

Slow Down the Aging Process with Cosmetic Acupuncture



By Joyce Chung-Quiros, DC

For thousands of years, Chinese medicine techniques have consisted of using ancient healing methods to maintain health, beauty, and longevity. Mei Zen Cosmetic acupuncture is a form of acupuncture that uses traditional needling techniques to help slow down the aging process and naturally rejuvenate the face. Mei Zen means “beautiful person” in Chinese. What is unique about the Mei Zen technique is that it not only treats the face, but also treats the whole body and constitution of an individual including the mind, body and spirit. This technique is a safe, natural and non-invasive way to achieve the greatest outcome of health, beauty and wellness. It is the only form of cosmetic procedure that actually improves your health.

The Mei Zen protocol is performed by inserting small hair-like acupuncture needles into the body and face to stimulate blood and energy (Qi) to move. Mei Zen promotes increased circulation to the face which helps the inner beauty reflect to the outside. This amazing technique also stimulates the production of collagen and elastin in the face. When you have an increase in collagen and elastin, you also fortify the collagen matrix of the face which can help tighten and soften the skin.

Benefits of Mei Zen:

- Softening of deep wrinkles and fine lines
- Moisturize the skin
- Create more even skin tone
- Make your skin look radiant and youthful
- Help reduce skin disorders such as Rosacea and Acne
- Decrease discoloration of skin such as dark circles, age spots and sun damaged areas
- Improvement in jowls

Mei Zen is not limited to these benefits and has also been known to cause positive “side-effects” with treatments. Patients have reported improvement with their energy, more restful sleep, stress reduction, improved digestion, reduced anxiety & depression, decreased headaches, reduced hot flashes and overall sense of wellbeing. So many patients leave not only looking younger but also feeling younger and healthier.

From a Western Medicine perspective, cosmetic acupuncture works by causing tiny micro-traumas in the skin with needling techniques. This, in turn, causes the body to respond to these micro-traumas by eliciting an army to start rebuilding new cells and new skin to the areas where needling has occurred. All needles are sterilized and disposable which minimizes any risks for infection, however macrophage cells that lie just below the skin surface also help protect and ward off germs and clean any bacteria that may enter the skin. As macrophage cells help with this process, more blood vessels and red blood cells are activated to these areas which, in turn, increases circulation of blood. These series of events cause fibroblasts cells to develop new skin and fortify the collagen matrix of the skin.

From a Traditional Chinese medicine perspective, Qi (energy) and blood are being brought to the face, Qi is being lifted, and the body’s energetic systems are being put into balance. This overall balance is what causes the additional positive side effects of the procedure. Mei Zen is very low risk because the needling is so superficial.

Prior to receiving any Mei Zen treatments, you will first undergo a comprehensive consultation and evaluation and a review of systems and past medical history. All goals are addressed prior to treatment. Before and after photos are also included with your treatment protocol and are used for comparative purposes.

Following your cosmetic acupuncture treatments, changes in facial appearance may occur as the result of the normal process of aging, weight loss or gain, sun exposure, stress, illness, or other circumstances not related to acupuncture. Throughout the course of treatment, recommendations of lifestyle and dietary instructions may enhance the longevity of the cosmetic acupuncture treatment while non-compliance will adversely affect the longevity of the cosmetic acupuncture treatment. As with traditional Chinese medicine treatments, like acupuncture, the Mei Zen protocol involves a gradual, healthful process that is customized for each individual’s needs and goals. Mei Zen is in no way comparable to the effects of cosmetic surgery or a facelift. The Mei Zen cosmetic acupuncture procedure is a subtle and natural way to achieve a healthful rejuvenation of the face.

Dr. Joyce Chung-Quiros is a Doctor of Chiropractic and practices Acupuncture as well as many other specialized wellness & medical services, including Mei Zen Cosmetic Acupuncture and Webster Technique (prenatal care). She has been practicing both Chiropractic Medicine and Acupuncture since 2003. Dr. Joyce is one of the only preferred providers of Mei Zen Cosmetic Acupuncture in Connecticut. She is dedicated to improving her patients' quality of life through balancing Chiropractic, Acupuncture, nutrition, physiotherapy and exercise in a safe and natural way. Dr. Joyce practices at Integrative Wellness & Physical Therapy in Bloomfield CT. To learn more about Dr. Joyce and Mei Zen Cosmetic Acupuncture, visit www.IntegrativeWellnessAndPT.com.

