

H09 Acupuncture for Appetite Control

February 2007

Intro: In the medical world, researchers continue to search for new ways to treat disease and reduce pain. At the same time many doctors are embracing a therapy that's been around for more than 4-thousand years. Acupuncture. It's used for many conditions including nausea, depression, anxiety and addiction. It can even help you control your appetite. More from Mayo Clinic.

Video

Total running time 1:28

Kevin Rydberg

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Audio

"DAD, YOUR TURN."

A GAME OF LOLLIPOPS,
GUMDROPS, CANDY CANES AND
NUTS.

"OH, YOU GOT STUCK IN THE
GUMDROPS."

KEVIN RYDBERG [**RIDE-BERG**]
KNOWS ALL ABOUT BEING STUCK
IN THE GUMDROPS, SO TO SPEAK.

"I BECAME OVER WEIGHT IN THE
4TH OR 5TH GRADE."
WEIGHT HAS BEEN A STRUGGLE
EVER SINCE. KEVIN PEAKED AT AN
UNHEALTHY 420 POUNDS.

"IF I DIDN'T LOSE THE WEIGHT, IF I
DIDN'T GET HEALTHY, THEN I

DIDN'T HAVE MUCH OF A FUTURE
WITH MY KIDS."

A COUPLE OF YEARS AGO, KEVIN
HAD A GASTRIC BYPASS
OPERATION.

Kevin Rydberg

"I LOST A LOT OF WEIGHT. LIKE 160
POUNDS."

BUT THEN A FAMILIAR APPETITE
ISSUE CAME BACK. THE URGE TO
SNACK BETWEEN MEALS.

Kevin Rydberg

"MAYBE A GUMDROP WOULD
TASTE GOOD ABOUT NOW."
INSTEAD OF TAKING MEDICATION
TO HELP CURB THE URGE KEVIN
TRIED ACUPUNCTURE. TINY
NEEDLES PLACED IN SPECIFIC
POINTS ON THE BODY.

"I'M STARTING TO FEEL THINGS
MOVE AROUND A LITTLE."
WHAT'S MOVING, FROM THE
TRADITIONAL CHINESE MEDICINE
STAND POINT IS YOUR QI [**CHEE**]
OR LIFE FORCE COMING INTO

BALANCE. A MODERN MEDICAL VIEW IS THAT THE NEEDLES CAUSE THE RELEASE OF SUBSTANCES THAT ARE THOUGHT TO INHIBIT PAIN SIGNALS.

Brent Bauer, M.D.
Mayo Clinic Preventive Medicine

“REGARDLESS OF WHICH SYSTEM YOU BELIEVE, SOMEHOW IT HAS A VERY PROFOUND EFFECT ON A LOT OF DIFFERENT ILLNESSES.”

Standup
Vivien Williams
Reporting

MAYO CLINIC DR. BRENT BAUER SAYS MANY STUDIES SHOW THAT ACUPUNCTURE WORKS FOR HEADACHES, NAUSEA, DEPRESSION, STRESS, ANXIETY ADDICTION, AND MORE. IT HELPS KEVIN CONTROL HIS APPETITE. IT'S ALSO HELPING HIM STAY HEALTHY FOR HIS KIDS. FOR MEDICAL EDGE, I'M VIVIEN WILLIAMS.

Anchor tag:

Dr. Bauer is the editor of the [Mayo Clinic Book of Alternative Medicine](#). He says acupuncture is particularly helpful for people like Kevin when used in conjunction with good nutrition and exercise. He also says that when done by a trained professional, acupuncture is very safe. For more information, visit our Website at....

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