

ANTI-AGING.....IRON OUT WRINKLES WITH ACUPUNCTURE

By Tammy Foster

Have you ever thought of trying acupuncture as an alternative to traditional medical treatments. Acupuncture has been around for centuries and has proven to be successful in the treatment of many health conditions and diseases. This method of treatment was first developed in China by ancient medical practitioners.

One of the major benefits of acupuncture is that this practice focuses on the treatment of your whole body instead of simply the one illness that you present to your physician with.

An exciting use of acupuncture has been in the area of anti-aging. Just over the previous two decades has acupuncture found its way into treating wrinkles. While twenty years may sound like a long time, in the ancient acupuncture world this is really just a blink of the eye.

A great benefit of this ancient treatment is that it does not involve the use of any creams, gels, potions or treatments that are developed from artificial ingredients which may be further aging.

A troubling part of traditional Western medicine when it comes to anti-aging options, is that many treatments involve aggressive and irritating treatment methods, including surgical interventions which have become all too common. Not really a great plan.

Acupuncturists focus on natural treatments which are designed to treat the whole person. Herbal therapies may be used in combination with acupuncture, often with even great success.

Working closely with your therapist is key once you have made the decision to use an Eastern medicine approach. Acupuncturists typically begin with completing a thorough patient history, all the while listening for the real reason behind the patients' complaints. For example, this form of medicine believes that a facial wrinkle may actually have its origin in another area of the

body and if that problem is resolved then the wrinkle will lessen. Treat the problem and you treat the outward signs.

Based on the ancient Taoist practice, acupuncture focuses on balancing both the Yin and Yang. It also focuses on the quality of your body's Chi, which is defined as the energy that flows through your body in 14 different paths. All of these come together to help your physician to determine your final diagnosis.

Your health challenge happens when your Chi, or body's energy is disrupted allowing problems to develop. With the restoration of your Chi's flow and the re-balance of Yin and Yang, your health is restored, emotional issues are lessened and physical symptoms are reduced. Of course one of the best side effects of all of this body work, is a younger and healthier look. Fewer wrinkles will make their home on your face when you are well balanced and restored.

Doesn't it sound a much better option to enjoy a bit of acupuncture for anti-aging options instead of going under the knife for a traditional face lift procedure. You must be patient since facial softening and the resolution of wrinkles through acupuncture occur very slowly and over a period of time.

So if you are looking to lessen wrinkles and looking for anti-aging options you owe it to yourself to research acupuncture options. Who knows, you might get a little Yin and Yang re-balancing, health restoration and wrinkle reduction all at the same time.