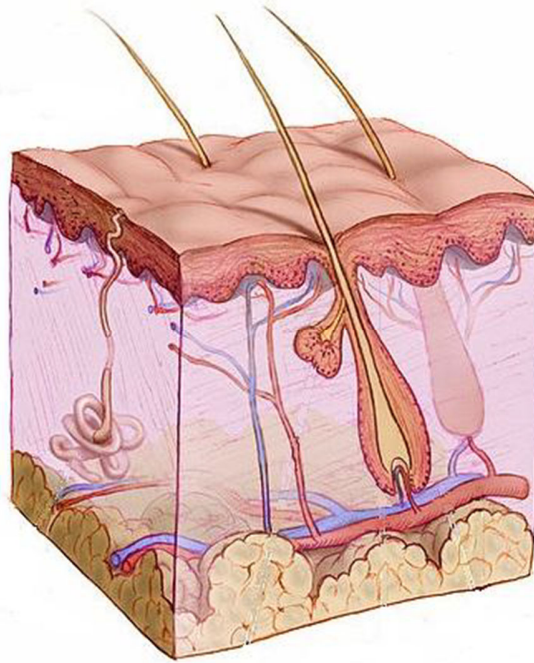


# **Anatomy and Physiology of the Face for Cosmetic Acupuncture: Skin and Skin Disorders**



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## **INTRODUCTION**

The integumentary system consists of the skin, hair, nails, glands, and nerves. As a barrier to

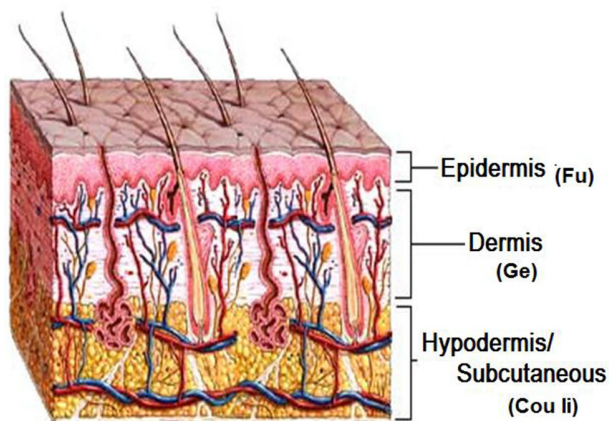
protect the body from the outside world, its functions to retain body fluids, protect against disease, eliminate waste products, and regulate body temperature.

Skin, the largest organ of the body, is approximately 1/12-1/10 inches deep, extends approximately 20 square feet, and is about 6-16% of the total body weight of an average adult. Skin consists of millions of cells, an intricate network of blood vessels, a complex of nerves, hair follicle openings, sebaceous and sweat glands. Sensory cell receptors located at the end of nerve fibers monitor temperature and pain. Skin is thinnest on the eyelids and thickest on the soles of the feet and palms of the hand.

Healthy skin is elastic, resilient, and under normal conditions, regularly regenerates itself. In Traditional Chinese Medicine (TCM), the skin has multiple functions. The health and appearance of the integumentary system is of particular importance to practitioners of Cosmetic Facial Acupuncture (CFA).

### SKIN: EAST AND WEST

On the face, there are three layers of skin - the *epidermis (fu)*, the *dermis (ge)*, and the *hypodermis (cou li)*. Each layer functions independently and together to protect the body, nourish cell development, and provide a solid foundation for proper skin health. Under normal conditions cell growth begins in the base of the dermal layer and migrates upward into the epidermis. Once in the epidermal layer, skin cells continue to move upward to the skin surface.



#### ***Epidermis (Fu)***

The Epidermis (fu) layer is the outermost or superficial layer of the skin that is visible to the naked eye. It consists of layers of flat skin (epithelial) cells in a watery base. There is approximately 70% - 80% water at the lower levels of the epidermis and approximately 5%-10% water at the surface. As these cells travel from the bottom to the top of the epidermis they lose their water content, dry out, and die. The skin surface is covered by an oily coating known as the *acid mantle* which protects it from debris, bacteria, and other infectious agents. Most skincare products when applied to the skin affect the epidermal layer of the skin.

### ***Dermis (Ge)***

The dermis (ge) is a thick layer of firm tissue located beneath the epidermis. The dermis is composed of approximately 90% collagen (the protein that gives skin plumpness), 5% elastin (the protein that enables skin to bounce back into shape after being stretched from facial expression, gravity, etc), hyaluronic acid (water protein for moisture) nerve receptors (detects pressure and temperature changes), blood vessels (supplies the skin with vital nutrients), lymph vessels (filters debris from cells), and hair follicles. Cell growth, vitality, and renewal takes place in the dermal layer.

### ***Hypodermis/Subcutaneous Layer (Cou li)***

The hypodermis, or subcutaneous layer (cou li), is the tissue between the skin and muscles. It contains fat and loose connective fibers to insulate and protect the body. The plumpness of your face is determined by the thickness of the hypodermis - the thicker the hypodermis, the fuller your face. In TCM, this layer includes face muscles. It is also the gateway for exchange of Qi, Blood, and fluids to and from the skin. In TCM the cou li layer plays an important role for resisting the invasion of external pathogenic factors.

## **AGING: BIOMEDICINE**

*Gerontology*, the biomedical study of aging, is a relatively new science. In the past, researchers looked for a single theory that explained aging. Over the past 30 years, scientists have realized that aging is a complex interaction of genetics, chemistry, physiology, and behavior. Today there are dozens of theories of aging.

### ***Programmed Theories of Aging***

Programmed theories ascertain that the human body is designed to age and there is a certain biological timeline that bodies follow. These theories share the idea that aging is natural and "programmed" into the body.

### ***Error Theories of Aging***

The error theories assert that aging is caused by environmental damage to the body's systems, which accumulates over time.

### ***Genetic Theory of Aging***

Studies demonstrate that genetics can play a major role in aging. To date, most of the research for this category of aging has been performed on mice. The meaning of these experiments for humans is still unknown, but researchers think that genetics account for much of the variation in aging people.

### ***Biochemical Theory of Aging***

Regardless of what genes you have inherited, your body is continually undergoing complex biochemical reactions. Some of these reactions cause damage and, over time, aging in the body. Studying these complex reactions is helping scientists to understand how the body changes as it ages.

## **AGING: EASTERN MEDICINE**

In Traditional Chinese Medicine (TCM), health is determined by a person's ability to maintain a

balanced internal environment. Aging, in the case of CFA, premature aging, skin sagging, muscle integrity, wrinkles, and skin problems, are exacerbated when one's internal environment is disturbed and the normal processes that restore harmony and balance are disrupted. Harmony and balance depend on the principles of Yin/Yang, Organ vitality, Meridian integrity, and the smooth and continuous flow of Qi, Blood, and Fluids. A CFA acupuncturist targets specific acupuncture points on the body and face to enhance skin quality by improving muscle tone, improving circulation and lymph flow, and restoring internal balance. The results are tighter skin, fewer fine lines, softer deep wrinkles, refined skin texture and color, improved facial muscle tone, plus enhanced overall health, vitality, and well-being.

## **YIN, YANG, QI, BLOOD, MERIDIANS AND ORGAN SYSTEMS**

### ***Yin and Yang***

Yin and Yang represent the meeting and harmonizing of two opposing forces. Yin symbolizes all that is dense, heavy, and earthbound. Yang represents substances that are light, porous, and ethereal. Yin and Yang, although opposite in nature, travel as one in constant movement throughout the body and adapt in order to maintain balance within.

### ***Qi and Blood***

Balance is obtained when Qi and Blood are in harmony. Qi is Yang in nature, and represents the steady flow of a vital energy that travels throughout and around the body. Every breath we take and every movement we make is comprised of and affected by Qi. Wei Qi (Defensive Qi) flows under the skin surface. Wei Qi warms and nourishes the flesh, skin, hair, and regulates the opening and closing of the pores as in sweating. It protects the flesh and exterior from the invasion of external pathogenic factors. Ying Qi (Nutritive Qi) travels beneath Wei Qi to nourish the body systems and skin. Skin that is too oily, too dry, or problematic such as acne can be attributed to Qi imbalance.

Qi generates Blood, and Blood nourishes Qi. Blood, a form of Yin, moistens the skin, hair, and bones, and nourishes mental and emotional activities. Movement of Blood in the vessels depends upon Qi's ability to regulate it. If the moving function of Qi is too strong or the containing function of Qi is not strong enough, Blood can spill from the vessels to cause bleeding. If the moving function of Qi is too weak, and the containing function too strong, Blood will move too slowly and can stagnate. Bruising, sunspots, melasma, rough thick, or hardened skin with dryness and itching such as eczema are forms of Blood stasis.

### ***Meridians***

Meridians are a complex system of channels and network vessels. They circulate Qi, Blood, and fluids through the body and into the skin. They also connect to the Zang Fu Organs and act as a passageway for the movement of Qi and Blood into and out of these Organs.

### ***Zang-Fu Organs***

The skin has a close relationship with the Zang (Yin) and their Fu (Yang) paired Organs. Each paired Zang-Fu performs a specific function. Like Yin and Yang, Zang-Fu Organs depend upon each other for their internal harmony and balance. A Zang-Fu imbalance will interrupt the fluidity of Qi and Blood flow in the Meridians. In the same regard, a disharmony in the Meridians will eventually lead to a Zang-Fu imbalance.

Paired Zang-Fu Organs:

<u>Zang</u>	<u>Fu</u>
Kidneys	Bladder
Spleen	Stomach
Lungs	Large Intestines
Heart	Small Intestines
Liver	GallBladder

There is also a sixth Zang Organ that works to protect the Heart. It is called the Pericardium, and its Fu corresponding Organ is the Triple Heater.

In CFA acupuncture points affecting the Zang Organs are primarily located on the torso and extremities. Acupuncture points affecting the Fu Organs are located on the body and the face. When selecting points for CFA, practitioners consider the functions of Zang Organs when choosing Zang or Fu points on the body. They pair these with corresponding acupuncture points located on the face.

