A Pilot Study of Sa-am Acupuncture Treatment Used by Sham Acupuncture for the Simple Obesity


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Objectives: To present proper protocol as global standard clinical study about acupuncture treatment, and to demonstrate effectiveness of Sa-am Acupuncture treatment for obesity.

Methods: We randomly allocated participants to treatment group 1 and 2. The group 1 is treated by real acupuncture and the group 2 is treated by Kim Sham Acupuncture. We treated Bi-jang seung-gyeok (脾腸街雀) : Daedon(LR1), EunBae(SPI) Gyoang-geo(LU8) Sang-gu(SI5), to both group.

Primary outcomes were measured by the Body Composition Analysis(inbody, Korea). Secondary outcomes were measured by Blood Cholesterol, Triglyceride, HDL, LDL Cholesterol.

Results: After treatment, the group 1 shown significant weight loss that analysed by Kruskal-Wallis certification, but didn't show notable change in body fat, total cholesterol, triglyceride, HDL cholesterol, LDL cholesterol. Group 2 didn't show significant change in body weight, body fat, triglyceride, HDL.

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