

# **COSMETIC FACIAL ACUPUNCTURE**



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**8 PDA Core Points**

**NCCAOM Provider-Course # 1162-001**

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## **THE AGING PROCESS**

Professionals of biomedicine report cosmetic facial concerns (wrinkles, loss of muscle tone, sagging skin, skin problems, etc.) as a result of factors related to biological timelines, environmental damage, genetics, and biochemical reactions. Traditional Chinese Medicine (TCM) agrees with Biomedicine but also believes the process of aging to be influenced by one's internal balance. Practitioners of Cosmetic Facial Acupuncture (CFA) view disharmony in the Zang-Fu organs, meridians, qi, Blood, and fluids as the core of cosmetic-related complaints. An imbalance of any or all of these can be reflected on the face in the form of wrinkles, muscle integrity, decreased skin elasticity, skin problems (acne, rosacea, dermatitis, etc), a withered or dry appearance, and more. The etiology of these conditions is embedded in the pattern recognition, diagnosis, and treatment of qi, Blood, and fluids as they influence and are influenced by the elements, Organs, and meridians.

In the West, a popular cosmetic treatment is a rhytidectomy, commonly known as a face lift. When performing this service the surgeon separates the upper layers of tissue from the muscle, removes excess fat, pulls the skin tautly across the face, and sutures it in place. The result is a tight, wrinkle-free appearance. However neither the quality of skin nor underlying muscle integrity is being addressed.

Biomedical practitioners inject neurotoxin proteins produced by the bacterium *Clostridium botulinum* (ie: Botox) into strategic areas of the face to inhibit muscle contraction. The result is a reduction in the appearance of fine lines and wrinkles. Popular dermal volumizers such as Sculptra, Juvederm, and Radiesse when placed in various face tissue depths, add facial volume and plump visible creases. Although designed to enhance physical appearance, neither consider the importance of systemic health and wellbeing.

The Eastern approach to appearance enhancement is quite different. When visiting a CFA practitioner, his or her primary interest is in improving overall health. They will perform a comprehensive intake which will likely include questions concerning digestion, sleep patterns, diet, stress level, family health history, *and* cosmetic concerns. The acupuncturist will perform tongue and pulse diagnosis, and possibly palpate various body parts. He or she will then insert fine, sterilized acupuncture needles into specific acupuncture points on the body and face. The intention of treatment is to establish internal and external balance. The result is restored vitality and well-being *plus* healthier muscle tone, tighter skin, reduced fine lines and deeper wrinkles, refined skin, and improved complexion.

## **CFA BENEFITS**

There are many visible and constitutional benefits of CFA:

- Reduced fine lines
- Softener deeper wrinkles
- Enhanced muscle integrity
- Healthy, hydrated appearance
- Improved skin tone and texture
- Smoother, more even complexion

Additionally there is an:

- Increased tissue hydration

- Increase in tissue circulation
- Reduction of tissue inflammation
- Improvement in lymphatic drainage
- Enhanced overall health and vitality
- Improvement in eyesight and visual clarity

## **Yin and Yang**

Yin and Yang are the basic tenets of TCM. Together they represent the meeting and harmonizing of two opposing forces. Seemingly polar opposites, they are as different as night and day, hot and cold, summer and winter, birth and death. They are never static. They constantly change. Yin and Yang depend upon each other for their existence. Although not visible to the naked eye, their effects are clearly palpable.

In TCM, Yin symbolizes all that is dense, heavy, and earthbound. It is slow, methodical, and steady. Yang expresses all that is light, porous, or ethereal. It is rapid and swift. Yin and Yang energy blend as one in constant movement throughout the body continuously adapting to maintain balance. Yin restrains Yang from moving too quickly and erratically. Yang motivates the movement of Yin preventing it from becoming sluggish or bogged down. Too little or too much Yin or Yang create a state of imbalance. The manner in which one ages relies on the delicate balance of Yin and Yang.

## **Qi**

Qi, a Yang universal vital force, is the heart of TCM and the symbol of life itself. Although it cannot be seen, touched, or measured, it is powerful and ever present. Its movement shapes one's physical identity, thoughts, moods, actions, and even spirituality. According to TCM, there are many types of Qi. For the purpose of this course all forms of Qi will be referred to as Qi.

When Qi flows smoothly throughout the body, one is said to be in a state of balance. When Qi does not flow throughout the body in a smooth and harmonious way, imbalance occurs. The role of the acupuncturist is to discern and correct these imbalances.

With regard to CFA, there are four types of Qi imbalance.

### *Deficiency*

Signs of Qi deficiency are a pale, puffy, or sallow face, dark circles under the eyes, sagging cheeks or jawline, receding hairline, premature balding or aging.

### *Sinking*

Signs of sinking Qi are heaviness and sagging in the cheeks and jawline.

### *Stagnation*

Signs of stagnant Qi are wrinkles and sunspots. If Qi stagnates for too long it can become hot in which localized redness and swelling occurs.

### *Rebellious*

Signs of rebellious Qi are acne, skin breakouts, redness, and irritation.

## **Blood**

Blood, a Yin force in TCM, differs from that of the West. In TCM, Blood is a dense form of Qi. Blood is Yin and its primary purpose is to moisten and nourish the body and Organs, and stabilize

Qi. Qi and Blood travel throughout the body as one to create and maintain harmony.

With regard to CFA, there are four types of Blood imbalance.

#### *Deficiency*

Signs of Blood deficiency are a pale complexion, fine lines throughout the entire face, and malar flush.

#### *Heat*

Signs of Blood heat are broken capillaries, a red face, and rosacea.

#### *Stagnation*

A sign of Blood stagnation are sunspots.

### **Body Fluids**

Body fluids and Blood are on the same continuum- both liquid, both Yin. They differ in the way they nourish the body. Body fluids come from ingested food and beverages. Once consumed, they separate into pure and impure substances. Pure material is transformed into nourishment for the body surface, impure matter is excreted as urine. Examples of body fluids are tears, mucous, saliva, and sweat. Fluids moisten hair, skin, membranes, and orifices. They also lubricate muscles, joints, bones, and the brain.

With regard to CFA, there are four types of body fluid imbalance.

#### *Deficiency*

Signs of fluid deficiency are dry lips, skin, eyes, and hair.

#### *Accumulation*

Signs of fluid accumulating are facial swelling, edema, under eye swelling.

### **Organs**

There are six main Yin Organs each paired with a complementary Yang Organ. The Yin Organs absorb, transform, and store vital nourishment from air, food, and beverages. Yang Organs grasp, break down, and excrete unwanted substances.