## **ORGAN SYSTEM FUNCTIONS**

### ***Kidneys***

The Kidneys are responsible for the vitality of all aspects of the aging process. They produce, store, and distribute Qi to the other Organs. As the root of Qi, they store Essence, govern growth, produce marrow for healthy brain function and bone integrity, control reproduction, and oversee water production and flow. Kidney Essence is made up of a combination of Qi inherited from parents, food, and liquids. Essence is vital for the production of Blood, nourishment of the Zang Fu Organs, and the health of the skin and head hair. Skin moisture depends on the metabolism of the body fluids in the Kidneys. If the function of Kidney Qi transformation is impaired, water collects, spills into the skin, and can cause edema in the body and puffiness in the face. If Kidney Qi is weak, body fluids become insufficient and can cause dry skin on the body and face. Additional cosmetic disorders associated with the Kidneys are premature aging, hair loss (alopecia), and skin discoloration.

### ***Spleen***

The Spleen governs the health, tone, and integrity of the muscles of the face and body. The Spleen also governs the transportation and transformation of consumed food and beverages. It turns the beneficial nourishment into Essence and sends it upward to the Lungs and Heart. It sends the unwanted downward to the Stomach to begin the process of elimination. If Spleen Qi is healthy, the transportation and transformation function is proper and abundant. If Spleen Qi is deficient or weak, it cannot supply sufficient nutrients resulting in the deficiency and depletion of Qi, Blood, body fluids. The result is a lack of muscle strength and tone in the body and face.

Additionally, if the transportation and transformation is weakened, fluid will collect and obstruct the Spleen's ability to function properly. This can lead to skin breakouts, acne, and eczema. If the Spleen is damp, it loses its ability to separate the pure from the impure. It sends impure Essence to the Stomach to create Stomach Heat. On the face, the classic sign of Heat in the Stomach is greasy skin with breakouts around the mouth. The severity of skin breakouts from mild pimples to severe acne is often determined by the degree of Spleen dampness and Stomach Heat.

The Spleen also controls the Blood. If Spleen Qi is sufficient, the Blood is contained within Blood vessels. If Spleen Qi is deficient, the Spleen cannot control the Blood properly and it may spill out from the vessels resulting in inflammation, bleeding and the appearance of a purplish rash on the skin surface.

### ***Lungs***

The Lungs are a primary Organ for establishing and maintaining healthy skin. They control the flesh, nourish the skin and body hair, oversee the opening and closing of skin pores, regulate sweat and body fluids, and disperse Wei Qi. The Lungs receive Essence from food and beverages from the Spleen and mix it with the air breathed to create Qi. Lungs then circulate this form of Qi into the body and outward to the surface of the skin.

If the Lungs function normally, the skin is smooth, dewy, hydrated, and strong enough to repel external pathogenic factors. The body hair is thick, soft, and shiny. If Lung Qi is weak, skin and hair may look lusterless, dull, and dry. Wei Qi can be too weak to maintain its defensive function. Pathogenic factors can invade the body and cause acute or chronic illnesses like the flu or a lingering cold.

If the diffusing function of the Lungs is normal, the sweat pores are easily regulated. If Lung Qi is deficient, Wei Qi will be weak, and regulation of the opening and closing of the pores will be impaired. Signs of this type of Lung Qi deficiency include spontaneous or excessive sweating. If the transmission of the Wei Qi to the skin is obstructed, the deeper skin layers (cou li) can close and prevent sweating. If the Lung function of dispersing Qi and fluids throughout the body is weak, fluids can collect in the Lungs to form phlegm or it may leak into the skin tissue to produce swelling. Chronic eczema, face swelling, and congestion are signs of this form of phlegm. If the Lungs get hot, the skin surface can heat and become red as in the case of rosacea.

### ***Heart***

The Heart is responsible for the color and vitality of the complexion. It absorbs Spleen Essence and turns it into Blood and fluids, then circulates it throughout the body. Blood depends on the Heart to circulate in the vessels throughout the body. Circulation depends on the flow of Heart Qi to maintain the normal movement of the Blood in the vessels and to the skin. If the function of the Heart in governing the Blood and the Blood vessels is balanced, the face appears fresh, rosy, and lustrous and the skin is moist and soft. If Heart Qi and Blood is deficient, the face is lusterless, dull, pale and dry. If Heart Qi is weak and Heart Blood is strong, heat can arise in the Heart channel. Heart heat can result in inflamed or red skin, skin irritation, acute eczema, itching, mouth ulcers, local burning sensation, pain, bloody crusts and pus, and nodules.

Qi and Blood are the material source of the Spirit. When the Heart receives adequate nourishment from the Blood, it can function properly to govern the Spirit. Heart fire generated by emotional problems can be transported through the Blood vessels to accumulate in the skin, causing skin problems such as acne, rosacea, and dermatitis. A red skin tone, not caused by sunburn, can indicate an overworked heart causing capillaries to increase in size and move closer to the surface of the skin.

### ***Liver***

The Liver is responsible for the relaxation and contraction of muscles, tendons, ligaments, and the

way the skin wrinkles. It rules the movement and fluidity of Qi, stores the Blood, and controls the way Qi and Blood flow through the body and face. Whereas the Spleen is responsible for muscle quality, the Liver regulates the smooth contraction of the muscle fibers.

The Liver works with the Heart, Lungs, and Spleen to promote Qi and Blood circulation. When Liver function is normal, Qi is regulated, moves freely, and Qi and Blood are harmonious. If Liver function is impaired, the movement of Qi in Organs and in the tendons and ligaments will be obstructed. Wrinkles are formed by the inability of muscle fibers to contract evenly and smoothly. Therefore, the Liver is germane to treating wrinkles. Skin discoloration (i.e., sunspots, melasma, chloasma), an example of Blood stagnation, is also governed by the Liver.

General Rule of Thumb for Treating Zang Organs:

- For aging conditions, treat the Kidneys
- For muscle tone, treat the Spleen
- For skin moisture, treat the Lungs
- For skin coloring, treat the Heart
- For wrinkles and skin discoloration, treat the Liver

## **PATHOGENS**

The skin is the first line of defense. When weak or deficient, skin is susceptible to the TCM external pathogenic factors Wind, Cold, Summer Heat, Damp, Dry, and Fire.

### ***Wind***

Wind is characterized by the rapid onset of symptoms that quickly spread throughout the body. Conditions related to wind include dry skin, itching, eczema, and rosacea on the cheeks, chest, and back. Wind often combines with other pathogens.

### ***Cold***

External cold is weather-related and generally occurs during the winter time. When invading the body, it causes Qi to stagnate and blood to congeal. Skin problems due to cold usually manifest in the form of lumps, masses, and nodules.

### ***Damp***

External dampness is generally caused by living or working in damp conditions or by wearing damp or sweat-soaked clothes. Skin problems due to dampness include edema, acne around the mouth, some forms of eczema, and oozing lesions. These conditions can persist for long periods of time or recur frequently.

### ***Dry***

External dryness can be due to weather, soaps, detergents, and other skin drying agents. It is

characterized by dry, itchy skin, with patches of dry scales and sometimes redness. These conditions are often worse in dry, winter, or autumn weather. Eczema, chapped lips, dandruff, dull hair, or loss of head and facial hair are also symptoms of dryness.

### ***Summer Heat***

Summer heat usually occurs during the strong summer sun. It is characterized by the appearance of redness, accompanied by a burning, warm sensation. These symptoms are often aggravated by alcohol, spicy food, and stress.

### ***Fire***

External fire generally occurs during extremely hot weather. Heat leads to severe dehydration, a disruption of Qi, Blood in the Meridians and Zang-Fu. Fire is characterized by the appearance of bright red skin, with potential acne swelling, and pustules. To the touch, the skin surface also feels hot, red, and irritated. Fire in the Lungs and Stomach can lead to rosacea.

Another category commonly referred to as the *Invasion of Toxic Pathogenic Factors* includes viruses, bacteria, fungal infections, parasites, and epidemic factors. Mosquitoes, bedbugs, fleas, mites, and other insects fall into this category. Symptoms range from minor swelling and itching to death.

## **DIET**

Greasy, rich, spicy, fried, or even too many raw foods can impair the Spleen's function and create internal Dampness and heat in the Spleen and Stomach. Symptoms of dampness and heat in the Spleen and Stomach are acne, rosacea, and some forms of eczema. Food sensitivities, allergies, overindulgence of dairy, sweets, wheat, gluten, or in some cases seafood, can also cause skin reactions such as itching, redness, and swelling.

## **ALLERGIES**

Skin allergies can manifest from allergens via direct contact (touch or ingestion) or indirectly (inhalation). Common food allergens include wheat, gluten, dairy, eggs, nuts, soy, and shellfish. Inhalants include strong-smelling or harsh chemicals. For many, perfumes, dyes, and parabens commonly found in skin care products fall into this category. Symptoms related to allergies range from minor skin redness, itching, swelling, and irritation, to anaphylactic shock, seizures, or in severe cases, death.

## **EMOTIONS**

Emotional strain can cause skin problems. Psychological and emotional factors including anger, fear, sadness, grief, and excessive thinking can lead to an imbalance between Yin and Yang, disharmony between Qi and Blood, and dysfunction of the Zang-Fu Organs. The most common symptoms of emotionally related skin disorders include skin itching, swelling, eczema, and hives.

## **AGE**

From the standpoint of TCM, aging is a process of losing Kidney Qi and Essence. According to the *Yellow Emperor's Inner Canon*, Kidney Qi and Essence is responsible for brain development and function, hearing, bone matrix, bone marrow, sexual function, the capacity to conceive, and regulation of the urinary tract and the bowels. This system also influences mental aspects such as willpower, motivation, and the emotion of fear. Loss of Kidney Qi and Essence jeopardizes the



function of all Organ systems. As Kidney Qi and Essence diminish, so do the functions of all Organ systems.

### **TREATING SKIN WITH TCM**

Skin structure is maintained by two critical proteins--collagen and elastin--and the binding sugar, hyaluronic acid. When combined these create a taut, spongy mesh under the skin surface to keep it firm and smooth. Over time, this meshwork begins to lose its integrity. In Eastern as well as in Western philosophy, as this webbing unravels skin loses its plumpness and starts to sag. As skin becomes more flaccid, thin, and fragile, it loses moisture and dries. Additionally, with age, underlying muscle tone alters and bones structure changes thereby exacerbating the loss of skin tightness.

