

COSMETIC ACUPUNCTURE AND ACUPUNCTURE FOR POSTOPERATIVE OF PLASTIC SURGERY

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e-book



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This book aims to make techniques and procedures of Western and Oriental Medicine more practical for cosmetic treatment purposes, combining two paradigms - the Western concept of beauty and the Oriental one.

On one side, the pursuit of beauty through external resources; on the other hand, the pursuit of inner balance, happiness and peace generating a beauty from inside to outside.

Traditional and new resources of Oriental Medicine act jointly in order to achieve those cosmetic purposes.

About the Author



Dr. Fernando Fernandes is a physiotherapist graduated from IBMR (Brazilian Institute of Rehabilitation Medicine). He began his studies in Oriental Medicine in Abaco (Brazilian Acupuncture College), where he later became professor in 1992, lecturing to more than 80 postgraduate classes.

He joined the Miguel Couto Hospital in 1991 to take part in an acupuncture clinic internship program where stayed for 5 years, dedicating the last two years to supervise the acupuncture interns.

In 1997, he specialized in Chinese Herbs by American College of Traditional Chinese Medicine in San Francisco, California – USA. In

1999, he opened his acupuncture clinic in Brazil - the Clínica Daya Terapias Integradas -, uniting the Western and Oriental Medicine and set up the First Community Acupuncture Clinic in that country, offering affordable treatment to patients. The concept spread nationwide, benefiting socially disadvantaged people.

Trained in Ericksonian Hypnosis, NLP and coaching by INAP (Neuro-linguistic Institute), Dr. Fernandes has been joined together those knowledge with Oriental Medicine principles as a way of treating many physical and mental disorders.

In 2001, Dr. Fernandes joined with the Brazilian Plastic Surgeon Dr. Alcemar Maia Souto and developed new Acupuncture for Postoperative of Plastic Surgery techniques. Practicing yoga regularly, Dr. Fernandes studies ways to control stress and improve quality of life.

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FOREWORD

Contrary to what might be imagined, a book on Cosmetic Acupuncture is nothing extraordinarily different from traditional acupuncture. In fact, the first is an offshoot of the latter; as such, it has the same theoretical assumptions. Cosmetic applied to acupuncture is nothing more than joining together the traditional with the modern - the ancient Chinese traditions with new cosmetic paradigms defined by our modern society. Therefore the treatment that I propose here isn't symptomatic, since we are seeking to restore the inner balance which in turn will manifest externally.

On one side we noticed the emergence of numerous diseases - effect of the urban growth, stress, artificial feeding with little nutritional value, addictions etc. -, for which we had to adapt the fundamentals of Traditional Chinese Medicine in order to get a proper treatment. On the other side, nowadays we have new social demands that allowed the reformulation of tradition. In this sense, Cosmetic Acupuncture is a result of that demand.

Much of this book began to take shape during years of intense clinical work. In 1995, I started working with Cosmetic Acupuncture, using my knowledge in traditional acupuncture to cosmetic goals, applying that know-how and seeing good results. Therefore this book focuses on practice, since I'm trying to tell a little of my experience as professor in acupuncture classes and as acupuncturist in my acupuncture clinics in Brazil.

The fields of action to acupuncture have been extended. Proof of this is the Acupuncture for Postoperative of Plastic Surgery techniques that Dr. Alcemar Maia Souto and I implemented in Brazil. The results of this partnership were beyond what one could foresee and today acupuncture is an excellent tool to recovery after a surgery.

In this book I also devoted special attention to the non-invasive complementary resources. Some of them are traditional, as moxa and cupping glasses, and others are new resources, as laser and transcutaneous electrical stimulation. Both traditional and new techniques are used to treat several diseases and you will see in this book those resources been used as extremely important tools to cosmetic treatment.

The proposal of this book is to bring together various treatment possibilities and, most of all, to indicate ways that the therapist can choose according to each case. Acupuncture, Chinese dietary and Chinese herbology are part of most prescriptions. I hope that the goal has been reached.

CHAPTER I - BEAUTY AS A MANIFESTATION OF SHEN

Probably the concept of Shen is the most beautiful one in Traditional Chinese Medicine. This concept represents what is most subjective and difficult to measure in human nature: the feelings. Inner balance, happiness and personal satisfaction are signs of a healthy Shen; otherwise, signs as unhappiness, depression or lack of self-confidence may appear (to name just a few examples).

Exactly for that, the health of Shen is closely linked to the health of our body and (why not?) to our beauty. I'm not talking about a strictly cosmetic and static beauty, that is a result of body and ideas standardization, I'm talking about a harmonious and healthy relationship between the body and the owner of that body.

On one hand, our relationship with our body reflects the social and historical environment where we live. On the other hand, it reflects what our body has experienced throughout life. The social environment gives the guidelines of what we should eat, what habits we must cultivate, what values we share and what practices are common. While the family and affective environment is the origin of many of our habits. Often we carry those habits throughout our lives. The way we see ourselves and how we deal with our body are closely related to those two variables, which in turn will help shape what we call self-esteem.

When we treat someone's body, we are also dealing with their emotions and memories of their body; as a result, we also handle their past, self-esteem and Shen. We can't dissociate those factors from each other and we must be aware of that in order to succeed in the patient treatment. First of all, treating a body means to take care of a patient. As therapists, we aim to lead transformation and changes; thereby the standards won't be repeated, avoiding imbalances in the future. Therefore the patient awareness of the source of their complaints is the primary step that allows changes occur.

Differently to us westerners, in general, the eastern culture doesn't worship the body. Both breathing exercises and meditation, as well as the martial arts aim a meeting with yourself and a larger whole, although they use the body as a tool. The focus is inward; therefore the health of body is so critical. Their concept of beauty is attached to health and inner harmony, essentially different from what we are used to.

We all know that beauty - or what is considered beautiful or ugly - shouldn't be a standard. However, this is exactly what we're seeing occur. Just look at the paintings and

representations of women in previous centuries¹ and you'll see that beauty is historical. Therefore the concept of beauty was never the same in time and space. However, understanding that idea often means not be able to put it into practice in everyday life. Nobody can ignore his time.

I'm not advocating a specific culture. This book only exists because those two cultures had, at some point in the past, crossed and made exchanges. I believe that we can choose what we think is the best and also combine elements of both cultures making things much more interesting.

¹ Of classical painters of Western culture.

CHAPTER II - COSMETIC ACUPUNCTURE

Acupuncture today and yesterday

With an ancient history, the Traditional Chinese Medicine had developed systems to understand diseases - considered as energetic disharmony - that surpass the limits of what we westerners could call 'a study of the body and its ills'. For TCM, man isn't divided into independent parts. On the contrary, the body is seen as part of a larger biopsychosocial. If on one hand, it acts on the transformation of the environment, on the other hand, the body is also modified and influenced by that environment.

With regard to the physiological function of body, Chinese Medicine and the traditional oriental understanding give us a different conception about man in his many aspects. The separation between body and mind is considered an error or an illusion, since the man is seen as an unitary human being. Likewise, the man isn't seen as opposed to a splendid nature; he's just part of it, as another element; as such, he's guided by the same laws.

In fact, Chinese Medicine is part of a rich tradition that remained alive throughout the centuries and has a peculiar way of seeing the world. That cosmogony gives guidelines for the understanding of the world and the attitudes of a human being in several circumstances, including nature, relationships and body functioning.

This way of conceiving and interpreting the reality not only differs fundamentally from that of Western Culture, but also gets results in certain pathologies (or disharmony) as efficient as (or more) our Western Medicine.

Acupuncture has been practiced for over 5,000 years and just recently we could 'confirm' the existence of energy channels that aren't the same as anatomical channels. However, they had been confirmed only through practice and careful observation of the body functioning and its answers and manifestations, considering the environment in the surround. Thus, this model of health based on the principle of constant change and transformation - key concepts of Traditional Chinese Medicine - takes the nature as its starting point (the nature of our surround, of our body and spirit or Shen) with stages of transformation over time. Considering these, we can identify and understand the complaints of our patients with proper capacity and sensitivity to get an accurate diagnosis and outline a treatment plan based on their actual needs.

Therefore, TCM is based on prevention and on a kind of healing that seeks to restore the antipathogenic forces of body; this explains why food (Chinese dietary) is so important in TCM, a daily source of our energy. This also explains the care of physical body and practices of breathing exercises such as Tai Chi Chuan, Chi Kung and Yoga. TCM aims to take care of body - both material and subtle body - in order to guarantee a residence to our mind (Shen).

Fortunately, we can see today a growing partnership among the resources of Western medicine and Western techniques and traditional Eastern practices that have brought great results. We also see the interlacement of ideas and philosophies that when mixed are giving rise to new treatment concepts, as electro acupuncture and laser therapy in cosmetic treatment.

Acupuncture for cosmetic: why should we stimulate acupuncture points?

Acupuncture points have great potential for energetic action, be it local or systemic, since they are connected to networks of meridians, through which we can promote major change in the energetic physiology. Homeostasis or energy balance achieved through stimulation of certain points in the energy channels therefore couldn't occur with the stimulation of points which aren't acupuncture points. So we need to know the principles of Chinese medicine to learn the location of such points.

Among the methods of stimulation of these points we have numerous practices exchanged, reworked and used in association for centuries. Today those practices are extremely important tools for daily clinical practice. We have traditional resources such as needles, moxa, shiatsu and cupping glasses, as well as modern resources such as stiper, plexus turbo, laser etc.

Some of these techniques that we now call 'facial cosmetic' is used for millennia, as moxa and acupuncture. In addition, other resources have emerged, potentiating needles effects (as electroacupuncture) and producing stimulus with new and non-invasive methods (such as stiper and laser).

The recognized success of acupuncture in the expanding field of cosmetic is due to the kind of treatment it proposes. The intervention, in addition to be fine, promotes energy rebalancing - both emotional and organic - that naturally manifests in outer appearance, namely, in our body contours, happiness, inner peace and personal satisfaction.

Besides these internal changes, facial acupuncture gets quick results, as for example, smoothing wrinkles and expression marks, as well as in collagen production, thanks to the proper body functioning stimulated by systemic acupuncture and complementary resources.

Goals

- *To improve skin tone.*

Throughout the action on the Spleen-Pancreas (Pi) and its responsibility for controlling tone, we can promote and maintain the tone achieved, increasing its energy for maintaining energy balance.

- *To activate blood, lymphatic and energy flow of skin.*

Throughout the action on organs and viscerae we have the opportunity to boost Energy (Qi), Blood (Xue) and Organic Liquids (Jing Ye) flow.

- *To smooth wrinkles and expression marks.*

By toning flabby muscles and sedating tense muscles, besides the stimulation to collagen production, we can smooth wrinkles and expression marks.

- *To promote lymphatic drainage.*

Acting on the Kidney (Shen), Spleen-Pancreas (Pi) and Lung (Fei), we can increase (through regularization) the flow of Organic Liquids (Jing Ye), promoting detoxification and draining edemas.

- *To help in rejuvenation and skin vitality.*

Through the stimulation of acupuncture points we notice great improvement of tissue nutrition, bringing as result a soft, bright and vivid skin.

- *To decrease local adipose tissue.*

An excellent resource to decrease local adipose tissue is electroacupuncture that, with frequency band, time, intensity and specific electric current, speeds the breakdown of fat cells.

- *To reduce cellulite substantially.*

Using electroacupuncture combined with specific parameters (introducing needles superficially, in the level of dermis), plus vasodilators and stimulating acupuncture points that help in draining liquids (Jing Ye), we can notice a considerable reduction of cellulite.

- *To promote weight loss.*

Breaking down fat cells and rebalancing gastric, intestinal and emotional functions.

Advantages

- Method less aggressive to the skin and tissues, if compared to other more invasive and radical methods;
- It promotes organic homeostasis, because besides the cosmetic procedures, the cosmetic acupuncture restores the energy balance, taking care of minor complaints related to patient health, maintaining the cosmetic achievements;
- Gets more lasting results. Because it's not a symptomatic treatment, cosmetic acupuncture respects the principles of Chinese Traditional Medicine. The balance achieved by cosmetic acupuncture maintains the results in outer appearance until the body enters into energy imbalance again;
- Promote natural lifting. By toning or sedating specific points, it promotes muscle balance, maintaining the tone achieved by the toning of Spleen-Pancreas (Pi);
- It doesn't change facial expression, especially when compared with other forms of intervention.

CHAPTER III – THE ANAMNESIS IN COSMETIC ACUPUNCTURE

The observation is an important element of the diagnostic. We can divide it into the following aspects: skin, nail, tone, hair, body hair and eyes.

SKIN

Skin layers according to Traditional Chinese Medicine:

Surface layer of the skin (Fu)

Fu is the outer layer of the skin (epidermis) and is under the direct influence of Lung (Fei). We have to work in this layer especially to treat facial complaints of the patient such as wrinkles and sagging skin, in addition to complaints that usually affect the lower limb, as cellulite.

Deep layer of the skin (Ge)

It's the deepest layer of the skin (endoderm) and is under the influence of Lung (Fei), Liver (Gan) and Kidney (Shen).

Subcutaneous muscles (Ji)

Ji can be translated as 'flesh' and corresponds to the subcutaneous muscles, under the influence of Spleen (Pi) and Liver (Gan). The treatment to stretch marks and cellulite is done in this layer (hypoderma).

Fat and muscles (Fen Rou)

It's divided into two structures: the fat, that is under responsibility of Conception Vessel, Kidney (Shen) and Spleen (Pi), and the muscles near to the bones, under the influence of Spleen (Pi) and Liver (Gan). The treatment of localized fat, obesity and stretch marks is done in this layer.

Region between the skin and muscle (Cou li)

It corresponds to the space between the skin and muscles, under responsibility of Lung (Fei) and Spleen (Pi). It's the layer where the defense Qi flows and where sweat is produced.

Pores of the skin, including sebaceous glands (Xuan Fu)

Region where sweat is eliminated, under responsibility of Lung (Fei) and Spleen (Pi)

Skin color

➤ Pale

It may indicate a deficiency of Qi, Yang or Xue.

➤ Reddened

It may indicate a manifestation of the Heat for fulfillment or empty. It can also be an invasion of Wind-Heat or stagnation of Xue.

