Acu News

"He who depends on himself will attain the greatest happiness."- Chinese Proverb

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Natural facial rejuvenation with Acupuncture

More and more **people** are turning away from Botox and invasive cosmetic procedures and finding that facial acupuncture is giving them the natural **beauty** they are looking for.

Facial acupuncture, which has seen a large increase in popularity in the past ten years, works by improving blood flow at the site of the needle placement and stimulating cell growth.

According to an article in the Daily Mail, inserting acupuncture needles "encourages the production of healing collagen, the protein which the body uses to keep the skin youthful and elastic."

Patients have reported glowing skin after receiving a 30-minute acupuncture treatment as well as smoother and brighter skin the next day. Color to the face also sees improvement from the increase in blood flow.

Cosmetic acupuncture can reduce and soften fine lines in the face as well as reducing bags under the eyes.

Acupuncture and Traditional Chinese Medicine work by addressing the body as a whole. Facial acupuncture will not only change the way your skin looks, but will improve overall wellbeing. Reports of better sleep and less stress have also been seen from facial acupuncture.

Because TCM believes that every part of the body is linked to internal organs, it is believed that sagging skin can be a result of a weakness in the spleen, and dark circles under the eye are linked to a liver or stomach weakness.

When acupuncture addresses these organs through specific points on the body, it returns the body to its normal function and as a result helps the problem areas.

Facial/cosmetic acupuncture is non-invasive and has no side effects. It is painless and not only helps rejuvenate the face, but reduces feelings of anxiety and stress. Acupuncture helps improve the body's natural energy flow, called qi, returning the body back to balance.

Contact an acupuncturist to learn more about how facial acupuncture can not only improve and rejuvenate skin, but destress and relax the body and mind.

6 Ways to Improve/Maintain Youthful Skin

Green tea - Green tea is packed with antioxidants and anti-inflammatory properties that help sooth and reduce redness in the skin. Some experts believe green tea can help reduce collagen destruction that leads to wrinkles. Try starting with even just one cup of green tea a day so increase your antioxidant intake.

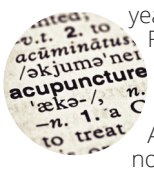
Vitamin C - Topical vitamin C applied to the face has been shown to increase collagen production and protect against UV rays. When L - ascorbic acid, a type of vitamin C, is used, research showed the vitamin can improve pigmentation as well as inflammatory skin issues.

Reduce stress -Stress is not only felt mentally, but physically as well. Stress can cause breakouts due to an increase in hormones, making the skin oilier and lessening the body's defense against bacteria. Make sure to get adequate sleep and give yourself time off for relaxation to calm the mind and reduce stress.

Monitor sun exposure - It is common knowledge that high amounts of sun exposure over the years damages your skin and causes wrinkles. Make sure to always wear sunscreen on your face to protect against harmful UV rays. Even if it is overcast outside, you are still exposed to UV rays. It is important to wear a high SPF sunscreen on your face year round to prevent wrinkles and skin cancer.

Omega-3 fatty acids - Increasing your intake of omega-3 fatty acids is not only good for overall health, but can also help reduce wrinkles and keep the skin looking youthful. These fatty acids can be found in salmon, nuts, seeds, and fish oil supplements.

Acupuncture - Facial acupuncture has become increasingly popular in the past ten years in rejuvenating the skin. Reports have found facial acupuncture can reduces lines on the face and leave skin smoother and glowing. Acupuncture is a natural and non-invasive treatment that does not have side effects. Treatment can also leave one feeling overall more relaxed and at ease.



Recipe for Healthy Skin

Zucchini Chickpea Burgers
This vegan and gluten-free recipe is filled with healthy ingredients to boost the skin and overall health!

Ingredients (serves 6)

2 tablespoons olive oil
3 cloves of garlic, minced
1 small onion
1.5 cups of zucchini squeezed dry
½ cup of toasted sunflower seeds
¾ teaspoons of sea salt
1.5 cups of canned chickpeas
1 cup of cooked quinoa
2 tablespoons of dijon mustard
1 tablespoon of lemon juice
2 tablespoons of fresh chopped dill
½ teaspoon paprika

Saute onion and garlic in a pan with 1 tablespoon of olive oil. When tender, add zucchini and saute until cooked. Season to preference with salt and pepper.

Grind sunflower seeds, sea salt, pepper until ingredients are coarse crumbs. Add quinoa, chickpeas, dijon mustard, lemon, dill and paprika to mixture. Mix until ingredients are broken up with some texture remaining.

Add zucchini, onion, and garlic to mixture.

Shape into 6 patties and cook on medium heat with olive oil in a pan into golden brown.

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