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**Weight loss therapy with acupuncture effecting HbA1c levels**

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Therapeutic management of obesity includes exercise, a balanced diet, and healthy living habits. In addition, acupuncture can also be used as an adjunctive treatment for obesity. Acupuncture therapy in body weight reduction (BWR) in obese patients is approved. But there are more effects than BWR. This therapy is affecting glucose metabolism which is measurable with HbA1c levels before and after the acupuncture therapy for obesity, periodically. The novel study is reduction on HbA1c levels on patients coming for weight loss therapy in acupuncture clinic. Weight, BMI and HbA1c levels were measured both before and after the full course of acupuncture treatments for comparison. Comorbid conditions that influence the development of obesity such as Diabetes, age and postmenopausal state were reviewed. Results confer reductions in weight, BMI and HbA1c levels after 20 sessions acupuncture therapy for obesity.

**Biography**

Feriyde Caliskan Tur was born in West Germany and graduated from Ondokuzmayis University Faculty of Medicine, Turkey (1988). She received her specialty from Department of Emergency Medicine, Akdeniz University, Turkey (2003). In addition to emergency, she is interested in pain therapy, obesity and integrative medicine, and visited the school of Acupuncture Therapy Certificate Program in Yeditepe University Akupuncture Training Center, in Istanbul (2007-2008). In the same period she studied AUCH technique on hypnosis. Currently, she is managing her patients in emergency medicine, hypnose and acupuncture therapy clinics and provides a unique contribution to the literature on her expertise.

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