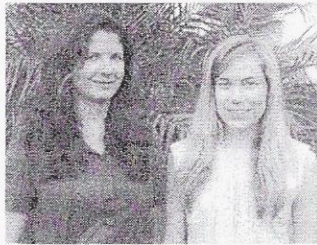


A More Vibrant You, Naturally

By Gina Bliton and Jiji Cook

We recently met a woman who asked what we do. We told her that we do acupuncture. This prompted her friend to chime in – “Maybe you should get your headaches treated.” She only thought for a second before responding, “I would rather work on my frown lines first – the headaches would be second.”

Oriental medicine views aging as a natural process that should unfold gracefully. The signs of aging that we see as typical may be common, but they are not inevitable.



How Can I Restore My Natural Beauty?

Stress and time wear on a person – and it shows on our faces and bodies. Acupuncture reduces stress by initiating an increase in serotonin and other chemicals that you naturally produce at higher quantities when young. Acupuncture is a relaxing and rejuvenating experience that can pinpoint various signs of aging.

An Acupuncture Facial – What Is It?

This technique consists of the gentle insertion of fine, flexible needles into the upper layers of facial skin. This is done in order to smooth fine lines, relax musculature, tighten skin and increase blood flow. Common areas to be worked on are frown lines between the eyebrows and on the forehead, the sides of the eyes, the jaw line and the sides of the mouth.

How Does Acupuncture Help With Weight-Loss?

Acupuncture and herbal medicine work together to help one achieve a weight loss goal. Treatment to help lose excess weight includes acu-points that promote good circulation, improve digestive function and reduce appetite and cravings.

And, because acupuncture's main goal is to heal the body, acu-points and herbs are also used to address blood sugar levels, blood pressure and cholesterol.

How Can I Reduce The Appearance Of Cellulite?

Cupping is a traditional Chinese method of creating suction within a glass cup and applying it to the skin. The feeling of this treatment is similar to a deep massage. The fabulous result is smoother tissue, release of toxins from the body and better circulation.

Why Does Acupuncture Help Spider Veins?

Spider veins are the result of blood not flowing properly through capillaries that nourish our skin. When blood becomes stagnant in these tiny vessels, a purple- blue or redness becomes visible on our skin's surface. The goal in treatment is to restore blood flow and reduce the stagnation in the capillaries.

For more information or questions, you can contact us at Gina@SeasideAcu.com or call Seaside Acupuncture at (561) 693-4460