

[Dynamize Keto Weight Loss Pills](#) [Reviews {Shark Tank} || 100% Legit & Safe](#)

[Dynamize Keto](#) If you have tried all the fad diets with little success, why not try something that has worked for a couple of thousand years, acupuncture for weight loss.

You might disagree, but hear me out on this; if the same old stuff isn't working, why not try something new that pushes the envelope a bit. Acupuncture for weight loss? Lose weight...yes, get stuck with needles, I didn't think so...until I did some research. (I made up the name porcupine diet when I was being a wiseguy and showing my contempt before investigation).



With origins from China, acupuncture is one of the oldest and most commonly used medical procedures in the world. If you are looking for an alternative weight loss solution, you might want to try acupuncture.

Acupuncture for **[Dynamize Keto](#)** weight loss became popular in 2003 when CNN reported on successful acupuncture weight loss clinics in China. An increase in obesity in China led to the practice of acupuncture for weight loss because Chinese medicinal theory says that overweight people have imbalanced digestive systems.

Acupuncture can help you lose weight by strengthening your digestive system. Doing this helps control your appetite and therefore weight loss is achieved. Some theories suggest that acupuncture improves metabolism causing you to burn calories at a faster rate.

Acupuncture for weight loss involves [Dynamize Keto](#) poking the skin with thin stainless steel needles that are moved by hand or by electric stimulation. Sometimes the needles are combined with lasers. The needles are left in place for about 30 minutes.

You can expect to feel heat, tingling and perhaps numbness. In addition to the weight loss that can be achieved with acupuncture, you can also regulate your menstrual cycle, alleviate mood swings, and eliminate fatigue.

Here is how it works:

1. A doctor gives [Dynamize Keto](#) you an herbal prescription that is to be taken weekly.
2. You visit the doctor for a series of treatments. After the fourth treatment the electric stimulation is increased. The doctor may revise your prescription.
3. After a few treatments, you should begin to feel full more quickly than you used to.



4. After the 10th treatment you should take a two-week break to focus on your diet and exercise plan.

It takes time for the body to adjust to acupuncture for weight loss. But patients have reported that with patience, food cravings and overeating do disappear.

According to the [Dynamize Keto](#) Chinese Acupuncture Points, acupuncture specialists have defined these points for weight loss with acupuncture:

Mouth - for the impulsive eater who may also smoke a lot and talk a lot.

Stomach - for the person who eats even after they're full or who's constantly nibbling.

Lung - for food addicts, and people who love chocolate, sweets.

Endocrine - for water retention that's responsible for some of the weight gain.

Adrenal and Ovary - if weight gain is due to menopause or P.M.S.

Spleen - for sugar imbalances and hormonal disturbances.

Kidney - for water retention, and nervous system and hormonal imbalances.

Thyroid - for slow metabolism.

Be warned though, some doctors do not believe that acupuncture for weight loss alone is enough to have weight loss. Medical studies show that daily exercise, diet choices and dealing with food issues are an important part of the process.



It is also advised that [Dynamize Keto](#) you find a doctor who is certified by the National Certification Commission For Acupuncture and Oriental Medicine (NCCAOM) for acupuncture for weight loss.

The cost for weight loss acupuncture treatment varies. Your first visit can cost between \$50-\$125. Subsequent visits range from \$30-\$80. Physicians charge more than general practitioners and not all insurance companies cover treatment.

Common side effects from acupuncture weight for loss include dizziness, headaches and nausea.

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