

# Get your body and face "in shape" with natural cures at Nawei's Acupuncture Clinic



By Vanessa Newman

## **Get your body and face" in shape" with natural cures at Nawei's Acupuncture Clinic**

If you are taking care of your body and exercising to stay fit, it can be frustrating when your face is sagging and showing signs of aging. But before you rush out and book a Botox appointment, there are other natural and homeopathic ways to keep your face, as well as, your body looking young and in shape.

**Your face deserves attention. Keeping it young means removing toxins, draining fluids, and improving metabolic cell function.** Toning your face and addressing "skin slackening" can be achieved at Nawei's Acupuncture Clinic through homeopathic injections. These formulas (Omeoformula® 3) use a unique blend of eight essential amino acids and natural substances which helps to nourish skin through proper metabolic functioning and tissue strengthening. If you are 40 to 65 years old, you will notice a visible difference in just one treatment. For those over age 65, three sessions reveals noticeable improvement. Treatment is simple and does not require a huge time commitment. You get one session per week for eight to ten weeks. Then you maintain with a session every three to four months to keep a healthy glow.

### **Additionally, you may want to consider facial rejuvenation instead of Botox.**

According to Dr. Nawei Jiang, Botox kills the nerves in your face and over time this can actually decrease collagen. But acupuncture facial rejuvenation (cosmetic acupuncture) stimulates collagen production. In fact, the Empress of China as far back as China's Sung Dynasty used facial rejuvenation to remain radiant.

### **Because it can:**

- Improve muscle tone
- Tighten pores
- Increase circulation
- Improve moisture retention

- Soften fine lines and wrinkles
- Reduce facial line depth
- Reduce acne and rosacea
- Decrease puffiness in the under eye area
- Brighten and smooth the face

**In conjunction with the homeopathic injections, acupuncture points and facial rejuvenation, you can also use food to heal from the inside out.** Nourish yourself and promote internal and external beauty through your nutrition. Chinese medicine proposes that certain foods heal. Below is a recipe taken from Ancient Healing for Modern Women by Dr. Xiolan Zhao, C.M.D. and provided by Elizabeth G. Lynch. This recipe combines three important foods responsible for longevity and beauty (sweet rice, Chinese dates, and longan fruit).

### **Sweet Rice Congee**

- 6 cups of water
- 1 cup of black sweet rice (wash prior to use)
- 1/2 cup dried longan fruit
- 10 Chinese dates
- 2 tablespoons of raw sugar
- 1/2 inch fresh ginger piece, peeled and thinly sliced

#### *Preparation:*

In a large heavy saucepan, add 6 cups of water, black sweet rice, longan fruit, dates and raw sugar. Bring ingredients to a boil over medium heat. Reduce heat and simmer for 2 hours; stirring every once in a while. Garnish with ginger. Makes four servings.

**Having healthy and "fit" skin along with a toned body requires nourishment from the inside out.** Consider Nawei's Acupuncture Clinic to complement your efforts for a "fit" face and body. Call 719-632-7103 for a free consultation. You can also visit their [website](#) for additional information. The office is located right here in Colorado Springs at 559 E. Pikes Peak Avenue in suite 212.