

A Non-Surgical New You?



By Dr. Jean-Jacques Dugoua, ND

Who would have thought that all those years of smiling would reward you with smile lines? Well, sure we expect some repercussions from our scowls and frowns, but do we really deserve wrinkles for smiling? If you're like me, you're probably noticing a few more wrinkles from day to day. The process of aging is upon us, like it or not, it's inevitable.

Aging

Aging is defined as the state of being old, to become old, to manifest traits associated with old age or even to mature or ripen under controlled conditions, like an aged wine. Anti-aging is a hot topic as of late. We're living longer than our ancestors and our aging population wants to maintain an appearance and level of health that is comparable to their 40s or 50s (or in some cases, their 30s).

Anti-aging

I hear people say that you're as old as you feel and I certainly can't disagree with this statement. What I've found in practice is that many patients are interested in improving their overall health as they age, particularly the baby boomers. They want to feel good and be healthy well into their 80s. Anti-aging involves a synergistic combination of healthy eating habits, exercise, good sleep hygiene, a positive attitude and the right vitamins and supplements for your health.

Cosmetic acupuncture

Facial rejuvenation acupuncture, also called "cosmetic acupuncture," is an acupuncture technique that dates back as far as the Sung Dynasty (960 to 1270 AD).

Based on the principles of traditional Chinese medicine, this safe and non-surgical alternative for individuals seeking the fountain of youth is gaining popularity in North America. The reaction to acupuncture needling is known as 'de qi' which is characterized as a tingling sensation perceived by the patient. The insertion of fine needles into skin is believed to stimulate collagen fibers and other connective tissue. It is also believed to stimulate the nervous system, alleviate pain, improve the lymphatic system and increase blood circulation to the area.

Cosmetic acupuncture is effective in alleviating many of the appearances of aging, here are just a few:

- Helps to eliminate fine lines on the face and diminish larger wrinkles
- Helps to eliminate and reduce bags under the eyes and drooping eyelids
- Helps to reduce puffiness and redness
- Helps to tone and sculpt the face, thereby reducing double chins and jowls
- Reduces scars, including acne scars

Since cosmetic acupuncture utilizes the principles of traditional Chinese medicine, this is a head-to-toe whole body treatment. The acupuncture points used follow meridians throughout the head, neck and face, thereby slowing the aging process from inside and out.