➤ Yellow

Normally, it indicates a deficiency of Qi or moisture of Pi and Gan.

➤ White

It indicates deficiency of Xue when it comes with other signs, as for example, pale lips.

➤ Greenish-blue

It suggests the presence of Cold or Stagnation of Qi and Xue.

➤ Dark

It indicates severe deficiency of Shen.

Skin texture

➤ Gloss

It reflects the good state of body fluids under responsibility of Fei, Gan and Wei.

➤ Moisture

It reflects the healthy state of Jing Ye, Xue, Xue of Gan and Shen.

➤ Texture

It must be firm, elastic and smooth, reflecting the healthy state of Fei and Pi.

Skin types

➤ Dry skin

The most common cause is the deficiency in Xue of Gan, especially in women. The deficiency in Yin of Gan and in Yin of Shen are the common cause of dry skin in elderly. Dark and dry skin is related to deficiency of Shen.

➤ Oily skin

It's always caused by moisture and phlegm, generated by the deficiency in Qi of Spleen (Pi). Generally, oily skin caused by phlegm comes with some swelling of the skin.

➤ Skin with acne

It's due to Heat in Xue, usually caused by disharmony in Liver (Gan).

➤ Normal Skin

The skin is physiologically related to Lung, however, the normal skin also depends on the good state of Xue, which in turn is linked to Heart (Xin), Spleen-Pancreas (Pi) and Liver (Gan), responsible for production, storage and distribution of Xue for the other systems. The soft and hydrated skin also depends on good state of body fluids, under responsibility of Stomach (Wei) and Lung (Fei), as well as of Kidney Yang which heats fluids coming from Stomach (Wei).

Skin pores

The state of pores is directly related to the state of *Cou Liu*, where defensive Qi flows and where sweat is generated. An excessive sweating suggests that pores are opened due to a deficiency of Yang or due to Heat, which facilitates the entry of exogenous pathogenic factors. The absence of sweat indicates the closing of pores causing the person to retain heat.

Skin changes

➤ Macules (Ban)

It's a flat and localized area showing color change, without elevation or infiltration of skin. Examples: vitiligo, freckles, capillary hemangiomas.

— Red macules: it indicates Heat;

- Purple macules: it indicates Heat in Xue with stasis of Xue;
- Black macules: it indicates severe Heat in Xue;
- White macules: it indicates stagnation of Qi and Xue; deficiency of Xue; deficiency in Yin of Shen.

➤ Papules (Qiu zhen)

They are small and solid elevations usually well demarcated in skin. They may have flattened apex or dome-shaped, such as acne.

- Red papules: Usually, they indicate Heat in Stomach or Lung; external Wind-Heat; Heat combined with moisture or phlegm;
- Dark red papules: Heat with stasis of Xue;
- Plate-shaped papules: Heat in Xue, if red.

➤ Vesicles (Shui Pao)

Called Shui Pao, it's a small elevation that contains a clear fluid accumulated inside or beneath the epidermis. Vesicles are a clear signal of moisture; the big ones usually indicate Moisture-Heat, the little ones, Moisture with deficiency of Spleen (Pi).

➤ Pustules (Nong Pao)

Nong Pao is a visible collection of pus in a bubble. Pustules may indicate infection, as in the boil or infected eczema. But it's not always the case, as pustules observed in psoriasis aren't infected. The cause may be the poison Heat or Moisture-Heat.

➤ Swelling of skin

It can be an accumulation of fluids on skin, as in an edema of energy stagnation, or in edemas caused by Moisture:

— Edemas of Water (Shui Zhong)

They are the result of the fluid accumulation between skin and muscles, caused by a dysfunction of the Lung (that can't make the diffusion of fluids), Spleen (that can't transform

them), and Kidney (that fails in its task of transformation and excretion of fluids). Under pressure from the fingers, we can notice Godet sign.

— Edemas of Qi (Qi Zhong)

If caused by stagnation of Qi between the skin and muscles, we can't observe Godet sign under pressure from the fingers. It can also be caused by moisture and phlegm, blocking the space between skin and muscles, weakening the Spleen function of transformation and fluid transport. In this case, sometimes we can observe Godet sign.

➤ Skin Scales

Skin scales, known as Lin Xiao in China, is the accumulation of a thick and horny keratin layer in form of fragments easily detached from the skin. Usually, scales indicate an inflammatory response and the thickening of epidermis. They can be thin, as in the case of pityriasis; white and silver as psoriasis; or wide and with fish scales appearance, as in ichthyosis.

— Dry scales: Deficiency and dryness of Xue with Wind.

— Red scales: Heat or Moisture-Heat.

— Oily scales: Moisture-Heat.

NAILS

Nails are under responsibility of Gan, specially, in Xue of Gan.

➤ Nails surface:

— Ridged nails: Deficiency of Xue or Yin of Gan.

— Thin and brittle nails: Deficiency in Xue of Gan or Deficiency of Qi and Xue.

— Rough and thick nails: Deficiency of Qi and Xue, generating Wind.

— Dry and brittle nails: Deficiency in Xue of Gan or Deficiency in Yin of Gan.

— Split nails: Deficiency of Qi, Xue or in Xue of Gan.

➤ Abnormal color of nails

- White spots: Deficiency of Qi.
- Pale and white nails: Deficiency in Xue of Gan and Deficiency in Qi of Pi.
- White blunted nails: Deficiency in Yang of Pi and Deficiency in Yang of Shen.
- Yellowish nails: Moisture-Heat in Gan and Dan or Pi and Wei.
- Purple nails: Stasis in Xue of Gan.
- Greenish-blue nails: Stasis of Xue.
- Dark nails: Deficiency of Yin and Yang of Shen.

TONUS

Tonus is Qi of Pi responsibility. Therefore, we should analyze the syndromic patterns related to Spleen (Pi).

HAIR

Hair is the Qi of Kidney outer manifestation; it's the manifestation of maximum Yin (i.e., of Kidney) within the maximum Yang (the head, the most Yang part of body). It's also under influence of Liver, mainly Xue of Gan, that together with Kidney (Shen) regulate normal growth and its appearance.

- Hair loss: Deficiency of Xue or of Kidney Essence, Heat in Blood (caused by Liver Fire).
- Premature graying: Deficiency in Jing of Shen.
- Thickness and shine (lifeless hair): Deficiency in Qi of Fei.

BODY HAIR

Body hair is under responsibility of Lung.

- Glossy body hair – Indicates good quality of the Lung Qi

- Long and strong body hair – Indicates that Lung Qi and Xue are good
- Brittle body hair – Deficiency in Lung Qi
- Erect body hair - Invasion of Wind-Cold
- Body hair Loss - Heat in Lung or deficiency in Lung Qi.

EYES

Eyes are the ‘windows of soul’, reflecting the state of Shen and Liver (Gan), the latter responsible for the free flow of emotions through body.

- Opaque and dull: Deficiency in Qi of Xin, with changes in Shen
- Red: Fire of Gan
- Spots in the visual field and light spots: Deficiency in Xue of Gan

CHAPTER IV – NON-INVASIVE FACIAL ACUPUNCTURE

- Stiper
- Plexus Turbo
- Transcutaneous Electrical Stimulation
- Laser
- Moxa

STIPER

It consists of soft pellets produced with powder silicon (Micronized Quartz) that were deposited and sorted into a hypoallergenic blanket. Silicon is present in our body, representing more than 25% of our organism (epidermis, muscles, bones, organs etc). Moreover, their effectiveness occurs largely because the silicon in form of quartz is the most potent sorter of waves and frequencies.

Advantages

- Being 100% rock crystal (Quartz), stiper has no contraindications and causes no side effects.
- Stiper isn't invasive and provides the same result as needles.
- Stiper goes with patient wherever he goes, extending the time of action on the skin, especially when used at distal points in cosmetic acupuncture treatments.
- As a potentiator, it accelerates and increases up to three times the action of herbal medicines, aromas, Bach flower remedies, essential oil, homeopathic etc.
- It's a new option for patients who don't like needles.

How to use

- We use stiper on the skin, carefully observing the energy meridians points throughout body;



- Stiper should be fixed with small stickers on specific points. In the case of distal points, we recommend to keep it fixed, even during bathing, two to five days.
- For points on the face, the application should last 40 minutes, for points of sedation as well as tonicity points.

Action in the body:

- By ordering waves, it can energize body, potentiating or sedating a specific point.
- Stiper is a modulator of energy, ensuring the improvement of circulation and harmonization of energy.

Researches

- This technique has been applied for more than 10 years in countries of European Community;
- In Europe, the use of Stiper is well established and International Conferences and Forums are organized regularly;
- Brazil, in past two years, has been giving its contribution to acupuncture.

The use of Stiper on acupuncture points of the face gets the following results:

- Increased body circulation
- Improved lymphatic circulation
- Improved energy circulation
- Collagen production stimulation

PLEXUS TURBO (electromagnetism)

Plexus Turbo acts according to magnetic therapy principles, in which an electric current passes through magnets generating an intense magnetic field. Magnetic therapy is the science and art of treatment through magnets. It's a natural treatment, based on the external application of magnets characterized by the ability to change any type of electromagnetic circuit in nature, including human body.

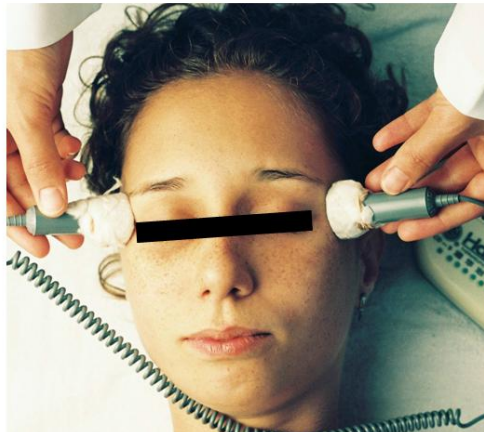
The stimulation is done through continuous and quick electrical discharges that, by acting in human body, can change disorders and harmonize energy flow.

It arrived in Brazil in the early 90s, intended to replace acupuncture needles. The first devices had been widely used as sedative to relieve acute and chronic pain.

In cosmetic acupuncture, it's used for stimulation and collagen production on face. It's also used with dispersible effect to body complaints.

How to use

- Over face: it's applied over the face noticing energy meridians points and important areas such as lines and wrinkles;



- Body application: it's applied in parts where we want to disperse stagnation;



- You should keep it for one (01) minute in each acupuncture point or in specific regions by scanning for five (5) minutes.

Action in the body:

- It stimulates acupuncture points by promoting the circulation of Qi, Xue and Jin Ye;
- Improve skin vitality.

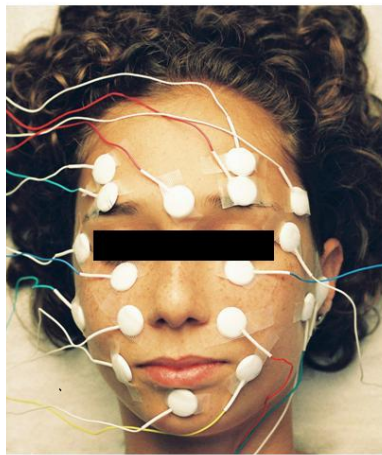
Warning

- Chinese Plexus Turbo has sedative effects in cosmetic acupuncture.



TRANSCUTANEOUS ELECTRICAL STIMULATION

It's a non invasive electroacupuncture method. It's applied over the skin noticing the meridian points that pass through the body. The transcutaneous electrodes should be fixed with small stickers on specific points.



You should also use any conductive substance between the skin and the electrodes, as for example, the conductive gel used in physiotherapy. We use the same device of electroacupuncture.



The parameters for the use of transcutaneous electrical stimulation must meet the same criteria of electroacupuncture (see Chapter VI).

Electrical stimulation at face acupuncture points gets the following results:

- Stimulate circulation of Xue, Jin Ye and Qi;
- Arouse collagen production;
- Fight the flab.

LASER

Laser therapy uses the energy of light radiation as a therapeutic tool. It injects certain energy amount through acupuncture points needed to the energy balance of body. The use of radiation has rules and limits appropriated to this method.

Model used in acupuncture:²



- Helium neon gas or Softlasers
- Diameter of focus: 2~3mm
- Power: 2~3mV
- Penetration: 10~15mm

Action in the body:

- Regulate and strengthen body by increasing immunity;
- Anti-inflammatory effect;
- Promotes circulation of Qi and blood (Xue).

The use of laser in face acupuncture points gets the following results:

- Promotes circulation of Qi and blood (Xue);
- Increase collagen production.

² Those parameters are related to the device IR- THERAPIE LASER-303 (COSMOTRON)

Treatment



- Treatment duration should follow the criteria of classical acupuncture;
- Tonification: 10'' a 20'' with frequency up to 10 Hz;
- Dispersal: 30'' to 90'' with frequency from 10 Hz to 160 Hz.

Advantages

- Aseptic method;
- Practical;
- No pain.

Indication

It's applied with best results:

- In babies (their energy is still undeveloped and unstable);
- Sensitive patients;
- In auriculoacupuncture (in which we irrigate the acupoint with laser).

Warning

- Pay attention to the time of exposure. Certain body parts are more sensitive to radiation, such as skin mucosa and pharynx;
- Don't point the laser directly to eyes;
- Patient and practitioner must wear eye protection;

- When used on face, protect patient eyes with cotton soaked with water or saline solution.

MOXA

It consists in burning herbs (Artemisia is the main raw material) on certain points or affected areas in order to produce heat. This process promotes warming and invigorating of Qi, Yang Qi and Xue. Despite being best known as a complementary resource to the needles, moxatherapy is a technique as old and efficient as acupuncture using needles. Likewise, its high efficiency goes beyond the treatment of pain and rheumatic diseases, since moxatherapy gets great results treating wrinkles. The results can already be seen after first application.

Action in the body:

- Stimulates collagen production;
- Improve Qi and Xue circulation, getting a lushness skin.

Contraindication:

- Heat or Empty-Heat patterns;
- Cases of Heat, such as acne;
- Patients with fever;
- Red stretch marks;
- Skin lesions.

Models of moxa:

- Moxa stick



- Coal Moxa with Artemisia which produces little or no smoke and smell upon burning.