### **SKIN CHANGES BY DECADES**

#### ***Late Teens to Late Thirties***

In early years, the skin is firm, plump, and wrinkle-free. In the early thirties, fine expression lines may appear across forehead and around the eyes, and under-eye puffiness may start to develop. Pale sun spots on cheeks may begin to appear on the face.

#### ***Forties***

Expression lines turn to wrinkles across the forehead and between the eyebrows. Under eye puffiness is exacerbated, and darkness may appear. Existing sunspots darken and new sunspots develop. Loss of skin elasticity and collagen, generally around the mouth, begins. There is an overall gradual loss of skin firmness. The folds between the nose and mouth (nasolabial), between the mouth and jaw line (commissural fold), and around the sides of the mouth (marionette lines) appear and/or deepen.

#### ***Fifties and Sixties***

Skin structure continues to breakdown, sunspots darken, eyelids start to droop (ptosis), and under-eye puffiness and darkness increases. The loss of definition along the jawline and across the jawline and neck become more obvious. Melanomas may appear.

#### ***Seventies +***

In addition to the exacerbation of above, bone structure begins to change. Throughout life bone is constantly being created and absorbed. With age, bone absorption is faster than its creation resulting in architectural changes in the eye socket, brow bone, nose, upper and lower jaw.



### **PHYSIOLOGICAL SKIN CHANGES ASSOCIATED WITH AGE:**

- Dermal architecture changes (collagen, elastin fibers)
- Dermis loses volume
- Skin thickness is reduced
- Skin dries
- Dermis and epidermis separate-- skin tears more easily
- Decreased growth and repair rates
- Loss of gland activity
- Depigmentation and loss of hair
- Hyperpigmentation of skin
- Development of skin cancers (benign/malignant)
- Loss of muscle tone

### **CFA**

CFA helps the body to create a brighter, tighter youthful, healthier, look and feel. Although not a tight face lift, the benefits of cosmetic acupuncture can erase five to ten years from the appearance.

By promoting Organ health, balancing Qi, nourishing Blood and fluids, stimulating circulation, and improving lymph flow, CFA can:

- Eliminate fine lines
- Soften wrinkles
- Improve skin texture, color, luster, and appearance
- Increase energy in skin cells and skin tissue
- Tone, relax, nourish, and balance muscles and muscle activity
- Enhance overall appearance and improve health
- Regulate Organ and Meridian imbalances
- Reduce physical, mental, and emotional stress and tension

### **RECOGNIZING FACIAL COMPLAINTS**

There are several key factors to consider before beginning CFA. After careful review of the TCM intake, skin analysis, and other relevant information, it is important to thoroughly understand the patients' cosmetic concerns. Notably, even if the treatment is successful, if the diagnosis and

treatment do not address the patient's complaints, the results will be a failure in the eyes of the patient. Although a Lung Qi deficiency (resulting in skin dryness, pallor, and surface imbalance), may be the underlying condition, if your patients' focus is "wrinkles between the eyebrows" which is a Liver Qi and Blood imbalance, then improving Lung Qi function without addressing Liver Qi and Blood will likely lead to a dissatisfied patient.

After establishing your diagnosis and treatment plan, it is important to explicitly outline a plan with your patient. As acupuncturists, we know that acupuncture treatment helps your body to help itself to heal. In most cases the process is in fact "a process." This is particularly true with CFA. Although short term positive results can be immediately observed, the goal is to achieve long-lasting effects. For this reason, cosmetic acupuncture treatments should be performed in a series of 10-12 sessions, followed by re-evaluation. Re-evaluate to determine if the patient is satisfied with the results of the initial treatment series and/or the practitioner believes that optimal results have been achieved. It is common for the patient to continue regular treatment if they are happy with their progress.

Once desired results are obtained, it is necessary to maintain the benefits of CFA treatment. Maintenance sessions are generally recommended on a monthly basis. For some this will be every three weeks, for others every four or five weeks. Since the purpose of maintenance is being able to hold onto the results obtained by the series, a good barometer for a scheduling ongoing follow up sessions is what the patient sees in the mirror. If the patient observes that their face appears to be "falling down," then they are a few days late.

## **2. Ideal, Good, and Difficult Candidates**

### ***Ideal***

The candidates that yield the best results from cosmetic acupuncture are generally in their early fifties and below. They have a relatively clear complexion, minimal collagen and elastin loss, and healthy muscle tone. Upon intake they have relatively few health issues. Treatment for these patients can be spaced one time per week for approximately ten sessions.

### ***Good***

The candidates that yield good results from cosmetic acupuncture are generally in their mid-fifties to sixties. They have a relatively clear complexion, some collagen and elastin loss around the mouth and cheek area, and relative healthy muscle tone. Upon intake they may have some health issues. Treatment for these patients can be spaced one to two times per week for approximately ten to fifteen sessions.

### ***Difficult***

These patients are generally in their seventies. Their skin condition can vary, healthy collagen and elastin production may have diminished, and muscle tone is compromised. They generally have mild to significant skin wrinkling. Their health conditions may vary. Although these candidates may yield some physical results, the improved psychological benefits resulting from cosmetic acupuncture cannot be underestimated. In this situation it is important to clearly explain that although they may not obtain significant muscle tone, skin tightening, or wrinkle reduction, cosmetic acupuncture can improve skin texture and color and can help them feel and look healthier and brighter. For optimal results treatments should be spaced twice per week for six to ten weeks.

Another category of difficult patients are those of any age with thin skin, weak muscle tone, and excessive loss of tissue collagen and elastin. They often have a combination of multiple health issues, acute pre- and post-menopausal symptoms, chronic pain, and chronic environmental and/or food allergies. Full body acupuncture, herbal medicine, and resolving underlying health issues should be recommended prior to beginning cosmetic acupuncture.

## **PRECAUTIONS AND CONTRAINDICATIONS**

There are a few precautions and contraindications for CFA. A thorough intake and health evaluation will help to discern the difference. Patients, who are extremely deficient, have high blood pressure, heart disease, experience migraine headaches, or chronic pain should receive a series of full body acupuncture treatments prior to beginning cosmetic acupuncture services. Patients sick with a cold, flu, or experiencing an active herpes breakout should postpone cosmetic acupuncture until their symptoms have resolved.

Precautions should be made for patients on blood thinning medication (coumadin, warfarin, large doses of garlic, etc.), bleeding, or bruising disorders. Although not a contraindication for cosmetic acupuncture there is however a heightened risk of bruising. Needling the face under well-lit or magnified conditions will help to mitigate the occurrence of bleeding.

Some practitioners believe that CFA should not be performed on pregnant women. If forbidden acupuncture points (including CV6, BL27, 28, LI4, SP6, GB21) are avoided, body points to improve fetal well-being (such as K3, 9, P6) are incorporated, and the number of facial points minimized, CFA can be beneficial for both the expecting mother and her fetus. Some practitioners recommend waiting until after the first trimester to begin or resume cosmetic acupuncture treatment.

CFA is temporarily contraindicated after the following treatments:

- ***Skin Rejuvenating and Resurfacing Procedures***

The category of skin rejuvenating and resurfacing treatments includes chemical peels, laser, heat, light, and other energy-based treatments. These treatments are designed to reduce wrinkles, refine skin texture, and even skin color. When performed properly the outcome is smoother, clearer, and more youthful-appearing skin. Downtime after treatment ranges from minutes to weeks depending upon the type of procedure performed. As a general rule of thumb, do not treat skin that is raw, red, irritated, or inflamed.

- ***Cosmetic Volumizers***

Cosmetic injectables derived from the clostridium botulinum toxin are commonly known as Botox™ or Dysport™. Over the past twenty years they have become a popular alternative for reducing fine lines and wrinkles, particularly around the eyes and above the lips. When a small amount of this substance is injected into a muscle, it blocks the nerve signals that signal the muscle to contract. The effect is a temporary weakening or paralysis of the muscle that produces a smooth appearance of the skin around the injected muscle. Acupuncture should not be performed for eight to ten days after clostridium botulinum injections.

- ***Cosmetic Fillers***

Cosmetic fillers are materials injected into the dermal layer of the skin to plump sagging skin, fill skin creases, decrease wrinkles, enhance lip size, and give the face a fuller appearance. Most fillers are derivatives of hyaluronic acid or collagen. Popular fillers include Restylane®, Juvederm®, Artefill®, Prevelle Silk®, Radiesse®, and Sculptra®. Acupuncture should not be performed for two to three weeks after filler injections.

- ***Cosmetic Surgery***

Surgical facelifts can be divided into several categories depending on the area being addressed. Facelifts, or lower lifts, are performed on the lower face and neck. It tightens the skin of the neck, along the jawline, and across the lower portion of the face. Other procedures such as eyelid (blepharoplasty), nose (rhinoplasty), forehead, or cheek lifts can be added to a lower lift. CFA for face lifting purposes should not be performed for 6 weeks after these surgeries. However, acupuncture to treat the side effects of post-operative anesthesia, bruising, and swelling is quite beneficial. It is most effective when performed 24-48 hours after surgery.

CFA is contraindicated in the following situation:

- ***Skin Cancer***

Skin cancers, or neoplasms, are named after the type of skin cell from which they arise. Basal cell cancer begins in the cells that develop in the lowest layer of the epidermis and the top layer of the basal layer. It is the most common and least dangerous form of skin cancer. Squamous cell cancer arises from the cell in the dermal layer. Although less common, if untreated it is more likely to spread and can be fatal. Skin melanoma originates in the melanocytes, the pigment-producing cells. Although the least common, this is the most aggressive form of skin cancer. If untreated, it is most likely to spread and can be fatal. The cause of most skin cancers is overexposure to UV rays from the sun and tanning beds.

Recognizing the A,B,C,D,E's of skin cancer can be lifesaving:

*A- Asymmetry.* Half of the concerned area is different than the other half.

*B- Border irregularity.* The borders are uneven, ragged, scalloped, notched, or blurred.

*C- Color.* Pigment is not uniform. The color of the area of concern changes from different shades of brown, tan or black. A melanoma may also become red, blue or another color.

*D- Diameter.* Skin growth is larger in diameter than the size of the eraser of a pencil (1/4 inch or 6mm), although they may sometimes be smaller when first detected. If the area is smaller than 6mm it too may be cancerous.