Kidney (Yin)/Bladder (Yang)

Spleen (Yin)/Stomach (Yang)

Lungs (Yin)/Large Intestines (Yang)

Heart (Yin)/Small Intestines (Yang)

Liver (Yin)/Gallbladder (Yang)

Pericardium (Yin)/Triple Heater (Yang)

Often referred to as Organ Systems, unlike the organs of anatomical function recognized by Biomedicine, each of the TCM Organs have specific functions contributing to one's internal health, physical appearance, and mental capacity. In TCM, internal health and physical appearance are measured through the vitality of the Organs and their ability to function independently and in relation to one another. When Organ systems are strong, healthy, and balanced, internal health ensues and external appearance is youthful and lustrous. When Organ systems are weak, unhealthy, and out of balance, internal health is compromised and externally manifests in the form of wrinkles, loss of muscle tone, and skin problems. CFA's are trained to detect internal health imbalances by observing external appearance.

## **Meridians**

Just as a meridian is an imaginary line on the Earth's surface, meridians are pathways by which Qi and Blood travel through the body. These pathways cannot be seen or felt, but they are not imaginary. There are twelve pairs of Meridians that correspond to the twelve Yin and Yang Organs. They run bilaterally on both sides of the body. Meridians connect to and loop around the body in a specific direction. As a meridian passes through an Organ, it assumes its name and attributes. There are also two additional vessels- the conception vessel that travels up the front of the body, and the governing vessel that traverses the back. Stimulating an acupuncture point or sequence of points along a meridian can move Qi and Blood. Most acupuncture points are located in indentations or over slight bulges on the skin surface. Points are named and numbered beginning with number 1. Meridian lengths vary as do the number of points along a pathway.

## **CFA AND ORGANS**

### **Kidneys**

The Kidneys are known as the Root of Life and are said to be the core of existence. The process of birth, growth, aging, and death is determined by the health of the Kidneys. They are vital for proper development during primary years, and the integrity of your body and mind throughout the later years. They are necessary for healthy brain function, strong bones, a thick head of hair, and one's internal constitution. Though you can't live forever, the signs of aging can be delayed by keeping your Kidneys strong.

The Kidneys possess a special kind of Qi known as Jing. Passed from generation to generation, Jing is combined with acquired Post Natal Qi and stored in the Kidneys. Jing, Post Natal Qi, and Blood are the fuel for the fire that ignites other Organs to function properly. Although each Organ has its unique function, they are dependent on the health of the Kidneys for optimal performance.

The Kidneys are also responsible for producing Marrow, a type of Blood that fills and nourishes teeth, bones, the spinal cord, and brain. When the Kidneys are strong, teeth are healthy and bones are strong. The mind is sharp and thoughts are clear. When the Kidneys are weak, bones become brittle and teeth decay. The mind dulls, thoughts become foggy and forgotten.

*Signs of Kidneys in balance:*

- Healthy, youthful appearance, at all ages
- Thick healthy head of hair
- Strong teeth and bones

*Signs of Kidney out of balance:*

- Premature aging
- Withered or puffy, pale appearance
- Dark circles under the eyes
- Early hair loss or premature graying
- Delayed growth and maturity
- Weak, brittle bones
- Dental problems

*Acupuncture Points for Maintaining Healthy Kidneys:*

K 3- tonifies Kidney Qi, Yin and Yang  
K6 - tonifies Kidney Yin  
Ren 4- tonifies Kidney Yin and Yang  
BL 23- tonifies Kidney Yang  
Jinggong- (on the back .5 cun lateral to BL 52) tonifies Kidney Essence

## **Spleen**

The Spleen is responsible for nourishing and maintaining healthy muscle tone. The Spleen absorbs food and beverages, extracts their vital nutrients, and initiates the process of transforming and transporting Qi and Blood to the Organs. The Spleen sends unwanted substances downward to the Stomach, where it is eliminated. When the Spleen cannot filter properly it is prone to dampness. Symptoms of Spleen deficiency include poor muscle tone, puffiness, sinus congestion, and weight gain.

In addition, the Spleen keeps Blood in the vessels or pathways. When the Spleen is weak Blood can seep from the vessels to the surface of the skin, and bruising can occur. Because the Spleen rules the mouth, a weak Spleen can lead to a yellowish cast around the mouth with pale, red or dry lips.

*Signs of a Spleen in balance:*

- Firm, sculpted cheeks and jawline
- Even skin coloring
- Fit muscle integrity

*Signs of Spleen out of balance:*

- Muscle sagging in the cheeks and jawline
- Brownish-yellow spots on the skin
- Sallow, yellow skin tone particularly around the mouth
- Pale, red and dry cracked lips
- Sinus congestion

*Acupuncture Points for a Healthy Spleen:*

SP 3- tonifies Spleen Qi, Spleen source point  
SP6- tonifies Spleen Qi, meeting point of Spleen, Kidneys, Liver  
ST 36- tonifies Spleen and Stomach Qi  
CV 12- tonifies Spleen Qi  
BL 20- tonifies chronic Spleen Qi deficiency  
BL 21 tonifies chronic Spleen and Stomach Qi deficiency

## **Lungs**

The Lungs work closely with the Spleen to produce Qi. After receiving nutrients from the Spleen, the Lungs transform Qi into a fine mist that permeates the body from head to toe, inward toward the center of the body, and outward to the skin surface. Lung Qi produces the soft, dewy, and lustrous look and feel of healthy skin. They regulate the flow of water and Qi to ensure proper breathing, radiant skin, and even pore size.

A primary function of the Lungs is to regulate Defensive or Wei Qi. Wei Qi protects the body from attack of exterior pathogens primarily Wind, Cold, Heat, Damp, Dry. Wei Qi circulates outside of

the Meridians in the skin and muscles. Additionally, it warms, moistens, nourishes, and regulates the opening and closing of the pores.

The Lungs also rule the skin. Skin, the largest organ of elimination, reflects Lung health. Signs of weak Lungs are a pale complexion, dry, dull skin tone, and difficulty breathing. As the Lungs are dependent upon the Spleen, the integrity of the Spleen affects the health of the Lungs.