How to use



- Distance: The stick must be kept at a distance from skin that provokes a feeling of supportable heat;
- Duration: Use it until noticing hyperemia;
- Take care of patients with diminished or absent peripheral sensitivity, as may occur with patients who have neurological disorders.

CHAPTER V – OTHER COMPLEMENTARY RESOURCES

- Cupping therapy
- Electroacupuncture
- Chinese Dietary
- Chinese Herbology
- Auriculotherapy

Cupping therapy

It's a hollow dome that, when applied to skin surface, produces a negative internal pressure obtained by making heat inside the cup or by suction. This method releases the stagnation of Qi and Xue in Energy Channels corresponding to the area of application.

Action in the body

- In Facial Cosmetic Acupuncture, it releases stagnation and promotes local circulation of Qi and Xue;
- In Body Cosmetic Acupuncture, it releases stagnation of Jin Ye.

Contraindications

- Ulcers or rashes.

Models

- Small rubber cups (for Facial Cosmetic);
- Plastic cups (according to the size, it can be used for facial and body cosmetic acupuncture).



How to use

- The vacuum inside the cup can be produced by:
 - ✓ Suction pump;
 - ✓ A single cup in small areas or specific points;



✓ Several cups together to treat larger areas (don't put them too close, it can be painful).

- On face or body we can place, lift and replace only one cup alternately and quickly, causing small, fast sucks;
- The slippage can be applied on large and smooth surfaces of body (such as the thighs) using oil, or even over the face.
- You can also slide it in the direction of energy channels circulation.

Duration of application

- Until occurring hyperemia.



Caution

- The suction cups should only remain in same area until appearing a local congestion; otherwise, bruising may occur. Especially in patients who have capillary fragility.

Electroacupuncture

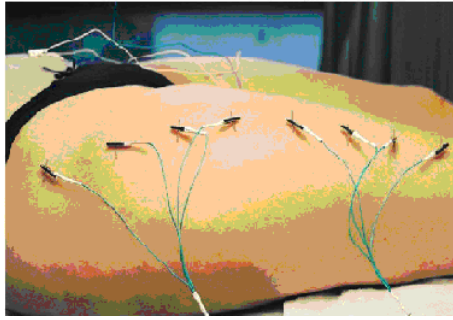
Combination of classical acupuncture with electrical stimulation so that after insertion of needles and after obtaining Qi sensation, we pass electric current through them. This method was first used in China in the 30s, being still used there and in other countries.



The use of electroacupuncture in facial and body cosmetic treatment has the following objectives:

- Repair tissues with fibrosis
- Accelerate postoperative recovery
- Breakdown of fat cells
- Improving tonus
- Regulate overall energy
- Reduce cellulite, stretch marks and keloids
- Recovery from injuries
- Production of collagen

The use of electroacupuncture in cosmetic treatments allows us to work with eight outputs cables. This represents an increase in the number of needles that can be stimulated in the same session.



I) Advantages of electroacupuncture:

- It replaces manual manipulation of needles;
- Quantity and quality of stimulus can be measured and regulated;
- More powerful, regular and continuous stimulation.

II) Rules for electrotoning and electrosedation in cosmetic acupuncture

- We use electrotoning for:
 - Sagging skin
 - Muscular hypotonia
 - White stretch marks
 - Points in face for which toning is indicated
- We use electrosedation for:
 - Cellulite
 - Obesity
 - Localized fat
 - Red stretch marks
 - Keloids
 - Fibrosis

III) Parameters for electrotoning

- Lower frequency (1 to 10 hz);
- Lower current intensity (voltage);
- Lower application time (up to 15 minutes);
- Smaller pulse width;
- Greater interval between pulses;

- Toning electrode cathode (the one that has greater stimulus)

IV) Parameters for electrosedation

- Higher frequency (10 to 300 Hz);
- Higher current intensity (voltage);
- Longer application time (20 to 60 minutes); in cosmetic, we work with a time of 30 minutes.
- Larger pulse width;
- Smaller interval between pulses;
- Sedative electrode anode (the one that has less stimulus)

V) Pay attention to the sensitivity and responsiveness of the trophic reflex, so there is no excess (very high frequency) or insufficient stimulus. The frequency variation should go according to the body response in the first session.

VI) Highly sensitive patients should be submitted to a lower time of application (10 to 15 minutes)

- Highly sensitive patients;
- Nervous, hysterical or hyperemotional patients;
- Patients with serious illnesses, coma or terminal patients.

VII) Contraindications

- Pregnant
- Patients with pacemakers
- Electrostimulation in areas with endo-tissue pieces
- Patients sensitive to electrical stimulation
- Cardiac patients
- Patients with prostheses or metal parts

VIII) Attention

- Avoid points in the thoracic region or crossing electrodes on the heart area;



Chinese Dietary

For Chinese people, foods are like drugs that nourish the body in health, but also prevent and treat diseases, promoting health and longevity. This perspective differs essentially from the Western way of thinking, where the focus lies in the biochemical effect of food. The starting point is different because the paradigms that guide them are different. Chinese Medicine believes that each food or substance has an energy function and the use of them should observe the energy needs of each individual. Thus, we can't standardize a diet for all people.

Energy imbalances should be analyzed as a whole and, after making a correct diagnosis, perceiving a pattern of disharmony, we can produce homeostasis (balance) in the body through food. Therefore, we're going to use a classification of foods made from observation of their action in Internal Systems. Energy imbalances should be analyzed as a whole and after making a correct diagnosis and perceiving pattern of disharmony, we can use food to produce homeostasis (balance) in patient body. Therefore, we're going to use a classification of foods made from the observation of their action in the Internal Systems.

Food is classified according to:

- Flavor
- Energy
- Movements
- Organic and regular actions

Flavor

There are five flavors and they're related to the 5 elements, causing different effects on Internal Systems:

Flavor	Sour	Bitter	Sweet	Spicy	Salty
Element	Wood	Fire	Earth	Metal	Water
Action over Zang Fu	Liver Gall bladder	Heart Small Intestine	Spleen Stomach	Lung Large Intestine	Kidney Bladder

Energy

Energy refers to its ability to generate sensations – of higher or lower heat – in human body.

Kinds of energy:

- Hot energy
- Warm energy
- Neutral energy
- Cold energy
- Ice energy

Movements

Foods have a tendency to exhibit movements in different directions within the body. Dividing body into 4 regions we have the following areas:

- Inside: inner area
- Outside: skin and body surface
- Higher: above the waist
- Lower: below the waist

Movement	Inside	Outside	Higher	Lower
Direction	From outside to inside	From inside to outside	From bottom to top	From top to bottom
Inside the body	Make easier bowel movemets and reduce swelling	Induce perspiration and reduce fever	Relieve diarrhea or prolapse and ptosis	Relieve vomiting, hiccups and asthma

Organic and regular actions

Organic actions

Refer to specific internal organs in which movements can act. Thus, flavors and energy are important factors in determining their organic actions.

Regular actions

General actions - no specific action over an inner organ. Some of these actions are very common in Western countries such as relieving pain, controlling sweating, etc.

Choosing foods

You should choose food according to:

- Individual attributes and circumstantial strengths and weaknesses;
- Internal Systems disharmony;
- Patient individuality (For example, if patient is hot/Yang or cold/Yin).

Using in Cosmetic Goals

The most common energy unbalances in Cosmetic Treatments complaints are related to some patterns of disharmony in Spleen (Pi), resulting in cellulite, localized fat, stretch marks, obesity and sagging.

In order to treat this disharmony using Cosmetic Acupuncture we should do the following: we should increase Spleen energy with food tasting sweet and with neutral, warm or hot temperature such as apricot, nuts, honey and pumpkin, and we should avoid sweet with cold and icy temperature such as milk, sugar, watermelon, mango, banana etc. As we know, Spleen is naturally defective and it tends to have its energy depressed by numerous factors that are part of everyday life for most people in our society, such as worry, excessive thinking, many hours of study, consumption of refined sugar and fatty food, lactose etc. Therefore, Earth Element food consumption that helps Spleen Yang is required. Likewise, it's recommended to avoid consuming Earth Element food with cold nature (Yin), such as those mentioned above.

Patterns of disorder of Shen, like anxiety, also can be alleviated with a diet that benefits and calm Heart (Xin) using bittersweet foods with Yin nature, like arugula and

chicory. Some complaints related to skin due to “heat of blood” (Xue) through Liver can be treated with foods that lower the energy of it, with acidic foods with Yin nature, as a refreshing lemonade or a pineapple juice with mint. There are many possibilities! (See annex VI).

Only through small changes in eating habits we can maintain a balanced health and solve quickly annoyances manifested in our body. And for that to happen, firstly it’s necessary that we know better ourselves. Knowing what kind of emotion makes us sick, what food makes us more active or what weather makes us prostrate or happy are information that we can observe with no help of someone else.

Phytoterapy

Phytoterapy is a method of treating diseases using resources provided by nature - it can have vegetable (the most used), mineral or animal origin. It’s one of the oldest ways to medicate. For over 6,000 years, man has tested and selected the best herbs to cure all kinds of diseases. Their daily experience was the only source of knowledge. Healers and alchemists have used plants ostensibly to cure or minimize suffering.

Currently phytoterapy is recognized by doctors as a prominent kind of medication. Recently, science has been able to isolate and analyze the active principle of some plants and prove its efficiency by countless clinical studies. These active principles generally are part of one of the six most common categories: alkaloids, glycosides, essential oils, gums and resins, fatty oils and antibiotic substances. After the development of chemical analysis and, more recently, sophisticated laboratories, we can better understand and explain the effects of leaves, roots and barks that are widely used in herbal medicine.

The herbal medicine is considered the main modality in treatments of internal diseases, being considered one of the pillars of Traditional Chinese Medicine. Unlike acupuncture, it not only regulates the body energy, but also *introduces* Energy into the system.

Using in Cosmetic Goals

Herbal medicine works by stimulating the natural defenses of our organism rather than replacing them, that explains its satisfying and lasting effect. On the other hand, it can stimulate weak functions, or mitigate the dominance of others, restoring internal harmony.

As we know, in Chinese herbal medicine there aren't specific drugs for cosmetic goals but rebalancing formulas that restore balance according to energy disharmony. Therefore, the correct diagnosis will help us in choosing the best combination of herbs for each case.

I have used some drugs as adjunct in the treatment of obesity as 'Fang Feng Tong Sheng Wan' to Yang obese and 'Fang Ji Huang Qi Tang' to Yin obese, as well as formulas for the Spleen (Pi), as the 'Bu Zhong Yi Qi Wan', respecting its contraindication for patients deficient of Yin.

Auriculotherapy

The use of ear points as a therapeutic resource is very old, described in Huang Di Nei Jing. There are even later records of its use in the prevention and diagnosis of disease through pinna. Currently auriculotherapy is used in acupuncture anesthesia, treatment, diagnosis and prevention of diseases.

The technique of auricular acupuncture or auriculotherapy consists of puncturing certain points with needles (auricular points, placed on ear) or stimulating them by pressure, with other resources such as mustard seeds, rice grains, metal balls (gold for toning, silver to sedate, crystal or stainless steel).

According to TCM, the ear isn't only an auditory organ, it's also related to Energy Channels and Zang-Fu. Several Energy Channels pass through their interior (IG, TA, ID, VB) and others reach their periphery (E,B). The six Yin channels have branches that go up the neck where they meet Yang channels, following its course.

Pathological conditions of internal organs arouse changes in ear, such as pressure pain, changes in electrical conductivity, color changes, spots, scaling, nodules etc. Puncturing with needles or by pressing these points, the diseases can be treated.

The distribution of points on the ear is made as we see a fetus upside down, where the head would be the lobe; the upper ends of the cavity would be the scaphoid cavity; the trunk and lower extremities would be the antihelix; and the internal organs would be shells, cymba and cayum.

Method

1. The local should be carefully cleaned with cotton soaked in 70% alcohol.

2. For localizing and selecting the points that will be used in treatment we must press the area with the locator, and when some point is painful, this must be punctured (or stimulated).

3. For puncturing we use filiform needles of 0.5 tsun or snail needles.

4. A good indication of the desired effect is a feeling of heaviness, warmth, swelling or cramp in the ear.

Caution

1. We must pay attention, since the cartilage tissue of the ear is very prone to inflammation.

2. Inflamed areas should not be punctured.

3. Don't puncture an ear of pregnant that has a history of miscarriage.

4. Beware of hypertensive patients. It's recommended to rest them after the session.

Using in Cosmetic Goals

As in many others features offered by Traditional Chinese Medicine, auriculotherapy is used as an important tool to achieve an overall balance in body. Some points such as Spleen, Lung and Shen are widely used in Cosmetic Acupuncture. This is explained by the fact that most of body complaints such as cellulite, localized fat, obesity and sagging are directly associated to a Spleen disharmony, main responsible for muscle tone. Many facial complaints can be alleviated with treatments directed to the Lung, directly responsible for the skin condition. On the other hand, extended dissatisfactions, whether affective, professionals or related to the condition, shape and presentation of body, certainly will affect the functioning of Shen in organism. A balanced Shen is also synonymous of a good relationship with the world around us (interpersonal relationships) and with our self-esteem.

CHAPTER VI – FACIAL COSMETIC

Facial musculature

There are two main anatomical characteristics in head cutaneous muscle or mimic muscle: its predominant form and its mode of insertion.

When it comes to insertion, in general, muscles present two extremities: one of them moves just a little bit when muscle contracts - it's called ORIGIN; the other one, that is much more mobile, is called INSERTION. Those designations are only relative to almost every muscle of body that, depending on circumstances, can reverse their origin and insertion and vice versa. But especially for the mimic muscles, those denominations become absolute.

Indeed, mimetic muscles always present a fixture origin in the massive facial bones and a mobile insertion in dense reticular layer of dermis. Consequently, with every contraction of these muscles, the skin will be stretched, wrinkled or corrugated. And this action is repeated a number of times throughout life.

For every move of skin that covers the face, we'll always find a muscle which contraction is responsible for it. This would be the AGONIST muscle, which performs the action. In order it can act, except in rare cases that it's unique, it's necessary that the muscle that has an exactly opposite activity comes to relax. This would be the ANTAGONIST muscle.

