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cosmetic acupuncture: how to regain a youthful face - an alternative to surgery & injections

by Dr. Jummy Kim, Acupuncture, TCM Doctor

The health of your face makes an important first impression. Unfortunately, many of us look in the mirror and see a face that looks older than we feel. Daily environmental stresses, fatigue, genetics and the natural course of aging results in unwanted wrinkles, sagging skin, and sallow coloring.

With the high cost of surgical face-lifts and the potential side effects linked with major surgery, scarring, and recovery times, Cosmetic Acupuncture has been generating immense attention and a large following in the last few years, especially in New York and Los Angeles. And for good reason too. A 1996 report in the International Journal of Clinical Acupuncture reported that among 300 individuals treated with Cosmetic Acupuncture, 90% had marked effects with even one course of treatment. The effects included improvement in elasticity of facial muscles, ruddier complexion, and an overall rejuvenated appearance.

Cosmetic Acupuncture is a natural, non-surgical, and economical method of treatment to reduce the signs of aging in your face without any known side effects. It is based on the principles of Chinese Medicine, which involves the insertion of very thin disposable needles into the acupuncture points on the face. This superficial insertion increases the local circulation to the face and stimulates collagen production, which in turn will fill out the lines and give firmness to the skin for a healthy, glowing complexion.

What are the benefits of Cosmetic Acupuncture?

Cosmetic Acupuncture may take 5-10 years off your face. It helps to eliminate fine lines and makes the deeper lines look softer. It can also help minimize dark circles, puffy eyes, double chin, sagging skin, and dropping eyelids.

Other benefits include:

- Relaxes muscle tone
- Increases circulation, therefore oxygenates the skin and produces a healthy glow
- Increases collagen production, thereby tightening the skin and filling out lines
- Tightens the pores, and brightens the eyes
- Keeps acne skin under control

Q: Who would benefit from this procedure?

A: Anyone who wants to delay the process of aging and wants to look younger without the high cost and possible side effects of surgery.

Q: Can I do Cosmetic Acupuncture if I had botox?

A: Yes, in fact Cosmetic Acupuncture can maintain the effectiveness of botox, thereby saving you a couple injections per year.

Q: What is the course of treatment?

A: The course of the treatment is between 10-12 sessions. This will be done 1-2 times a week for best results. Each individual will respond differently to the treatment depending on their age and lifestyle. On average, visible results are noticeable after 6-7 sessions. Maintenance may be needed once every month.

The cost for an individual Cosmetic Acupuncture session is \$125. Special packages are available. Book a free 15 minute consultation at the Adelaide Health Clinic.



mitigate the effects of a high sodium diet... eat your veggies & fruits

by Mary Bamford, Registered Dietitian
with contributions from your Grandmother

100% of Canadians consume more than the Adequate Intake Level for sodium. More than 95% of men and 75% of women regularly consume more than the upper intake level of 2,300 milligrams per day.

Fortunately there is more than one way to reduce the ill effects of excess sodium intake. The most common advice is to decrease your intake of salt and salty foods.

The often forgotten message is to also increase your potassium intake. A diet adequate in potassium can help fight high blood pressure, lessen the effects of salt on blood pressure, and help prevent kidney stones and bone loss. Most Canadians consume only half of the 4700 mg the potassium they need daily.

Potassium-rich foods include vegetables, legumes, fruits, nuts and some fish species. Eating 9 to 10 servings of vegetables and fruit each day is the easiest way to ensure you are getting enough potassium.

Here is an example of a day of eating with more than adequate potassium. The amount of potassium for each food is in brackets. How does your eating compare?

Breakfast

1 cup Cheerios Cereal (100 mg)
1 banana (425 mg)
¼ cup raisins (275 mg)
1 cup of milk (475 mg)
8 ounces brewed coffee (125 mg)

Lunch

2 slices whole grain bread (180 mg)
½ cup canned sockeye salmon (265)
1 cup raw Spinach (175 mg)
½ cup water chestnuts (385 mg)
1 Orange (250 mg)
8 ounces black tea (100 mg)

Dinner

1 cup whole grain pasta (65 mg)
1 cup tomato sauce (1160 mg)
½ cup ground beef (265 mg)
½ cup sauteed mushrooms (550 mg)
5 ounces red wine (170 mg)

Morning Snack

Kiwifruit (285 mg)

Afternoon Snack

¾ cup Yogurt (415 mg)

Daily Total Potassium: 6230 mg (Minimum Target: 4700 mg)

Total Vegetable and Fruit Servings: 10 (plus one serving of fermented grape juice).

If you are interested in having your eating assessed by a Registered Dietitian, call the Adelaide Clinic to book an appointment. The first 15 minute consult gives you an opportunity to learn how a Dietitian can help you and is offered at no charge.



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