*Signs of Lungs in balance:*

- Radiant, soft, silky skin
- Even skin tone and pore size
- Bright complexion
- Smooth, pimple-free appearance

*Signs of Lungs out of balance:*

- Poor skin quality
- Pores that are too large or too small
- Excessive oily, dry, or combination skin
- Chronic nasal congestion or dryness
- Chronic breathing problems, such as shortness of breath or asthma
- Skin blotchiness, breakouts, or acne

*Acupuncture Points for Healthy Lungs:*

L9- tonifies Lung Qi, source point of the Lungs

ST 36- tonifies Spleen and Stomach Qi to nourish Lung Qi

CV 6- tonifies Qi

BL 13- tonifies chronic Lung Qi deficiency

## **Heart**

The quality of one's complexion depends upon the health of the Heart. The Heart receives nutrients from the Spleen and transforms it into Blood. Combined with Qi from the Lungs the Heart distributes both Blood and Qi throughout Organs, head, and body. Because Qi and Blood are interrelated, a deficiency in one affects the other.

The Heart oversees blood circulation, the flow of Blood in the meridians and Organs. It is responsible for nourishing the skin by maintaining proper Blood flow. Heart Blood deficiency leads to a pale face with hashtag lines, and malar flushing. Heart fire, stemming from heat invading the Heart manifests on the face as skin rashes, broken capillaries, and some forms of rosacea.

The Heart also governs the Spirit. Emotional stability relies on the harmony between Heart Blood and Qi. Excessive emotions, anxiety, worry, and fear will damage the Heart.

*Signs of Heart in balance:*

- Rosy, glowing complexion
- Soft, smooth skin
- Even skin color

*Signs of Heart out of balance:*

- Pale, purplish, or red complexion
- Fine lines
- Flushed face

- Broken capillaries
- Rosacea

*Acupuncture Points for a Healthy Heart:*

HT 5- tonifies Heart Qi and Blood

P 6- tonifies Heart Qi

CV 17- tonifies Heart Qi

BL 14- regulates Heart Blood

BL 17- regulates Blood

## **Liver**

The Liver has the essential job of distributing vital Blood to other Organs throughout the body. After the Heart collects Spleen essence, it transforms into Blood and transports it to the Liver, where it is stored. During activity, the Liver releases Blood, which joins Qi and passes through the meridians and Organs to nourish and energize the body. At rest, Blood returns to the Liver, where it remains until it is again needed. If the Heart cannot produce enough Blood, or if the Liver fails to store or circulate it properly, the effects become visible on your face.

When there is not enough Blood, muscle fibers, tendons, and ligaments are unable to contract and relax smoothly. Movement through the meridians and Organs slows down. Eventually Blood starts to congeal. Liver Qi then rebels and separates from Blood. Void of Blood, Liver Qi begins to behave erratically. In CFA, the lack of smooth flow of Liver Qi contributes to erratic contraction and relaxation of underlying face muscles resulting in the formation of skin wrinkles.

*Signs of Liver in balance:*

- Smooth, wrinkle-free skin
- Even muscle contraction
- Bright eyes and healthy vision

*Signs of Liver out of balance:*

- Wrinkles, particularly around the eyes and forehead
- Red, irritated eyes
- Eye related problems such as spasms, tics, and weak vision
- Sunspots

*Acupuncture Points for a Healthy Liver:*

LV 3- regulates Liver Qi

LV 8- tonifies Liver Blood

GB 34- regulates Liver Qi

P 6- regulates Qi when related to emotional problems

BL 18- tonifies Liver Blood

## **CFA AND DIET**

Diet plays a significant role in maintaining internal health and a youthful appearance. Here too, biomedicine and TCM differ in both thought and approach. Attributes of food in the West focus on the structure of the individual food – calories, protein, carbohydrate, fat, minerals, and miscellaneous nutrients. In the East, TCM looks not at the content of individual or combined foods, but rather the effect created internally once consumed. According to TCM, foods have a natural



affinity for specific Organs and meridians based on their temperature, flavor, and direction of flow. In keeping with the philosophy of TCM energetics, foods are influenced by the seasons of the year.

### **Temperature**

Hot, warm, neutral, cool, and cold are measurements on the scale of Yang and Yin. Yang foods are hot and warm. Yin foods are cool or cold. Neutral temperature foods generally assumes the property of the combined ingredients. Yang temperature foods are used to treat cool and cold natured conditions. They disperse cold and restore warmth. As a result they can be drying. Yin temperature foods are used to treat warm and hot conditions. When consumed they sedate fire, cool hot Blood, and detoxify the body. Cool and cold foods are often moisturizing and hydrating. The manner in which you prepare food can alter its nature.

### **Food Preparation (from coolest to warmest):**

Raw → Steamed → Boiled → Stewed → Sauteed → Baked → Deep Fried → Roasted
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If you are sick with a cold, feel chilled, and have a runny nose, a TCM practitioner may recommend a stew of black beans, ground beef, garlic and chili peppers. The black beans and beef make you feel warm, and the garlic and chili peppers decrease congestion. If you have a high fever, dry cough, and sore throat, the same practitioner may prescribe mung bean soup. Mung beans, even when served hot, have a cooling and lubricating effect. Therapeutically they reduce fever, moisten your throat, and soothe your cough.

#### Yang Foods:

Beef  
Black Beans  
Cherries  
Chestnuts  
Chives  
Cinnamon  
Cloves  
Curry  
Coconut Meat  
Fennel  
Garlic  
Ginger  
Horseradish  
Lamb  
Lobster  
Onions  
Peaches  
Pepper (black, cayenne, chilli, white)  
Pistachio Nuts  
Potatoes  
Raspberries  
Rice  
Rosemary

#### Yin Foods:

Artichoke  
Asparagus  
Barley  
Buckwheat  
Clams  
Coconut Milk  
Crab  
Cucumber  
Dates  
Figs  
Grapes  
Lemons  
Mangos  
Mung Beans  
Mussels  
Oils (most)  
Peppermint  
Pine Nuts  
Sea Salt  
Sea Vegetables  
Soy  
Strawberries  
Sugar (white)

Shitake Mushrooms  
Squash  
String Beans  
Thyme  
Turmeric  
Venison  
Walnuts  
Whole Wheat Flour

Sweet Potatoes  
Tomatoes  
Tuna  
Vinegar  
Walnuts  
Water Chestnuts  
Watermelon  
Worcestershire Sauce

### Taste

A balanced diet can be obtained when eating meals composed of all five tastes: salty, sweet, spicy, bitter and sour. The ratio in which you combine them will influence the desired effect for constitutional or cosmetic needs.

