

FOR IMMEDIATE



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Holistic Weight Loss – A Non-Diet Approach to Good Health

January 6, 2010 (GREENWICH, CT) – When your New Year’s resolution to lose weight crumbles as fast as the cookie touching your lips, it’s time to admit that diets don’t work. More successful is a holistic approach to losing weight that lets you feel good about feeding your body the nourishment it craves.

“By understanding the whole person, including emotional reasons for eating, stress triggers, medical history and physiological factors, we help each individual approach food in a whole new way,” said Henri Roca, MD, medical director of Greenwich Hospital’s Center for Integrative Medicine.

Dr. Roca, board-certified in Family Medicine and Holistic Medicine, works with the Center of Integrative Medicine’s registered dietitian and epigenetic nutritionist to help people understand *why* they eat what they do. “We look at the emotional aspects of eating and the habits an individual creates surrounding their relationship with food,” said Roca, who points to genetics, metabolism, hormones and physiological factors as potential stumbling blocks to successful long-term weight management.

“Stress alone can have more of an impact than most people realize. Chronic stress can lead to increased cortisol levels, which stimulate glucose production in the body. Excess glucose is converted to and stored as fat, particularly around a person’s mid-section. A chemical chain reaction can occur inside the body and sabotage the best weight loss efforts,” said Roca.

Cutting back on calories and adding or increasing exercise are proven to assist with weight loss, but they do not provide enough motivation for people who have been repeatedly unsuccessful at reaching their weight-loss goals.

The Center of Integrative Medicine’s unique holistic approach begins with a medical evaluation, assessing a person’s overall health (physical, mental, emotional and energetic) and determining what, if any, metabolic, hormonal, gut, allergy or immune dysfunction may exist, since this can have a profound effect on weight loss. Auricular (ear) acupuncture is provided at each session to control cravings. A nutritionist listens to your personal goals, evaluates your body type, and then customizes a program that includes nutritional counseling, meal planning, exercise advice and stress management techniques. General acupuncture, health coaching and advice on dietary supplements are offered. Personal training is offered in conjunction with the neighboring Greenwich Water Club, and the importance of physical activity is emphasized for long-term weight loss success.

In addition to realizing a personal weight loss goal, the Center for Integrative Medicine’s holistic weight loss program helps each person develop healthy habits for lifetime fitness. To learn more, call (203) 863-3615 or visit

www.greenwichintegrativemedicine.org.

About the Center for Integrative Medicine

The [Center for Integrative Medicine](#), located in Cos Cob, Connecticut, fills you with a sense of calm and healing from the moment you walk in the door. Affiliated with [Greenwich Hospital](#) and the Integrative Medicine Program at Yale University, the Center brings together an exceptional staff of highly trained experts who have devoted their careers to advancing the holistic wellness of men, women, children and elders. The medical team is supervised by a board-certified family physician. Treatments and therapies are designed to be as natural as possible, and may be combined with conventional medical care as appropriate. The Center also offers a full schedule of [classes](#) and programs as well as the Radiant Apothecary for supplements and gifts.

About Greenwich Hospital

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