

Beat Back Pain, p.54

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# Prevention

## Lose Weight Eat Clean 5 STEPS TO A LEAN BODY

You can do it. Seriously.

### STOP WRINKLES

ONE-WORD ANSWER

# yes!

Should I try an acupuncture facial?

**A**cupuncture facials (affectionately called acufacials) use a combination of acupuncture, gentle microcurrents, and facial techniques to lift muscles while improving your health from the inside out. "It's like taking your face to the gym," says Marisa Anaya, a licensed acupuncturist in New York City. The insertion of the hair-thin needle creates a microtrauma that increases collagen production and reduces

the look and depth of the wrinkle. Meanwhile, total-body acupuncture treats digestive or energy imbalances. While there are very few peer-reviewed studies about cosmetic acupuncture, our bottom line is this: Give it a try. With no adverse effects, the only thing you have to lose is stress.

**PLUS**  
Berries,  
Smoothies,  
Dinners  
& More