Kidney	Spleen	Lungs	Heart	Liver
Salty	Sweet	Spicy	Bitter	Sour
Barley, clam, duck, ham, pork, milk, olives, salt	Rice, legumes, chicken, eggs, fish, vegetables, fruit, ginseng, cinnamon	Rice bran, basil, green pepper, onions, mustard, cinnamon, clove, garlic, ginger, rosemary, soybean oil, spearmint, tobacco, wine.	Asparagus, celery, lettuce, radish, seaweed, grapefruit peel, coffee, tea, vinegar, wine.	Aduki bean, pitted fruit, olives, lemons, grapefruit, vinegar

### Direction

Foods not only have a temperature and taste, they also have a movement. Some foods nourish the internal Organs. Some foods disperse the surface of the skin. Some send their energy upward to the top of your head, while others move it downward toward your feet. As a general rule of thumb (there are many exceptions), yang foods, many of which are spicy and sweet, tend to move upward or outward. Yin foods are primarily cold or cool and tend to move downward or inward.

Inward	Outward	Upward	Downward
Clams, lettuce, seaweed, salt	Cinnamon, ginger, peppers, soybean oil	Onions, cayenne, mustard, cloves	Wheat, mung bean, barley, apples, bananas, chicken, spinach, eggplant

### Seasons

Food energetics coincides with the Organ Systems and the cyclical seasons of the year- winter, spring, summer, and fall. For optimal health, eat more outward moving foods in the summer and

more inward moving foods in the winter. Increase food choices that move downward in the fall and those that move upward in the spring.

Kidney	Liver	Heart	Lungs	Spleen
Winter	Spring	Summer	Fall	Season Transitions
Inward	Upward	Outward	Downward	

The key to a healthy body and youthful appearance is to eat a balanced diet. Eating for balance means several things. First, choose foods from each temperature, flavor, direction, and season. Second, select foods tailored to your individual needs. Like the energies of foods, there are different types of body and physical constitution referred to as hot, cold, dry, and damp. If you are a hot type you often feel warm, and tend to get red in the face. In this case eat foods from the cold or cool category. If you are a cold type, meaning you often feel chilled and have a pale face, eat more warming foods. If you tend to have dry skin, eat moistening foods. If you tend to retain water in your face and body try to eat more drying foods. Yin foods become more Yang when frying, roasting, or stir frying. Yang foods become more Yin when they are boiled, poached, or steamed.

### **CFA AND PATIENT ASSESSMENT**

When evaluating a client for CFA a complete assessment of internal health is of considerable importance. As previously discussed, the benefits of CFA are directly affected by the health and vitality of the patient's Qi, Blood, fluids, meridian and Organ systems. If internal health is compromised the outcome of CFA treatment will likely be delayed. In such a case it may be advantageous to recommend a round of constitutional or general body acupuncture before considering CFA. Additional factors to consider are skin quality, muscle tone, and age.

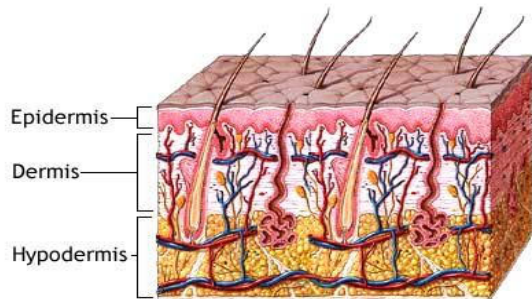
### **CFA AND SKIN**

Biomedicine and TCM agree that the skull is covered by multiple layers of skin and underlying tissue. The epidermis (Fu) is the outer layer of the skin and visible to the eye. The epidermis is covered by a protective coating known as the acid mantle. Similar to Wei Qi, the acid mantle protects skin and combats environmental chemicals, detergents and other irritants. For most people, the pH (potential of hydrogen) of the acid mantle is 4.5 to 5.5.

The second layer, or stratum, is the dermis (Ge). Blood vessels, oil glands, nerve fibers, hair follicles, and sweat glands are located in the dermis. The dermis also contains collagen, the substance that gives skin its volume, and elastin, which gives skin its elasticity. Skin cell growth starts in the deeper layers of the skin. The quality of skin cell maturation in this layer determines dermal health and epidermal vitality.

The third layer is called the hypodermis or subcutaneous layer. It is the layer between surface tissue and underlying face muscles. Biomedicine believes this layer is primarily made up of fat and determines the plumpness of your face. In TCM, it is called the Cou li and is layered between the skin, flesh, and muscles. The Cou li acts as a gateway allowing the passage of body fluids, Qi

and Blood through and between the skin layers. It also provides resistance and protection for the invasion of external pathogenic factors.

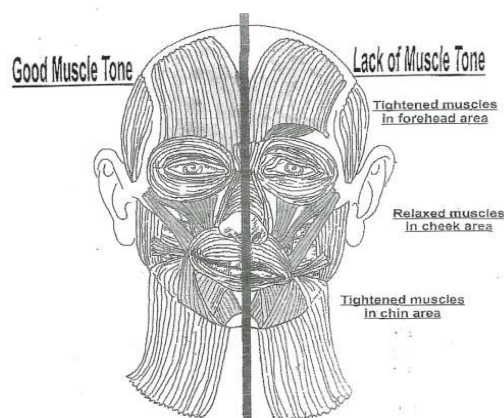


ADAM.

Superficial and deeper muscles (Ji) reside below the fu, gi , and cou li.

### CFA AND MUSCLES

In the diagram below, the ‘Good Muscle Tone’ side illustrates a youthful appearing face- healthy muscle tone and symmetry around the eyes and mouth, and cheeks. The muscles of the forehead and neck are toned and relaxed. The ‘Lack of Muscle Tone’ side demonstrates muscle quality of an aging face. The muscles in this half of the diagram exhibit the eyes and mouth as asymmetrical, the cheek muscles hyper elongated, and the forehead and neck muscles appear atrophied and stiff.



Both Biomedicine and TCM agree that muscle tone changes occur over time. Yet again, the cause and treatment approach differs. For details see the TCM Spleen patterns of disharmony and sagging muscle treatment protocols.

### CFA AND AGE

“Age is but a number” and when it comes to aging, this adage could not be more true. However, there are aging markers.

In the teens and twenties Qi and Blood are abundant and reflected in your appearance. Face

muscles are generally plump and resilient. Skin is firm, elastic and wrinkle-free.

For most, it is from thirty to forty that “health”, the quality of Qi and Blood begins to change. Fine lines across the forehead, between, and around the eyes may begin to emerge. Under eye puffiness or darkness and sunspots may start to appear.

