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## SPECIAL FEATURE

# Acupuncture for Cellulite

with Dr. Monica Talebnia, DC, MS.

**B**athing suit season is fast approaching and for those that want to look amazing this summer, a solution to the cellulite problem awaits. ChicagoHealers.com Practitioner Dr. Monica Talebnia, D.C., explains how acupuncture may be the most effective way to get rid of cellulite.

"Cellulite is a condition caused by an excess accumulation of dampness and mucous within the body," says Dr. Talebnia. "Deficient "Qi", known as vital energy, causes poor digestive function which is believed to be the main cause of cellulite and obesity."

Women often take one of two avenues to get rid of cellulite; one choice is going under the knife. However, cosmetic surgery can be expensive and may only change the aesthetic look but not address the root cause. Another popular treatment is using specialty creams, which promise to decrease the look of cellulite several bottles later. Not only do these results rarely appear but when they do, it's short-lived.

"The only way to get rid of a problem is to work from the inside out," says Dr. Talebnia. "Acupuncture does this by working with the body instead of trying to change it."

Acupuncture works by inserting sterile, hair-like needles into the skin, near the problem area. Some needles are connected to an electrostim (EMS) machine which accentuates the effect of needling and tones the muscles faster. After a 30-45 minute treatment, the needles are removed and a cupping technique is performed to massage deep tissue and increase circulation. Patients typically see results after four treatments.

*For more information, please visit [www.ChicagoHealers.com](http://www.ChicagoHealers.com) or [www.hoffmanestateswellness.com](http://www.hoffmanestateswellness.com).*