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Acupuncture
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Chinese Medicine Treatment for Acne & Adult Acne

Acne has profound effects on people's lives, effecting social life, education, and even employment. Acne is also one of the most common skin conditions. Traditional Chinese Medicine takes a holistic approach to the diagnosis and treatment of acne by identifying specific imbalances in the body, and then using acupuncture and Chinese herbs to correct them. Correcting the imbalance does not mean simply treating the symptoms or masking the condition, but rather correcting the root of the problem by encouraging self-healing of the body. The key is to correctly identify the imbalance that is causing the acne.

Did you know that acne is the most effectively treated with Chinese herbs in hospitals in China?

Acupuncture and Chinese Medicine for Acne

Acne is a condition which begins when a hair follicle in the skin becomes clogged by sebum. Acne is most common in areas of the body with many sebaceous glands, such as the face, back, and chest. The clogging can result in a pimple. A clogged follicle may become infected from bacteria which causes inflammation. The inflammation leads to the development of pustules and papules and sometimes cysts may develop.

Acupuncture and Chinese herbs can help reduce the cycle of acne development by regulating the hormones that effect skin secretions. It can also help to reduce inflammation and bacteria.



Acupuncture and Herbs to clear Acne

Acupuncture acne points are specific from person to person and depend on the factors that are causing the acne. For example, some acne may arise from hormonal issues, others might come from excess stress or a poor diet. Hence the acne acupuncture treatment points also differ.

Whiteheads and Blackheads: This is also called comedonal acne. In Chinese medicine, dampness and heat are the main cause of white heads and black heads. Chinese herbs and acupuncture to clear dampness and heat can be effective at treating whiteheads and blackheads, herbs such as huang qin or sang bai pi have been proven to help clear blackheads. Other signs of dampness may be oily skin, fatigue, and poor digestion.

Inflammatory Acne: Inflammatory acne occurs when pimples become infected and inflamed. In Chinese medicine, heat is a significant cause of inflammatory acne. Heat imbalances are reflected in red skin as well as red, inflamed papules and pustules. If there is very bad inflammation, it is called "toxicity." Herb such as Jin Yin Hua and Lian Qiao have been shown to have many antibacterial and anti-inflammatory properties. Heat can also manifest as night sweats, excessive thirst, and constipation.

Cystic acne: Cystic acne is a severely inflamed type of acne. The cysts are large, lie deep in the skin, and can be painful, this is related to toxins and stagnation. The herb Pu Gong Ying (dandelion) is one of the herbs that may be useful in this type of acne.

Hormonal acne: Many women find that their acne flares up during the premenstrual stage of their cycle. The acne is often a combination of whiteheads and blackheads with some inflammation involved. In Chinese medicine, hormonal acne can be related to stagnation, which is a lack of circulation in the body. Stress may also be a factor in the development of hormonal as well as inflammatory acne, which is a common cause of qi and blood stagnation.

Diet

Eat plenty of squash, cucumbers, watermelon, winter melon, celery, carrots, cabbage, beet tops, dandelions, aloe vera, mulberry leaf, carrot tops, lettuce, potatoes, cherries, papaya, pears, raspberries, buckwheat, alfalfa sprouts, millet, brown rice, mung beans, lentils, and split peas.

Avoid excess sugar, dairy products, chocolate, caffeine, carbonated beverages, nuts, seeds, shellfish, and fatty fried and processed foods.

Dr Billy He has treated hundreds of patients over the years for acne in Australia and China, before arriving in Australia 4 years ago he obtained his Masters in Dermatology from Guang An Men Hospital, Beijing's largest hospital where he worked for 5 years dealing with all different types of skin conditions, his results speak for themselves –



After 4 weeks treatment with Acupuncture and Herbal Medicine.

Call 8418 0740 now to make an appointment!