In the forties fine lines and expression lines become deeper, particularly between eyebrows and above the nose (glabella region). Under eye puffiness or darkness accentuates, and sunspots darken. The crease from the side of the nose to the corner of the mouth (nasolabial fold) emerges. This is also when skin begins to lose elasticity and collagen around the lower portion of the cheeks and side of the mouth.

In the fifties most people experience the greatest increase in the signs of aging. Skin wrinkling, eyelid heaviness (ptosis), under eye puffiness or darkness, and sunspots become more pronounced. Muscle quality and skin elasticity weaken. There is a visible increase in the loss of collagen and elastin in skin tissue, as well as advanced signs of creasing between the corners of the mouth and jaw line. The loss of jawline definition and neck sagging begins to emerge.

In the sixties and beyond structural changes begin – the skull gets smaller, the nose tilts downward, the chin turns upward, and the bones of the midface begin to rotate inward. Visually these shifts exacerbate the aging appearance of overlying soft tissue.



## **CFA AND TREATMENT RESULTS**

Patients in their twenties, thirties and forties, with healthy muscle quality, thick skin, and minimal health issues will generally yield the best results. Patients in their forties and fifties, with relatively healthy muscle and skin quality, some loss of collagen and elastin, and minor health issues will obtain significant results. Those in their sixties and above, with weaker muscle quality, thinner skin, more pronounced loss of collagen and elastin, with health issues generally obtain optimal results with frequent treatment over an extended period of time. Results are most effective when performed in a series of ten weekly treatments for candidates in the best and good results category. All other patients should receive treatment twice a week and may require multiple series.

The meaning of “results” is a relative term and in order to obtain them, it is important to understand what the patient is seeing when *they* look in the mirror. What an experienced CFA practitioner observes may often be different than that of the patient. In order to treat their needs appropriately accompany them to a mirror and have them describe, in detail, what they like and dislike about

their appearance and what changes they want to occur.

It is important to be realistic about treatment results. An honest conversation with the patient prior to treatment can be the difference between a satisfied or disappointed consumer. CFA is NOT the taut, wrinkle-free, frozen appearance from a rhytidectomy, neurotoxins, and volumizers. If the patient has decades of deep skin wrinkling, acupuncture alone will not completely erase them. If dark sunspots are of primary concern, acupuncture alone will lighten, but not erase them. Additionally, if a patient in their fifties or sixties wants to look like they are twenty or thirty, this may not be their appropriate treatment of choice. CFA is a healthy alternative or adjunct to biomedical invasive procedures. It leaves the patient looking and feeling healthy, youthful, and radiant.

### **CFA PRECAUTIONS AND CONTRAINDICATIONS**

There are a few precautions and contraindications to consider when performing CFA. Although precautions do not prohibit treatment, they should be discussed and monitored with the patient prior to and throughout treatment. Precautions include patients on blood thinning medication (ie: coumadin, warfarin, garlic in large doses) those that bruise easily, have needle sensitivity, or women who are pregnant.

As with any acupuncture treatment when needling the face bleeding and skin bruising can occur. Wearing magnifying glasses and needling under bright light helps when trying to locate fine vessels and capillaries. A thorough understanding of facial anatomy is extremely beneficial.

Performing CFA on pregnant women is a controversial topic. Pregnancy is a time when Qi and Blood should be directed internally to nourish the fetus. Therefore some practitioners believe CFA is inappropriate while pregnant. However, acupuncture is extremely beneficial for strengthening the uterus and for many pregnancy related conditions. It is effective for improving circulation and lymph drainage throughout the body and in the face. It also helps to reduce the appearance of chloasma, or pregnancy mask. When choosing to treat pregnant patients it is important for them to notify or obtain approval from their physician prior to treatment.

Contraindications include patients with a history of acute headaches or migraines, extreme fatigue, recent botulinum or cosmetic volumizers, open lesions, wounds, or broken capillaries at the acupuncture site. In such instances, CFA should be delayed, postponed, or discontinued. CFA is contraindicated for two weeks post injectables, three weeks after fillers, and four- six weeks after surgery.

If when examining a patient's skin an unusual skin anomaly is visible, refer them to their dermatologist *prior* to treatment. The A, B, C, D, E's of skin or potential skin cancer are:

- A. Asymmetry. One half of mole different than the other half
- B. Border irregularity. Edges are ragged, notched, or blurred
- C. Color. Pigment is not uniform. Change in color distribution.
- D. Diameter. Skin growth is larger than a pencil eraser.
- E. Elevation. The spot is raised and has an uneven shape.

Other signs include:

Thickening or raising of previous flat moles; surface scaling, erosion, oozing, bleeding, crusting; surrounding skin redness and/or swelling, and changes in skin color over time. Skin sensation includes itching, tingling, and burning. Small flaking patches can also be an indication of a melanoma.

### **CFA ACUPUNCTURE NEEDLES**

Acupuncture needle length and width is a personal choice. In general, use 36-40 gauge, .5” needles on the face. Longer and thicker needles can be used on the body. Intradermal needles may be inserted into wrinkles or sunspots. Do NOT needle into open wounds, skin lesions, or suspicious looking areas.

### **CFA CONCERNS**

The 10 most common cosmetic aging complaints are as follow:

- 1) Fine Lines and Wrinkles
- 2) Sagging Muscles
- 3) Hyperpigmentation (Sun Spots)
- 4) Eyes: Edema, Bags, Dark Circles
- 5) Face: Edema, Puffiness
- 6) Skin: Dull, Dry Complexion
- 7) Acne
- 8) Rosacea
- 9) Irritation: Red, Chapped, or Aggravated Skin
- 10) Broken Capillaries

#### **1. Fine Lines and Wrinkles**

In biomedicine fine lines and wrinkles may be due to:

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

In TCM fine lines and wrinkles are due to:

*A) Qi and Blood Deficiency (shallow wrinkles around eyes, lips, forehead)*

Acupuncture:

Back- BL 15, 17, 18, 20

Front- LV 3, SP 6, ST 36, SP10, HT 7, ST 41

Face- Shallow insertion into and around wrinkles

For qi stagnation and blood stasis add SP 10, 4 gates, cup shu points

Diet:

Choose foods from the Liver category, particularly those that relax and hydrate:

Chicken, Chicken & Beef Liver (organic), Wheat, Oat, Barley, Green Vegetables (Broccoli, String Beans), Citrus Fruits (Oranges, Grapefruits), Raspberry, Strawberry, Black Sesame Seed

Avoid the following foods:

Heavy red meats, Alcohol, Coffee (regular and decaf), Greasy, Fatty, or Fried foods, Difficult to digest foods such as nuts, spicy, Pungent “hot” foods such as garlic

*B) Kidney Qi and Essence Deficiency*

Acupuncture:

Back- BL 18, 23 (moxa)

Front- K3, LV3, ST 36 + SP10, CV 4

Face- Shallow insertion into and around wrinkles

Diet:

Choose from the array of Yang and Yin foods in the diet section of this course.