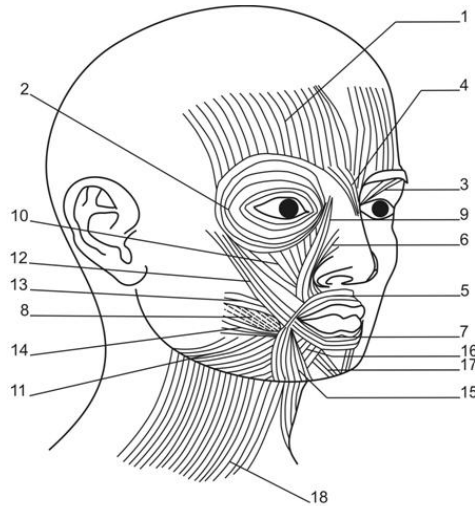
The SYNERGIST muscles are those that come into play together in more complex movements, with some special connotation or move.

Wrinkles arise thanks to an imbalance between the agonist muscle and its corresponding antagonist muscle. And every muscle has, in acupuncture, "Command Points", through which we can apply effects of arousal or relaxation.

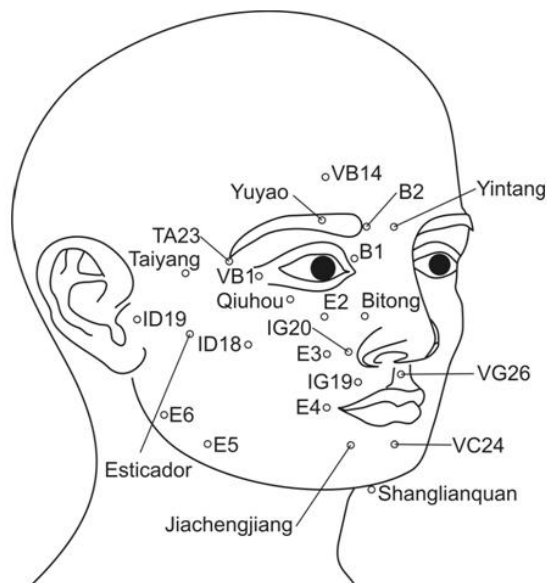
In table below, together with the following image, we can see those muscles, their command points and most interesting features.

Agonist		Antagonist	Function	Command Points
1	Frontal	2 and 4	Raise eyebrows and frown.	Yuyao (HM3)
2	Eyelid orbicularis	1	Close the eyes.	E2, B2.
3	Superciliary	1	Pull the skin of eyebrow downward and medially.	Yuyao e B2.
4	Pyramidal	1	Pull down the skin of super and interciliar regions and pin vertically.	Yintang.
5	Mirtiforme	6	Close the nostril and bring down the bridge of nose.	VG26.
6	Transverse of nose	5	Dilate the nostrils.	IG20.
7	Orbicularis of lips	Several	Corrugate lips projecting them forward or backward. It's the sphincter of oral orifice.	VG24, 26, E4.
8	Buccinator	7	Increase the transverse diameter of mouth.	E4.
9	Common Elevator	7	Elevate the upper lip and wing of nose.	IG20.
10	Own Elevator	7	Raise the upper lip.	E3.
11	Elevator of mouth	15	Raise the oral commissure.	IG20.
12	Lower Zygomatic	15	Smile.	E4.
13	Major Zygomatic	15	Smile	E4.
14	Risorius	15	Smile	E4.
15	Depressor of mouth	11 a 14	Depress or lower the oral commissure.	E4.
16	Depressor of lips	7	Lower or depress the lower lip, pulling it down and out.	VC24.
17	Menton	18	Pull the skin of menton eminence (chin) against the mandibular symphysis.	VC24.
18	Platisma	-	Pull the neck skin, of menton and lower lip. Sad expression.	E9.

Facial Musculature



Facial Acupuncture Points



Facial wrinkles and sulcus

For best viewing, facial wrinkles and sulcus were divided into regions of face. Points followed by an asterisk are Command Points of a main muscle responsible for the sulcus or wrinkle. The following points are secondary in treatment and complement its action. We sometimes sedate, sometimes tone, without forgetting that we must always sedate the agonist muscle before toning its agonist.

Region	Wrinkles	Localization	Cause	Sedate	Tone
Frontal	Horizontal	Forehead	Frontal muscle tension, thus relaxation of Pyramidal.	Yuyao, VB14.	yintang, B2 and TA23
	Vertical	Between eyebrows	Pyramidal muscle tension, thus relaxation of Frontal.	yintang	Yuyao and VB14
Ocular	Paraocular	Beside eyes	Tension in orbicular of eyelid and zygomatic, thus frontal relaxation.	E2*, B2, E4, VB1.	HM3* and TA23
Nasal	Paranasal	Beside the nose	Tension in elevator of nostril, thus relaxation of lips orbicular.	IG20*, E2.	E4*, IG19, VG26.
Buccal	Denture	Vertical, on upper lip	Tension in lips orbicular, thus relaxation of buccinator and others.	VG26*, IG19.	E4*, E3, IG20
	Supramenton	Below and parallel to the lower lip	Tension in depressor of lower lip, thus relaxation of lips orbicular.	VC24*.	E4*, VC23.
	Proximal Parabuccal	Near labial commissure	Tension in depressor of mouth angle and relaxation of mouth elevators.	E4*.	E3*, IG20.
	Intermediate Parabuccal	Descend parallel to the proximal parabuccals	Tension in zygomatic and mouth elevators and relaxation in orbicular and buccal depressor.	E4*, E3, IG20.	VG26*, VC24, IG19.
	Distal Parabuccal	Inner corner of eye	Tension in buccinator and zygomatic and relaxation of lips orbicular and depressor.	E4*.	VC24*, IG19
	Remote Parabuccal	Surround cheeks in vertical arcs	Tension in buccinator and relaxation of lips orbicular.	E4*	VG26*, VC24, IG19.

Tips for a good treatment

Correct diagnosis

As we discuss earlier in chapter about anamnesis, we'll only be able to succeed in our work with a proper diagnosis, therefore, the quality of anamnesis is crucial.

However, it's not enough enumerate complaints, gather signs and symptoms, if we can't proceed satisfactorily regarding the relation among them. Often individual symptoms may arise in each of the systems, but they have the same etiology.

It shouldn't be interest of TCM professional to treat complaints alone (symptoms), as though these were softened for a time, the cause would be intact. Our role is not only remove the nuisance, but also bring awareness to patient. So that he has the means to perform certain changes in his life aiming a greater psychological and physical harmony.

In this sense, we must bear in mind that our work will only have the desired effects if combined with an active attitude of patient. Therefore, it's our responsibility to make him aware of objective and subjective causes of his complaints. And this includes review of dietary

habits, exposure to sun, water consumption as well as repeating patterns of psychological behaviors that can be in deeper causes of certain inharmonies.

Success treatment depends on a joint effort between the practitioner and patient.

Cleaning the skin

After a good anamnesis, and with the correct diagnosis, we finally start the practice.

Before any intervention on patient body you should clean the local. Alcohol 70% is the most suitable due to its efficient bactericidal action.

Also remember that many patients come with makeup and sunscreen and it's necessary to remove it using a makeup remover or water.

The method

Naturally, the chosen method should vary according to a number of factors that must be weighed by perception and judgment of practitioner. Some of these factors are:

1. The patient complaint

Both the type (e.g.: sagging or wrinkles) and location (e.g.: periorbital wrinkles) of complaint must be considered in order to choose the features and method of intervention to be used.

2. Intolerance to needles

Many people have a real fear of needles. In order to replace them we can use many noninvasive resources (see chapter V) and obtain a satisfactory result.

3. Patient sensitivity

It's recommended the use of analgesic ointment to the points of face, about 20-30 minutes before the application, for those who wish to do facial acupuncture and that are sensitive to needles.

The use of electroacupuncture isn't always suitable for highly sensitive patients. Usually, the body of such patients shows a good response to the application of needles.

The selection of points and the number of needles used in the same wrinkle may also be modified according to patient sensitivity and to the goals in each case. We can choose among the following methods:

- Insert a needle at the beginning and at the end of wrinkle;



- Insert needles along the wrinkle (the more painful method)

4. To have success in treatment we mustn't forget that:

- We must sedate the antagonist muscle before toning its agonist.
- We always must work on the muscle group to which the wrinkle belongs as an etiology wrinkle treatment.

5. The type and the insertion of needles

- Type of needles: ting needles with applicator, which greatly reduces the hassle of insertion.



- Angle: when inserted into the acupuncture point of face, needles will remain perpendicular. However, over wrinkles and expression marks, the insertion fills in its whole extension, with a maximum angulation of 15 degrees.
- Spacing: when inserted along the same wrinkle, the spacing among them must comply with the size of needles used, since their insertion is horizontal (subcutaneously).
- Time: first we place needles in sedation points of wrinkles and expression marks (which should be longer – about 30 minutes). Later, in toning points (which must remain for less time – up to 10 minutes), to finally proceed to its removal together.
- Position of needles: vertical wrinkles or wrinkles that are parallels to the midline of body must be work against the force of gravity. In other words, its insertion should occur always from bottom to top.



6. Important cares

- We should avoid insertion in E-2 point, as well as in this area, since it's highly vascularized. Especially if the patient has capillary fragility, as there may be hematoma formation; to replace them we can use a noninvasive method.
- In paraocular wrinkles we must insert needles 'fleeing the eyes'. That is from inside out, for precaution accidents.
- Usually, denture wrinkles are quite painful. Therefore, it's recommended to use analgesic ointment.

7. Step by step:

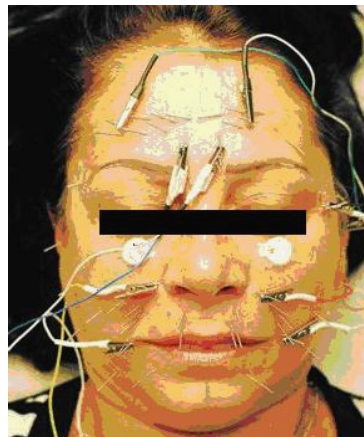
The whole treatment should have about 10 applications, with a minimum of one and maximum of three times a week. After first application, we can see better results in the lushness of skin; after the second one, in muscle tone, and after the following ones, in smoothing wrinkles. However, it's possible to have good results in treating wrinkles on the first day, since this will always depends on the evolution of patient body response.

a) Sanitation

b) We can use for points stimulation:

1. Traditional acupuncture (local, distal and systemic action points)

2. Traditional acupuncture (local, distal and systemic action points) associated to electroacupuncture in facial points.



3. Noninvasive methods:

3.1. Stiper in facial points for 40 minutes and in distal and systemic points for two to five days.

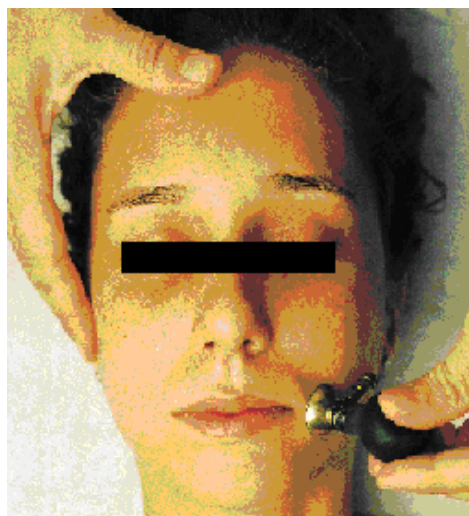
3.2. Electrical stimulation in face and distal points



c) Application of moxa in points of face and/or track the entire length of wrinkle (check indication for each case)



d) Application of cupping in facial points (check indication for each case)



e) Use of pearl cream. For oily skin it's recommended to use the pearl powder directly on the skin (check indication for each case).



f) Facial shiatsu in acupuncture points



Common complaints in facial cosmetic

- Wrinkles and expression marks
- Sagging

- Acne
- Skin blemishes
- Dark circles
- Edemas (under eye bags)

Wrinkles and expression marks

It's the result of a muscle imbalance as well as the decreased skin elasticity. The success of acupuncture in this treatment is due to the fact that each one of facial muscles have command points through which we can apply arousal effects (toning) or relaxation (sedation). The change in muscle imbalance causes an attenuation of wrinkles and stimulates collagen production.

Common wrinkles

1. Frontal horizontal wrinkles (forehead)

Also known as 'reflection wrinkles', they're related to the proper functioning of Spleen (Pi).

Cause: frontal muscle tension and pyramidal muscle relaxation.



Treatment*:

a) Acupuncture/Electroacupuncture³

Toning: Yintang, VB-1 and TA-23

³ Facial acupuncture uses the same parameters for all wrinkles. Electrotoning: up to 10 hz during up to 15 minutes with a big interval between pulses and electrosedation: between 10 and 50 hz for 30 minutes and small interval between pulses.

Sedation: Yuyao and VB-14

b) Moxa: We must use moxa in yintang, VB-1 and TA-23 points (10 incursions), and track the wrinkle or line to stimulate collagen production.

c) Cupping glass: WE must use it in Yuyao and VB-14 points, and track the wrinkle stimulating the circulation of Xue.

d) Pearl powder: Use pearl ointment. In oily skin I recommend the use of the powder directly on skin.

e) Facial shiatsu: End with facial shiatsu facial in acupuncture points.

() **Noninvasive Methods:** They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: Insert in the following points: Yintang, VB-1, TA-23, Yuyao and VB-14 during 40 minutes.

Laser⁴: 10'' to 20'' and up to 10 Hz of frequency; in Yintang, VB-1 and TA-23 points

30'' to 90'' and 10 Hz to 160 Hz of frequency; in Yuyao and VB-14 points

Transcutaneous stimulation:

- Electrotoning in Yintang VB-1 and TA-23 points. Parameters: up to 15 minutes. Up to 10 hz on face. Big interval between pulses.
- Eletrosedation in following points: Yuyao and VB-14. Time: 30 minutes. Frequency: between 10 and 50 HZ. Small interval between pulses.

Plexus Turbo: Apply during 1 minute in Yuyao and VB-14 points, and track the wrinkle during 1 minute.

⁴ Facial lasertherapy has the same parameters to all wrinkles. Toning: up to 10 hz for 10'' to 20''; dispersal: from 10 Hz to 160 Hz during 30'' to 90''.

