to regress within the next few years.

Our weight loss program doesn't require any special diet or exercise because the usual cravings get naturally inhibited and elevated energy levels will provide enough stimulus to start or resume some sort of activity.

WEIGHT LOSS FORMULA CHINESE POWDERED HERBS

7% WEIGHT LOSS IN THE FIRST MONTH

**PRICE: \$ 175 FOR 1 MONTH SUPPLY- POST INCLUDED
LEVEL TEASPOON TWICE A DAY- MORNING & LUNCH**

INGREDIENTS:

TIAN HUA FEN	DA HUANG
MAI DONG	ZE LAN
TIAN DONG	BA JI LI
HE YE	KUAN JIN TENG
ZHI MU	HE ZI
XUAN SHEN	MU XIANG
SHAN ZHA	QIN JIAO
ZE XIE	YUAN ZHI
SHI CHANG PU	ZHI SHI YING
DAN SHEN	JIU CAI ZI
HUANG BAI	CHUAN XIONG
ZHI ZI	BAI SHAO
DAN NAN XING	HUANG QIN
TAO REN	ZHI SHI
HUANG LIAN	CHI SHAO
QING PI	BING PIAN
ZHI SU YE	MU DAN PI
XI XIN	DI BIE CHONG
XING REN	JIAN QU
GUI ZHI	MAI YA
ZHI GAN CAO	NEI JIN
SHENG JIANG	LING ZHI
DA ZAO	HONG HUA
JIE GENG	SHI GAO

WORKS ON MANY ASPECTS OF METABOLISM:

- *DETOXING
- *ENHANCING DIGESTION
- *ELEVATION OF LIVER ENZYMES
- *GALL BLADDER ACTIVITY
- *DIURETIC EFFECT
- *BLOOD SUGAR
- *CIRCULATION
- *OXYGEN SUPPLY
- *LYMPHATIC DRAINAGE

OPTIONS :

*FORMULA CAN BE MODIFIED TO
INDIVIDUAL NEEDS

*FORMULA CAN BE TAKEN IN
CONJUNCTION WITH ACUPUNCTURE
TREATMENTS

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