*C) Liver Qi Stagnation*

Acupuncture:

Back- GV 14, BL 17, 18 + cupping

Front- LV 2, 3, 6 (Xi Cleft), GB 34, LI 4, 11, SP 6, 10

Face- GB 14, Yin Tang, TH 17, ST 3, 4

Diet:

Choose foods that relax the Liver:

Oregano, Sweet Basil, Aduzki Bean, Bamboo Shoot, Soybean Sprout, Banana, Endive, Mushroom, Salt, Spinach, Strawberry, Cucumber, Peppermint

Acupuncture for Specific Wrinkle Locations:

Forehead- GB 13-15, BL 2, 3, ST 8

Glabella - BL 2, 3, GB 14, Yin Tang

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

**2. Sagging Muscles (Eyelids, Nasolabial Fold, Mental Crease, Jaw Line)**

In biomedicine muscle sagging may be due to:

- A) Gravity
- B) Healthy collagen formation has deteriorated
- C) Elastin has lost its ability to spring back into shape
- D) Facial bones resorption

In TCM, muscle sagging is due to:

*A) Spleen Qi deficiency*

Acupuncture:



Back- CV 20 w/ moxa  
Front- SP 3, 6, ST 36  
Face- local area

Diet:

Choose foods that tonify Spleen Qi, lift and pull inward:

Buckwheat, Cardamom, Carrot (cooked), Cinnamon, Clove, Fennel (cooked), Fruit (stewed), Ginger, Ginger Powder, Lamb, Nutmeg, Pork, Orange Peel, Pepper (black and white), Rice, Roots Vegetable, Salmon, String Bean (cooked).

Avoid the following foods:

Bananas, beer, celery, cold or frozen foods and drinks, dairy products, fruit juices, lettuce, melons, pears, radishes, raw foods (salads, fruits, vegetables), raw nuts, sugar and sweets strawberries,

*B) Dampness in the Spleen/ Spleen Qi Deficiency with Phlegm Obstruction*

Acupuncture:

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

Diet:

Apply the following guidelines:

Cook and eat warm vegetables, rice, noodles, soups, and stews. Cook grains well (soak if possible before cooking). Eat small, frequent meals. Drink warm water, broth, or ginger tea.

Acupuncture for Specific Sagging Muscle Locations:

Eye Lid Ptosis- BL 2, GB 1, 14, TH 23, ST 1, 2

Cheeks (Nasolabial Fold)- ST 3, 4, 6, 7, SI 18, LI 20

Chin (Mental Crease)- CV 24, .5 cun lateral to CV 24, ST 6, 7

Neck- CV 23, lateral to CV 23 along jaw line, SI 16, 17, TH 16,17, ST 9-12, LI 17, 18, K27

### **3. Hyperpigmentation (Sun Spots)**

In biomedicine, the primary causes of hyperpigmentation are:

- A) Overproduction of melanin due to sun exposure
- B) Pregnancy (chloasma)
- C) Chemicals (salicylic acid)
- D) Illness (Addison's and Peutz-Jeghers Syndrome)

In TCM, hyperpigmentation is due to:

*A) Liver Qi Stagnation*

Acupuncture:

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

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

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

Diet:

Choose foods that relax the Liver:

Oregano, Sweet Basil, Aduzki Bean, Bamboo Shoot, Soybean Sprout, Banana, Endive, Mushroom, Salt, Spinach, Strawberry, Cucumber, Peppermint

*B) Blood Stasis*

Acupuncture:

Back- BL 15, 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

Diet:

Choose foods that clear blood stagnation, remove dampness, and relax the Liver:

Oregano, Sweet Basil, Aduzki Bean, Bamboo Shoot, Soybean Sprout, Banana, Endive, Mushroom, Salt, Spinach, Strawberry, Cucumber, Peppermint

**4. Eyes: Edema, Bags, Dark Circles**

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

- A) Heredity
- B) Allergies
- C) Medication
- D) Anemia
- E) Fatigue
- F) Vitamin deficiency
- G) Hormonal changes
- H) Age
- I) Loss of dermal integrity
- J) Gravity

In Chinese Medicine edema, eye bags, or dark circles are due to:

*A) Spleen Qi Deficiency with Dampness/Phlegm Obstruction*

Acupuncture:

Back- BL 20+ moxa

Front- Sp 6, 9, ST 40, LI 4

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

Diet:

Choose foods that nourish the Spleen and resolve dampness:

Buckwheat, Cardamom, Carrot (cooked), Cinnamon, Clove, Dill Seed, Fennel (cooked), Garlic, Ginger, Ginger Powder, Lamb, Mustard, Mustard Seed, Nutmeg, Orange Peel, Pepper (black, red, white), Pork, Rice, Roots Vegetable (cooked), Salmon, String Bean (cooked).

*B) Kidney Yang Deficiency*

Acupuncture:

Back- BL 23 + moxa

Front- KI 3, CV 12

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

Diet:

Choose from the array of Yang foods from the diet section of this course.

*C) 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

Diet:

Choose foods that nourish Liver and Kidney Yin deficiency:

Asparagus, Egg, Mushroom, Oyster, Chestnut, Chicken Liver, Pork Kidney

*D) Blood Stagnation*

Acupuncture:

Back – BL17, 18, + cupping

Front- SP 6, 10

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

Diet:

Choose foods that clear blood stagnation:

Oregano, Sweet Basil, Aduzki bean, Bamboo Shoot, Soybean Sprout, Banana, Endive, Mushroom, Salt, Spinach, Strawberry, Cucumber, Peppermint

**5. Face: Edema, Puffiness**

In biomedicine face edema or puffiness is due to:

A) Heredity

B) Allergies

C) Medication

D) Fatigue

In TCM face edema or puffiness is due to:

*A) Lung Qi deficiency*

Acupuncture:

Back- BL 13, 17

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

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

Diet:

Choose foods that strengthen Lung Qi:

Cauliflower, Cucumber, Fennel, Fish, Mushroom, Potato, Rice, Sesame, Squash, String Bean, Yam.