*E- Evolving.* This includes any change in size, shape, color, elevation, or another trait, or any new symptom such as, but not limited to itching, tingling, burning, crusting, oozing, bleeding, thickening, raising, or small patches that break off.

## **COMMON COSMETIC SKIN CONCERNS**

The most common skin concerns include:

- Fine Lines and Wrinkles
- Sunspots (hyperpigmentation)
- Eyebags, dark circles
- Skin dryness, dull skin
- Skin puffiness
- Skin sagging\*

\*Skin sagging can occur when there is a decrease in healthy collagen and elastin production in skin tissue. However, skin sagging can also be attributed to a change in muscle tone and bone resorption.

## **CFA TREATMENT**

There are no specific guidelines for acupuncture needles and insertion depth. When needling the face, it is often beneficial to use 36-40 gauge (Seirin ivory or red handle), 0.5" long needles of your choice. Depth of insertion is approximately 1/4"-1/16" depending upon point location and personal needling technique.

*The following pages provide biomedical and eastern explanations in each category of previously mentioned common cosmetic skin complaints. The biomedical explanations are listed first, followed by the corresponding TCM patterns of disharmony. Based on your TCM diagnosis, choose points from the recommended selections. Rotate your point selection as warranted by your ongoing diagnosis and patient improvements.*

### ***Fine Lines and Deeper Wrinkles***

Fine lines and wrinkles generally occur across the forehead, between and around the eyes, along the cheeks, and across the neck.

In biomedicine, fine lines and wrinkles are attributed to:

- Habitual use of surrounding muscles
- Lack of integrity of collagen and elastin
- Skin thinning
- Surface dryness (dehydration)

TCM distinguishes between fine lines and wrinkles. The initial stage, fine lines, is generally due to Qi and Blood Deficiency. Left untreated, a deficiency of Qi and Blood can lead to qi stagnation, blood stasis, and the deeper formation of skin wrinkling.

To address fine lines with TCM, it is necessary to treat the Liver and Heart systems as in

- Liver Qi and Heart Blood Deficiency

### ***Liver Qi and Heart Blood Deficiency***

Acupuncture:

Back: BL 15, 17, 18, 20

Front: LV 3, SP 6, ST 36, HT 7, ST 41

Face: Shallow insertion into and around wrinkles

Herbal Formulas:

Ease 2 (Health Concerns)  
Relaxed Wanderer (Kan Herb Co)  
Women's Precious Pills (Patent)

Wrinkle formation in TCM is seen as deeper level of disharmony related to

- Qi Stagnation and Blood Stasis
- Kidney Qi and Essence Deficiency

*Qi Stagnation and Blood Stasis*

Follow the acupuncture and herbal protocol above and add the following acupuncture points:

SP 10  
LI 4  
Cup back shu points

*Kidney Qi and Essence Deficiency*

Acupuncture:  
Back: BL 18, 23 (moxibustion)  
Front: K3, LV3, ST 36 + SP10, CV 4  
Face: Shallow insertion into and around wrinkles

Herbal Formulas:

Dynamic Warrior (Kan Herbal Co.- Kidney Yang)  
Liu Wei Di Huang (Found in patent form as Six Flavors Rehmannia Pill)  
Nourish Kidney Yin and Yang with Rehmannia based formulas  
Quiet Contemplative (Kan Herbal Co- KidneyYin)  
Rehmannia 8 (Health Concerns)

*Specific Wrinkle Locations:*

These points can be added to the above selection.  
*Forehead:* GB 13-15, BL 2, 3, ST 8  
*Between eyebrows (glabella):* BL 2, 3, GB 14, Yin Tang  
*Across top of nose (procerus):* BL 2, BG 14  
*Cheek:* ST 4, 6, 7, SI 18  
*Upper lip:* ST 4, LI 19, GV 26  
*Lower lip:* ST 4, GV 26, CV 24  
*Neck:* TH 17, SI 17, ST 9, LI 17, 18, CV 23, 24

***Sunspots (Hyperpigmentation)***

Biomedicine defines hyperpigmentation as the darkening of an area caused by increased production of melanin. The primary causes of are:

- Illness such as Addison's and Peutz-Jeghers Syndrome
- Overuse of chemicals such as salicylic acid
- Overproduction of melanin due to excessive sun exposure

- Pregnancy mask (melasma, chloasma)

In TCM, hyperpigmentation is a form of Qi and Blood stagnation and due to:

- Liver Qi Stagnation
- Accumulation of Blood Stasis

#### *Liver Qi Stagnation*

Acupuncture

Back: BL 17, 18, 20, 23 + cupping

Front: LV 2, 3, LI 4, 11, SP 6, 10

Face: Needle into center of the sunspot, TH 17, ST 9, needle channel closet to spot

Herbal Formulas:

Er Chen Tang (Patent)

Free and Easy Wanderer (Kan Herbal Co)

Lu Wei Di Huang (Patent)

Prosperous Farmer (Kan Herbal Co)

Shao Yao Wan (Patent)

#### *Blood Stasis*

Acupuncture:

Back: Bl 15, 17, 18, 20, 23 + cupping

Front: LV 2, 3, LI 4, 11, SP 6, 10

Face: Needle center of the sunspot, TH 17, ST 9 needle channel closest spot

Herbal Formulas:

Bupleurum & Cinnamon (Health Concerns)

Er Chen Tang (Patent)

Lu Wei Di Huang (Patent)

Prosperous Farmer (Kan Herbal Co)

#### ***Eyes: Under Eye Puffiness, Bags, Dark Circles***

According biomedical thought eye bags, edema, or dark circles are generally attributed to:

- Age
- Allergies
- Anemia
- Fatigue
- Gravity
- Heredity
- Hormonal changes
- Loss of dermal integrity
- Medication
- Vitamin deficiency

In TCM eye bags, edema, or dark circles may be due to:

- Spleen Qi Deficiency with Dampness/Phlegm Obstruction
- Kidney Yang Deficiency



- Liver and Kidney Yin Deficiency
- Blood Stagnation

*Spleen Qi Deficiency with Dampness/Phlegm Obstruction*

Acupuncture:

Back: BL 20+ moxibustion

Front: SP 6, 9, ST 40, LI 4

Face: St 2, 3, BL 2, GB 1, Tai Yang, GV 20, TH 17

Herbal Formulas:

Bu Zhong Yi Qi Tang (Patent)

Hoelen Five Herbal (Health Concerns)

Lucid Channel (Kan Herbals)

*Kidney Yang Deficiency*

Acupuncture:

Back- BL 23 + moxa

Front- KI 3, CV 12

Face- BL 2, 3, 4, ST 2, 3, TH 17, 23

Herbal Formulas:

Dynamic Warrior (Ki Yang)

Liu Wei Di Huang (Six Flavors Rehmannia Pill)

Rehmannia 8 (Health Concerns)

*Liver and Kidney Yin Deficiency*

Acupuncture:

Back- BL 18, 23 + cupping

Front- LV 3, K3, SP 10, ST 36, 43, CV 6, 12

Face- ST 2, 3, BL 2, Yu Yao, Tai Yang

Herbal Formulas:

Nine Flavors Tea (Health Concerns)

Quiet Contemplative (Patent)

Xiao Yao Wan (Patent)

*Blood Stagnation*

Acupuncture:

Back – BL17, 18, + cupping

Front- SP 6, 10

Face- ST 2, 3, GB 1, 14, Yu Yao

Herbal Formulas:

Bupleurum & Cinnamon (Health Concerns)

Er Chen Tang (Patent)

Lu Wei Di Huang (Patent)

Prosperous Farmer (Kan Herbal Co)

Relaxed Wanderer (Kan Herbals)  
Xiao Yao Wan (Patent)

***Skin and Skin Tone (dry, dull)***

In biomedicine dry (xerosis) and dull skin is generally attributed to:

- Age
- Alcohol and drug use
- Central heating, air conditioning, fireplaces
- Dehydration
- Gender
- Harsh soaps and detergents (deodorant, antibacterial soaps are worst)
- Hot baths and showers
- Psoriasis
- Sun exposure
- Thyroid disorders
- Weather (driest in the winter)

In TCM dull and dry skin is due to:

- Lung Yin & Qi deficiency

*Lung Yin & Qi deficiency*

Acupuncture:

Back: BL 13, 17

Front: L 9, 7, LI 4, 5, 11

Face: TH 17, ST3, 7, LI 20, GV 20

Herbal Formulas:

Generate The Pulse Powder/Sheng Mai San. (Patent)

Wise Judge/Generate the Pulse Powder (Kan Herbal Co)

***Facial Puffiness***

In biomedicine, facial puffiness may be due to:

- Allergies
- Diet/Vitamin deficiency
- Fatigue
- Illness
- Medication

In TCM, facial puffiness is due to:

- Weak Lung Qi with Coldness, Congestion and Phlegm
- Spleen Qi Deficiency with Dampness
- Kidney Yang Deficiency

*Weak Lung Qi with Coldness, Congestion and Phlegm*

Acupuncture:

Back: BL 13 + moxibustion

Front: L 9, 7, LI 4

Face: TH 17, ST3, 7, LI 20, GV 20

Herbal Formulas:

Cinnamon Twig Soup (GuiZan Tang)

Regulate The Middle Pill (Li Zhong Wan)

*Spleen Qi Deficiency with Dampness*

Acupuncture:

Back: BL 20 + moxa

Front: SP 3, 4, 6, 9, ST 40, LI 4

Face: TH 17, St 3, 7, BL 2, GV 20

Herbal Formulas:

Bu Zhi Yi Qi Tang (Patent)

Hoelen Five Herbal /Wu Ling San (Health Concerns)

Lucid Channel (Kan Herbal Co)

*Kidney Yang Deficiency*

Acupuncture:

Back- BL 23 + moxa

Front- KI 3, SP 4, CV 12

Face- TH 17, ST 7, ST 3, BL 2, 3, 6, GV 20

Herbal Formulas:

Dynamic Warrior (Kan Herbal Co.)

