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The advantages of laser acupuncture in obesity therapy

Introduction: 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. However, unrealistic expectations regarding weight loss frequently result in a failure to manage weight. In our previous study, laser acupuncture has been found to exert a therapeutic effect on simple obesity by reducing both body weight and body mass index with a non-restrictive diet protocol.

Methods: Each patient was treated three times per week with a gallium aluminum arsenide Handylaser Trion (maximal power, 150 mW; wavelength, 810 nm; area of probe, 0.03 cm²; power density, 5 W/cm²; pulsed wave at Bahr frequencies) The instrument was used to deliver 0.375 J of energy to each of the following points sequentially: Stomach, Hunger, ST25, ST28, ST40, SP15, and CV9. The laser was applied to each point for 5s. Women were maintained on a normal diet and were recommended to achieve a daily energy intake calculated by the following formula: (height in cm-70) ×0.6×30 kcal. The recommended daily energy intake for men was calculated as follows: (height in cm-80) ×0.7×30 kcal.

Results: The mean percent reductions in body weight and body mass index were both 3.8% after four weeks of treatment. The reduction in waistline was 1 to 3.5 in.

Discussion & Conclusion: Laser acupuncture integrates the positive effects of acupuncture and low level lasers. In the hands of an experienced physician, laser acupuncture can be useful in controlling obesity. Furthermore, patients demonstrate good compliance with this comfortable and non-restrictive diet protocol. In conclusion, laser acupuncture has the advantage of being noninvasive, aseptic, painless, safe and effective in obesity therapy.

Biography

Wen-Long Hu is Vice Director, Department of Chinese Medicine at Kaohsiung Chang Gung Memorial Hospital, 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 has the experiences of clinical practice in low level laser therapy (LLLT) for 20 years and in acupuncture for 25 years. He is invited speaker for lectures in LLLT at many symposiums held by some medical associations. Recently, he is invited to instruct physicians to practice LLLT in workshops. He also involves researches in LLLT, e.g. obesity, metabolic syndrome, stroke, dementia, Parkinsonism, myofascial pain, arthralgia, radiculopathy, etc.

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