2. Front vertical wrinkles (between eyebrows)

These wrinkles are related to the Liver (Gan), thus, we always must check the emotional state of patient. Cause: tension of pyramidal muscle and relaxation of frontal muscle.



Treatment*:

a) Acupuncture/Electroacupuncture

Tone: VB-14 and Yuyao

Sedate: Yintang. In electroacupuncture, add B2 and pair with Yintang.

b) Moxa: We must use moxa in yintang, VB-14 and Yuyao points (10 incursions), and track the line or wrinkle to stimulate collagen production.

c) Cupping glass: Apply in Yintang points, and track the wrinkle stimulating the circulation of Xue.

d) Pearl powder: Use pearl ointment. To oily skin I recommend the use of powder directly on skin.

e) Facial shiatsu: End with facial shiatsu in acupuncture points.

(*) Noninvasive Methods: *They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: Use in the following acupuncture points: VB-14, Yuyao and Yintang during 40 minutes.

Laser: 10" to 20" with frequency of up to 10 Hz; in VB-14 and Yuyao points

30" to 90" with frequency of 10 Hz to 160 Hz; in Yintang point

Transcutaneous electrostimulation:

- Electrotoning in VB-14 and Yuyao points. Parameters: up to 15 minutes. Frequency in face of up to 10 hz. Big interval between pulses.
- Eletrosedation in the following points: Yintang and B-2. During 30 minutes. Frequency: between 10 and 50 HZ. Small interval between pulses.

Plexus Turbo: 1 minute in Yintang and B-2 points. Track the wrinkle with Plexus Turbo, during 1 minute.

3. Paraocular wrinkles (beside eyes)

They appear around 30 years old, sometimes before this, depending on kind of skin and genetics. Cause: Tension in orbicular muscle of eyelid and zygomatic muscle with relaxation of frontal muscle.



Treatment*:

a) Acupuncture/Electroacupuncture

Tone: Yuyao and TA-23.

Sedate: B-2, E-3, E-4 and VB-21.

b) Moxa: Use in Yuyao and TA-23 points (10 incursions), and track the line or the wrinkle to stimulate collagen production.

c) Cupping glass: Apply in B-2, E-3, E-4 and VB-21 points and track the wrinkle stimulating the Xue circulation.

d) Pearl powder: Use of pearl ointment. To oily skin, use powder directly on skin.

e) Facial shiatsu: End with facial shiatsu in acupuncture points.

() **Noninvasive Methods:** They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: Use it in the following acupuncture points: Yuyao, TA-23, B-2, E-3, E-4 and VB-21 during 40 minutes.

Laser: 10" to 20" with frequency up to 10 Hz; in Yuyao and TA-23 points

30" to 90" with frequency between 10 Hz and 160 Hz; in B-2, E-3, E-4 and VB-21 points

Transcutaneous electrostimulation

Electrotoning in Yuyao and TA-23 points. Parameters: up to 15 minutes. Frequency on face up to 10 hz. Big interval between pulses.

- Eletrosedation in the following points: B-2, E-3, E-4, VB-21. Time: 30 minutes. Frequency: between 10 and 50 Hz. Small interval between pulses.

Plexus Turbo: 1 minute in B-2, E-3, E-4 and VB-21 points. Track the wrinkle with Plexus Turbo, during 1 minute.

4. Paranasal wrinkles (beside nose)

They're related to Heart (Xin). Cause: tension in elevator muscle in wings of nose, relaxing orbicular muscle of lips.



Treatment*:

a) Acupuncture/Electroacupuncture

Tone: E-4, IG-19, VG-26.

Sedate: E-2 and IG-20.

b) Moxa: Use moxa in E-4, IG-19 and VG-26 points (10 incursions), and track the line or wrinkle to stimulate collagen production.

c) Cupping glass: Apply in E-2 and IG-20 points and track the wrinkle stimulating the circulation of Xue.

d) Pearl powder: Use of pearl ointment. To oily skin, use powder directly on skin.

e) Facial shiatsu: End with facial shiatsu in acupuncture points.

() **Noninvasive Methods:** They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: Put it on the following acupuncture points: E-4, IG-19, VG-26, E-2, IG-20 during 40 minutes.

Laser: 10" to 20" with up to 10 Hz of frequency in E-4, IG-19 and VG-26 points. 30" to 90" with frequency between 10 Hz and 160 Hz; in points E-2 and IG-20

Transcutaneous electrostimulation:

- Electrotoning in points E-4, IG-19 and VG-26. Parameters: up to 15 minutes. Frequency on face up to 10 Hz. Big interval between pulses.
- Electroседation in the following points: E-2 and IG-20. Time: 30 minutes. Frequency: between 10 and 50 HZ. Small interval between pulses.

Plexus Turbo: 1 minute in E-2 and IG-20 points. Track the wrinkle with Plexus Turbo, during 1 minute.

5. Denture wrinkles (vertical wrinkles on upper lips)

They appear around 35 years old and are related to an imbalance in Spleen (Pi). Cause: Tension in orbicular muscle of lips with relaxation of buccinator muscle and others.



Treatment*:

a) Acupuncture/Electroacupuncture

Tone: E-4, E-3 and IG-20.

Sedate: VG-26 and IG-19.

b) Moxa: Use moxa in E-4, E-3 and IG-20 points (10 incursions), and track the line or wrinkle to stimulate collagen production.

c) Cupping glass: Apply in VG-26 and IG-19 points and track the wrinkle stimulating the circulation of Xue.

d) Pearl powder: Use of pearl ointment. For oily skin, use powder directly on skin.

e) Facial shiatsu: End with facial shiatsu in acupuncture points.

() **Noninvasive Methods:** They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: Use in E-4, E-3, IG-20, VG-26 and IG-19 acupuncture points during 40 minutes.

Laser: 10" to 20" with up to 10 Hz of frequency; in E-4, E-3 and IG-20 points. 30" to 90" with frequency between 10 Hz and 160 Hz; in VG-26 and IG-19 points.

Transcutaneous electrostimulation

- Electrotoning in E-4, E-3 and IG-20 points. Parameters: up to 15 minutes. Frequency on face up to 10 Hz. Big interval between pulses.
- Eletrosedation in VG-26 and IG-19 points. Time: 30 minutes. Frequency: between 10 and 50 Hz. Small interval between pulses.

Plexus Turbo: 1 minute in VG-26 and IG-19 points. Track the wrinkle using Plexus Turbo during 1 minute.

6. Supramenton wrinkles

They're located below and parallel to the lower lip and they're related to Kidney (Shen). Cause: Tension in lower muscle of lower lip, relaxing orbicular muscle of lips.



Treatment*:

a) Acupuncture/Electroacupuncture

Tone: E-4 and VC-23

Sedate: VC-24. In electroacupuncture, add Jiachengjiang and pair with VC-24.

b) Moxa: Use moxa in E-4 and VC-23 points (10 incursions), and track the line or wrinkle to stimulate collagen production.

c) Cupping glass: Apply in VC-24 and track the wrinkle stimulating the circulation of Xue.

d) Pearl powder: Use of pearl ointment. For oily skin, use powder directly on skin.

e) Facial shiatsu: End with facial shiatsu in acupuncture points.

() **Noninvasive Methods:** They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: Use in E-4, VC-23 and VC-24 acupuncture points during 40 minutes.

Laser: 10" to 20" with up to 10 Hz of frequency; in E-4 and VC-23 points. 30" to 90" with frequency between 10 Hz and 160 Hz; in VG-24 point.

Transcutaneous electrostimulation

- Electrotoning in E-4 and VC-23 points. Parameters: up to 15 minutes. Frequency on face up to 10 Hz. Big interval between pulses.
- Eletrosedation in VC-24 and Jiachengjiang points. Time: 30 minutes. Frequency: between 10 and 50 Hz. Small interval between pulses.

Plexus Turbo: 1 minute in VC-24. Track the wrinkle using Plexus Turbo during 1 minute.

7. Proximal parabucal wrinkles (near to labial commissure)

Related to large intestine (Dachang). Cause: Tension in mouth depressor muscle, relaxing mouth elevator muscles.



Treatment*:

a) Acupuncture/Electroacupuncture

Tone: E-3 and IG-20

Sedate: E-4. In electroacupuncture, pair with Jiachengjiang, the E-4 point.

b) Moxa: Use moxa in E-3 and IG-20 points (10 incursions), and track the line or wrinkle to stimulate collagen production.

c) Cupping glass: Apply in E-4 and track the wrinkle stimulating the circulation of Xue.

d) Pearl powder: Use of pearl ointment. For oily skin, use powder directly on skin.

e) Facial shiatsu: End with facial shiatsu in acupuncture points.

(*) Noninvasive Methods: They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.

Stiper: Use in E-3, IG-20 and E-4 acupuncture points during 40 minutes.

Laser: 10" to 20" with up to 10 Hz of frequency; in E-3 and IG-20 points. 30" to 90" with frequency between 10 Hz and 160 Hz; in E-4 point.

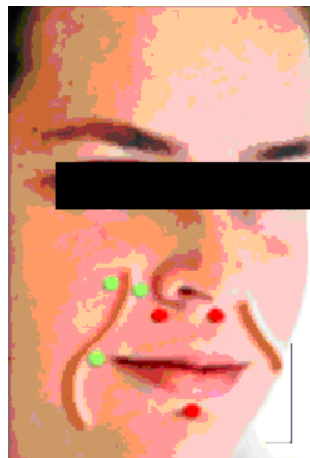
Transcutaneous electrostimulation

- Electrotoning in E-3 and IG-20 points. Parameters: up to 15 minutes. Frequency on face up to 10 Hz. Big interval between pulses.
- Eletrosedation in E-4 and Jiachengjiang points. Time: 30 minutes. Frequency: between 10 and 50 Hz. Small interval between pulses.

Plexus Turbo: 1 minute in E-4. Track the wrinkle using Plexus Turbo during 1 minute.

8. Intermediate parabucal wrinkles (parallel to proximal parabucal wrinkles)

Under the influence of Metal element, Lung (Fei) and Large Intestine (Dachang). Cause: depressor muscle tension in angle of mouth, relaxing elevator muscles of mouth.



Treatment*:

a) Acupuncture/Electroacupuncture

Tone: VG-26, VC24 and IG-19

Sedate: E-4, E-3 and IG-20

b) Moxa: Use moxa in VG-26, VC24 and IG-19 points (10 incursions), and track the line or wrinkle to stimulate collagen production.

c) Cupping glass: Apply in E-4, E-3 and IG-20 and track the wrinkle stimulating the circulation of Xue.

d) Pearl powder: Use of pearl ointment. For oily skin, use powder directly on skin.

e) Facial shiatsu: End with facial shiatsu in acupuncture points.

() **Noninvasive Methods:** They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: Use in VG-26, VC24, IG-19, E-4, E-3 and IG-20 acupuncture points during 40 minutes.

Laser: 10" to 20" with up to 10 Hz of frequency; in VG-26, VC24 and IG-19 points. 30" to 90" with frequency between 10 Hz and 160 Hz; in E-4, E-3 and IG-20 points.

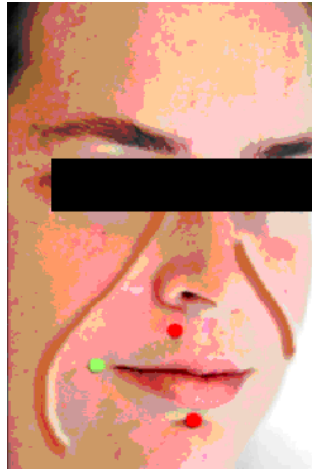
Transcutaneous electrostimulation

- Electrotoning in VG-26, VC24 and IG-19 points. Parameters: up to 15 minutes. Frequency on face up to 10 Hz. Big interval between pulses.
- Eletrosedation in E-4, E-3 and IG-20 points. Time: 30 minutes. Frequency: between 10 and 50 Hz. Small interval between pulses.

Plexus Turbo: 1 minute in E-4, E-3 and IG-20. Track the wrinkle using Plexus Turbo during 1 minute.

9. Distal parabucal wrinkles (inner corner of eyes)

Arise in the inner corner of eyes, transverse the entire cheek and may extend to the point 5 of Large Intestine. Cause: tension of buccinator and zygomatic muscles, relaxing orbicular muscle of lips and depressor muscle.



Treatment*:

a) Acupuncture/Electroacupuncture

Tone: VC24 and IG-19

Sedate: E-4. In electroacupuncture, pair Jiachengjiang with E-4.

b) Moxa: Use moxa in VC24 and IG-19 points (10 incursions), and track the line or wrinkle to stimulate collagen production.

c) Cupping glass: Apply in E-4 and track the wrinkle stimulating the circulation of Xue.

d) Pearl powder: Use of pearl ointment. For oily skin, use powder directly on skin.

e) Facial shiatsu: End with facial shiatsu in acupuncture points.

() **Noninvasive Methods:** They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: Use in VC24, IG-19 and E-4 acupuncture points during 40 minutes.

Laser: 10" to 20" with up to 10 Hz of frequency; in VC24 and IG-19 points. 30" to 90" with frequency between 10 Hz and 160 Hz; in E-4 point.

Transcutaneous electrostimulation

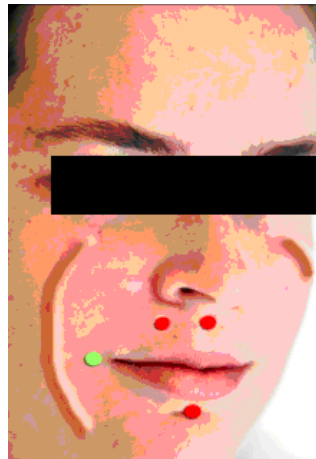
- Electrotoning in VC24 and IG-19 points. Parameters: up to 15 minutes. Frequency on face up to 10 Hz. Big interval between pulses.

- Eletrosedation in E-4, pairing with Jiachengjiang. Time: 30 minutes. Frequency: between 10 and 50 Hz. Small interval between pulses.

Plexus Turbo: 1 minute in E-4 point. Track the wrinkle using Plexus Turbo during 1 minute.

10. Remote parabucal wrinkles

Bypass vertical bow cheeks and they're related to the Lung (Fei) and Heart (Xin). Cause: tension of buccinator muscle relaxing orbicular muscles of eyes.