Liu Wei Di Huang (Patent)

Rehmannia 8 (Health Concerns)

***Muscle Sagging***

In biomedicine, muscle sagging may be due to:

- Gravity
- Deterioration of healthy collagen formation
- Loss of elastin's ability to spring back into shape
- Facial bones shrinkage

In TCM, muscle sagging is due to:

- Spleen Qi Deficiency
- Dampness in the Spleen
- Spleen Qi Deficiency with Phlegm Obstruction

*Spleen Qi Deficiency*

Acupuncture:

Back: CV 20 w/ moxa

Front: SP 3, 6, ST 36

Face: local area

Herbal Formulas:

Liu Jun Zi Tang (Patent)

Prosperous Farmer (Kan Herbal Co)  
Six Gentlemen (Health Concerns)

*Dampness in the Spleen*

Acupuncture:  
Back - CV20 w/ moxa  
Front- SP 3, 10, 36, 40, ST 36

Herbal Formulas:  
Bu Zhi Yi Qi Tang (Patent)  
Hoele Five Herbal/ Wu Ling San (Health Concerns)  
Lucid Channel (Kan Herbal Co)

*Spleen Qi Deficiency with Phlegm Obstruction*

Acupuncture:  
Back: CV20 w/ moxa  
Front: SP 3, 10, 36, 40, ST 36

Herbal Formulas:  
Arouse Vigor (Kan Herbal Co)  
Bu Zhong Yi Qi Tang (Patent)  
Er Chen Tang /Two Cured Soup (Patent)  
Lucid Clarity (Kan Herbal Co)  
Prosperous Farmer (Kan Herbal Co)  
Six Gentlemen (Health Concerns)

Acupuncture for Specific Sagging Muscle Locations:

Eyelid Ptosis- BL2, GB1, 14, TH23, ST1, 2  
Cheeks (Nasolabial Fold)- ST3, 4, 6, 7, SI18, LI20  
Chin (Mental Crease)- CV24, 0.5 cun lateral to CV24, ST6, 7  
Neck- CV23, lateral to CV23 along jawline, SI 16, 17, TH 16,17, ST 9-12, LI 17, 18, K2

***Facial Redness, Irritation, Broken Capillaries***

In biomedicine, facial redness, irritation, and broken capillaries may be due to:

- Allergy (direct or indirect contact)
- Environmental or chemical reaction
- Dermatitis
- Rosacea
- Skin sensitivity

In TCM, facial redness, irritation, or broken capillaries are due to:

- Liver Qi Stagnation
- Spleen Qi Deficiency
- Heart Fire

*Liver Qi Stagnation*

Acupuncture:  
Back: GV 14, BL 17, 18 + cupping

Front: LV 2, 3, 6 (Xi Cleft), GB 34  
Face: GB 14, Yin Tang, TH 17, ST 3, 4

Herbal Formulas:  
Coptis Purge Fire (Health Concerns)  
Quell Fire (Kan Herbal Co)  
Relaxed Wanderer (Kan Herb Co)  
Xiao Yao Wan (Patent)

### *Spleen Qi Deficiency*

Acupuncture:  
Back: BL 17, 18, 20 + moxa  
Front: SP 3, 6, ST 36  
Face; ST 3, 4, SI 18, GV 20

### *Heart Fire*

Acupuncture:  
Back: BL 15, 16, 17, 18, 19 GV 14  
Front: HT 3, 6, 7, 9 (bleed)  
Face: Yin Tang, SI 18, TH 17

Herbal Formulas:  
Coix Tablets (ITM)  
Coptis Purge Fire (Health Concerns)  
Kochia 13 (ITM)  
Quell Fire (Kan Herbal Co)  
Schizandra Dreams (Health Concerns)  
Skin Balance (Health Concerns)

## **TREATING DERMATOLOGICAL CONDITIONS WITH TCM**

Skin, as the body's largest organ, is vulnerable to many diseases. Almost everyone experiences some sort of skin ailment throughout the course of their life. Every year, twenty-five percent of Americans seek help from physicians or dermatologists for a skin-related problem. Western dermatologists make significant contributions to the treatment of skin disease, but for those disorders which are not responsive to conventional medicine, and for those patients who prefer more natural methods of treatment, TCM provides a safe and effective alternative.

The most common dermatological conditions are:

- Acne
- Rosacea
- Dermatitis/Eczema

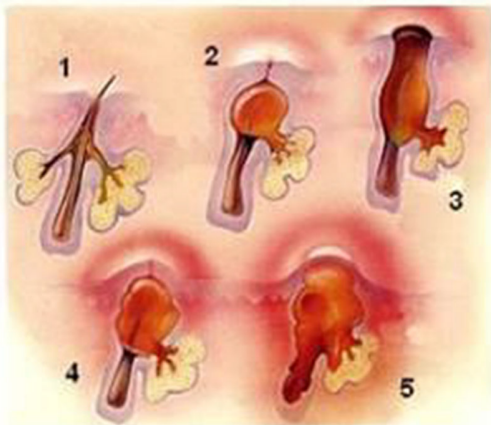
### *Acne*

Acne is experienced by most adolescents and some adults. The degree of severity varies from occasional clogged pores (whiteheads and blackheads) to chronically inflamed cysts. Aside from the physical discomfort of acne lesions, acne can also have a significant impact on the social and emotional health of those afflicted.

According to biomedicine, acne is a disorder of the sebaceous gland. Sebaceous glands are located at the base of the hair follicle in the dermal layer of the skin. The sebaceous gland secretes sebum, a waxy/oily substance, into the pore to lubricate and moisten the skin surface. If the gland fills with additional substances such as dirt, bacteria, shedding skin, or hormones, it can clog and form a pimple. Pimples, in most cases, rise to the top of the skin surface and are excreted as white or black heads. If the pimple ruptures underneath the skin surface it can become infected and spread into surrounding tissue. This type of pimple is referred to as a cyst, and is commonly known as cystic acne. Acne cysts are generally red, painful, and if treated improperly can lead to post acne skin scarring.

In biomedicine, acne may be caused by a combination of:

- Bacteria
- Diet
- Direct or indirect exposure to greasy oily substances
- Dirt and debris
- Family history
- Hormonal changes
- Irregular shedding of dead skin cells
- Irritation due to friction or pressure
- Overproduction of sebum
- Poor skincare habits



1. Hair follicle and sebaceous gland, 2. Pimple formation in hair follicle rising to skin surface, 3. Clogged hair follicle, 4. Cyst development, 5. Subcutaneous rupturing of cyst leading to infection of surrounding tissue.

TCM views acne as a disharmony in the Lungs, Large Intestines, Spleen, and/or Stomach. These patterns often have overlapping causes, most commonly lifestyle, diet, emotions, and stress. External pathogens can affect the Lungs and create skin breakouts. An excessive intake of dairy, greasy and spicy foods, disrupt the function of the Spleen's ability to transform and transport vital nutrients leading to dampness in the Spleen and heat in the Stomach or Large Intestines. Emotions such as frustration, anger, or periods of excess stress can cause the Qi to slow down to stagnate. In

women, when acne is exacerbated prior to the menses, it is often related to the Qi and Blood stagnation. When Qi and Blood remain stagnant, it can easily turn into heat.

TCM patterns of disharmony related to acne are:

- Wind-Heat in the Lungs
- Spleen Qi Deficiency with Phlegm
- Damp Heat in the Large Intestines or Stomach
- Stagnation of Qi and Blood
- Heat in the Blood
- Blood Stasis with the Binding of Phlegm

#### *Wind-Heat in the Lungs*

This pattern arises when pathogenic wind attacks the Lung channel and causes heat to rise to the skin surface. Small breakouts in the form of red or pale papules generally distribute along the cheeks, forehead, and nose. In severe cases, lesions may develop on the chest and back. The skin often appears oily and shiny, particularly around the chin, mouth, nose, and forehead. Squeezing or picking the breakout can release a greasy white or yellowish discharge.

Acupuncture:

Back: GV 14, BL 12, 13 + cupping

Front: LI 4, 11, L 9, 7

Face: TH 17, LI 20

Herbal Formulas:

Initial Defense (Kan Herbal Co)

Loquat Beverage for Clearing Heat for the Lungs (Patent)

Xanthium Relieve the Surface (Health Concerns)

#### *Spleen Qi Deficiency with Phlegm*

When the Spleen is deficient, it is unable to perform its function of transforming and transporting foods and beverages to other Organs. In this case Spleen Qi deficiency turns into dampness and phlegm and acne ensues.

Acupuncture:

Back: GV 14, BL13, 20

Front: SP 3, 6, ST 36, 40, LI 4, 11

Face: TH17, ST 4, 7

Herbal Formulas:

Bu Zhi Yi Qi Tang (Patent)

Er Chen Tang (Patent)

Lucid Channel (Kan Herbal Co)

#### *Damp Heat in the Large Intestines or Stomach*

Heat in the Stomach and Large Intestines are the most common causes of acne. Stomach heat arises from the accumulation of dampness in the Spleen leading to heat in the Stomach. This condition is often exacerbated by overindulgence in spicy, fatty and fried foods. Skin breakouts are mainly located around the mouth.

Acupuncture:

Back: GV 14, BL 13, 20, 21, 25 + cupping

Front: ST 36, 40, 41, 43, LU 5, LI 4, 11

Face: TH17, ST 4, 7, LI 20

Herbal Formulas:

Lucid Channel (Kan Herbal)

One Mind (Kan Herbal Co)

Xanthium Relieve the Surface (Health Concerns)

*Stagnation of Qi and Blood*

This pattern presents with chronic red or dark red eruptions around the mouth, nose, and forehead. In women it is usually worse prior to menses. In men, eruptions are also red or dark red. This condition is often aggravated by diet, emotions, and stress.

Acupuncture:

Back: BL 17, 18 + cupping

Front: LV 2, 3, SP 6, 10, ST 36, GB 34

Face: TH 17, ST3, 7, GB 14

Herbal Formulas:

Ease 2 (Health Concerns)

Relaxed Wanderer (Kan Herb Co)

Xiao Yao Wan (Patent)

*Heat in the Blood*

Excessive accumulation of stagnation compounded by diet, stress, or emotional disturbances can create internal damage which transforms into heat. This form of latent heat (generally found in the Ying and Xue levels) results in cystic acne. For most women, acne cysts are aggravated prior menses and calm (but do not necessarily diminish) after menstruation is complete.

