



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

Reiki Can Help Support Your Weight Loss Goals

Obesity is often the result of multiple contributing factors. According to the Mayo Clinic, these factors may include:

- **Poor eating habits** – When someone eats unhealthy foods that are high in sugar and carbohydrates, they are more likely to become obese. Skipping meals, eating large portions and failing to eat an adequate amount of fruit and vegetables can also lead to obesity.
- **Lack of exercise** – People who live sedentary lifestyles with little to no physical activity may become obese.
- **Certain medications** – Some medications contribute to obesity by making weight gain more likely.
- **Lack of sleep** – If an individual isn't getting the proper amount of sleep or is sleeping at odd hours, hormonal changes may occur. This can lead to changes in appetite, as well as cravings for unhealthy foods.
- **Genetics and hormonal influences** – Some people may be more likely to become obese because of hereditary factors, as well as hormonal imbalances in the body.

For many people, high stress levels may also contribute to the development of obesity. When stress levels are high, the body releases adrenaline, cortisol and corticotrophin releasing hormone. If the stress continues, cortisol levels can remain high and may eventually cause an increase in appetite, as well as cravings for high-calorie “comfort” foods. High levels of cortisol may also make fat storage more likely.

How Reiki Can Help

Regardless of the exact cause of a client's obesity, Reiki may be beneficial as a weight loss aid. Some of the ways in which Reiki may help with weight loss are detailed below.

1. Reiki improves balance and wellbeing.

When clients undergo Reiki treatments, they often report feeling more balanced, both physically and emotionally. Clients who are actively trying to lose weight may be more likely to stick to their weight loss plans if their sense of balance is restored. In addition, they may experience fewer of the negative mental effects of carrying extra weight, such as depression.

2. Reiki reduces stress.

One of the primary uses of Reiki involves the reduction of stress. Stress is a common problem experienced by a significant portion of the population. Because stress has been shown to increase cortisol levels and contribute to weight gain, it stands to reason that reducing stress could be beneficial for clients who are trying to lose weight.

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

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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