

Facial acupuncture & facial rejuvenation

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Abbreviations: TCM, traditional chinese medicine; FCA, facial cosmetic acupuncture; CAM, complementary alternative medicine

Introduction facial cosmetic acupuncture

Facial Cosmetic acupuncture is used to enhance beauty and preserve a youthful appearance has been done for centuries in China and other Asian countries. It is based on the principles of Traditional Chinese Medicine (TCM).

Facial Cosmetic Acupuncture (FCA) and the benefits of why acupuncture is good for longevity, quality of life, beauty, skin health, rejuvenation and anti-aging therapies.

It is Thin, Disposable, Acupuncture Needles inserted into the head, face, & neck for cosmetic, aesthetic purposes, facial anti-aging & facial rejuvenation.

Facial Cosmetic Acupuncture of Facial Rejuvenation or Revitalization, or Acupuncture Facelift enhances beauty, reduces the sign of aging by revitalizing the skin, brings youthful glow and cultivates qi circulation, increase in blood flow, production of collagen & elastin, balances qi, balancing internal zang fu organs. It enhances radiance of complexion rejuvenation for body, reduce stress, promote overall health & well-being diminish fine lines & wrinkles, age spots, decrease dark circles/bags, increases moisture decrease puffiness of entire face and under eyes, increases in facial muscle tone balances hormones, clears acne and hormonal acne, tightens pores, improves elasticity of facial muscles.¹ In China and in Chinese literature refer it to mei rong, translates as Chinese medical cosmetology Mei rong, or FCA.²

Anti-aging begins at cellular level, not on the surface of the skin. Beautiful skin starts from within. Meditation particularly transcendental meditation and saral meditation have been shown to reduce stress and delay aging process, increase confidence and impart better outlook and younger facial expression.³ Meditation is the best anti-aging medicine with wide ranging benefits including reduced anxiety, reversal of aging process, reduced illness and increased cognitive function.⁴

In recent years, quantum healing has been postulated where anything including cancer can be treated at the level through practice of Bliss, which comes through meditation, and primordial sound.⁵ Still recently, saral meditation has been explained on quantum healing, the level of transcendence, once reached will not only effect intelligence it will restrict the aging process with all its aspects.⁵ The difference in the quantal approach is that it will not only reduce the aging process in term of performance and longevity, it will also reduce other marks of aging like wrinkle and graying of hair¹⁶ which is under investigation. Meditation starts functioning at cellular level but recently saral meditation has been claimed to start at quantum level, level where intelligence comes from far beyond the level of molecule or atom which is invisible and from where consciousness begins. Meditation is one of the best anti-aging medicines, it reduces illness, tension

and delays aging process and increases life span working at cellular level. Saral meditation works at quantum level reducing overall aging process physically, mentally and intellectually.³

Description & how does FCA work?

What is FCA?

It is the use of extra fine gauge filiform acupuncture needles that are placed on the head, face, and neck for cosmetic, esthetic and anti-aging therapies and for facial rejuvenation. The needles stimulate the skin cells by improving blood circulation, which in turn increases the production of collagen and elastin and repairing cells. Collagen is a vital part of the connective tissue that forms the supporting mesh that keeps the skin firm and supple. The improved local blood supply to the areas of the face helps to strengthen and tighten the facial tissue for a healthy glowing complexion. It reduces the signs of aging by revitalizing the skin and bringing a more youthful look to the face.²

The acupuncture points are chose based on the patient's differential diagnosis and treatment strategy patient's constitution, chief complaints, and patient medical history. FCA is not required to use of electro-acupuncture or e-stim, still get phenomenal results just with the qi of the practitioner and patient receptiveness.

Background

Since the beginning of man, the crusade for beauty and longevity is universal and has prevailed throughout the ages. Cultural obsession for youth, appearance, and longevity is all over the world, especially in the modern Western world.

The earliest evidence for this in China dates back to 50,000years ago (the late Paleolithic period) from relics of adornment found and materials that used make-up and visual enhancement.² Chinese known beauty originates from inside and out. Thousands of years ago, the Chinese discovered that many meridians either commence or terminate on the face and some have internal branches that go to the face, correlating the relationship of health and appearance.²

The foundation of TCM is qi is vital energy and qi flows through the meridians and energy pathways. In TCM, blood and qi are

inseparable; blood is the mother of qi carries qi and provides nutrients. Qi is the commander of blood that is force that makes blood flow throughout the body. Where there is qi flow there is blood flow. The changes and deterioration in the skin, muscle tone, and zang fu organs reflect the state of the zang fu, qi, blood, yin and yang. The body/mind/spirit is inseparable, and communication between these three states of being is facilitated by the vitalizing flow of energy contained in the meridians, which transport precious ancestral information in the form of cellular memory.⁶

The different treatment methods are emphasized and specific points chosen according to how an individual is manifesting his or her ageing process or health imbalances. The whole person is treated and evaluated on the mind, body and spirit.

