

## Acupuncture Treats Moody Skin

We all know how those sagging jowls, fine lines, eye bags and lackluster skin can affect our psyche. But according to ancient Chinese wisdom the opposite is also true. The emotions that we express each day will over time become permanently imprinted on our face. For example, the habitual expression of worry and anger bring the brows together causing the "11's" (deep furrows between brows.) Depression and stress are known to cause hormonal and nervous-system activity that can trigger changes in the skin. Unbalanced hormones can lead to premature thinning of the skin as well as dark patches (melasma) and acne. If your adrenals glands are over stimulated (too much stress) it can lead to dark circles under the eyes.

Traditional Chinese Medicine (TCM) thinks of our internal organs as integrated systems that disperse the Qi (energy) they generate. In that way, seemingly distant organs can have an impact on facial beauty. According to Chinese Five Element Theory, our emotions correspond to different organ systems. Therefore, someone who worries a great deal can injure their stomach organ. This disharmony in the stomach organ (earth element), may result in dampness by blocking Qi flow and nutrients, resulting in puffy eyes. The knowledge of Five Element and TCM theory enables an acupuncturist to feel your pulses, study your tongue and know which of the body's systems have been injured or are struggling and to make adjustments which can have tremendous impact on both your skin and your overall health.

Acupuncture Facial Rejuvenation not only addresses the outward appearance of the effects of aging, it also can ease stress, depression, worry and frustration which can cause premature aging. Regular acupuncture treatment helps to balance hormones, calm overactive adrenal glands, and create a sense of calm. Points along the channels (called meridians) which correspond to different organ systems can help to provide a sense of relaxation and well-being which translates to a more relaxed, vibrant appearance. The calming nature of acupuncture also decreases heart rate, lowers blood pressure and relaxes the muscles. In addition, acupuncture improves circulation of blood throughout the body, which brings oxygen to the tissues and clears out cortisol and other waste chemicals.

The needles themselves elicit a healing response to the microtrauma caused by the needling. Collagen is produced and disbursed, helping smooth out the wrinkles. All of this together can take years off your face, without side effects, toxins, fillers or surgery. Call Michelle Gellis to see if Acupuncture Facial Rejuvenation might be just what you need for your "moody skin".



"After only one treatment I noticed my furrowed brows were markedly more relaxed. The lines were not nearly as deep. People commented on the glow my skin has. This is great!"

**-Meg**

"When I came home after my sixth treatment my husband said my eyebrows were arched so high I looked like Bette Davis! I was thrilled!...People have come up to me and asked what I have been doing, my skin tone and texture are so different..."

**-Joan**

**Michelle Gellis** is a licensed, Nationally Board Certified, Acupuncturist. She is a faculty member and clinic supervisor at the TAI Sophia Institute in North Laurel. Michelle also teaches Acupuncture Facial Rejuvenation classes to acupuncturists. She has offices in Fulton and at TAI Sophia. She can be reached at 301-725-8927 or [seaofchi@aol.com](mailto:seaofchi@aol.com).