Acupuncture:

Back: GV 14, BL 13, 17, 18 + cupping

Front: LV 3, GB 34, ST 36, 40, LI 4, 11

Face: TH 17, ST 7

Cupping to remove heat especially GV 14, BL 13

Herbal Formulas:

Coptis Purge Fire (Health Concerns)

Kochia 13 (ITM)

Nuphar 14 (ITM)

Quell Fire (Kan Herbal Co)

Spleen support:

Bu Zhi Yi Qi Tang (Patent)

Er Chen Tang (Patent)

Lucid Channel (Kan Herbal Co)



Prosperous Farmer (Kan Herbal Co)  
Six Gentlemen (Health Concerns)

*Blood Stasis and Binding of Phlegm*

This pattern manifests as large purplish-red cysts primarily located on around the mouth, jaw and cheeks. During flare-ups they become inflamed and painful to the touch and feel. Flare-ups are generally chronic, persistent, and take time to resolve.

Acupuncture:

Back: GV 14, BL 13, 17, 18 + cupping  
Front: LV 3, GB 34, ST 36, 40, SP 10, LI 4, 11  
Face: TH 17, ST 7, local points

Herbal Formulas:

Coix Tablets (ITM)  
Coptis Purge Fire (Health Concerns)  
Kochia 13 (ITM)  
Nuphar 14 (ITM)  
Quell Fire (Kan Herbal Co)

Additional acupuncture points:

For heat in the lung channel GV 14, BL 20  
For heat in the Spleen and Stomach ST 36, LI 4  
For disharmony of the Chong and Ren SP 6 BL 23

Selection of points on the affected channels:

LI 11, LI 4, SP 6, BL 2, LI 20, Tai Yang, BL 2, SI 18, ST 6

Ear acupuncture:

Main points Lung and Kidney bilateral  
For pustules add heart  
For constipation add LI  
For greasy skin add SP  
For painful periods add LV and endocrine

Empirical points:

Lung  
Shen men  
Sympathetic nerve  
Endocrine  
Subcortex

Treat every two days for 10 sessions.

Seeds endocrine, subcortex, lung, heart, stomach

Bleed, cup, or gua sha BL 12, 13, 14, 15 17, 18, 19, 20, 21, 22, 23, 24, GV 14 according to symptoms and pattern of disharmony.

## **Rosacea**

Rosacea, although common, is a poorly understood skin disorder. It is characterized by chronic inflammation, breakouts, and redness on the forehead, cheeks and chin. According to biomedicine, rosacea can be controlled, but not cured. It is estimated that over sixteen million Americans per year suffer from some form of rosacea. For many it can cause significant psychologically related occupational and social problems.

Symptoms of rosacea:

Redness on the cheeks, nose, chin, forehead

Small visible blood vessels on the face

Bumps, pimples, or acne lesions, on the face

Watery or irritated eyes

In biomedicine, rosacea may be due to:

- Blood vessel disorder
- Chronic bacterial infection in the gastrointestinal system
- Environmental factors
- Gender
- Heredity
- Mites
- Sun damage

Aggravated by:

- Alcohol
- Antibiotics
- Caffeine
- Citrus
- Dairy
- Hot or spicy foods/beverages
- Nightshade fruits and vegetables (tomatoes, eggplant, rhubarb, etc)
- Stress
- Wheat



Rosacea is most pronounced along the chin, cheeks, nose, and forehead.

In TCM, rosacea is attributed to heat in any of the Organ systems resulting in the following patterns of disharmony:

- Heat in the Lungs and Large Intestines
- Heat and Stagnation in the Spleen and Stomach
- Heat in the Liver, GallBladder, Chong and Ren Vessels
- Heat and Blood Stasis in the Liver, GallBladder, Heart and Small Intestines

#### *Heat in the Lungs and Large Intestines*

Wind heat or wind cold invading the Lung and Large Intestine channel can turn into heat on the face. In the case of wind cold, the skin's exterior defenses become blocked causing cold to settle in the skin preventing the release of accumulated heat in the face.

Acupuncture:

Back- GV 14 (bleed), BL 13, 25 + cupping  
Front- L 9, 7, LI 4, 10, 11, ST 43 (yang ming heat)  
Face- LI 20, TH 17, ST 3, 4

Herbal Formulas:

Forsythia 18 (ITM)  
Lily Bulb Formula (Health Concerns)  
Xanthium Relieve the Surface (Health Concerns)

#### *Heat and Stagnation in the Spleen and Stomach*

Heat in the Stomach can begin with an overindulgence of spicy or greasy foods, or an excess of alcohol. In the initial stages, face flushing may be experienced when indulging in such foods, beverages, or when exposed to heat related conditions such as hot weather or hot showers and baths. Over time heat accumulates and facial flushing and breakouts persist and worsen. Heat in the Stomach can be seen as red bumps or cysts around the mouth and nose.

Acupuncture:

Back: GV 14 (bleed), BL 17, 20, 21+ cupping

Front: SP 3, 6, ST 36, 41, LI 4, 11  
Face: ST 3, 4, 6, 7, TH 17

Herbal Formulas:  
Nine Flavors Tea (Health Concerns)  
Phellostatin (Health Concerns)  
Quiet Digestion (Health Concerns)

### *Heat in the Liver, GallBladder*

The Liver and GallBladder Organs and Meridians are particularly important in women's health. The menstrual cycle and fertility depend on the smooth flow of Liver Qi and Blood. When there is heat in the Liver and Gall Bladder women will often experience a gradual worsening of skin symptoms from ovulation through menses. Breakout pustules are often red, inflamed, and painful.

Acupuncture:  
Back: GV 14 (bleed), BL 17, 18, 19 + cupping  
Front: LV 2, 3, GB 34, 41 (Gall Bladder fire), LI 4, 11  
Face: GB 3, 14, TH 17, ST 3, 7

Herbal Formulas:  
Coptis Purge Fire (Health Concerns)  
Free and Easy Wanderer (Patent)  
Quell Fire (Kan Herbal Co)

### *Heat and Blood Stasis in the Liver, GallBladder, Heart and Small Intestines*

As heat in the Blood progresses, rosacea symptoms worsen. Skin redness becomes darker and persistent. Pinpoint papules or larger pustules form more frequently. In addition to the redness in the cheeks, around the nose, chin and forehead, the bulb of the nose can become red and swollen. The skin on the nose can become shiny, greasy, and ruddy, with enlarged pores around the nose. Capillaries on and around the nose, cheeks, and chin can dilate.

Acupuncture:  
Back: GV 14 (bleed), BL 15, 17, 18, 19 + cupping  
Front: LV 2, 3, GB 34, HT 7, PC 6, GB 41  
Face: GB 14, SI 18, TH 17, ST 7

Herbal Formulas:  
Coix Tablets (ITM)  
Coptis Purge Fire (Health Concerns)  
Kochia 13 (ITM)  
Quell Fire (Kan Herbal Co)

## **DERMATITIS AND ECZEMA**

The terms dermatitis and eczema, although often used interchangeably, differ. The suffix “itis” means inflammation and dermatitis means inflammation of the skin. Dermatitis is the generic term used for many types of inflammatory skin diseases including atopic dermatitis (commonly referred

to as "eczema"), contact dermatitis, allergic contact dermatitis, non-allergic contact dermatitis, and photodermatitis.

Atopic dermatitis, or eczema, refers to an acute, sub-acute, or chronic non-infectious, inflammatory skin condition. It is characterized by erythema (redness with inflammation), itching (pruritus), scaling, and welts. Eczema lesions range from pink to red to dark purple. When scratched they can become raw, bloody, weepy, and crusty. As the eczema progresses, skin becomes dry, itchy, and flaky. When eczema lesions are continuously scratched or rubbed, skin scarring can occur.

From a biomedical perspective, the etiology of eczema is neither clear nor understood. Although it has yet to be proven that eczema is inherited, many studies show that if both parents have a history of eczema their offspring are likely to develop it. Patients who develop eczema (both during their younger and older years), tend to have seasonal or year round allergies and/or asthma.

Factors that can exacerbate or trigger eczema:

- Allergies
- Dry, cold weather
- Foods:
  - Milk
  - Eggs
  - Peanuts
  - Soybeans
  - Shellfish
  - Wheat
- Excessive washing or frequent bathing
- Menstruation
- Pregnancy
- Stress
- Sweating
- Thyroid imbalances
- Wool clothing or blankets

In TCM, heat in the Blood and dampness in any Organ are the primary causes of eczema. Heat is characterized by redness, itching and dryness. The more heat in the blood, the redder the skin. If the lesions have a purplish cast, this generally means the condition involves blood stagnation. Damp lesions are weepy, oozing, blisters.

TCM patterns of disharmony related to eczema are:

- Lung Qi deficiency with Heat
- Damp Heat and Deficiency of Spleen and Stomach
- Heart Heat and Heat in the Blood
- Blood Stasis
- Blood Dryness Due to Damaged Yin with Accumulation of Dampness

*Lung Qi Deficiency with Heat*

In addition to internal heat, external factors can aggravate this pattern. Common external factors include environmental allergens (ie: pollen), toxic chemical exposure, perfumes and skin irritants including parabens and other skin irritating ingredients found in many topical skin care preparations.

Acupuncture

Back: GV 14, BL 10-13 + cupping

Front: LI 4,10,11,14

Face: TH 17, LI 19, 20, local points

Herbal Formulas:

Initial Defense (Kan Herbal Co)

Loquat Beverage for Clearing Heat for the Lungs (Patent)

Xanthium Relieve the Surface (Health Concerns)

*Damp Heat and Deficiency of Spleen and Stomach*

Damp Heat in the Spleen and Stomach accounts for most cases of acute eczema.

Acupuncture:

Back: GV 14, 17, GB 20, BL 12, 20, 21

Front: SP 6, 9, 10, ST 36, CV 12, LI 4, 11, BL 40 Face: TH 17, ST 3, 4, 7

Herbal Formulas:

Nine Flavors Tea (Health Concerns)

Phellostatin (Health Concerns)

Quiet Digestion (Health Concerns)

Spleen support:

Lucid Channel (Kan Herbal Co)

Prosperous Farmer (Kan Herbal Co)

Six Gentlemen (Health Concerns)

*Heart Heat and Heat in the Blood*

Heart Heat is typically the underlying source of the Heat in the Blood. Heat in the Blood pattern can occur in the acute or subacute stages of eczema. Though some damp heat may also be present, this pattern presents as the drier type of eczema, with more redness and more intense itching.

