The Magic Bullet Myth for Aging Unveiled at Last?

aka: How Facial Rejuvenation Acupuncture Can Help

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As most of us know, a “magic bullet” refers to a quick and simple solution to a complex and difficult problem.

The bad news first: as much as we hate to accept it, reality tells us that there is “no magic bullet” to defy aging. The good news is, we can do our best to age gracefully. The more you accept your different phases of life, the softer your facial muscles will look. And there are natural medicine ways to safely move into our senior years.

The Aging ‘Problem’

Unfortunately, most people view any sign of aging as a problem rather than a natural progression. For many people, that first wrinkle or gray hair is an “Uh Oh” moment, rather than an “Ah Ha” moment.

Why is aging considered a problem anyway? In many cultures it is a respected phase of life which represents experience and wisdom. When you see pictures of people from indigenous cultures, you feel awestruck by the lines of life’s experiences expressed on their face. They are perfectly happy, because they are respected as the elders in their community. They have stories to tell and wisdom to share with the younger generations.

When you look in the mirror and someone you don’t recognize looks back at you, it can be really disconcerting. Before you know it, you are pulling and tugging to bring back that younger face to look back at you. “Oh, if only I could pull it back a bit, my wrinkles
would be gone.” Sound familiar? Why not take a new perspective and determine not to fight mother nature and accept her *good graces* in the way you are changing? Imagine just being ok with yourself and not trying to attain that impossible look of perfection?

The **choice is yours.** We all have seen the morphed horrors of facial surgery, botox, and fillers. The holistic perspective of taking care of yourself naturally, from the inside out, does offer natural alternatives without the scare and risk of what may go wrong and cause permanent damage. Natural health choices for treatment will be safe and produce positive results, naturally.

**Facial Rejuvenation**

Born out of the thousands year-old Chinese medicine tradition, the answer to safely help those wrinkles and lines soften up is the art and science facial rejuvenation acupuncture. Only a small percentage of acupuncturists are specifically-trained to offer facial rejuvenation sessions. These sessions employ hair-thin needles placed on the face and along the meridians (energy pathways) of the body. Some points are also specially placed to activate the muscles associated with the wrinkly areas to keep them taut.

**Facial Acupuncture - without Needles**

Another option is without facial needles for those who prefer. Tuning Forks are used to stimulate the meridians and nerve/muscle points using sound energy vibration. Sound travels through water four times faster than any other medium. Since our body makeup is 70% liquid and the blood is 90% water, this allows the vibration of the tuning forks to penetrate right down to the intra-cellular level enhancing the body’s positive immune building energy in the mitochondria which may play a role in the aging process.

**Facial cupping** is another great non-invasive method to help produce the desired results. The facial cups are small suction cups, intended for use on the face. This suction clears away any accumulation under the eyes or around the face which also serves as a subtle lymph drainage.

**A Natural Conclusion**

Please remember, diet and lifestyle work will optimize healthy skin by supporting balance throughout the body. Total body rejuvenation is an advantage that most people need in order for their bodies to feel restored. In general, this helps to impede the aging process from within.

So you opted for the natural route, what should you expect? Please first keep in mind, that these are non-invasive treatments that do not rip, lift, stitch or double the size of your lips. There is no healing from scars. No need to miss work or social functions. A
natural glow of health is restored to your face, which gives a softer look and a more youthful glow.

Benefits:

- Reduces fine lines and softens deep wrinkles
- Improves Elasticity of the facial muscles
- Lifts, Tones, and Tightens Pores
- Increased Collagen Production, which firms the skin and smoothes wrinkles
- Improves Circulation and Lymphatic Drainage
- Reduce signs of facial stress
- Hydrates and Moisturizes the Skin

Receiving an acupuncture treatment with your choice of a facial rejuvenation treatment, allows your energy to be restored and keeps your hormones balanced. All the meridians are being stimulated which enhances your treatment to achieve the best results. Your color and tone is restored as Qi, your body’s own energy, is brought to the surface. Overall, a softer, natural more youthful look is attained

Remember. You shouldn’t have to pay the price for a graceful looking you. You should be able enjoy the benefits.

Please join me at Inner Source Health in Huntington Village, on Thursday evening, May 1st, at 7:00 pm for a FREE Facial Rejuvenation presentation.
