汉英对照针灸减肥

Chinese-English Edition of Acupuncture for Weight Loss

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内容提要

肥胖目前已经成为全球主要的公共卫生问题之一，如何有效地防治肥胖及其相关疾病，已经成为医药研究的前沿。针灸治疗肥胖病已经有30多年的历史，临床和实验研究均表明，针灸是一种疗效稳定、无毒副作用的减肥方法。

本书主要以作者课题组的研究结果为内容，总结了针灸减肥的效应特点、取穴原则、常用方法及机制，选择了不同类型肥胖治疗、不同针灸方案治疗、综合治疗等30个典型案例，具体地介绍了针灸治疗单纯性肥胖病的主要治疗方法、疗效呈现特点，体现了针灸个体化治疗的特色；同时，作者的按语对针灸减肥临诊的相关问题进行了分析，表述了作者的一些体会和认识，以利于读者更好地应用这一技术。

本书图文并茂，内容丰富，通俗易懂，汉英对照，可作为广大海内外临床医生、医学院校学生、留学生的参考用书，亦可作为广大减肥爱好者的学习用书。

Synopsis of Contents

Obesity has now become one of the major global public health issues. As a result, one of the leading fronts in medical research is to find effective ways in the prevention and treatment of obesity and obesity-associated diseases. Acupuncture has been adopted in treating obesity for more than 30 years and both clinical and empirical studies suggested that it has stable effect and no toxic and side effects for weight loss.

Based on the research findings of the author's work team, this book summarized the effect characteristics, principles of point selection, common methods and mechanism of acupuncture for weight loss. In addition, by selecting 30 typical case reports involving different obesity patterns, different acupuncture treatment strategies and comprehensive therapies, the book introduced the main therapy, characteristics of therapeutic effect of acupuncture for simple obesity, reflecting the unique features of individualized acupuncture treatment. Further more, the authors' remarks explained their own experience and understanding on relevant issues in clinical practice, which may help the readers to use this special technique in a better way.

With illustrations, rich contents, and easy-to-understand

language, this book in Chinese-English version can serve as a good reference book for clinicians from home and abroad, medical students and overseas students as well as those who are interested in weight loss.

目 录

第一章 肥胖病与减肥

第一节 肥胖病的定义和分类 /2
一、肥胖病的定义 /2
二、肥胖病的分类 /2

第二节 单纯性肥胖病的原因、发病机制及诊断 /14
一、单纯性肥胖病病因和发病机制 /14
二、临床表现 /22
三、诊断标准 /28

第三节 肥胖的危害和减肥的益处 /34
一、肥胖的危害 /34
二、肥胖与减肥的心理学效应 /40
三、肥胖与减肥的社会学效应 /42
四、肥胖与减肥的生理学效应 /46

此为试读，需要完整PDF请访问：www.ertongbook.com

第四节　减肥的目标和常用减肥方法 /54
一、肥胖治疗的目标 /54
二、肥胖治疗的原则 /56
三、减肥的常用方法 /60
四、不当减肥的危害 /74
五、减肥的误区 /80

第二章
针灸减肥

第一节　针灸减肥效应 /88
一、针灸对体重的影响 /88
二、针灸对体脂的影响 /96

第二节　针灸减肥方法 /102
一、针灸减肥方法发展概况 /102
二、针灸减肥的用穴原则 /104
三、针灸减肥的主要方法 /128

第三节　针灸减肥机制 /140
一、针灸能抑制亢奋的食欲 /140
二、针灸抑制过强的消化吸收功能 /142
三、针灸能促进能量消耗 /142
四、针灸能改善脂肪分布 /144

