

TCM Facial Diagnosis & Natural Treatments

By *Melissa Ramos, nutritionist and acupuncturist*

www.sexyfoodtherapy.com

Chinese Medicine may seem abstract to many people but I absolutely love it (mind you, I'm bias). So when we were going to move forward with a face mapping segment, I was doing my happy jig over here because there's so much all of us can learn from it. You see, Chinese Medicine is much like an observational science. We don't just diagnose via the face, but also by hearing someone speak, their body composition, tongue and pulse. But today I'll be focusing on the face which really acts as a reflection of what's going on inside.

In fact, believe it or not, different areas of the face actually pertain to different organs of the body. So the digestive system (specifically the stomach) is around the sides of mouth and our kidneys are under the eyes, for example. Just as a side note you'll see that the kidneys are also noted on the chin, which mainly pertains to gynecology and hormones versus under the eyes they'd pertain to our adrenal function – so think stress!

So let's get down to each individual host and what we can tell about their specific face:

Melissa – Acne on chin and jawline

Acne on the chin and jawline is often related to a hormonal influence, particularly if it worsens in accordance with monthly cycles. Cystic acne, rather than pimples, may indicate lymphatic toxicity, which may result from medications, environmental toxins or a highly processed and sugar rich diet.

One of the biggest hormonal disruptors is something called foreign estrogens that are found in things like: food preservatives, pesticides and even our tap water to a degree.

Possible solutions

1. **Dry skin brushing:** The first technique is dry brushing to increase lymphatic circulation because we really want things moving in the body so that our body can dump those nasty foreign estrogens. You're going to get yourself a soft loofah sponge at your local drug or health food store and do this once daily. Why: can you believe that our skin is our largest organ and excretes ONE POUND of waste through our skin daily? So to help this along, you'll want to start on dry skin before taking a shower and brush in small circles from your toes to your nose and from your armpits towards your heart. Then jump in the shower and start your day. And aside from lymphatic circulation, you'll notice smoother, softer skin plus even a slight reduction in cellulite. How good does that sound, right?
2. **Indole-3-carbinol:** This supplement is derived from broccoli; so don't be surprised if it smells a bit funky when you open a bottle. What it does is help to remove those foreign estrogens from our system and create hormonal balance. Find indole-3-carbinol at your local health food store.

Cynthia – Breakouts on the nose

According to Chinese Medicine, the nose (specifically the bridge of the nose) is connected to the respiratory and circulatory systems and pimples on this area can signify a potential poor diet – sugar, dairy and processed foods. This can weaken the digestive system which will form mucous and the lungs will store it and that will be indicative on the nose on that area.

Potential solutions

1. Reduce mucous by eliminating sugar, dairy, gluten and corn. And the next time that you're thinking to add in cornstarch or flour into your soups or sauces, try kudzu (also found as "kuzu"). This is Japanese arrowroot and is amazing at helping the respiratory system and improving circulation.

Simply mix equal parts of kudzu and water and mix it into soups. You can find it at your local health food store or at an Asian market.

2. The next tip is to get creative! Instead of using wraps, bagels or bread, try wrapping your lunch with a collard green wrap. They're delicious and make for a healthy, non-mucus causing alternative. Get creative and try new wraps like collard greens.

Lainey – Acne around the mouth

Around the mouth, specifically the corners of the mouth pertains to the digestive system, more specifically the stomach and after the age of 30 years old our stomach acid declines so we have problems breaking down food, specifically protein and turning on energizing B vitamins.

Ginger Chews Recipe

- 4-5 thin slices of ginger
- ½ cup lemon juice
- ¼ tsp turmeric
- Pinch sea salt

Add everything into a small mason jar and refrigerate. Then chew 5-10mins before eating to increase stomach acid to break up food better and to flood the lungs with antioxidants and better circulation.

Traci – Dark Circles Under Eyes

In Chinese Medicine the area under the eyes pertains to the kidneys. In other words your adrenals could be taxed secreting more stress hormones and this might be from the hormone fluctuations if you're burning the candle at both ends. This is so important to fix because the kidneys play a big part in longevity.

Possible solutions

1. **Water:** It seems basic but the kidneys thrive with water and dehydration can cause our stress hormones to dramatically increase.
2. **Spirulina** is a blue-green algae that helps us to de-stress and nourishes and detoxifies the kidneys. Here's a delicious dip that even the kids will love.

Spirulina Fruit Dip

- ½ cup tahini paste
- ¼ cup coconut milk (full fat) or coconut cream
- ½ tsp spirulina powder
- 1-2 tbsp maple syrup
- Generous pinch sea salt

Mix all together and enjoy!

So the next time you look at yourself in the mirror, take a good look at your face as clues to your health are closer than you think.