



Press release

Sinomedica's Dr Raymond Landgraaf presents an innovative treatment for obesity at the European Congress on Obesity

Lugano, May 13, 2024 - Dr. Raymond Landgraaf, Scientific Director of Sinomedica, presented pioneering research at the 31st European Congress on Obesity (ECO2024). Entitled "*Acupuncture Combined with a Very Low Carbohydrate Diet as Multi-targeted Therapy for the Multifactorial Disease Obesity*" **, his research highlights recent advances in the treatment of obesity.

The increase in obesity worldwide urgently requires innovative approaches to treatment. Dr. Landgraaf has focused on the efficacy of acupuncture, a proven therapy which, combined with a very low-carbohydrate diet, offers a targeted solution to the challenges of obesity. His research, based on over 200 scientific studies and published in "*Frontiers in Endocrinology*" **, elucidates the impact of acupuncture on metabolism and the endocrine system, highlighting its role in alleviating neuroendocrine imbalance and chronic inflammation, which are key factors in obesity.

Dr Landgraaf also shared the results of a major retrospective analysis published in "*Acupuncture in Medicine*". This study evaluated the efficacy of a combined acupuncture and dietetic regimen at Sinomedica's seven centers in Switzerland, involving over 11,000 patients. The results were convincing: participants lost an average of 17.5 kg in seven months, and maintained a long-term weight reduction of 15.5 kg over 18 months. In particular, patients suffering from severe obesity (BMI >35) experienced an even more pronounced weight loss, reaching up to 29.8 kg.

"By turning to traditional methods to solve modern problems, acupuncture offers a safe, effective and non-invasive option for significant weight loss and long-term health." adds Raymond Landgraaf, Scientific Director of Sinomedica.

Dr. Landgraaf's work presents a promising alternative non-invasive treatment for obesity, highlighting the need to address its multifactorial aspects for effective management. This breakthrough could reshape current paradigms of obesity treatment, offering hope and new possibilities to those battling this challenging disease.

Dr. Landgraaf's presentation at ECO2024 was an important contribution to this dynamic forum for discussing obesity from different perspectives. For more information on the congress, visit [ECO2024](#).

About Dr Raymond Landgraaf

With over 15 years' experience in the medical field, Dr Landgraaf is Scientific Director of Sinomedica and a doctoral researcher at the University of Amsterdam Medical Center. His research and publications have made him a leader in the integration of traditional and modern medical approaches, cementing his reputation as a pioneer of medical acupuncture for the treatment of obesity.

About Sinomedica

Sinomedica was founded in Lugano in 2001 by Dr. Massimo Fumagalli and Riccardo Braglia. Sinomedica is a leading Swiss healthcare company, the largest provider of medical acupuncture in Switzerland and one of the largest in Europe. Sinomedica has one of the largest clinical databases of acupuncture treatments and expertise, which, combined with the latest scientific knowledge, enables optimal, patient-centered medical care.

Sinomedica has practices in Zurich, Basel, Lausanne, Geneva, Lugano, Locarno and Chiasso. In 2023, a new practice opened in the center of Berne. Sinomedica's expansion into neighboring foreign countries is currently being planned.

References:

* *Retrospective study: "Novel Insights in Weight Loss: Acupuncture combined with low carbohydrate diet- a Swiss experience"*, *Acupuncture in Medicine review and PubMed*, December 2023: [here](#)

** *"Acupuncture as multi-targeted therapy for the multifactorial disease obesity: a complex neuro-endocrine-immune interplay"* review, *Frontiers in Endocrinology*, September 18, 2023: [here](#)

More information

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