The cause of disease is the basic principle of TCM. The treatment of the root (ben) or essence of the disease and the treatment of the branch(biao), secondary and related symptoms. Before the Warring States period of Chinese history, (475-221 BC) having acupuncture treatment for cosmetic concerns was primarily a luxury, generally reserved for the Empress and the imperial concubines to initiate the healing process for rejuvenation and longevity as well as health.²

According to the Huang Di Nei Jing, the complexion, hair and skin are related to the state of the internal zang fu organs.² The hair is governed by the kidneys and the lungs govern the skin. The Nei Jing also describes the relationship between diet, health, and appearance and has dietary recommendations in food and in Chinese herbs.

In the chapter of the Miraculous Pivot called the Yin Yang Er Shi Wu Ren discusses the relationship of the channels, collaterals and skin appearance. The chapter 33, Miraculous Pivot quotes “internally the twelve main meridians connect with the zang fu organs and externally with the joints, limbs and other superficial tissues of the body. The meridians and collaterals are distributed both interiorly and exteriorly over the body, transporting qi and blood to nourish the zang-fu organs, skin, muscles, tendons, and bones.”⁷

Purpose

The purpose of the study is to improve quality of life, enhance health and beauty to the skin, FCA helps rejuvenate and revitalizes the face and body to men and women that are middle aged, (40s-60s range) and conscious about aging gracefully and naturally. Facial cosmetic acupuncture are one of the facial anti-aging therapies and it is an excellent alternative for cosmetic surgery, botox, fillers etc. It is a non-invasive safe, natural, cost effective, effective, with minimum side effects.

Theoretical assumptions

Cultivation of qi as a gateway to longevity, beauty and conscious development of virtuous qualities has long been a tradition of Chinese medicine.⁶ Acupuncture communicates to the energy pathways to unblock qi and also liberate the free flow of shen and jing in the Three Treasures and the virtues of the organs.⁶ In TCM, the lung is internally/externally related to the large intestine also affects the skin profoundly and thus many points on the large intestine meridian are used for affecting the skin of the face. The stomach meridian traverses much of the face and is often used to obtain local cosmetic effect.² The stomach is the internally/external partner to the spleen and accordingly these points help to tone the muscles and the fat underlying the skin. This communication of the lung and the spleen (zang organs) and the stomach and the large intestine (fu organs) allows them to act synergistically and to substitute for each other in their functions. An

increase in subcutaneous fat is a likely cumulative result of needling stomach points on the face coupled with notification of distal spleen points.² All of these organs including the Gallbladder channel connect to the face and are expressed daily with facial expressions, emotions, thoughts that affect the mind, body and spirit.

One of the many TCM theories of the various mechanisms by which acupuncture works is that with needle insertion, the body endures a micro-trauma that in turn stimulates the injury repair system within the body. It is this natural healing process that stimulates the production of collagen at the site of the needle insertion. The regeneration of the dermis and epidermis produces new collagen and elastin proteins.² The new skin tissue essentially appears more stimulated, youthful and rejuvenated.

Research hypothesis

I hypothesize that facial cosmetic acupuncture and complementary alternative therapies improve facial anti-aging therapies, facial rejuvenation and improve quality of life.

Importance of study

FCA and CAM are holistic and preventive medicine ideal for male and female subjects that are middle ages and maintain their youth and appearance. The use of acupuncture for ‘cosmetic’ purposes has already attracted great attention worldwide.² The media and society has latched on to this trend, and the current cultural obsession with looking youthful and reports of celebrities receiving this treatment. There is a much more increase in demand today for FCA and CAM facial anti-aging therapies and rejuvenation. There are more people interested in a holistic approach to aging rather using invasive procedures such as medications, injections and surgery.

A 1996 report in the International Journal of Clinical Acupuncture reported that among 300 cases treated in China with cosmetic facial acupuncture, 90% had marked effects with one course of treatment. The effects included: improvement in skin texture and coloring, increased elasticity, reduction of wrinkles and overall rejuvenation, not merely confined to the face.^{2,8}

This study will provide education about aging naturally, holistically, and healthy using Facial Cosmetic Acupuncture and Complementary Alternative Medicine as options for longevity and quality of life.

Scope of study

Research Synthesis data complied online searches of medical journals using Google Scholar, Pubmed, Search words: Facial Cosmetic Acupuncture, Complementary Alternative Medicine, Facial Anti-Aging Therapies, Facial Rejuvenation, Anti-Aging Therapies, Quality of Life.

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Conflicts of interest

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