

## PRESS RELEASE

Zurich / Lugano, 13.11.23

---

# Medical acupuncture in combination with a specific diet leads to important and lasting weight loss

International journal "Acupuncture in Medicine" publishes retrospective study with over 11,000 patients from Switzerland

**Obesity is considered a risk factor for heart disease, stroke, diabetes and a number of cancers. In Switzerland, around 42 percent of the adult population is considered overweight, of which 11 percent are obese. Worldwide obesity has reached pandemic dimensions and more than 2 billion people will be affected by 2035. A scientifically monitored retrospective study from Switzerland shows for the first time: Patients lost an average of 17.5 kg in 7 months thanks to the combination of medical acupuncture with a specific diet. The equally important long-term stabilization value is 15.5 kg over a period of 18 months. In extremely obese patients (BMI > 35, about 1,000 subjects) the maximum weight loss was even 29.8 kg. This complementary medical method for weight loss has no side effects or long-term risks.**

*Retrospective study, "Novel Insights in Weight Loss: Acupuncture combined with low carbohydrate diet- a Swiss experience," journal Acupuncture in Medicine, October 2023:*

<https://journals.sagepub.com/doi/epub/10.1177/09645284231202811>

The sharp increase in overweight and severe obesity (BMI over 30, obesity) is worrying. "With our retrospective analysis we want to investigate whether medical acupuncture can take an even more important position in the fight against obesity in the future" explains Dr. med. Massimo Fumagalli. Dr. med. Raymond Landgraaf, who was in charge of evaluating the data, is surprised by the clarity of the study results: "The combination of medical acupuncture with a specific diet not only has no side effects but also naturally suppresses the feeling of hunger, promoting adherence to the diet."

### Further research required

Parallel to the retrospective study, a highly regarded review was published in September in "Frontiers in Endocrinology". The evaluation of more than 200 scientific studies worldwide shows how acupuncture affects the metabolism and the hormone system. According to Landgraaf, this represents an important step forward in the study of the causes of obesity. From a scientific point of view, Landgraaf explains: "It is now clear that poor diet and lack of exercise are only two factors in obesity and not the main causes. Neuroendocrine disbalance, chronic low grade inflammation and disbalance in the gut microbiota are crucial in the development of obesity." Landgraaf therefore calls for "more in-depth research here and especially for a acupuncture diet combination. After all, obesity not only causes years of suffering for the people affected, but also high economic costs. Therefore, there is a strong need for new treatment strategies."

## **Patient data from the last 20 years scientifically evaluated**

The goal of the recently-published study was to evaluate the effects of an acupuncture diet program to treat obesity in patients with a BMI of 25 or more. The observed data show that acupuncture combined with diet is an innovative way to lose weight. Most importantly, this treatment has shown positive long-term effects in maintaining weight loss without causing side effects for patients.

In 7 Sinomedica clinics in Switzerland, data were collected from more than 11,000 adult overweight to severely overweight patients between 2002 and 2021. In these patients, the positive effect of the combined acupuncture-diet program was noted with an average body weight loss of about 17.5 kg after 7 months and long-term stabilization at about 15.5 kg after 18 months.

Patients followed the specific Sinomedica Shou Shen® program, which combined weekly acupuncture sessions with a very low-carbohydrate diet. Medical acupuncture was performed according to a specific standardized approach and the Sinomedica Shou Shen® program was continued with the aim of achieving the individual ideal weight

## **About Sinomedica**

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

Sinomedica has practices in Zurich, Basel, Lausanne, Geneva, Lugano, Locarno and Chiasso. In 2023, the new practice will open in the center of Bern. Other locations in Switzerland are under construction. Sinomedica's expansion into nearby foreign countries is being planned.

[www.sinomedica.com](http://www.sinomedica.com)

## **More information**

Marc Aubert, Sinomedica Responsible for Marketing and Communication,  
[marc.aubert@sinomedica.com](mailto:marc.aubert@sinomedica.com)  
T +41 79 240 89 11

Stephan Oehen, Oehen PR, [stephan.oehen@oehen.ch](mailto:stephan.oehen@oehen.ch) T +41 43 541 10 07