Treatment*:

a) Acupuncture/Electroacupuncture

Tone: VG-26, VC24 and IG-19

Sedate: E-4. In electroacupuncture, pair with Jiachengjiang.

b) Moxa: Use moxa in VG-26, VC24 and IG-19 points (10 incursions), and track the line or wrinkle to stimulate collagen production.

c) Cupping glass: Apply in E-4 and track the wrinkle stimulating the circulation of Xue.

d) Pearl powder: Use of pearl ointment. For oily skin, use powder directly on skin.

e) Facial shiatsu: End with facial shiatsu in acupuncture points.

() **Noninvasive Methods:** They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: Use in VG-26, VC24, IG-19 and E-4 acupuncture points during 40 minutes.

Laser: 10" to 20" with up to 10 Hz of frequency; in VG-26, VC24 and IG-19 points. 30" to 90" with frequency between 10 Hz and 160 Hz; in E-4 point.

Transcutaneous electrostimulation

- Electrotoning in VG-26, VC24 and IG-19 points. Parameters: up to 15 minutes. Frequency on face up to 10 Hz. Big interval between pulses.
- Eletrosedation in E-4, pairing with Jiachengjiang. Time: 30 minutes. Frequency: between 10 and 50 Hz. Small interval between pulses.

Plexus Turbo: 1 minute in E-4 point. Track the wrinkle using Plexus Turbo during 1 minute.

Sagging

Loss of firmness and tone in cutaneous tissues over face, with a decrease in adipose tissue, as well as gaps caused by its local disappearance. In TCM, sagging is a deficiency in Qi of Pi.

Treatment*:

a) Acupuncture/Electroacupuncture

Local treatment: Toning in all points of face.

Distal treatment: IG4, P7, P9, E36 (toning)

Treatment of etiology: Deficiency in Qi of Pi, deficiency in Yang of Pi, Qi of Pi sinking: BP 3 and BP 2 (toning).

b) Moxa: At all points of face until make hyperemia.

c) Facial shiatsu: End with facial shiatsu in acupuncture points.

d) Auriculotherapy: Spleen point.

e) Herbal treatment for sagging:

- Bu Zhong Yi Qi Wan

- Action: Tone the Qi of Spleen (responsible for muscle tone) and Yang Qi.

- Dosage:

Tincture: 15 drops in ½ glass of water 3X a day for an adult of 70 kg.

Capsule: 2 capsules 3X a day.

- Contraindicated for patients with Yin deficiency

f) Chinese dietetics: Use food tasting sweet with hot, warm or neutral (Yang) temperature. See annex V.

() **Noninvasive Methods:** They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: At all points of face for 40 minutes.

Laser: 10" to 20" with up to 10 Hz of frequency; at all points of face.

Transcutaneous electrostimulation: at all points of face in electrotoning

- Parameters: up to 15 minutes.
- Frequency: up to 10 Hz.
- Big interval between pulses.

Acne

Staph infection of sebaceous glands and hair follicles, starting with a small papule (Qiu zhen) that gradually turns into a pustule (Nong Pao). In TCM, it's considered a change in metal (lung and large intestine), as well as wood (liver).

Treatment*:

a) Acupuncture/Electroacupuncture

Local treatment: local points surrounding area.

Treatment of etiology: P-7 and P-9 (toning), E-40, IG-4, F2, and CS-6 (sedation)

b) Cupping glass: on acupuncture points near the lesion.

c) Pearl powder: Use of pearl ointment. For oily skin, use powder directly on skin.

d) Facial shiatsu: End with facial shiatsu in acupuncture points.

e) Auriculotherapy: Act over Gan and Fei.

f) Herbal treatment for acne:

- Fang Feng Tong Sheng Wan.

- Action: Eliminates body heat and cools blood

- Dosage:

Tincture: 15 drops in ½ glass of water 3X a day to adults of 70 kg.

Capsules: 2 capsules 3X a day.

- Contraindicated for patients with Yang deficiency.

g) Chinese dietary: Eat foods that cool the blood, icy or cold acids. It should also avoid fatty foods and stimulants. See Annex V in Liver (Gan-Yin).

(*) Noninvasive Methods: *They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: When patient has acne on face, apply in acupuncture points, surrounding the area for 40 minutes and in points for treating the cause during two to five days: P-7, F-2, E-40, IG-4 and CS-6.

Laser: 30" to 90" with 10 Hz to 160 Hz of frequency; in acupuncture points near and next to the area of acne.

Transcutaneous electrostimulation: Electrodesation in all points near the area of acne and in E-40, IG-4, F2 and CS6. Electrotoning in P-7 and P9.

- Electrodesation: During 30 minutes. Frequency: between 10 and 50 HZ. Small interval between pulses.

- Electrotoning: Up to 15 minutes. Frequency on face up to 10 Hz. Big interval between pulses.

Hai-hua: on sedation points and over the area of acne during 1 minute.



Skin blemishes

They're changes in skin color. Some of possible causes: changes in skin pigment, infections, sun exposure, hormonal disorders and acne marks. According to TCM, it can occur thanks to a disharmony of Heart (Xin) and Lung (Fei). It can also be related to emotional causes, confirming the role of Heart (Xin).

I. White blemishes: Deficiency in Qi of Fei

Treatment*:

a) Acupuncture/Electroacupuncture:

Local treatment: Local points surrounding the area.

Etiology treatment: Deficiency in Qi of Fei: P-7, P-9 and IG-4 (toning)

b) Moxa: Apply in P-7, P-9 and IG-4 (toning).

c) Pear Powder: Use of pearl ointment. For oily skin, use powder directly on blemishes.

d) Auriculotherapy: Act over Lung and Heart.

e) Chinese Dietary: Eat spicy foods with hot temperature and bitter foods of Yin nature. See annex V.

() **Noninvasive Methods:** They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: Apply on distal points P7, P9, and IG-4 (two to five days) for treating the cause, and on face points surrounding the area for 40 minutes.

Laser: 10" to 20" with frequency of up to 10 Hz; apply on blemishes and P-7, P-9 and IG-4.

Transcutaneous electrostimulation: Electrotoning in P7, P9 and IG-4 points associated with facial acupuncture points surrounding the area.

Parameters: up to 15 minutes. Frequency on face of up to 10 Hz. Big interval between pulses.

II. Red blemishes: Heat on Fei or Heat on Xue

Treatment*:

a) Acupuncture/Electroacupuncture

Local treatment: Local acupuncture points surrounding the area.

Etiology treatment: Fei Heat: IG4 and P5 (sedation), Xue Heat: F2 and F3 (sedation)

b) Pear Powder: Use of pearl ointment. For oily skin, use powder directly on skin.

c) Auriculotherapy: Act over Lung and Liver.

d) Chinese Dietary: Eat spicy foods with cold energy and acids of Yin nature for heat diagnosis. See annex V.

(*) Noninvasive Methods: *They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: Apply on distal points during two to five days for treating cause, and on face points surrounding the area for 40 minutes.

Laser: 30" to 90" with frequency of 10 Hz to 160 Hz; apply over blemishes.

Transcutaneous electrostimulation: Electrodeposition in IG-4 and P5 points (to Heat in Fei) and F2 and F3 (to heat in Xue), associated with facial acupuncture points surrounding the area.

- Electrodeposition: 30 minutes. Frequency: between 10 and 50 Hz. Small interval between pulses.

Plexus Turbo: Apply on acupuncture points surrounding area during 1 minute.

Dark circles

Temporary hyperpigmentation, variable in intensity, extent and color (from purplish blue to greenish gray or black). TCM considers it as a result of deficiency in Qi of Shen.

Treatment*:

a) Acupuncture/Electroacupuncture

Local treatment: Use stiper in E-2 and VB-1 since it's a highly vascularized area at risk to bruise.

Etiology treatment:

- Deficiency in Yin of Shen: R3 and R6 (toning)
- Deficiency in Yang of Shen: R7 and R3 (toning)
- Deficiency in Qi of Shen: R7 and R3 (toning)

Distal treatment: P7 and IG4 (toning)

b) Moxa: Use in E-2, R-3 and R-7 points (10 incursions).

c) Pear Powder: Use of pearl ointment. For oily skin, use powder directly on skin.

d) Facial shiatsu: End treatment with facial shiatsu in acupuncture points.

e) Auriculotherapy: Eyes and Kidney

f) Herbal treatment for dark circles by etiology:

- Def Yin Shen

Drug: Liu Wei Di Huang Wan.

-Action: Tone Yin of Shen

-Dosage:

Tincture: 15 drops in ½ water glass 3X a day to an adult of 70 kg.

Capsule: 2 capsules 3X a day.

- Def Yang Shen or Def in Qi of Shen

Drug: Dang Gui Shao Yao Wan.

-Action: tone the Yang of Shen and of Pi

-Dosage:

Tincture: 15 drops in ½ water glass 3X a day to an adult of 70 kg.

Capsule: 2 capsules 3X a day.

g) Chinese Dietary: Eat salty foods with heat temperature to Yang Deficiency and cold temperature in case of Yin Deficiency. See annex V.

(*) Noninvasive Methods: *They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: Apply in acupuncture points on face E-2 and VB-1 during 40 minutes, and distal points for treating cause for two to five days.

Laser: 10" to 20" with frequency of up to 10 Hz on E-2 and VB-1. Maintain the eyes closed during application.

Transcutaneous Electroestimulation: Electrotoning in E-2 and VB-1.

Parameters: up to 15 minutes. Frequency on face of up to 10 Hz. Big interval between pulses.

Edemas (under-eye bags)

Water accumulation located at the level of lower eyelids. According to TCM, it's a water retention due to insufficient Lung (Fei) energy.

Tratamento:

a) Acupuncture/Electroacupuncture

Local treatment: E2 and VB1 (sedation)

Distal treatment and etiology: R3, R7, P7, IG4 and VC4 (toning)

b) Moxa: it can be used in distal points, only in Deficiency in Yang of Shen and in Qi of Fei.

c) Pear Powder: Use of pearl ointment. For oily skin, use powder directly on skin.

d) Auriculotherapy: Kidney

e) Herbal treatment for edema etiology:

- Deficiency in Yang of Shen:

Drug: Fang ji Huang Qi Tang

Dosage:

Tincture: 15 drops in ½ water glass 3X a day to an adult of 70 kg.

Capsule: 2 capsules 3X a day.

- To drain liquid

Drug: Wu ji san

Dosage:

Tincture: 15 drops in ½ water glass 3X a day to an adult of 70 kg.

Capsule: 2 capsules 3X a day.

f) Chinese Dietary: Eat salty foods with icy or cold temperature to Yin of Shen Deficiency and hot or warm temperature foods in case of Yang Deficiency of Shen. See annex V.

(*) Noninvasive Methods: *They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: Apply in E-2 and VB-1 points during 40 minutes. It can also be applied in distal points from two to five days.

Laser: 30" to 90" with frequency of 10 Hz to 160 Hz in E-2 and VB-1 points.

Transcutaneous Electrostimulation:

- Electrosedation in E-2 and VB-1 points. During 30 minutes. Frequency between 10 and 50 Hz. Small interval between pulses.

- Electrotoning in points related to etiology. Parameters: up to 15 minutes. Frequency on face up to 10 Hz. Big interval between pulses.

Plexus Turbo: Apply during 1 minute in VB-1 and E-2 points.

CHAPTER VII – BODY COSMETIC

Tips for a good treatment

Proper diagnosis

Read more about diagnosis and anamnesis in Chapter III.

Skin cleaning

After a proper anamnesis and a correct diagnosis, we can start the practice. Before any intervention on patient body we must clean the area. Alcohol 70% is the most suitable due to its more efficient bactericidal action.

The method

Naturally, the chosen method should vary according to a number of factors that must be weighed by the perception and judgment of therapist. Here are some of these factors:

1. The patient complaint

Both the complaint type (eg: sagging or keloid) and location (eg: in body or in face) must be considered to choose the resources and the method of intervention to be used.

2. Needle intolerance

Some people have a real fear of needle and to replace them we can use a variety of noninvasive resources (see Chapter IV), that can obtain a satisfactory result.

3. Patient sensitivity

The use of electroacupuncture isn't always suitable for very sensitive patients. Usually, the body of such patients already shows a good response to the application of classical acupuncture.

4. Type and insertion of needles

- Type of needle: Needles of 3 cm to 8 cm.
- Angulation: When inserted into acupuncture points, we must follow the rules of classical acupuncture. When inserted into body, the needles in stretch marks must be parallel to the extension of the same (horizontally).
- Spatial arrangement: Check the spatial arrangement for each specific complaint.

- Time: First we put needles into sedation points (longer), after we put needles into toning points (less time). Finally, we remove them all together.

5. Some important cares

- We must be attentive to patients with capillary fragility, particularly in the use of moxas and cupping glasses.
- Check contraindications in treatment with electroacupuncture (see chapter V).
- Take care of patients with decreased or absent of peripheral sensitivity, as may occur with patients who have neurological disorders.

Main complaints:

- Gynoid lipodystrophy (cellulite)
- Localized fat
- Stretch marks
- Keloid and scar
- Obesity
- Sagging

Gynoid lipodystrophy (cellulite)

This complicated name refers to the well known cellulite. It's a disease of the connective tissue, including the fat deposits, that has the particularity to absorb large amounts of liquid, thereby causing morphological disorders. Occurs edematous infiltration of adipose tissue, whose consequence is the increase in volume featuring a tissue hypertrophy. Cellulite is one of the hallmarks of females since it can be found in about 90% of females and rarely in men.

In Traditional Chinese Medicine it is a stagnation of Jing Ye (body fluids) thanks to the inability alone or together of Pi, Shen or Fei in draining such liquids. Consists of a local excess caused by a specific energy function deficiency. It's more common in cases linked to a dysfunction of Pi (Spleen-Pancreas), since it appears frequently in level of MMIIS, in thighs, buttocks and outer thighs areas.

Stages of gynoid lipodystrophy

Grade 1 – Perceived only by compression of the tissue between the fingers or the contraction of voluntary muscles. It isn't visible only on inspection, and there's no change in pain sensitivity.



Grade 2 – Depressions are visible even without compression of tissues, and it can become more apparent upon compression. Sensitivity is already altered.



