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### Laser acupuncture therapy for simple obesity

A previous study has shown that laser acupuncture is a useful healing method for the treatment of visceral postmenopausal obesity in combination with a low-calorie diet. We observe and evaluate the therapeutic effect of laser acupuncture in subjects of simple obesity with a non-restrictive diet protocol. Subjects included 73 women and 22 men with simple obesity and body mass indices 27 kg/m<sup>2</sup>. Daily energy intake recommendations for obese females and males were 1620.0 and 1894.2 kcal in average, respectively. The gallium aluminum arsenide Handy laser Trion was used to apply 0.25 J of energy to each of the following acupuncture points three times per week for four consecutive weeks: Stomach, Hunger, ST25, ST28, ST40, SP15, and CV9. The subjects' body weights and body mass indices were recorded before treatment, and four weeks after treatment, and the percent reduction in each parameter was calculated. Statistically significant reductions in body weight and body mass index were detected after four weeks of treatment. The mean reduction and mean percent reduction in body weight were 3.17 kg and 3.80% ( $p < 0.0001$ ), respectively. The corresponding values for the body mass index were 1.22 kg/m<sup>2</sup> and 3.78% ( $p < 0.0001$ ), respectively. We concluded that laser acupuncture was found to exert a therapeutic effect on simple obesity by reducing both body weight and body mass index. (Figure 1) Moreover, subjects showed good compliance with this comfortable and non-restrictive diet protocol.



Figure 1: A 45-year-old man before (105.1 kg) and six months after (81.0 kg) laser acupuncture treatment.

### Biography

Wen-Long Hu is Deputy Director in Department of Chinese Medicine at Kaohsiung Chang Gung Memorial Hospital and an Assistant Professor at Fooyin University, Kaohsiung Medical University, and Chang Gung University. Prior to his current position, he was Chief of Division of Acupuncture at Kaohsiung Medical University Hospital. He is the Chairman of Taiwan Traditional Chinese Medicine Medical Association. He has the experience of clinical practice in laser acupuncture therapy (LAT) for 24 years and in acupuncture for 30 years. He was invited speaker for lectures in LAT at many symposiums held by some medical associations. Recently, he was invited to instruct physicians to practice LAT in workshops. He also involves researches in LAT, e.g. obesity, metabolic syndrome, stroke, traumatic brain injury, dry eye, dementia, Parkinsonism, myofascial pain, arthralgia, radiculopathy, etc. He also has the patent of herbal preparation and producing.

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