*B) Spleen Qi Deficiency with Dampness*

Acupuncture:

Back- BL 20+ moxa

Front- Sp 6, 9, ST 40, LI 4

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

Diet:

Choose foods that nourish the Spleen and resolve dampness:

Buckwheat, Cardamom, Carrot (cooked), Cinnamon, Clove, Dill Seed, Fennel (cooked), Garlic, Ginger, Ginger Powder, Lamb, Mustard, Mustard Seed, Nutmeg, Orange Peel, Pepper (black, red, white), Pork, Rice, Roots Vegetable (cooked), Salmon, String Bean (cooked).

### *C) Kidney Yang Deficiency*

Acupuncture:

Back- BL 23 + moxa

Front- KI 3, CV 12

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

Diet:

Choose foods that strengthen Kidney Yang:

Egg, Shrimp, Lobster, Kidneys (organic), Wheat, Kidney Bean, Black Bean, String Bean, Deep Dark Red Fruits (Dates, Figs, Plums, Red and Black Grapes), Mandarin Orange, Black Sesame Seed, Peanut

## **6. Skin: Dull, Dry Complexion**

In Biomedicine, dry (xerosis) and dull skin is generally due to:

- A) Weather (driest in the winter)
- B) Central heating, air conditioning, fireplaces
- C) Hot baths and showers
- D) Harsh soaps and detergents, (deodorant, antibacterial soaps are worse)
- E) Psoriasis
- F) Thyroid disorders
- G) Alcohol and drugs
- H) Dehydration
- I) Age
- J) Gender
- K) Sun exposure

In TCM dull and dry skin is due to:

### *A) 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

Diet:

Choose foods that moisten the and move outward to the skins surface:

Almond, Apricot, Asparagus, Licorice, Pear, Tangerine, Beef, Turkey, Glutinous Rice, Tofu, Cauliflower, Yam, Dairy – including cheese, milk (lubricates and moistens lungs), Strawberry, Walnut

Avoid foods that are drying such as:

Spicy hot food, Salt

## **7. Acne**

In biomedicine, acne may be caused by:

- A) Overproduction of sebum
- B) Irregular shedding of dead skin cells
- C) Build up of bacteria
- D) Hormonal changes
- E) Direct or indirect exposure to greasy oily substances
- F) Family history
- G) Irritation due to friction or pressure

In TCM, acne is due to:

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

Acupuncture:

Back- GV 14, BL, 12, 13 + cupping

Front- LI 4, 11, L 9, 7

Face- TH 17, LI 20, local points maybe

Diet:

Choose foods that reduce heat and moisten the Lungs:

Almond, Apricot, Asparagus, Licorice, Pear, Tangerine, Beef, Turkey, Glutinous Rice, Tofu, Cauliflower, Yam, Dairy – including cheese, milk (lubricates and moistens lungs), Strawberry, Walnut.

Avoid foods that are drying such as:

Spicy hot food, salt

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

Acupuncture:

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

Front- ST 36, 40, 41, 43, LI 4, 11

Face- TH17, ST 4, 7, LI 20, local points

Diet:

Choose foods that reduce heat in the Large Intestines and Stomach:

Apple, Apricot, Cucumber, Dates, Egg Plant, Lemon, Maltose, Mung Bean, Orange, Olive, Pear, Sweet Potato, Tomato.

### *C) Spleen Qi Deficiency with Phlegm*

Acupuncture:

Back- GV 14, BL13, 20

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

Face- TH17, ST 4, 7, local points

Diet:

Choose foods that nourish the Spleen and resolve dampness:

Buckwheat, Cardamom, Carrot (cooked) , Cinnamon, Clove, Dill Seed, Fennel (cooked), Garlic, Ginger, Ginger Powder, Lamb, Mustard, Mustard Seed, Nutmeg, Orange Peel, Pepper (black, red, white), Pork, Rice, Roots Vegetable (cooked), Salmon, String Bean (cooked).

#### *D) Heat in the Blood*

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, local points maybe

Diet:

Choose foods that reduce heat and Blood stasis in the Liver/Gall Bladder and Heart/ Small Intestines:

Asparagus, Bamboo Shoot, Banana, Cucumber, Endive, Mung Bean, Mushroom, Peppermint, Strawberry

#### *E) Blood Stasis and Binding of Phlegm*

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

Diet:

Choose foods that reduce heat, Blood stasis, and move phlegm:

Asparagus, Bamboo Shoot, Banana, Cucumber, Endive, Mung Bean, Mushroom, Peppermint, Strawberry

### **8. Rosacea**

In Biomedicine, rosacea may be due to:

- a) Heredity
- b) Environmental
- c) Blood vessel disorder
- d) Chronic bacterial infection in the gastrointestinal system
- e) Mites in hair follicles
- f) Sun damage
- g) Gender

Aggravated by:

Stress

Diet  
Hot or spicy foods/beverages  
Caffeine  
Alcohol  
Citrus  
Some night shades (tomatoes, eggplant, rhubarb, etc)  
Dairy  
Wheat  
Antibiotics

In TCM, rosacea is due to:

*A) Heat in the Lungs and Large Intestines*

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

Diet:

Choose foods that reduce heat in the Lungs and nourish Lung Yin:

Apple, Apricot, Cucumber, Dates, Egg Plant, Lemon, Maltose, Mung Bean, Orange, Olive, Pear, Sweet Potato, Tomato.

*B) Heat and Stagnation in the Spleen and Stomach*

Acupuncture:

Back- GV 14 (bleed), BL 17, 20, 21+ cupping  
Front- SP 3, 6, ST 36, 41 (ST fire), LI 4, 11  
Face- ST 3, 4, 6, 7, TH 17

Diet:

Choose foods that reduce heat and stagnation in the Stomach and Spleen

Bamboo Shoot, Banana, Buckwheat, Endive, Licorice, Mung Bean, Mushroom, Spinach, Squash.