Grade 3 – The affected tissue can be observed with patient in any position, even in supine. Skin becomes wrinkled and saggy, resembling an 'orange peel', pain sensitivity is increased and the connective fibers are almost completely damaged. In this case, the impairment of energy movement ultimately generate a Stagnant Qi, affecting the functioning of the Liver (Gan). This is the most painful stage and may worsen during the period preceding menstruation.

Treatment:

Acupuncture/Electroacupuncture

- 1) Treat the aetiology. Toning: BP-2 and BP-3. Sedation: BP-9 and E-36
- 2) Local electrostimulation to cellulite. Parameter: during 30 minutes. Frequency: 50 to 300 Hz. Large interval between pulses.
- 3) Needles of 6, 7 or 8 cm.
- 4) Distance of 1,5/2,0 tsun between needles.

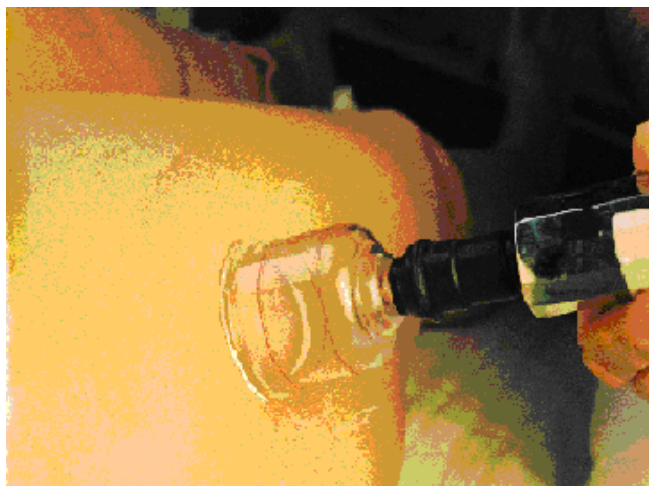


- 5) Disinfection with 70% alcohol (hand contact with the body of the needle to avoid contamination)
- 6) Insertion in superficial angulation to cellulite (15°).

7) Use of lipolytic substance to promote vasodilatation (ex: thiomucase or asian centella).



8) Application of cupping glass towards lymphatic drainage direction. Use in cellulite area sliding the cupping glass after electroacupuncture.



9) Phytotherapeutic:

- Yang Pi deficiency

Medication: Bu Zhong Yi Qi Wan

Action: Tone the Qi of Spleen (responsible for muscle tone) and Yang Qi.

- Dosage:

Dye: 15 drops in $\frac{1}{2}$ glass of water, 3X a day for an adult of 70 kg.

Capsule: 2 capsules, 3X a day.

10) Chinese Dietetics:

Patient should avoid icy foods that induce the formation of Humidity (such as milk and milk products: ice cream, cream, butter and cheese, very strong spices, fried foods, refined sugar and alcohol. Eat foods which drain liquid and mild spices to increase the energy movement and liquid circulation, such as spinach, radish, chayote, zucchini, asparagus, mushrooms, carrots, squash, celery, parsley, chives, cilantro, basil, garlic, ginger, melon, watermelon, pineapple and tofu.

Some teas with diuretic properties are also indicated: chayote peel, pineapple, Bancha leaves avocado and white part of the watermelon.

11) Auriculotherapy: Acting on Liver and Spleen (grade 3).

() **Non-invasive Methods:** They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: Apply two to five days at distal points to the treatment of cellulite: BP-2, BP-3, BP-9 and E-36.

Transcutaneous electrostimulation: Transcutaneous electrostimulation can be used, replacing invasive acupuncture, for patients who have intolerance to needles.

- Electrodeposition in BP-9 and E-36 points and surround cellulitis area with transcutaneous electrodes. Time: 30 minutes. Frequency: 50 to 300 Hz. Small interval between pulses.

- Electrotoning in BP-2 and BP-3 points. Time: 15 minutes. Frequency: up to 10 Hz. Large interval between pulses.

Plexus Turbo: Apply in BP-9 and E-36 points during 1 minute and scan the cellulite area for 5 minutes.

Localized fat

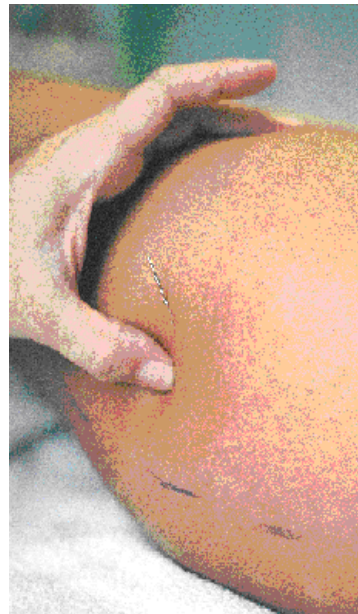
It is a deposit of fatty tissue in certain parts of body. According to TCM, it is the result of a dysfunction of the Earth Element, responsible for the proper processing of food and its transport throughout the body.

Treatment*:

- 1) Needles size depends on the area.

2) Space between needles: 1,5 tsun to 2 tsun

3) Large angle of insertion. Unlike cellulite treatment where the needle should be inserted subcutaneously and after this, the needle body must be felt, in this case, the needle should be inserted with a larger angle of 45 in order to penetrate the tissue. This way, the needle should not be felt next to the skin.



4) Resolve the phlegm: E-40 (sedate), BP-6 (tone)

5) **Acupuncture/Electroacupuncture**

Local electrosedation. Duration: 30 minutes. Frequency: 50 to 300 Hz. Large interval between pulses.

6) **Moxa**: Apply in BP-2, BP3 and BP-9.

7) **Cupping glass**: Apply cupping glass as a lymphatic drainage vessel dilator substance. Use in localized fat area after electroacupuncture or transcutaneous electrostimulation.

8) Herbal treatment for localized fat:

- Fan Ji Huang Qi Tang (For Yin patients)

- Action: Promote diuresis and inhibit appetite

- Dosage:

Dye: 15 drops in ½ glass of water 3X a day for an adult of 70 kg.

Capsule: 2 capsules 3X a day.

- Fang Feng Tong Sheng Wan (for Yang patients)

Action: Promote diuresis and inhibit appetite

- Dosage:

Dye: 15 drops in ½ glass of water 3X a day for an adult of 70 kg.

Capsule: 02 capsules 3X a day.

9) **Chinese Dietetics:** Eat foods tasting sweet (Earth Element) in hot, warm or neutral temperature. Avoid icy foods tasting sweet. See Annex V.

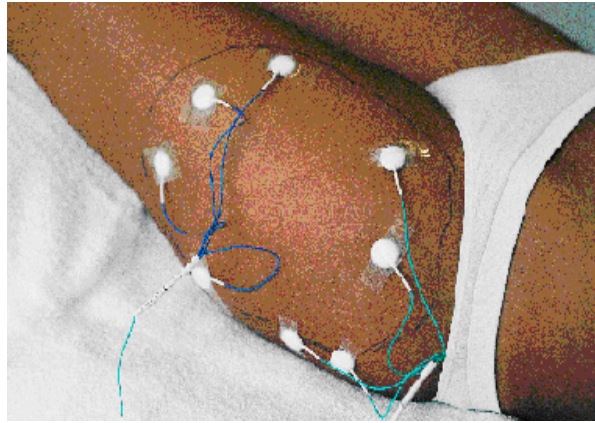
() **Non-invasive Methods:** They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: Apply two to five days into distal points to the treatment of localized fat: BP- 6 and E - 40.

Eletroestimulação transcutânea: Transcutaneous electrostimulation can be used, replacing invasive acupuncture, for patients who have intolerance to needles. Electro sedation surrounding the area with at least 4 transcutaneous electrodes.

- Electro sedation in BP-9 and E-36 points and surround the cellulite area with transcutaneous electrodes. Duration: 30 minutes. Frequency: 50 to 300 Hz. Small interval between pulses.

- Electrotoning in BP-2 and BP-3 points. Duration: 15 minutes. Frequency: up to 10 Hz. Large interval between pulses.



Plexus Turbo: Transcutaneous electrostimulation can be used, replacing invasive acupuncture, for patients who have intolerance to needles. Apply sliding over the area of localized fat for 5 minutes.



Stretch marks

Usually they appear during periods of rapid growth, such as adolescence, as a consequence of the disruption of collagen and elastic fibers of the skin. The increase in weight or even the growth of muscle accomplished by excessive exercise and weight can also lead to the appearance of stretch marks. According to Chinese medicine, it is a trauma leading local stagnation of Qi and Xue. Thus, the treatment is directed primarily to the recovery of damaged fibers and the increasing of collagen production through electrotoning and electrosedation stimulation.

Treatment*:

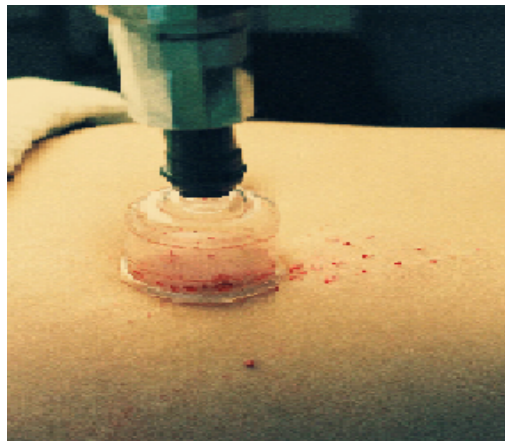
Acupuncture/Electroacupuncture

a) White stretch marks

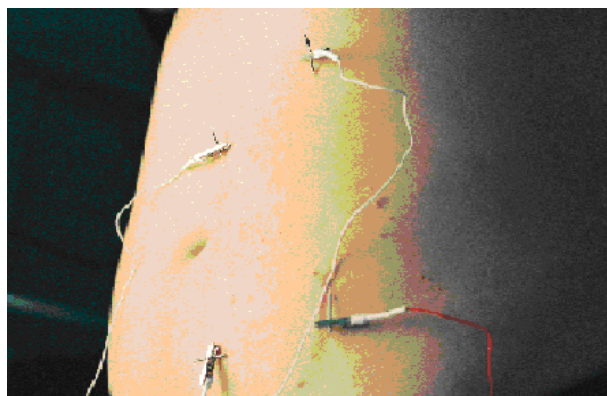
1. **Bleeding:** despite of the use in excess standards, I've had results in white stretch marks. Bleeding over the stretch marks.



2. **Cupping glass:** apply suction over the stretch marks after bleeding.



3. **Electroacupuncture:** local electrotoning (surround the area in a square form). Duration: up to 15 min. Frequency: up to 10 Hz.



4) **Moxa:** Use over stretch marks sine this is a Deficiency pattern.

5) **Phytotherapic:**

- Hsiao yao Wan (for Qi stagnation)

- Action: release the energy of the Liver and tone Spleen Qi

- Dosage:

Dye: 15 drops in ½ glass of water 3X a day, for an adult of 70 kg.

Capsule: 2 capsules 3X a day.

6) **Chinese Dietetics:** Eat foods tasting sweet of hot, warm or neutral (Yang) temperature. Avoid foods tasting sweet of icy temperature (Yin). See annex V.

() **Non-invasive Methods:** They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: Place over stretch marks during two to five days.

Laser: Can be use instead of needles. Apply between 10" to 20" with frequency of up to 10 Hz over white stretch marks.

Transcutaneous electrostimulation: Surround the area using electrotoning. Duration: 15 minutes. Frequency: up to 10 Hz. Large interval between pulses.

b) Red stretch marks

1. **Bleeding:** despite of the use in excess standards, I've had results in red stretch marks. Bleeding over the stretch marks.

2. **Cupping glass:** apply suction over the stretch marks after bleeding.

3. **Electroacupuncture:** local electrosedation (surround the area in a square form). Duration: 30 min. Frequency: 50-300 Hz.

4. **Phytotherapeutic:**

- Hsiao Yao Wan (for Qi stagnation)

- Action: release the energy of the Liver and tone Spleen Qi

- Dosage:

Dye: 15 drops in ½ glass of water 3X a day for an adult of 70 kg.

Capsule: 2 capsules 3X a day.

5. **Chinese Dietetics:** Eat foods tasting sweet of hot, warm or neutral (Yang) temperature and foods tasting acid of cold or icy temperature. Avoid foods tasting sweet of icy temperature (Yin). See annex V.

(*) Non-invasive Methods: *They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: Apply over stretch marks from two to five days.

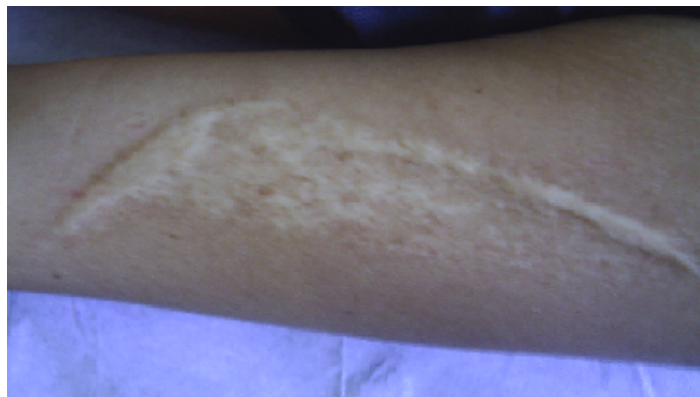
Laser: Can be use instead of needles. Apply between 30" to 90" with frequency between 10 Hz and 160 Hz.

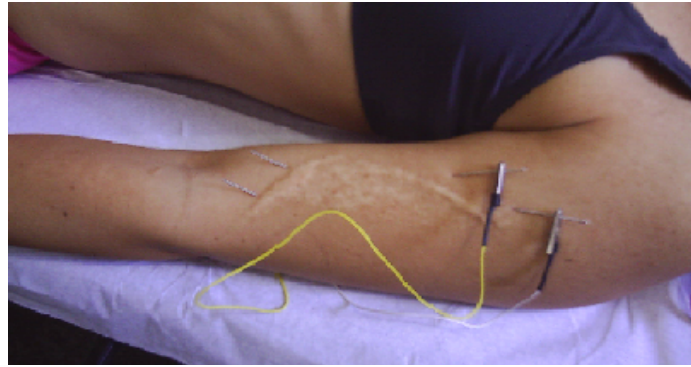
Transcutaneous electrostimulation: Surround the area using electrosedation. Duration: 30 minutes. Frequency: from 50 Hz to 300 Hz. Small interval between pulses.

