



International Association
of Reiki Professionals



Reiki for Weight Loss

Can Reiki Help with Weight Loss?

Obesity is a serious problem for people all across the world and particularly in the United States. In fact, according to the Centers for Disease Control, more than one-third of adults in the U.S. currently qualify as obese, and an even greater number are overweight. Obesity can lead to a number of health complications, including a higher risk of heart disease, type 2 diabetes and other such conditions. Because of obesity's significant impact on an individual's health and wellbeing, people are always looking for new, more effective ways to lose weight. Fortunately, according to reports by respected doctors and clients alike, Reiki may have the power to aid in weight loss.

The Dangers of Obesity

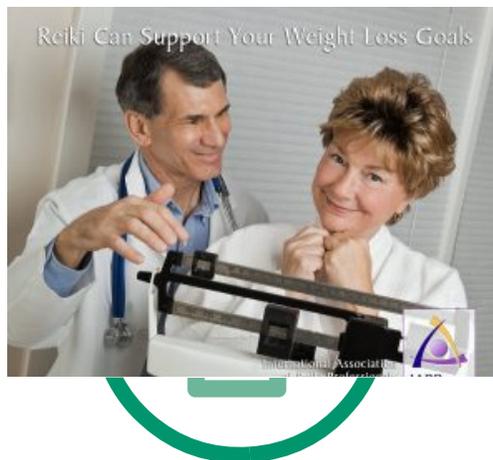
People who suffer from obesity may experience a variety of associated problems. The Mayo Clinic reports that obesity may contribute to the development of:

- Diabetes
- Heart disease

- Gallbladder disease
- Stroke
- Cancer
- High blood pressure
- Metabolic syndrome
- Osteoarthritis
- Sleep problems
- Infertility
- Erectile dysfunction

Carrying extra weight can also cause an individual to feel self-conscious, embarrassed and unattractive. Over time, this can lead to mental health issues, such as low self-esteem, anxiety and depression.

Factors Contributing to Obesity





3. Reiki may improve sleep patterns.

Reiki sessions may be helpful to clients who have gained some weight because they aren't sleeping well. Because Reiki may reduce stress and contribute to relaxation, clients may be able to get better, more restful sleep after treatment. This may contribute to better hormonal balance and a more normal appetite, which will help to prevent further weight gain and facilitate weight loss.

Anecdotal Evidence and Recommendations

Many people have already found Reiki to be a useful weight loss aid. In fact, celebrity singer Christina Aguilera is said to have utilized Reiki as a component of her weight loss treatment plan, and her journey was even chronicled in *Women's Health* magazine. In addition, the renowned television doctor Mehmet Oz has recommended Reiki as a useful treatment for a number of ailments, including obesity.



Keep in mind that, although Reiki may be beneficial to clients who are attempting to lose weight, it will be most effective when used in conjunction with other weight loss treatments. Other weight loss methods that patients may combine with Reiki sessions include better eating habits, increased physical activity and weight loss medication. Some Reiki practitioners even believe that engaging in Reiki sessions may enhance the effectiveness of each of these other weight loss methods by making clients more aware of their bodies' nutritional needs, stabilizing their appetites and reducing unhealthy cravings.



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Reiki for Weight Loss

Finding a Practitioner

From reducing stress to increasing a client's dedication to his or her other weight loss efforts, Reiki may benefit clients with obesity in many different ways. If you are interested in adding Reiki to your weight loss regimen, [search for a qualified Reiki practitioner right here on our website.](#)

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