



## Visceral Fat Removal – Steps and Principles

Visceral fat forms to protect internal organs, but excessive amounts can negatively affect health. In Traditional Chinese Medicine (TCM), the formation of visceral fat is mainly due to internal “cold” and toxin accumulation. TCM treatments can effectively help remove this fat.

### Treatment Principles and Steps

#### Step 1: Acupuncture Principles – Loosen Anchor Points to Mobilize Visceral Fat

- Goal: Loosen anchor points so visceral fat becomes mobile.
- Method: Improve skin mobility using acupuncture, skin brushing, and specific exercises.
- Principle: All long-term stiffness or spasms, including visceral fat, are fixed to anchor points on skin, fascia, or bone. These must be loosened for effective fat mobilization.

#### Step 2: Energetic Resonance – Loosen Fat Using Energy Waves

- Goal: Use specific energy wave frequencies to create resonance and loosen fat.
- Method: Apply bone-conducted energy wave frequencies to activate and loosen fat.
- Principle: Just like ancient glaciers cracking under vibration, visceral fat loosens through resonant frequencies.

#### Step 3: Chinese Herbs – Expel Dampness and Phlegm to Dissolve and Circulate Fat

- Goal: Move loosened fat into the bloodstream.
- Method: Use fresh herbal formulas combined with vegetable and fruit juices to boost effect and stimulate the intestines.
- Principle: Herbs that remove dampness and phlegm (the fat in TCM) can promote local blood circulation and help dissolve and mobilize fat.

#### Step 4: Stimulate Liver Function and Bile Secretion

- Goal: Open and maintain fat detoxification channels.
- Method: Use specific herbs and edible oils (e.g., oil pulling) to stimulate the liver and bile flow.
- Principle: Bile is the only channel for fat and toxins from the organs to enter the intestines. Herbs and oils support continuous bile flow and fat detox.

#### Step 5: Drink Plenty of Water and Ensure Smooth Bowel Movements

- Goal: Expel visceral fat from the body and avoid toxin reabsorption.
- Method: Drink more than 2000 ml of water daily and ensure smooth, regular bowel movements.
- Principle: Once fat enters the intestines via bile, it must be flushed out. Water and bowel regularity ensure effectiveness and prevent reabsorption.

#### Step 6: Stimulate Specific “Huang” Acupoints (Visceral Fat Points)

- Goal: Activate and clear fat in specific regions using targeted acupuncture.
- Method: Use acupuncture on “Huang” points.
- Principle: “Huang” points are closely related to visceral fat areas. Stimulating them activates fat in those regions.



### Step 7: Moxibustion to Warm Yang Energy

- Goal: Consolidate results and target internal cold – a root cause of visceral fat in TCM.
- Method: 10 moxibustion treatments within a month (including one during each visit).
- Principle: In TCM, form is Yin, transformation is Yang. Internal accumulation reflects internal cold and Yang deficiency. Moxibustion warms and restores Yang, expels dampness and phlegm, and strengthens the abdomen for detox and slimming effects.

### Step 8: Tension Release – One-on-One Acupuncture Adjustment (Bonus Treatment)

- Goal: Tailor treatments to individual body types and symptoms.
- Method: 30-minute personalized acupuncture based on pulse and physical assessment.
- Principle: While the above steps suit most people, personalized treatment ensures attention to specific problem areas, 'Huang' point responses, and long-term health habits.

### Treatment Contraindications

**Not suitable for people with chronic constipation or severe gallstones. These must be treated first.**

### Treatment Schedule:

- Weekly In-Clinic Treatments (Weekends Only): 4 sessions, each 1.5 hours.
- 10 Moxibustion Sessions (Within a Month): Schedule between Wednesday–Sunday (1 hour each).
- Tension Release Acupuncture (Individualized): 30 minutes, must schedule at least one week in advance.

**Detailed bilingual videos explaining this therapy are available on our website:**

**[www.AcupunctureForYourHealth.com](http://www.AcupunctureForYourHealth.com)**

### This therapy is suitable for you if you have:

- **Fatty liver** or elevated **liver enzymes**
- Stubborn **belly fat** or bloating
- Type 2 **diabetes** or prediabetes
- **High blood pressure** or high cholesterol
- Heart or lung disease (e.g., **cardiovascular stents, arteriosclerosis, chronic bronchitis, asthma**)
- **Gallbladder** or **pancreas** issues (e.g., gallstones, inflammation)
- **Uterine**(Uterine fibroids) or **prostate** issues
- Poor sleep, **fatigue, hormonal imbalance, menopause**
- Cold hands and feet, poor circulation
- Digestive problems with a **heavy or “stuck” feeling**

### Clinic Information

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