Acupuncture:

Back: GV 14 (bleed), BL 15, 17, 18, 19 + cupping

Front: LV 2, 3, GB 34, HT 7, PC 6, GB 41

Face: GB 14, SI 18, TH 17, ST 7

Herbal Formulas:

Coix Tablets (ITM)

Coptis Purge Fire (Health Concerns)

Kochia 13 (ITM)

Quell Fire (Kan Herbal Co)

### *Blood Stasis*

This condition involves dampness, heat, Blood dryness, and Yin deficiency. Care must be taken to treat dampness (usually Spleen Qi deficiency), while nourishing and moving Blood and nourishing Yin. Sometimes it is necessary to both eliminate dampness and nourish Blood and Yin at the same time.

#### Acupuncture:

Back: GV 14, BL 13, 17, 18, 20 + cupping

Front: LV 3, SP 9, 10, ST 36, GB 34, LI 4, 11

Face: TH 17, ST 7, local points

#### Herbal Formulas:

Coix Tablets (ITM)

Coptis Purge Fire (Health Concerns)

Kochia 13 (ITM)

Nuphar 14 (ITM)

Quell Fire (Kan Herbal Co)

#### Spleen support:

Bu Zhi Yi Qi Tang (Patent)

Er Chen Tang (Patent)

Lucid Channel (Kan Herbal Co)

Prosperous Farmer (Kan Herbal Co)

Six Gentlemen (Health Concerns)

### *Blood Dryness Due to Damaged Yin with Accumulation of Dampness*

This develops over a long period of time from dampness and heat damaging the Yin. When the Damp accumulates in the skin and oozes out, this also damages Yin and eventually leads to dryness. Most chronic stages of eczema are seen in the late adolescent and adult phase. The skin may become thicker, drier, rougher, and may scale. Itching can be intense, especially at night which can lead to insomnia.

Apply the Blood Stasis acupuncture and herbal protocol above. Begin this treatment series choosing from the following points:

#### Acupuncture:

Back- BL 18, 23

Front- LV 3, K3, SP 10, ST 36, 43, CV 6, 12

Face- ST 2, 3, BL 2, Yu Yao, Tai Yang

#### Herbal Formulas:

Nine Flavors Tea (Health Concerns)

Quiet Contemplative (Kidney Yin)

Xiao Yao Wan (Patent)

## HEMOCARE

The importance of a proper homecare skin regime should not be overlooked nor underestimated. While the visible results of cosmetic acupuncture can take several weeks, the impact of a good skin care regime can yield significant results in just days. Additionally, skin care education empowers your patient. Daily skincare engages your patient to actively participate in the healing process. In order to prescribe the proper products it is important to discern the difference between a skin type and a skin condition.

## SKIN TYPES AND CONDITIONS

A skin *type* is different from a skin *condition*. In a perfect world we all have perfect skin—a soft rosy complexion, fine pores, even skin tone, and a radiant silky appearance. Perfect skin is normal skin. The biomedical culture believes we are all born with a skin *type*, which may or may not be normal. Life's circumstances, such as health, age, diet, hormones, lifestyle, and excess sun exposure can affect your skin type, causing a less-than perfect skin *condition*. Chinese medicine says we are all born normal skin and skin changes occur when you are not in balance. Both Western and Chinese medicines agree that a skin condition is something we acquire. Although in TCM their root causes involve internal imbalances between Yin, Yang, Qi, Blood, and Organs, how your skin ages depends on the way you treat and care for it.

Both Western and Eastern skin experts recognize five skin conditions:

### **1. Normal**

Normal skin looks dewy and soft. It is rosy, blemish free, even textured, and feels smooth to the touch. The acid mantle is at the ideal pH range of 4.5-5.5. It also means that internally you and your Organ systems are healthy and balanced.

### **2. Oily**

Oily skin looks shiny, greasy and wet. It is characterized by large pores and yields greater than average oil production. Due to its high oil content, this type of skin, although less prone to wrinkles, is more prone to blemishes and acne. People with oily skin tend to wash their face frequently with gel or bar soap to “get rid” of the oil. However, frequent washing can dry skin, strip the acid mantle, and trick your sebaceous glands into secreting extra oil. All of which increases your chance of attracting bacteria which create the formation of pimples. Oily skin is reflective of Lung and/or Spleen Qi deficiency and/or dampness, and heat in the Large Intestines, or Stomach.

### **3. Dry**

Dry skin looks dry, dull, and lifeless. There are two types of dry skin - oil dry and water dry. When you have oil dry skin, you have small pores that produce a limited amount of oil. Water dry skin has less to do with pore size and more to do with drinking enough water, avoiding nicotine, not eating too much salty food, minimizing caffeine and alcohol intake, and increasing your water consumption especially if you take diuretics or after a sweaty work out. When your skin is water dry, your body needs more water no matter what your pore size. Although less prone to breakouts, both types of dry skin are prone to premature aging, fine lines, and wrinkles. Dry skin may be the symptoms of Lung Qi, Liver or Heart Qi or Blood deficiencies.



#### **4. Combination**

Combination skin is characterized by having two or more types of skin. It is commonly seen as an oily T zone (forehead, nose, and chin), and dryness (oil or water) on the cheeks and sides of the forehead. With combination skin, breakouts occur in the oily areas and fine lines and wrinkles develop in the dry areas. Combination skin is often the result of a Lung Qi deficiency and an imbalance in Lung Wei Qi.

#### **5. Sensitive**

Sensitive skin tends to be highly reactive. It is easily irritated, turns red for no apparent reason, and can break out, itch, or flake. This type of skin is prone to redness, blemishes, sudden outbreaks, irritation, some forms of rosacea, and patches of dryness. In Western medicine, it is considered a skin type and a skin condition. In Chinese medicine, it can reflect an imbalance in any or all of the Organ systems.

### **SKINCARE PRODUCTS AND APPLICATIONS**

There are a myriad of skincare products on the market. Among them is controversy about their ingredients, safety, and effectiveness. For those interested in recommending products to your patients, it may be helpful to research product companies compatible with your personal and practice priorities. Most companies will be happy to educate you about their skincare line, train you to apply it to your practice, and set you up with the appropriate products for your patients. Here are the product basics.

#### ***Cleansers***

Cleansers come in the form of gels, soaps, milks, or creams. Gel cleansers look and feel like gel. When you wash your face with them, they foam. Gel cleansers are recommended for oily skin. Soap cleansers come in liquid or bar form. Soaps that foam when applied to wet skin are also used for oily skin. For acne skin, antibacterial soaps or gels containing salicylic acid can be quite effective. Overuse of gels and soaps can be drying to even oily and acneic skin. Castile soaps, named for their origin in northern Spain, are prepared with olive oil. Olive oil is a great moisturizer because it cleans your face without drying it. Creamy milks and creams are liquid and have an opaque milky color and feel. They clean, moisturize, and hydrate skin at the same time and are beneficial for normal, dry, and sensitive skin.

#### ***Toners***

Toners, often referred to as lotions or astringents, are used to remove debris remaining after cleansing. They also hydrate and re-establish the skin's proper pH. Toners come in alcohol based and non-alcohol based versions. Alcohol based toners are generally recommended for oily, blemished, or acneic skin. Non-alcohol based toners are used for normal, dry, aging, and sensitive skin.

#### ***Exfoliants***

As skin cells float to the top of the epidermis and die, they need to be removed. Topical exfoliants are products designed to slough off dead skin cells from the surface of the epidermal layer of the skin. They help to remove dry or flaky patches of skin, clear congested pores, stimulate cell renewal, and give the skin surface a fresher, softer, smoother appearance. There are many types of

over the counter exfoliants. Abrasive exfoliants generally contain ingredients such as almond shells or nuts. Although recommended for thick, congested skin, they can be irritating and aggravate skin conditions. Rubbing peels (gommage) when applied to the skin attach to dead surface cells and dry on the skin surface. When rubbing the peel off dead cells are also removed. Rubbing peels are beneficial for all skin types. Enzyme peels are derived from fruit or sugar enzymes. When applied to the skin they digest dead skin cells. Enzyme peels are also good for all skin types and particularly aging skin. Hydroxy acids (alpha and beta) when applied to the skin break the bond of skin cells and dissolve them. They are beneficial for all skin types and particularly effective for sun damaged skin, but should be used in moderation with sensitive skin. For oily and mature skin, exfoliate twice a week. For all other skin types and conditions, exfoliate once a week.

### ***Day Creams/Moisturizer***

Day creams or day moisturizers are generally applied to the skin in the morning. They are designed to seal in moisture, prevent water loss, add water or oil to dry skin, or control oil production in oily skin. A good day cream will also include anti-inflammatory ingredients to protect the skin from environmental irritants. Use a water based day cream for oily skin. Use oil and water based day creams for all other skin.

### ***Night Creams***

Night creams or night moisturizers are generally applied to the skin in the evening. They are usually thicker than day creams and target a specific skin condition. Use a night cream that targets your specific skin condition.

### ***Serums/Ampoules/Concentrates***

Serums are the key to long term repair because they supply the deeper layers of your skin with added nutrients, moisture, and protection. There are many types of serums, such as anti-aging, acne prevention, wrinkle reducing, and skin brightening. They generally come in liquid form and are applied after you wash and tone your face and before you moisturize. Use a serum that targets your skin condition.

### ***Masks***

A mask is a “quick fix” thick lotion or paste, that when applied and removed from the skin after a set amount of time (generally 10-20 minutes), gives temporary improved skin health results. There are many types of masks. Some masks are drying and remove clogged pores or clear blemished skin. Others hydrate dry skin, calm irritated skin, or firm aging skin. The short term benefits of a good mask should be visible even after one application. Masks can be used in addition to or as a replacement for serums, day, or night creams. Use a mask that targets your skin condition.

#### Skincare Routine

##### Daily:

- Wash, a.m. and p.m.
- Tone, a.m. and p.m.
- Add serum, as needed a.m. and p.m.

