

AcuLibrium

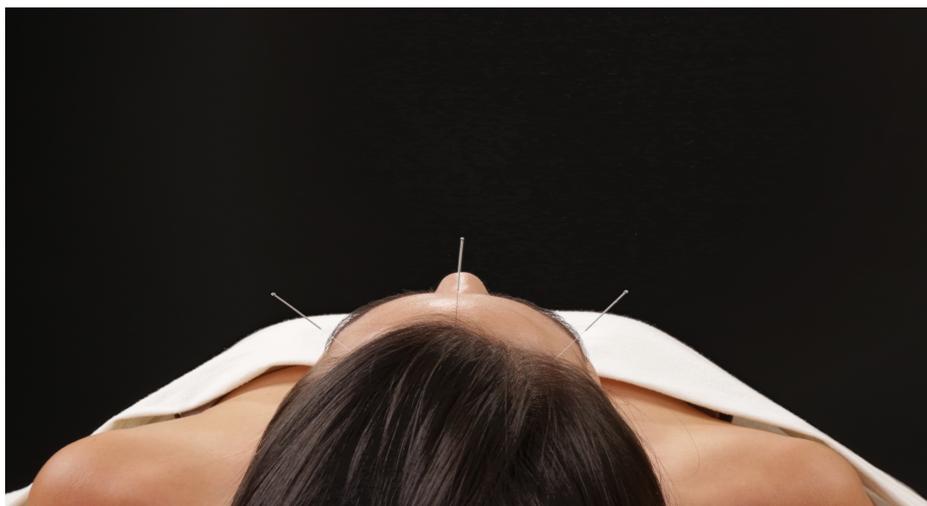
Acupuncture and Chinese Medicine

“Stay Balanced”

www.aculibriumla.com

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Melissa Snyder is a licensed Acupuncturist and a Doctoral fellow at Emperor's College of Traditional Chinese Medicine specializing in Internal Medicine and Orthopedics and Sports Medicine. With an additional degree in Exercise Physiology from University of Puget Sound, Melissa has worked with sports injuries in Physical Therapy settings as well as Traditional Chinese Medicine (TCM) clinics. Her goal is to bridge the gap between Eastern and Western medical treatments and to further enhance the communities education in East/West therapies. As a Master of Oriental Medicine Melissa has had success treating a variety of ailments from sports injuries to gastrointestinal problems. Additionally, Melissa has experience working at the Roy and Patricia Disney Family Cancer Center, UCLA Student Health Center, and Emperor's College Community Clinic.



AcuLibrium provides the highest quality treatments bringing health and wellness full circle.

AcuLibrium Acupuncture

AcuLibrium is focused on full body alignment, not just one particular ailment. With the use of Acupuncture and Chinese Medicine, *AcuLibrium* is much more than an avenue of relief for pain, injury or illness; it helps each individual have the sagacity of self to integrate balance into one's life.

In this article you will read about two different types of acupuncture. With an increasing interest in the effects of acupuncture and their cosmetic benefits, I will try to explain how it works. Secondly, our lives are filled with too much to do and not enough time to understand how acupuncture can treat more than one thing at a time, making it a great “one stop shop”! As always feel free to email or call me with any comments or questions you may have concerning this article or any medical questions in general!



Try this flowery taste for your morning tea!

Stir it up!

With Spring leaving us and Summer in the midst, it's time to gear up for some warmer weather. Try some chrysanthemum tea. Chrysanthemum is great to clear wind-heat from the eyes, so this herb will counteract the itchy feeling you get during the spring and summer months when there is a lot of pollen in the air. At the same time, it will also lower your blood pressure and heart rate, if taken daily. However, be cautious if you are already on blood pressure medication as it may lower it more than anticipated; and if taken seriously, it is recommended that you consult a doctor. Try a few flowers in your morning tea and see what you think!



Acupuncture helps increase Qi and Blood flow

Is Acupuncture the New Face Lift?

With a 12 session treatment of Acupuncture and Chinese Medicine, 2x/week for 6-weeks, most patients find that their skin has much more lift, the skin texture is smoother, and there are fewer wrinkles.

Cosmetic Acupuncture

Acupuncture is known for treating a lot of issues ailing our bodies, but one treatment that many people are talking about these days is skin care. Acupuncture and Chinese Medicine is great for anti-aging. Using internal and external medicine each individual can be treated specifically for their own body type.

Cosmetic Acupuncture is a great non-surgical way for women who do not want the side effects of a facelift, botox or other cosmetic surgeries, but who still want the effect of younger looking skin. Even though most do not ask for it, cosmetic acupuncture can be great for men as well. Increasing *qi* and blood in the facial area allows for the body to heal itself rather than injecting foreign substances and/or cutting into our already delicate bodies.

How Does Cosmetic Acupuncture Work?

Through a series of treatment sessions using the tiniest acupuncture needles inserted into the different areas of the face and scalp, acupuncture is able to decrease wrinkles, smooth and restore the skin once was. This procedure increasing the production of collagen and elastin in the area by circulating more *qi* and blood to the face. This in turn gives the face a younger look that is smoother and tighter. However, like any treatment, regular and consistent treatments are extremely important. Without consistency the body will not have time to create the cells, collagen and elastin needed to sustain the treatment.

A 1996 Report in the International Journal of Clinical Acupuncture reported that of the 300 cases treated with cosmetic acupuncture, 90% had marked effects with one course of treatment.

Benefits of cosmetic acupuncture you may experience include:

- More radiant, beautiful skin
- Disappearance of fine lines and smoothing of deep lines
- Improved muscle tone and firmer jaw line
- Reduced puffiness
- Reduced acne and rosacea
- Softer skin and more even complexion
- Reduce stress and tension held in the face and jaw



Great for the Girl On The Go!!

Girl On the Go!

For those girls who are go-go-go without a second to spare, acupuncture is a great alternative to numerous other kind of therapies. In just one treatment you can treat your stress, wrinkles, sleep problems, stomach issues and aches and pains. It's a one stop shop! Give yourself a little extra time to do a lot more. Feel free to ask about the different types of treatments offered!

Acupuncture and Stress...



Just 12 sessions and you'll see great results!

Stress can cause a number of physiological responses in the body including headaches, irritable bowel syndrome, pain, insomnia, high blood pressure, breakouts of the skin, wrinkles etc. In most cases stress is related to the Liver organ in TCM. When the Liver is overactive the rest of the organs become unbalanced. By using acupuncture and Chinese Medicine equilibrium can be restored within our bodies without having to take a number of drugs. By balancing the organs we create internal harmony that will eventually correct the problem itself. Acupuncture and Chinese herbs are only a device to help your own body do the work. Covering up a problem with drugs does not eliminate the underlying problem, but using TCM to treat the root of the issue allows for real healing to be established.

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