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Efficacy of Auricular Laser Acupuncture on Body Composition and Visceral Fat among People with Obesity: A Case Study

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Introduction:

Introduction: Low-Level Laser Therapy (LLLT) has emerged as a non-invasive modality for weight management. This case study evaluates the efficacy of auricular laser acupuncture combined with nutritional monitoring on body composition changes in a 56-year-old female with obesity.

Methods:

The 10-week intervention was conducted at the Physiotherapy Unit, PKD Kuala Terengganu. The respondent received Auricular Laser Acupuncture with a dosage of 200J, administered twice weekly (Tuesdays and Thursdays) targeting four specific ear acupuncture points. To ensure data integrity, the respondent maintained a detailed Food and Beverage Diary to monitor high-protein intake and caloric consistency. Body composition was measured using InBody analysis at pre-intervention and post-intervention.

Results:

Post-intervention data revealed significant body recomposition. The respondent achieved a total fat mass loss of 5.0 kg (from 30.6 kg to 25.6 kg) while successfully increasing skeletal muscle mass by 0.3 kg (from 25.4 kg to 25.7 kg). Most notably, visceral fat levels decreased by three levels (from Level 15 to Level 12). Percent Body Fat (PBF) showed a reduction of 4.5%. Qualitative feedback indicated improved vitality and better-fitting clothing, correlating with the objective visceral fat reduction.

Conclusion:

Auricular Laser Acupuncture (200J) is an effective physiotherapy modality for targeted fat loss. The synergy between specific laser stimulation and disciplined nutritional tracking resulted in superior body recomposition, specifically significant visceral fat reduction and muscle mass preservation.