- Sunscreen, a.m.
- Moisturize to protect the skin, a.m.
- Moisturize to treat the skin, p.m.

Once or twice weekly:

- Exfoliate
- Mask

## **BIOMEDICAL PRODUCT INGREDIENTS**

Whether purchasing products containing Western or Eastern ingredients, a working knowledge of the individual constituents will help you to understand the intent of the product. Product fads come and go but those containing high doses of vitamins, minerals, and related components have stood the test of time. Here is a list of effective ingredients.

### ***Vitamin A (Retinol)***

Vitamin A, or retinol, is necessary for the maintenance and repair of skin tissue. It is found in many topical over the counter creams and lotions. Clinical studies show that Vitamin A can reduce skin ruddiness and create a smoother texture. Daily use of Vitamin A can diminish fine lines and wrinkles, control acne, and provide some forms of dermatitis relief. It can be obtained in higher doses as a prescription, usually under the name of Renova™ or Retin-A™. Sunscreen is recommended when using Vitamin A, as it can cause skin sensitivity.

### ***Vitamin B***

Topical preparations containing B vitamins can hydrate skin cells, improve skin tone, and give skin a healthy glow. Niacin, or B3, helps skin retain moisture, and can help your complexion look plumper, fuller, and younger. Niacin has anti-inflammatory properties to soothe dry, irritated skin. In higher concentrations Niacin can also work as a lightening agent to even blotchy sun damaged skin.

### ***Vitamin C and E***

Vitamin C (L-ascorbic acid) and E are antioxidants. They neutralize free radicals which can cause skin damage. When these two vitamins are combined in a lotion, cream, or serum, they can be highly protective against sun damage. Topical vitamin C can be used as a natural sunscreen and encourage collagen production for a plumper appearance. Used in a cream, lotion, or serum form, vitamin E can soothe dry, rough, or chapped skin.

### ***Vitamin K***

As a vitamin responsible for helping to clot blood, Vitamin K must be applied topical. Topical vitamin K is beneficial for reducing circles under the eyes, reducing fine lines and wrinkles, and healing bruises.

### ***Copper and Copper Peptides***

Copper, when combined with vitamin C, and zinc, helps to develop the formation of healthy elastin. This combination has also been found to firm skin, improve skin softness, increase skin

thickness, clarify skin, reduce fine lines and wrinkling, and decrease overall photo damage.

### ***Zinc***

Not only is zinc an important for relieving acne, but sometimes a symptom of acne itself can be a symptom of a zinc deficiency. Taken internally or used topically in creams or lotions, zinc works to clear skin by decreasing oil production and may be effective in controlling the formation of acne lesions.

### ***Alpha-Lipoic Acid***

Alpha-lipoic acid is a powerful antioxidant. Similar to vitamins C and E, it helps to neutralize skin cell damage caused by free radical damage. It also helps other vitamins work more effectively to rebuild skin cells damage from environmental assaults, such as smoke, smog, and pollution.

### ***Dimethylaminoethanol (DMAE, deanol)***

DMAE is related to the B vitamin choline and is a precursor of acetylcholine. It is one of the strongest antioxidants available in skincare formulas. It helps stabilize the membrane around the outside of skin cells and reduces the assaults from sun damage, cigarette smoke, dietary irregularities, and environmental pollutants. DMAE also prevents the formation of lipofuscin, the brown pigment that is the basis of age spot formation.

### ***Hyaluronic Acid***

Often seen in products with Vitamin C, Hyaluronic acid is naturally produced in joints and connective tissue. Known in the cosmetic world for its ability to hydrate and perk up the skin. By acting as a glue to hold skin cells together to keep it looking smoother and younger. Another plus is its ability to retain water, up to 1,000 times its weight to smooth surface fine lines and wrinkles.

### ***Essential Fatty Acids (EFAs)***

EFA's are very effective in creams, lotions, and serums. They are important for protecting the skin's natural oil barrier. Without an adequate supply of EFAs, the skin produces a more irritating form of sebum, or oil, which can cause skin irritation, acne, and other skin problems.

### ***Alpha Hydroxy Acids (AHA's)***

AHA's are usually derived from fruits or vegetables. They are known for their ability to help diminish fine lines, irregular pigmentation, and age spots. Like their acid relative salicylic acid, in high doses they can cause redness, irritation and sun sensitivity. It is important to begin with a small application and increase incrementally until your skin builds up tolerance.

### ***Growth Factors***

Growth factors, whether derived from human, animal, or plant sources, boost and regulate stem cell production. They play an important role in the regulation of cell growth, proliferation, differentiation, and survival. Growth factors stimulate the synthesis of DNA, RNA, hydroxyproline, and hyaluronic acid. They accelerate cell proliferation and differentiation of various skin tissues. Touted as the number one anti-aging, anti-wrinkle skin preparation ingredient, when applied topically, growth factors are also believed to minimize large pores, soften scars, and improve the overall texture and condition of skin.

## **TCM PRODUCT INGREDIENTS**

Chinese herbal skin care has been practiced for more than 3,000 years by the empresses and wealthy classes of China. There are a multitude of individual Chinese herbs and many forms of Chinese preparations for beauty care. They range from ingestible pills, tonics, and granulars to topical creams, lotions, serums, masks, and powders. Common topical herbs are:

### ***Dang Gui (Angelica Sinensis Radix)***

This popular herb is one of the most useful skincare herbs in the material medica. It is rich in Vitamins A, E and B12 and contains 19 amino acids, trace minerals, carotene, polysaccharides and ferulic acid. It acts as an anti-inflammatory, aids in regenerating new skin cells, improves blood circulation, and has been proven to have an antibiotic effect.

### ***Gou Qi Zi (Lycii Fructus)***

Gou Qi Zi is packed with antioxidants making it one of the most powerful anti-aging herbs in Chinese Medicine. It has high contents of Vitamin C, riboflavin, linoleic acid, thiamine and beta-carotene. When applied directly to the skin, it protects against free-radical damage and slows signs of aging.

### ***Gan Cao (Glycyrrhizae Radix)***

Gan Cao contains glycosides such as glycyrrhizin and glycyrrhizic acid, flavonoids and saponins, giving it anti-oxidant and anti-inflammatory properties. It increases natural steroid hormones, which makes it a useful herb in treating, eczema, allergic dermatitis, and psoriasis. As a tyrosinase inhibitor, when applied topically it produces skin-lightening effects to treat age spots and hyperpigmentation.

### ***Huang Qi (Astragali Radix)***

Because Huang Qi is a potent Qi tonic, it is useful in maintaining a youthful glow and energizing the appearance of skin. This herb also contains saponins, flavonoids and triterpenes. When applied topically it improves circulation, eliminates skin puffiness, hydrates skin, improves muscle tone, and is beneficial for wound healing.

### ***Ren Shen (Ginseng Radix)***

Ren Shen is another important skincare herbs in Chinese Medicine. It is rich in Vitamins A, E and B2, minerals, and amino acids. The combination of vitamins and minerals along with niacin and panaxitrol make it an anti-oxidant with powerful and anti-aging properties. Rich in antioxidants, Ren Shen helps to stimulate cell metabolism and renewal.

### ***Hong Hua (Carthami Flos)***

Hong Hua invigorates the blood and is therefore known for its ability to reduce the appearance of sunspots. It also contains an abundance of multiple unsaturated fatty acids, which are useful in maintaining moisture and hydrating dry skin. Hong Hua is also rich in potassium, niacin, riboflavin, thiamine, Oleanolic Acid, Stearic Acid and Palmitate to help maintain healthy skin.

### ***Sheng Di Huang (Rehmanniae Radix)***

Sheng Di Huang has been proven to have anti-inflammatory properties, making it a useful herb for anti-aging and acne. It is also used to hydrate dry skin, reduce the appearance of wrinkles, and is beneficial for skin disorders with bleeding.

### ***Zhen Zhu (Margarita)***

Zhen Zhu is one of the oldest known Chinese Herbs used to improve the appearance of skin. It is rich in amino acids and minerals such as calcium, magnesium, copper, zinc, iron, silica, silicone, selenium, titanium, and ferric oxide. Zhen Zhu is known for its ability to regenerate new skin cells, resolve acne, heal wounds, astringe the skin, and tighten pores.

### ***Ling Zhi (Ganoderma)***

This “magical” mushroom works wonders when applied to the skin. It is rich in vitamins, minerals, amino acids, amino acids, enzymes, and polysaccharides. It’s powerful antioxidant anti-aging abilities aids in collagen production, repairs and regenerates skin cells, and hydrates dry skin. It is useful in the treatment of wrinkles and also acts as a skin brightener to even discoloration and age spots.

### ***Zhen Zhu Mu (Pearl)***

When topically applied, Zhen Zhu calms LV spasm and is the number one herb for relaxing facial muscles and reducing the appearance of wrinkles. Additionally, it clears heat from the skin and reduces facial redness and inflammation.

### ***Mei Gui Hua (Rosae Rugosae Flos)***

As a primary ingredient in skin care products Mei Gui Hua is moistening and calming for skin, mind and spirit.

### ***Hong Jing Tian (Rhodiola Crenulata Root)***

This very useful herb has a similar function to ginseng. Rhodiola is packed with powerful antioxidants, vitamins, flavones and essential amino acids. It hydrates, protects, and regenerates the skin.

### ***Bai Guo (Ginkgo Nut)***

This is an herb that contains collagen, amino acids, lactone, and flavonoids. It is known for its ability to rejuvenate skin cells as well as ensure skin firmness.

Two additional herbs, Green Tea prepared as a tea and Royal jelly ingested as beverage have supplemented Chinese beauty treatments for centuries. Green tea contains powerful antioxidants that work against free radical damage. It also protects the skin from damage caused by UV rays, is useful in healing acne, and reduces redness and inflammation. Royal jelly contains a considerable amount of the superoxide dismutase (SOD) to promote cell-regeneration, protein synthesis, and the appearance of healthy, silky, skin.

## **SUMMARY**

Aging is inevitable, it cannot be stopped. However, the way we age is certainly within our control. CFA combined with a proper skincare regime can erase years from your face and help you feel

your best. When performed properly, the benefits of CFA provide improved health and vitality, less stress, increased focus, and a youthful rejuvenated appearance.