五、针灸能改善肥胖机体的脂肪内分泌功能 /146

第三章

针灸减肥和体重控制典型病案

第一节　不同类型单纯性肥胖病针灸治疗验案 /150

一、不同年龄肥胖病的针灸治疗 /150

二、成年男性单纯性肥胖病的针灸治疗案 /190

三、不同体型肥胖病的针灸治疗案 /194

四、肥胖不同并发症的针灸治疗案 /202

第二节　不同针灸方案减肥案 /218

一、温针灸减肥案 /218

二、穴位埋线减肥案 /220

三、神阙八阵穴闪罐疗法减肥案 /224

四、腹部透刺闪罐与耳穴结合减肥案 /228

五、耳穴贴压磁珠治疗单纯性肥胖病案 /232

六、芒针减肥案 /236

七、腕踝针加耳穴贴压磁珠减肥案 /238

八、肥三针减肥案 /242

九、针刺华佗夹脊治疗单纯性肥胖疗效观察 /246

十、灵龟八法治疗单纯性肥胖案 /248

十一、腹针治疗单纯性肥胖病 /250

第三节　综合方法减肥案 /254

一、针刺结合饮食运动干预减肥案 /254

二、针灸耳压配合中药泡腿减肥案 /258

三、针灸配合保健饮食减肥案 /260

四、减肥仪减肥案 /262

五、针药并用治疗单纯性肥胖病案 /266

第四节　针灸增重案 /272

参考文献 /276

Contents

Chapter 1
Obesity and weight loss

Section 1 Definition and classification of obesity /3

1 Definition of obesity /3

2 Classification of obesity /3

Section 2 Etiology, pathogenesis and diagnosis of simple obesity /15

1 Etiology and pathogenesis of simple obesity /15

2 Clinical manifestations /23

3 Diagnostic criteria /29

Section 3 Risks of obesity and benefits of weight loss /35

1 Risks of obesity /35

2 Psychologic effect of obesity and weight loss /41

3 Sociologic effect of obesity and weight loss /43

4 Physiologic effect of obesity and weight loss /47

Section 4 Objective and common methods of weight loss /55

1 Objective of weight loss /55

2 Principle of weight loss /57

3 Common methods of weight loss /61

4 Risks of improper weight loss /75

5 Wrong ideas of weight loss /81

Chapter 2

Acupuncture for weight loss

Section 1 Acupuncture effect on weight loss /89

1 Effect of acupuncture on body weight /89

2 Effect of acupuncture on body fat /97

Section 2 Acupuncture methods on weight loss /103

1 The development survey of acupuncture methods on weight loss /103

2 Point selection principle on acupuncture for weight loss /105

3 Main methods of acupuncture weight loss /129

Section 3 Mechanism on acupuncture for weight loss /141

1 Effect of acupuncture on inhibiting hyperorexia /141

2 Effect of acupuncture on inhibiting excessive digestive and absorptive function /143

3 Effect of acupuncture on promoting energy consumption /143

4 Effect of acupuncture on improving fat distribution /145

5 Effect of acupuncture on endocrine function of fat cells /147

Chapter 3

Acupuncture for weight loss and typical case reports

Section 1 Case examples of varieties of simple obesity /151

1 Acupuncture treatment on simple obesity of different age groups /151

2 Acupuncture treatment on simple obesity of adult males (case report) /191

3 Acupuncture treatment on obesity in different body parts /195

4 Acupuncture treatment on different complication of obesity /203

Section 2 Case reports on different acupuncture methods for weight loss /219

1 Case example on weight loss with warming needle therapy /219

2 Case example on weight loss by catgut embedding /221

3 Case example on weight loss by flash cupping on eight points around Shenque (CV 8) /225

4 Case example on weight loss by puncturing one point toward another one plus flash cupping and auricular plaster therapy /229

5 Case example on simple obesity with auricular plaster therapy by magnetic beads /233

6 Case example on weight loss with elongated needle /237

7 Case example on weight loss with ankle-wrist acupuncture plus auricular plaster therapy of magnetic beads /239

8 Case example on weight loss with three points for obesity /243

此为试读,需要完整PDF请访问: www.ertongbook.com

9 Case example on simple obesity with Huatuo Jia Ji points /247
10 Case example on simple obesity with Eight methods of intelligent turtle /249
11 Case example on simple obesity with abdominal needles /251

Section 3 Case reports on comprehensive therapy for weight loss /255
1 Case example on weight loss with acupuncture, diet and exercises /255
2 Case example on weight loss by acupuncture, auricular plaster therapy and leg-bathing in herbal liquid /259
3 Case example on weight loss with combined acupuncture plus health care diet /261
4 Case example on weight loss with instrument /263
5 Case example on treating simple obesity with combined acupuncture and Chinese herbs /267

Section 4 Case report on acupuncture for weight gain /273

References /277

第一章
肥胖病与减肥

Chapter 1
Obesity and weight loss

第一节 肥胖病的定义和分类

一、肥胖病的定义

肥胖病是指体内脂肪细胞数目增多或体积增大，脂肪（主要是甘油三酯）堆积过多，使体重超过标准体重20%以上的病理状态。

二、肥胖病的分类

肥胖是一种症候，95%以上患者无明显病因，称为单纯性肥胖病，少数肥胖由于某些疾病所致，称继发性肥胖病。单纯性肥胖病分类有多种，可按体重程度、皮脂厚度、病因、部位、年龄、脂肪细胞大小和数目等分类。

