

## Acupuncture Facial Rejuvenation: The TRUE anti-aging medicine.

More and more people are turning to high tech, trendy ways of treating their aging skin. Every time I am at a social gathering of my '40 something' peers I overhear woman talking about Botox, fillers, lasers and cosmetic surgery. These procedures are quick and typically effective, although most involve considerable risk, pain, down time due to bruising and swelling, and can be disfiguring. All of these procedures have one thing in common, they don't treat the causes of aging, just the results of it. There is one modality for treating the skin which actually improves the health of the person while also giving cosmetic results; Facial Rejuvenation Acupuncture. Acupuncture facial rejuvenation focuses on restoring and maintaining good health while providing cosmetic improvements. Different organs are addressed from a Chinese medicine perspective such as the spleen, which in Chinese medicine is responsible for holding things up, or the lungs which control the skin. Conditions such as blood or Qi deficiency or stagnation can lead to poor circulation and dry withered looking skin. Qi (pronounced "chee") is a fundamental concept of everyday Chinese culture. At the core of Chinese medicine is the philosophy that Qi flows throughout the body. Qi is loosely translated to 'life force' that is part of everything that is alive. Where there is no Qi there is no life. Qi helps to animate the body and protect it from illness, pain and disease. A person's health is influenced by the quality, quantity and balance of Qi.

The Chinese character for Qi shows steam rising from a pot of cooking rice. In order to maintain health, we need to keep the 'rice pot lid moving' appropriately so that it does not get stuck closed or blown off.

氣 汽 米

Chi

Steam/Energy

Cooking Rice

Qi is circulated through specific pathways called meridians. There are 14 main meridian pathways throughout the body. Each is connected to specific organs and glands. Meridian pathways are like rivers transporting life-giving Qi to nourish and energize every cell organ gland tissue and muscle. When Qi flows freely throughout the body, one enjoys physical, mental and emotional well being. An obstruction of Qi anywhere in the body is like a dam, backing up the flow in one area and restricting it in other. This blockage can hinder the distribution of the nourishment that the body requires to function optimally.

Regular acupuncture treatments as part of your wellness plan can improve your health at the same time as minimizing wrinkling and sagging. What could be better?

"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**