

Welcome to Uyayi Cosmetic Acupuncture Treatment!

Congratulations on deciding to use Traditional Chinese Medicine as your healthy option for looking and feeling younger! Cosmetic Acupuncture is a healthy option for cosmetic improvements. It is the “true anti-aging medicine”. Though the procedure is not well known or publicized in the United States, it has been used for centuries in China by Emperors and the wealthy. It is the only cosmetic procedure that actually improves your Health.

The obvious benefits include having softer, firmer skin, reduction of deeper wrinkles, possible elimination of finer wrinkles, and improvement in jowl lines. Although not visually as dramatic as a surgical procedure, Cosmetic Acupuncture actually has a much more dramatic overall effect and I have seen a number of very healthy "side effects" occur. Besides the obvious visual changes, patients have reported improved digestion, better quality sleep, reduction of hot flashes, elimination of mild depression and anxiety, improved energy, and an overall sense of well-being. Patients leave not only looking younger but feeling younger and healthier. I think that it is fair to say that this is the only cosmetic procedure that actually improves the health of the patient and that is why I am so passionate about what I do!

From a Bio-medical perspective, Cosmetic Acupuncture works because the needling may cause micro-traumas in the skin to which the body can respond by increasing blood flow and the production of collagen and elastin for wound healing. The needling, which is done at the level of the dermis, may also stimulate neurotransmitter production. From the Chinese Medicine perspective, qi and blood are being brought to the face, qi is being lifted, and the body's energetic systems are being put into balance. This is why the wonderful side effects occur. The procedure is very low risk because the needling is so superficial; occasionally bruising occurs. Besides the needling part of the procedure, I will talk with you about skin care, nutrition, and

supplements that help you get and maintain the best results possible. I may also recommend herbal formulas. The procedure is twelve treatments that are scheduled twice a week for Six weeks.

Here are some instructions related to your Cosmetic Acupuncture treatments.

Treatments last about 60 minutes except the first one which may last up to an hour and a half due the intake procedure.

What to do:

Wear comfortable clothes or bring shorts and a short sleeved top.

I advise that you take Arnica during the weeks of treatment to help prevent bruising.

Tie hair into a pony tail, or in any fashion that will prevent the hair from interfering with the treatment

Drink water

What to avoid:

Stop aspirin and additional doses of vitamin E for 2 weeks prior to reduce potential for bruising (unless you have been advised by your physician to take additional Vitamin E or aspirin. Then please talk with him or her about it.)

Do not wear make-up to the treatments (greasy substances have insulating properties that might block the energetic manipulation) and your skin should be clean. Eye makeup is okay.

One hour before: no hot showers, hot tub, sauna etc.

Don't wear sunscreen before, but do wear it after the treatments.

Future instructions:

To maintain good results, I recommend maintenance treatments. Minimally I recommend at least 2 treatments every 6 months. Getting one treatment each month is great or even the entire 10 treatment protocol once a year. It's a great thing to do before the Fall holiday season and New Year to look your best.

Keep taking herbs if I've recommended them.

Helpful Hint:

Moisturize, moisturize, moisturize --- apply moisturizer to damp skin (it both brings moisture to the skin and helps trap the moisture that's already ON the skin) ***** especially at night when cellular repair speeds up.

List of supplements and their relation to good skin care:

Topicals

Vitamin C Ester: this is essential to the production of collagen and it hinders the inflammation process that can be a cause of free radicals. It also provides protection to the cell wall where free radicals attack.

Alpha Lipoic Acid: is the Universal antioxidant and is great for the skin. It fights free radicals in any part of the cell as well as between the cells. It accelerates the repair

process in cells. It is particularly helpful for lines and wrinkles, under eye bags and puffiness, enlarged pores, acne scars, and for helping make the skin less dull.

DMAE: dimethylaminoethanol is an antioxidant membrane stabilizer by becoming part of the cell plasma membrane enabling the membrane to resist stress. Safe to use, it is taken internally and is considered a food grade substance. It is particularly good for loss of firmness in the skin; fine lines above and below the lips; and stressed, overtired skin.

Alpha and beta hydroxyl: exfoliates, good to use on rough unevenly pigmented skin. It enhances the penetration of Ester C and alpha lipoic acid.

Vitamins and minerals to take internally:

Vitamin A: no more than 5000 IU as it can accumulate and become toxic. Best to take it in its precursor form = beta carotene.

B-complex: B-6 is especially important in protecting your skin. No more than 50-100mg/day.

Vitamin C: 1000 mg. Over 50 take 3000-5000mg/day or as bowels will tolerate.

Vitamin D: 10,000 IU/day

Vitamin E: 200 IU/day (or some say more). Alpha tocopherol succinate is the important type to take. Vitamin E taken internally is good for the tone of facial muscles (among lots of other uses!)

It can also be used topically.

Co-Enzyme Q10: antioxidant, very easily depleted and therefore must be replenished; protects cells from free radical damage. 30-100 mg/day.

Food and your skin:

Food is medicine it's a very natural way to improve your health.

Honey and eggs help reduce dryness. Actually you can make a nice mask out of egg whites and olive oil or egg yolks with honey.

Cherries benefit the skin (and are said to prolong life!)

Green tea helps prevent sun-induced skin damage.

Olive oil – oleic acid keeps the skin soft and smooth by reducing micro-inflammation that causes wrinkling and sagging.

Tomatoes, especially cooked tomato products, contain lycopene which scavenges free radicals that cause aging.

Drink water.

Eat plenty of foods that are rich in antioxidants including citrus fruits, berries, watermelon, papaya, orange or red vegetables, broccoli, egg yolks, almonds, salmon, and flax seeds.

We look forward to helping you accomplish your goals with Cosmetic Acupuncture.
Thank you for your Trust!

Francis Marlon Suarez Bugarin L.Ac.