Plexus Turbo: apply over the stretch marks cover their length.

Keloid

Cell hypertrophy that occurs in some regions of scar lesions. It seems an extreme form of healing. According to MTC, it's a trauma that caused a stagnation of local Qi and Xue.





Treatment*:

1) Needles parallel to scar

2) Acupuncture/Electroacupuncture

- Local electrosedation. Duration: 30 minutes. Frequency: 50 to 300 Hz. Small interval between pulses.

3) **Cupping glass:** use it suctioning the keloid in order to disperse the energy block.

4) Phytotherapeutic:

- Er Chen Wan

- Action: Release phlegm

- Dosage:

Dye: 15 drops in ½ glass of water, 3X a day for an adult of 70 kg.

Capsule: 02 capsules 3X a day.

() **Non-invasive Methods:** They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: It can be used instead of needles. Apply over the keloid for 40 minutes.

Laser: It can also be used instead of needles. Apply from 30" to 90" with frequency of 10 Hz to 160 Hz.

Transcutaneous electrostimulation: It can be used instead of needles. Surround the area with electrosedation. Duration: 30 minutes. Frequency: 50 to 300 Hz. Small interval between pulses.

Plexus Turbo: It can be used instead of needles. Apply it parallel to keloid for five minutes.

Obesity

Obesity is a condition marked by the general and excessive fat deposition in body. According to MTC, and more specifically from the perspective of Five Elements Theory, obesity is linked to a disharmony in Earth Element. When the energy of Spleen (Pi) is depressed, its functions related to processing and transportation are compromised, causing an increase of Humidity. This humidity, when transformed into mucus, tends to damage the transportation of body liquids (Jing Ye) even more.

Several factors such as heredity and hormonal changes can lead to the emergence and evolution of this condition. However, we know that it is increasingly common the emergence of obesity due to the food profligacy (such as during childhood), and to the compulsive overeating as a way of relief due to frustration or emotional needs. Again the relationship between obesity and Earth element is exemplified, since the pleasure of tasting food becomes an addiction.

As we've already mentioned, we must pay attention to anamnesis, always seeking to realize the social and psychological environment in which patient is inserted.

Classification of obesity

Exogenous or nutritional (obese Yang) – increasing intake of food with little energy expenditure due to emotional and cultural issues and other factors.

Endogenous (obese Yin) – hormonal causes (hypothalamus, gonads, hypothalamic pituitary etc.)

Treatment*:

Acupuncture/Electroacupuncture

1) Distal points according to aetiology:

a. Liver: F-13, CS-6 and F-3 (sedation)

b. Spleen: BP2, BP3, BP6 (toning)

c. Heart: C-7, C-3, CS-6 (sedation)

2) Eletrosedation in local points (where we observe fat concentration)

Duration: 30 minutes. Frequency: 50 to 300 Hz. Small interval between pulses.

3) Use points according to the complaint. Some appetite suppressants points: E-19, E-21, E-22 (harmonization). See annex IV (points and its functions).

4) Moxa: Use only in the etiology related to Spleen Qi Deficiency.

5) Cupping glass: Clockwise over abdomen.

6) Phytotherapeutic:

- Fang Feng Tong Sheng Wan (for obese Yang: tense, agitated, fattening for compensation of emotional issues)

- Action: Diuretic action strengthening the Qi of Pi

- Dosage:

Dye: 15 drops in ½ glass of water, 3X a day for an adult of 70 kg.

Capsule: 2 capsules, 3X a day.

- Fang Ji Huang Qi Tang (for obese Yin: fattening because metabolism is slow. For this, we need to 'warm it up').

- Action: Diuretic action strengthening the Qi of Pi

- Posologia:

- Dosage:

Dye: 15 drops in ½ glass of water, 3X a day for an adult of 70 kg.

Capsule: 2 capsules, 3X a day.

7) Chinese Dietetics: See annex I (obese Yin and Yang diet)

8) Auriculotherapy: Use Huanli technique which consists of sewing with organic material (sheep wool) from mouth point to large intestine.

(*) Non-invasive Methods: *They can be used to stimulate acupuncture points replacing the needles of classical acupuncture and electroacupuncture.*

Stiper: Use in points of etiology. Leave from 2 to 5 days.

Transcutaneous electrostimulation: Abdomen points in electrostimulation, in the region where the patient wants to lose fat.

Plexus Turbo: Points in the region where patient wants to lose fat, and scan the area.

See annex:

- II – Dietary reeducation
- III – Organic detox
- IV – Points and their functions

CAPÍTULO VIII - ACUPUNCTURE FOR POSTOPERATIVE OF PLASTIC SURGERY

In recent years, plastic surgery has been gaining prominence and its techniques presenting important improvements. With the increasing number of plastic surgeries and the proliferation of information about them, we also noticed that is necessary to offer to these patients new ways to experience the postoperative time. Since plastic surgery affects many other fields, it gathers different professionals in a multidisciplinary team in order to achieve better results.

At first, I received patients who had undergone plastic surgery. They presented complaints related to the surgery after a long period of time, such as: persistent water retention by hormonal disarray, continuous pain months after surgery, some unexplained disturbances with different sensitivity and difficult to treat with drugs. Noting that acupuncture was actually helping to solve these problems, we started to develop a protocol for early treatment. We come to start treatment from the second day after surgery.

From 2001 to 2006, I received about 300 patients of Dr. Alcemar Maia Souto (plastic surgeon for 20 years) that were subjected to acupuncture following this new protocol. Some words of this doctor can help us understand some of the results achieved: 'Acupuncture is an important control treatment to the patient cure, generating higher benefits when compared to traditional drug therapy that use anti-inflammatory and analgesic.' He said acupuncture helped solve many problems resulting from postoperative 'in an outstanding way without using drugs.'

Indeed, the success achieved from this partnership led us to disseminate the results obtained aiming to assist professionals involved in these procedures in order to diversify and broaden their scope of practice. Despite the opinion of a large number of experts according to which different paradigms can't coexist harmoniously, we believe that knowledge should always go hand in hand. Different paradigms can complement and help each other, generating excellent results, such as this one that we observed in our clinical practice.

What is Acupuncture for Postoperative?

The growing concern about postoperative care is bringing positive results through preventive means to avoid complications. These initiatives bring a shorter postoperative time and, consequently, a more satisfactory result.

One of those preventive means is Acupuncture for postoperative time which, although not yet widespread, has been proven to be an extremely effective method, producing excellent results, not only in accelerating postoperative, as well as the prevention and control of common complications of this type of intervention.

Treatment with Acupuncture aims to offer a more tolerable, faster and better postoperative to patients. And its effects can be much more effective the sooner it starts. Acting in the immediately postoperative time, acupuncture can prevent complications generated in late postoperative time, preventing problems difficult to solve with drugs.

Why should we do acupuncture in postoperative time?

Even in cases of a simple procedure, it traumatizes the body. Swellings, bruises of different levels, discomfort and pain are some of the most frequent complaints with which patients have to live during the postoperative period. The overall healing process is long, painful and sometimes also brings with it some not very pleasant surprises such as fibrosis, persistent pain, sleep disorders, poor digestion and overall energy disharmony. Also, a procedure such as the face surgery generally stays patients off social contact for about one month.

As we know, acupuncture as a resource developed by Traditional Chinese Medicine seeks to restore the natural strength of the body which may have been shaken by several reasons. Any surgery is seen as a trauma from the perspective of Chinese Medicine and the choice of the means to reestablish such homeostasis, i.e., choosing the most appropriate mix of points and the resources to be used will be under choice of each expert.

Acupuncture brings general body rebalancing and organic ways of self-regulation to patients, thus helping the body to overcome the surgical trauma. In other words, it is possible to achieve organic homeostasis in a natural way, unlike what occurs with the ingestion of chemical medication.

Thanks to the numerous benefits of acupuncture, we're not working so late anymore and time to the initiation of treatment by acupuncture was reduced to 1 day after discharge from a surgical procedure, whatever it is.

Action in body

In general, accelerate post-surgical means to achieve the following objectives:

- Bruises reduction
- Edemas reduction

- Pain reduction
- Accelerate healing with improved quality of it
- Avoid fibrosis formation
- Lymphatic drainage
- Emotional rebalancing
- Restoration of organic homeostasis
- Acting on disorders caused by surgery as constipation, sleep disturbance, anxiety etc.

Preventive treatment can prevent problems such as:

- Bruising



- Infection
- Injury innervation
- Suture dehiscence

Areas of Practice

Postoperative cosmetic surgery has very different characteristics for each type of procedure. Thus, the type of surgery will determine the way of action. Roughly speaking, we can say that facial surgery (rhinoplasty, blepharoplasty, facelift or rhytidectomy) needs a local and distal treatment and surgeries in body (abdomen surgeries such as liposuction, liposculpture, plastic abdomen) need distal interventions. In the latter case, we should avoid the discomfort of the patient in removing the abdominal brace used after surgery, which does not diminish the result, therefore, let us recall a major premise of acupuncture that says, in acute cases the distal points are more important than locations.

The local action of acupuncture aims mainly dissipate ecchymosis (Xue stagnation), and edema (Ye Jin stagnation), decrease pain symptoms (stagnation of Qi and Xue), and accelerate the healing of injured tissue, returning peripheral sensitivity. In general,

acupuncture aims to promote organic homeostasis, releasing energy blockages, toning deficiencies and sedating excesses in meridians.

Treatment

In postoperative of several patients I have seen renal energy down with frequent complaints of pain in lumbar region coupled to an energy reduction of Spleen-Pancreas (Pi) with gastro-intestinal disturbances. However, often I observed an energy disharmony in the Five Elements with symptoms such as sleep disturbance (Heart - Xin), throbbing headaches (Liver - Gan), back pain (Rim - Shen), digestive disorders (Spleen - Pi) and edema (Lung - Fei). See bellow the table of the most frequent complaints and their treatment:

Face

Type of Needles: TING needles (1,5 cm)

Time of Application: During about 20 minutes

Body

Type of Needles: Korean needles with 3 cm

Time of Application: During about 20 minutes

Treatment Methodology

Symptoms / Western signs	Energy Syndromes	Therapeutic Goals	Points
Edemas	Qi Pi deficiency Qi Shen deficiency Qi Fei deficiency	Drain liquid	BP-3, BP-9 R-3, R-7 P-7, P-9
Bruises (surgical trauma)	Qi/Xue stagnation	Release stagnation	E-36, VB-34, F-8, B-17, B-18
Pain	Local stagnation/sist Dqi and Xue	Release stagnation	IG-4, B-60, E-44, F-3

Psychic disturbance (anxiety)	Yin of Xin deficiency Changes in Shen (mind)	Tone Yin of Xin and calm down the mind	CS-6, C-7
Inomnia	Yin deficiency or Xue of Xin	Calm down Shen Tone Yin of Xin	CS-6, C-7
Stomach neuralgia	Heat in Wei	Sedate Wei	E-44, IG-4
Constipation	Qi of Pi deficiency (thin stools) or stagnation of Qi of Gan (ball stools)	Tone Pi Release stagnation Local points	BP-2 and BP-3 F-3, VB-34 E-28 and E-29

Distal Points: IG4; E36; BP6; BP9; R3; R7; BP3; C7 and CS6



Points for Organic Homeostasis: IG4; BP6; E36

Some surgeries



Partnership results

After the period of 5 years starting in April 2001, 400 face and body surgeries and interventions were observed and treated, with at least 60% of reduction in postoperative time. We also highlight:

- The acupuncture acceptance rate by patients was enormous since very few rejected the technique for fear of needles.

- Many of them remain in treatment after recovery from surgery to control various types of disorders such as PMS, migraine headaches, labyrinthitis and others.
- From the medical point of view, there is no doubt – we improve the quality of postoperative period.
- Time reduction was the best point observed: before a procedure could take about 30 days for the full recovery of the patient, this can now be accomplished in 15 days.
- Improved quality of healing
- More effective reduction of edema
- Faster disappearance of bruises
- Adjustment of sleep

Physical and psychological effects

That aging is an inexorable process we all know. However, this reality was and yet it is experienced in different ways in various societies, in space and time. Our relationship with aging can be seen, ultimately, as the way we see and how we deal with death, and in this sense, this can be understood as the result of beliefs and values of a society. Therefore, aging is seen so differently by Oriental cultures in general and our Western culture.

The intervention in this natural process, likewise, has manifested in various ways, modified by both the scientific and technological advancement, and by new demands arising in recent centuries, especially in the twentieth century. However, it is interesting to realize that cosmetic acupuncture is an ancient practice that dates back to the Chinese empresses, arriving today, meeting the pressing needs of self-esteem of modern man.

Clinical practice and professional experience focused to the cosmetic treatment made this perception even clearer, because I had the opportunity to combine, using acupuncture treatment, two paradigms from both cultures. The culture of Western cosmetic, in which what counts most is a faster type of intervention, and the other one, the Eastern cosmetic, whose most natural treatment methods seek greater harmony with the body that is undergoing treatment. Looking for working in a multidisciplinary way in the matter of cosmetic during these years, the technique could settle upon a solid foundation provided by Traditional Chinese Medicine.

I chose the middle path. The natural process of aging can be alleviated and treated with more welfare and happiness through the energy balance promoted by acupuncture and its associated practices. And the benefits of the acupuncture treatment can help in the

recovery of those who undergo the most radical interventions in the body, such as plastic surgery.

During clinical practice I could still notice that the change of body image may reflect an improved self-esteem, and that, on the one hand, an internal balance can be reflected abroad, bringing the beauty from the inside out - the opposite can also occur. Significant internal changes may be provided by changing the body shape.

However, it is noteworthy that there was something in common in all patients, what led them to seek cosmetic interventions to change body: low self-esteem. So keep in mind what are the objectives of our work. There is a need for change in behavioral habits, and so we need to intervene as mediators in the rehabilitation of the patient whether psychic, food, breathing, etc.

If we don't seek to understand who this patient is, little advance will be reached intervening in his body, and little we can do to make it have more welfare, happiness and balance. His awareness in this sense should walk together and holding hands with treatment.