

Mayo Clinic Medical Edge
Acupuncture for Appetite Control

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
Kevin Rydberg	"I BECAME OVER WEIGHT IN THE FOURTH OR FIFTH GRADE."
	AND WEIGHT HAS BEEN A STRUGGLE FOR KEVIN RYDBERG EVER SINCE. PEAKING AT AN UNHEALTHY 420 POUNDS, KEVIN HAD A GASTRIC BYPASS OPERATION.
Kevin Rydberg	"I LOST A LOT OF WEIGHT. "
	BUT THEN THE URGE TO SNACK BETWEEN MEALS RETURNED. TO HELP CURB THE URGE, KEVIN TRIED ACUPUNCTURE. IN TRADITIONAL CHINESE MEDICINE, ACUPUNCTURE BALANCES YOUR

<p>[CHEE]</p>	<p>QI OR LIFE FORCE. A MODERN MEDICAL VIEW IS THAT THE NEEDLES CAUSE THE RELEASE OF SUBSTANCES THOUGHT TO INHIBIT PAIN SIGNALS.</p>
<p>Brent Bauer, M.D.</p>	<p>“REGARDLESS OF WHICH SYSTEM YOU BELIEVE, SOMEHOW IT HAS A VERY PROFOUND EFFECT ON A LOT OF DIFFERENT ILLNESSES.”</p>
	<p>MAYO CLINIC DR. BRENT BAUER SAYS MANY STUDIES SHOW THAT ACUPUNCTURE WORKS FOR HEADACHES, NAUSEA, DEPRESSION AND MORE. IT HELPS KEVIN CONTROL HIS APPETITE. IT'S ALSO HELPING HIM STAY HEALTHY FOR HIS KIDS.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>