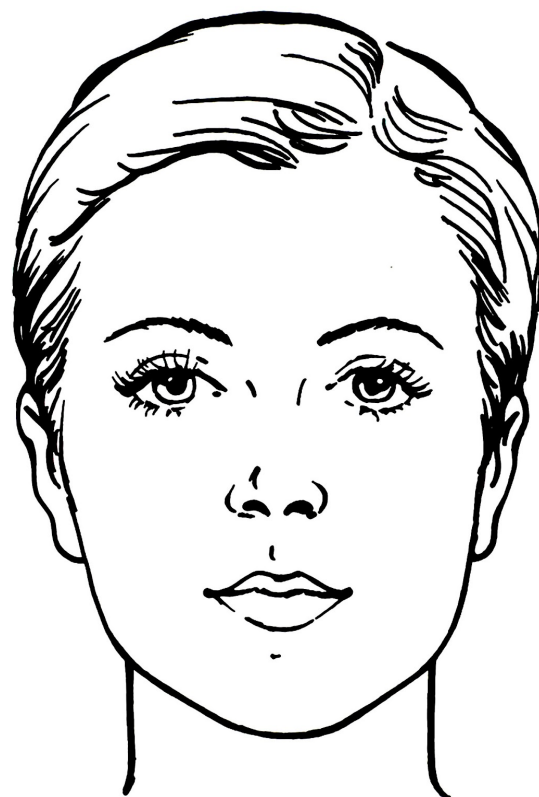
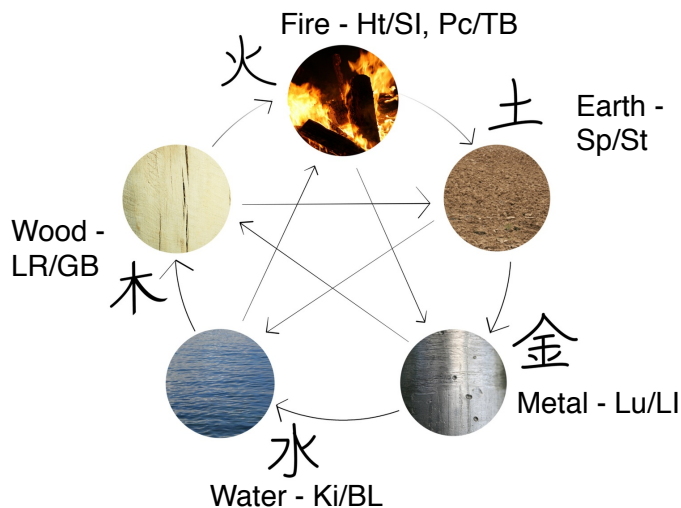


Class Outline:

- Aging from a Chinese Medicine Perspective
 - Kidney and Spleen Qi
 - Yin ang Yang
 - 5 Element Relationships
- Your Aging Constitution - Lines, Wrinkles, Sagging, Puffiness & Dryness and what they say about your individual constitution
 - Yin Deficiency (esp menopausal women)
 - Yang Deficiency
 - Qi Deficiency with Dampness
 - Types of lines and wrinkles, what location tells us
- Treatment of Aging, traditional approach depending on your constitution in areas of:
 - Importance of Lifestyle Factors - Spleen and Kidney
 - Acupuncture - Anti-Aging Inside and Out
 - Facial Acupuncture
 - Acupressure - cupping and gua sha
 - Chinese Herbs & Supplements - internal and external
- DEMO





HERBS AND SUPPLEMENTS over the counter

- **Rhodiola** - recommend Vitanica Rhodiola Extract Plus
Rhodiola has an extremely broad range of action, promoting mental and physical stamina, hormonal harmony, and immune support, especially in times of stress. Contains both the extract and whole root.
- **Discoria** - Chinese Wild Yam
Wild Yam has a hormonal balancing effect and is similar to Progesterone. It can help with sleep, irritability, mood stabilization and resolving dryness. Especially good for Yin Deficiency. Can get in a cream format which can be used as an alternate to progesterone cream.
- **Cordyceps** - this fungus is a mild Yang tonic that also focuses to the Ki and Lung. Great in the NW for asthma and frequent colds that are worse in cold damp weather combined with fatigue and for low thyroid function
- **Chinese or Korean Ginseng** - Chinese and Korean Ginseng are both hot in nature, tonifying not only Kidney and Spleen Qi but also Yang. Excellent for lifting sagging skin tendencies.
- **American Ginseng** - American Ginseng is cool in nature, suitable for tonifying Spleen and Kidney Qi and also Yin - nourishing body fluids. Excellent for sagging skin and heat conditions.
- **Green Tea** - recommend Vitanica Green Tea Extract Plus
Cutting edge research on green tea reveals it to be a potent antioxidant excellent for improving circulation in the skin and for clarifying effects. It is also supportive of healthy breast tissue and immune function. Vitanica brand product contains a high content available of catechins, epicatechins, epicatechin gallates, epigallocatechin gallates and proanthocyanidins. One capsule is equal to three cups of green tea.



HOME MASQUE INGREDIENTS (leave on for 15-20 minutes for best effect, combine compounds as desired)

- **Fresh Luffa Fruit Juice** - use as base with cloth masque for overall nourishing, anti-oxidant effect
- **Green Tea** - clarifying, astringent, Qi and Blood Moving. Use as base with cloth masque for big pores, puffiness, dark spots.
- **Goji Berri** - Yin Tonic. Boil berries for 20-30 minutes, use tea as base for cloth masque or to drop onto specific areas of dry skin/fine line concern. Can also mash cooked fruit into masque for problem areas
- **Ginseng** - use ginseng of choice as described above under “supplements” depending on constitution. Fresh Ginseng is best, but dried also works well.

- **Fresh Ginseng** - steam in double boiler 1 hour, mash into paste and apply to whole face for overall anti aging, or to specific sagging/wrinkling areas.
- **Dried Ginseng** - boil for 2 hours, use tea with cloth masque to concentrate on problem areas. Can also mash remaining root and apply as compress. Dried ginseng can be boiled and used 2x
- **Chinese Yam (Shan Yao)**- Wild Chinese Yam is ideal, but any yam has mild hormone balancing effect. Boil, steam or bake yam and mash into paste - apply as masque to dry skin or fine line problem areas.
- **Dried Rose** - boil for 20 minutes into tea, use tea for base with cloth masque. Overall blood moving, mild detoxificant, excellent for skin clarification, acne, general base.
- **Chrysanthemum Flower** - boil for 20 minutes into tea, detoxifying, heat and wind clearing. Use for areas of redness, inflammation, acne.
- **Safflower (Hong Hua)** - Moves blood, used as base in Chinese skin care. Can use oil for moving blood (dark spots, increase nutrient delivery to face) or get flower, boil into tea 20 minutes and use with cloth masque for general skin brightening/nourishment.