



Acupuncture for Facial Rejuvenation and more

By Shoshanna Katzman, L.Ac., M.S.



Acupuncture for facial rejuvenation has become quite popular for women and men alike. Yes, this ancient form of energy medicine is quite effective for softening wrinkles and providing youthfulness to the face. This is traditionally believed to work through enlivening Qi (vital energy) and Blood flow through to the face. However, even more pointedly, is the lift occurring within the mind, body and spirit – an energetic transformation that affects each aspect of the body, as well as igniting a positive change in one's life.

Acupuncture continues to grow in popularity for this very reason. Today an approximate 14 million Americans have chosen acupuncture as a method to maximize their health. Many people turn toward acupuncture to alleviate pain, yet it works to for countless other health problems unrelated to physical pain. It is now one of the few alternative medicine techniques acknowledged and covered by several health insurance plans and it has even become commonplace to find acupuncturists on staff in hospitals.

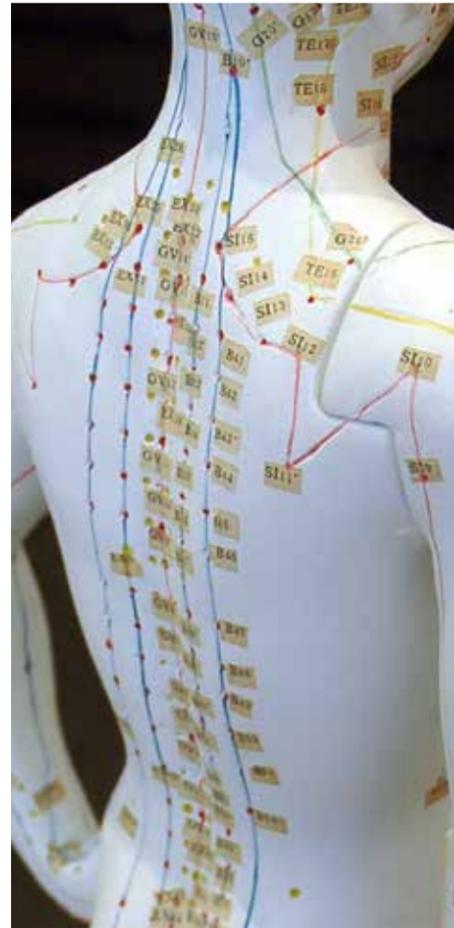
Even with growing awareness of the positive outcomes resulting from this ancient natural healing, naysayers continue to abound. Acupuncture proponents provide a sensible endorsement for its pain relieving aspects simply through the fact that acupunc-

ture anesthesia is provided successfully during major surgery in China. Furthermore, scientific research has investigated both the basis and therapeutic effects of acupuncture for a wide range of conditions. There have been promising MRI studies showing changes in brain chemistry pre and post acupuncture treatment. Yet, scientifically, there is still no definitive explanation for how acupuncture works, it thus remains an enigma. Claims that acupuncture positive outcomes are merely placebo can be debunked by the fact that acupuncture works for animals. Just the same, researchers continue to work toward more reliable double-blind studies to satisfy the desire to understand how acupuncture works. All the while, Americans clamor to find hope for help with degenerative diseases, neurological impairments, intractable pain, chronic fatigue, fertility challenges and many other conditions that Western medicine has simply, sadly no solution.

This time-proven modality continues to hold great promise as an effective natural method to ameliorate or eliminate many health conditions. It is essential to use it as a preventative measure to maintain health and well-being, warding off an underlying energetic imbalance way before it even has a chance to develop into a physical problem. Acupuncture for health maintenance is recommended at the change

of seasons and is traditionally known as “acupuncture tune-ups” to balance and enhance Qi flow of the organ systems associated with each season.

It is advisable to seek treatment from a highly trained, professional and one who is licensed by the State where treatment is being received. New Jersey has its own acupuncture examining board under the supervision of the State Board of Medical Examiners which requires national certification by the National Commission for Certification of Acupuncture and Oriental Medicine (NCCAOM). There are acupuncture practice acts in 44 states



as well as the District of Columbia and approximately 25,000 licensees in the United States – certainly a testament to the growing need for effective, alternative healthcare.

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