



# Facial Beauty: A Reflection of True Health

by Shoshanna Katzman

According to Chinese medicine, health and beauty is derived from a richness of inner resources stemming from energetic, spiritual and physical health. Without ample life force one becomes tired and “burned out”, even to the point of lacking the energy or desire necessary to fulfill basic requirements of daily living. This is oftentimes accompanied by a drawn appearance with lack-luster complexion, as well as persistent health complaints. Such a depleted state of being can be reversed over time through the addition of Chinese medicine principles and treatments to one’s health plan.

A key component of this age-old holistic paradigm includes the necessity for maintaining optimal levels of Jing, Qi and Shen, traditionally known as the “Three Treasures”. Through concerted effort to preserve and cultivate these precious vital substances positive health and healing outcomes become attainable. Modalities such as acupuncture, Chinese herbal medicine, and Qigong exercise eliminate energetic blockages

and restore flow of Qi and Blood to enliven the body and mind. Spiritual growth and development is also an integral part of this healing process, one that reflects a brightness of Shen emanating from the eyes as revitalization takes hold.

A Chinese medicine diagnosis based on the root cause of a health issue is established prior to embarking on treatment. It is never a single symptom that determines the diagnosis, instead many symptoms and signs are gathered and woven together pointing to a predominant energetic pattern – making for a truly holistic approach to health and beauty. From this determination a Chinese medicine practitioner knows exactly which treatment or exercise to recommend along with frequency, intensity and duration. Further lifestyle recommendations include wholesome food and drink, regular sleep habits, environmental protection, emotional balance, proper rest; and balanced work, family and personal life – all based on one’s individual constitutional needs.

Through releasing blockages and restoring proper flow, Chinese medicine techniques both ameliorate and resolve a multitude of health complaints. People have found success through the ages for conditions such as acute and chronic pain, excessive stress, anxiety, high blood pressure, digestive disturbance, fatigue, fertility issues, immune deficiency, lung weakness, neuropathy, skin ailments, and headaches. Acupuncture treatment for these conditions involves needle placement mostly on body points, yet it also leads to a more radiant, youthful appearance due to revitalization and rebalancing of Jing, Qi and Shen.

Many people today are also seeking acupuncture for facial rejuvenation as a result of favorable media coverage. Interestingly, placement of acupuncture needles on the face increases health and healing throughout the entire body. According to the principles of “Chinese face diagnosis” this happens because specific areas of the face are related to particular vital organs, whereby needling of these areas has a direct positive affect on the energetics of its associated organ.

Visual analysis of the face provides valuable signs of energetic imbalances or deficiencies helpful to the practitioner in the process of Chinese medicine diagnosis. For example, darkness and puffiness under the eyes signifies Kidney energetic weakness. And treatment of this facial area strengthens Kidney Qi to counteract symptoms such as hair loss on top of head, excessive fear, weak bones, and low back pain. Another example is lines between the eyebrows which reflect imbalance of Liver energy. Acupuncture needles applied to this area softens these lines to create a younger, more beautiful face. And at the same time balances Liver Qi which nourishes tendons, improves eyesight, balances the gynecological system, releases anger, and eliminates stagnation and pain.

Free flowing energetics of the Lungs is also a key to a beautiful complexion. This is especially true because according to the Law of Five Elements the Lungs nourish the skin throughout the body. And according to Chinese Facial Diagnosis, the Lungs are reflected in the cheeks as well as texture, coloring, or moisture of the skin

– therefore treatment of the cheeks both improves facial complexion and strengthens Lung energy which improves breathing, helps skin ailments, resolves grief, as well as ameliorates sinus and other respiratory problems..

It is easy to understand why incorporating Chinese medicine into one's wellness plan increases the likelihood of vibrant beauty and true health. Lifestyle behavior modification done to prevent squandering of the Three Treasures further preserves vitality and luminescence. Through right living habits that minimize stress and maximize nutrition one feels more energized, empowered and at peace. This combined with Chinese medicine techniques is exactly what is needed to ensure a happy, healthy, productive and beautiful life.

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