*C) Heat in the Liver /Gall Bladder*

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

Diet:

Choose foods that reduce fire and nourish Yin in the Heart and Liver:

Liver- Spinach, chestnut, rye, strawberry, mushroom, vinegar, abalone, eggs, salt, pork  
Heart- Asparagus, banana, bamboo shoot, cucumber, celery, mung bean, peppermint

*D) Heat and Blood Stasis (Liver/Gall Bladder and Heart/ Small Intestines)*

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

Diet:

Choose foods that reduce heat and Blood stasis in the Liver/Gall Bladder and Heart/ Small Intestines: Asparagus, Bamboo Shoot, Banana, Cucumber, Endive, Mung Bean, Mushroom, Peppermint, Strawberry

### **9. Irritation: Red, Chapped, or Aggravated Skin**

In biomedicine facial redness, irritation, or aggravated skin may be due to:

- A) Allergy
- B) Environmental or chemical reaction
- C) Skin sensitivity
- D) Dermatitis
- E) Rosacea

In TCM, facial redness, irritation, or aggravated skin is due to:

#### *A) Heart Fire*

Acupuncture:

Back- BL 15, 16, 17, 18, 19 GV 14

Front- HT 3, 6 (Xi-cleft pt disperse stagnation) 7, 9 (jing well bleed)

Face- Yin Tang, SI 18, TH 17<sup>1</sup>

Diet:

Choose foods that decrease fire in the Heart:

Asparagus, Bamboo Shoot, Banana, Celery, Cucumber, Mung Bean, Peppermint, Strawberry.

#### *B) Liver Qi Stagnation*

Acupuncture:

Back- GV 14, BL 17, 18 + cupping

Front- LV 2, 3, 6 (Xi Cleft), GB 34, LI 4, 11, SP 6, 10

Face- GB 14, Yin Tang, TH 17, ST 3, 4, may or may not want to need hot area

Diet:

Choose foods that relax the Liver:

Oregano, Sweet Basil, Aduzki Bean, Bamboo Shoot, Soybean Sprout, Banana, Endive, Mushroom, Salt, Spinach, Strawberry, Cucumber, Peppermint

#### *C) Blood Stasis*

Acupuncture:

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

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

Diet:

Choose foods that reduce heat and move Blood:

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<sup>1</sup>



Asparagus, Bamboo Shoot, Banana, Cucumber, Endive, Mung Bean, Mushroom, Peppermint, Strawberry

*D) Spleen Qi Deficiency with Stomach Heat*

Acupuncture:

Back - BL 17, 18, 20 + moxa

Front- SP 3, 6, ST 36

Face- ST 3, 4, SI 18, GV 20

Diet:

Choose foods that nourish the Spleen and reduce Stomach Heat:

Bamboo Shoot, Banana, Buckwheat, Cucumber, Endive, Licorice, Mung Bean, Mushroom, Spinach, Strawberry.

**10. Broken Capillaries**

In biomedicine, broken capillaries may be due to:

A) Genetics

B) Alcohol, environmental, or chemical reaction

C) Skin sensitivity

D) Rosacea

In TCM broken capillaries are due to:

*A) Heat in the Lungs*

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

Diet:

Choose foods that reduce heat in the Lungs and nourish Lung Yin:

Apple, Apricot, Cucumber, Dates, Egg Plant, Lemon, Maltose, Mung Bean, Orange, Olive, Pear, Sweet Potato, Tomato.

*B) Heart Fire*

Acupuncture:

Back- BL 15, 16, 17, 18, 19 GV 14

Front- HT 3, 6 (Xi-cleft pt disperse stagnation) 7, 9 (jing well bleed)

Face- Yin Tang, SI 18, TH 17

Diet: Choose foods that reduce heat and nourish Heart Yin:

Asparagus, Bamboo Shoot, Banana, Celery, Cucumber, Mung Bean, Peppermint

*C) Heat in the Blood*

Acupuncture:

Back- BL 15, 17, 18, 20, 23 + cupping

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

Diet:

Choose foods that reduce heat and move Blood:

Asparagus, Bamboo Shoot, Banana, Cucumber, Endive, Mung Bean, Mushroom, Peppermint, Strawberry

Look for heat in all Organs. The foods that cool, moisturize, and move inward are the best for red, irritated skin. Foods that are cooling and drying are best for skin that is red, irritated, acne skin.

### **CFA HOMECARE**

The importance of a proper homecare skin regime should neither be overlooked or 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 engages and empowers patients to actively participate in their healing process. In order to prescribe the proper products it is important to discern the difference between a skin type and a skin condition.

### **CFA SKIN TYPE/CONDITION**

There is a difference between a skin *type* and a skin *condition*. According to biomedicine, one is born with a skin type. Skin conditions are acquired by diet, lifestyle, environment, and homecare. Examples of skin types are normal, dry, oily, combination, and sensitive. Skin conditions include the same plus blemishes, acne, redness, rashes, and rosacea. TCM believes only normal skin types are normal and all others result from internal imbalances.

#### **A) Normal Skin**

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.

#### **B) Oily Skin**

Oily skin looks shiny, greasy and wet. It is characterized by large pores and produces 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 and with oil-stripping soap to “get rid” of the oil. However, frequent washing can irritate skin, strip the acid mantle, and trick your oil glands into secreting more oil. All of which increases your chance of attracting bacteria which creates pimples. Oily skin is reflective of Lung and/or Spleen Qi deficiency and/or dampness, and heat in the Large Intestines, or Stomach. Acne can also be the result of bowel dysbiosis, often due to antibiotics damaging the delicate balance of intestinal flora.

#### **C) Dry Skin**

Dry skin looks dry, dull, and lifeless. There are two types of dry skin- oil-dry and water-dry. Symptoms of oil-dry skin are small pores producing a limited amount of oil. Water-dry skin is frequently associated with dehydration, consumption of nicotine, caffeine, diuretics, and excessive intake of salty food. When skin is water-dry, hydration is important no matter the pore size. Although less prone to breakouts, both types of skin are prone to premature aging, fine lines, and wrinkles. Dry skin (oil and water) may be the symptoms of Lung Qi, Liver or Heart Qi or Blood deficiencies.

#### D) Combination Skin

Combination skin is characterized by two or more types of skin. It is commonly seen as an oily T-zone, with a shiny nose, forehead, 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.

#### E) Sensitive Skin

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 patched dryness. In TCM, sensitive skin may be an imbalance in any or all of the Organ systems.

### **SUMMARY**

Biomedicine and TCM have different approaches to beauty treatment. In TCM, beauty means more than external appearance. TCM views beauty as the state of physical well-being, our emotions, our personality, the way one thinks, behaves, and even one's spiritual state of being.

CFA for appearance enhancement is both preventative and curative. When approaching beauty from the inside out, it is possible to minimize the visual concerns of aging, *and* improve health and well-being. CFA is a work in progress. It takes time and diligence for both the practitioner and patient. With the proper application of acupuncture, a healthy diet, and lifestyle it is possible to feel better and look better at any age.