1. 按体重分类

目前临床常用判断肥胖程度指标有标准体重计算法、体重指数判断法。

（1）根据身高、年龄及性别查表或按下式推算标准体重：

标准体重（kg）= 身高（cm）- 100，本法适用于身高155 cm以下者；

标准体重（kg）=［身高（cm）- 100］×0.9，本法适用于身高155 cm以上者。

Section 1
Definition and classification of obesity

1 Definition of obesity

Obesity is a morbid condition describing increase or enlargement of fat cells, excessive accumulation of fat (especially triglyceride) and the body weight exceeding the normal body weight by more than 20%.

2 Classification of obesity

As a specific symptom, more than 95% of obesity have no obvious reasons and therefore are called simple obesity, while some obesity results from certain diseases and therefore is called secondary obesity. The simple obesity can be classified in terms of body weight, sebum thickness, etiology, body parts, age, and size and numbers of fat cells.

2.1 Classification by body weight

Currently the obesity-evaluating indexes include standard body weight calculation and body mass index (BMI).

2.1.1 Standard body weight calculation by height, age and gender:

Standard body weight (kg) = height (cm) − 100 (for those who are shorter than 155 cm)

Standard body weight (kg) = [height (cm) − 100] × 0.9 (for those who are taller than 155 cm)

Overweight: exceeding the standard body weight by 10%

Obesity: exceeding the standard body weight by 20%

Subtypes of obesity:

Mild obesity: exceeding the standard body weight by 20%- 30%

超过标准体重10%为超重或过重，超过标准体重的20%即为肥胖。肥胖又分为轻、中、重三级：轻度为体重超过标准体重20%～30%；中度为体重超过标准体重31%～50%；重度为体重超过标准体重50%以上。

(2) 体重指数(BMI)判断法：它是目前最常用的标准，BMI = [体重/身高^2](kg/m^2)。1997年世界卫生组织(WHO)建议标准见表1。1999年亚太地区推荐的BMI标准低于WHO标准，见表2。2002年中国肥胖问题工作组数据汇总分析协作组建议，将BMI≥28 kg/m^{2}作为中国人肥胖的切点，见表3。

表1 欧洲成人BMI的分类与肥胖相关疾病的危险度

分　类	BMI(kg/m^2)	相关疾病危险度
低体重	<18.5	低(但其他病的危险性增加)
正常范围	18.5～24.9	平均水平
超重	25.0～29.9	增加
轻度肥胖	30.0～34.9	中度增加
中度肥胖	35.0～39.9	严重增加
重度肥胖	≥40	极严重增加

表2 亚太地区成人BMI的分类与肥胖相关疾病的危险度

分　类	BMI(kg/m^2)	相关疾病危险度
低体重	<18.5	低(但其他病的危险性增加)
正常范围	18.5～22.9	平均水平
超重	23.0～24.9	增加
Ⅰ度肥胖	25.0～29.9	中度增加
Ⅱ度肥胖	≥30	严重增加

Moderate obesity: exceeding the standard body weight by 31%-50%

Severe obesity: exceeding the standard body weight by more than 50%

2.1.2 Evaluation by BMI:

BMI = [body weight/height^2] (kg/m^2)

It is now the most common standard for obesity. The recommended BMI standard by WHO in 1997 is shown in table 1. The BMI standard recommended by Asian and Pacific region in 1999 (lower than the WHO standard) is shown in table 2. In 2002, the pool data analysis coordination group of China obesity working group recommended BMI $\geqslant$ 28 kg/m^2 as a standard point of obesity for Chinese people, which is shown in table 3.

Table 1 BMI classifications and risks of obesity-related diseases for European adults

Classification	BMI(kg/m^2)	Risk of comorbidities
Underweight	<18.5	Low (but increased risks of other illnesses)
Normal weight	18.5-24.9	Average
Overweight	25.0-29.9	Increased
Mild obesity	30.0-34.9	Moderate
Moderate obesity	35.0-39.9	Severe
Severe obesity	≥40	Very severe

Table 2 BMI classifications and risks of obesity-related for adults from Asian Pacific region

Classification	BMI(kg/m^2)	Risk of comorbidities
Underweight	<18.5	Low (but high risks of other illnesses)
Normal weight	18.5-22.9	Average level
Overweight	23.0-24.9	Increased
Ⅰ°obesity	25.0-29.9	Moderate
Ⅱ°obesity	≥30	Severe

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