

Acne Vulgaris

Acne Vulgaris, or simply acne, is a common condition of the hair follicles and sebaceous glands during adolescence. It affects mainly the face, the chest and the back.

According to TCM, Acne results mostly when there is Heat in the blood in the Lung Meridian, and the Heat steams the face. It may also result when improper diet, with overindulgence in fatty, sweet or spicy foods, induces Heat accumulation in the spleen and the stomach. It is most prevalent in adolescents. Both sexes are affected, but males more so than females. In general, it resolves spontaneously when adolescence has passed.

How traditional Chinese medicine view Acne Vulgaris:

Thick oily skin due to dampness in Lung and perhaps Spleen.

Deep scars which remain after healing, making skin very uneven signifies Yin Deficiency and the fluid being too thick.

Poor elimination of skin or Lung and perhaps Large Intestine Chi deficiency.

Patching Procedure for Acne Vulgaris

STEP #1: To start off, I strongly suggest to read carefully the next Chapter of this Book: “**How To Start Patching Any Complicated Situation**” at **Page 296**.

I tend to think that by running those suggested **4 Steps Procedure**, some noticeable results could be achieved because we are attempting to deal with major imbalances first, before moving to a more specific approach.

So, after running **Step #1** above, continue with **Step #2** for a more specific approach to **Acne Vulgaris**.

This protocol continues in the next page →

STEP #2: Run this Base Protocol for Acne Vulgaris:

Acne Vulgaris - DAY 1 - During The Day

ENERGY ENHANCER on **LU5 - WRTL** *(This point is to reduce dampness).*

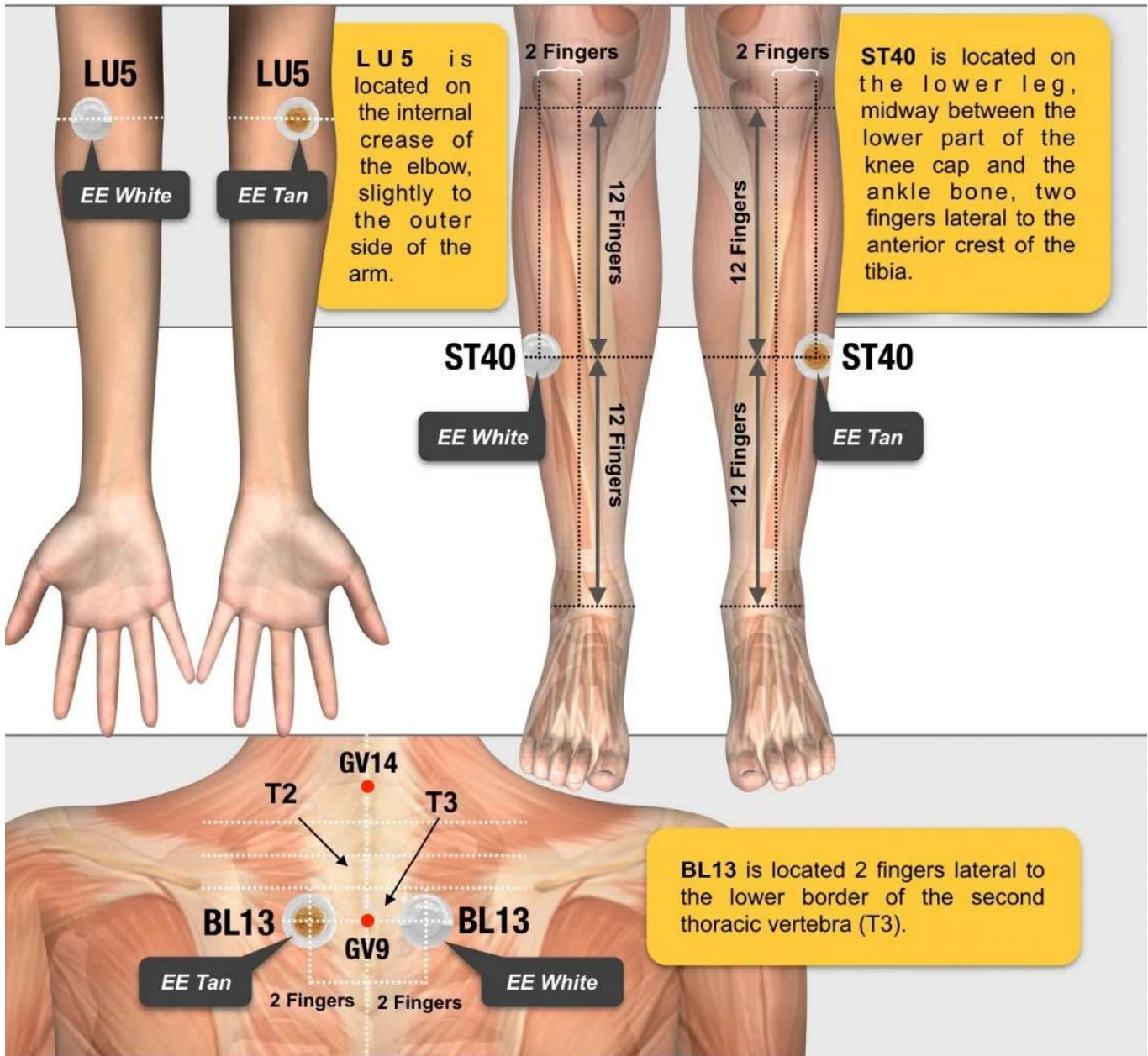
ENERGY ENHANCER on **ST40 - WRTL**

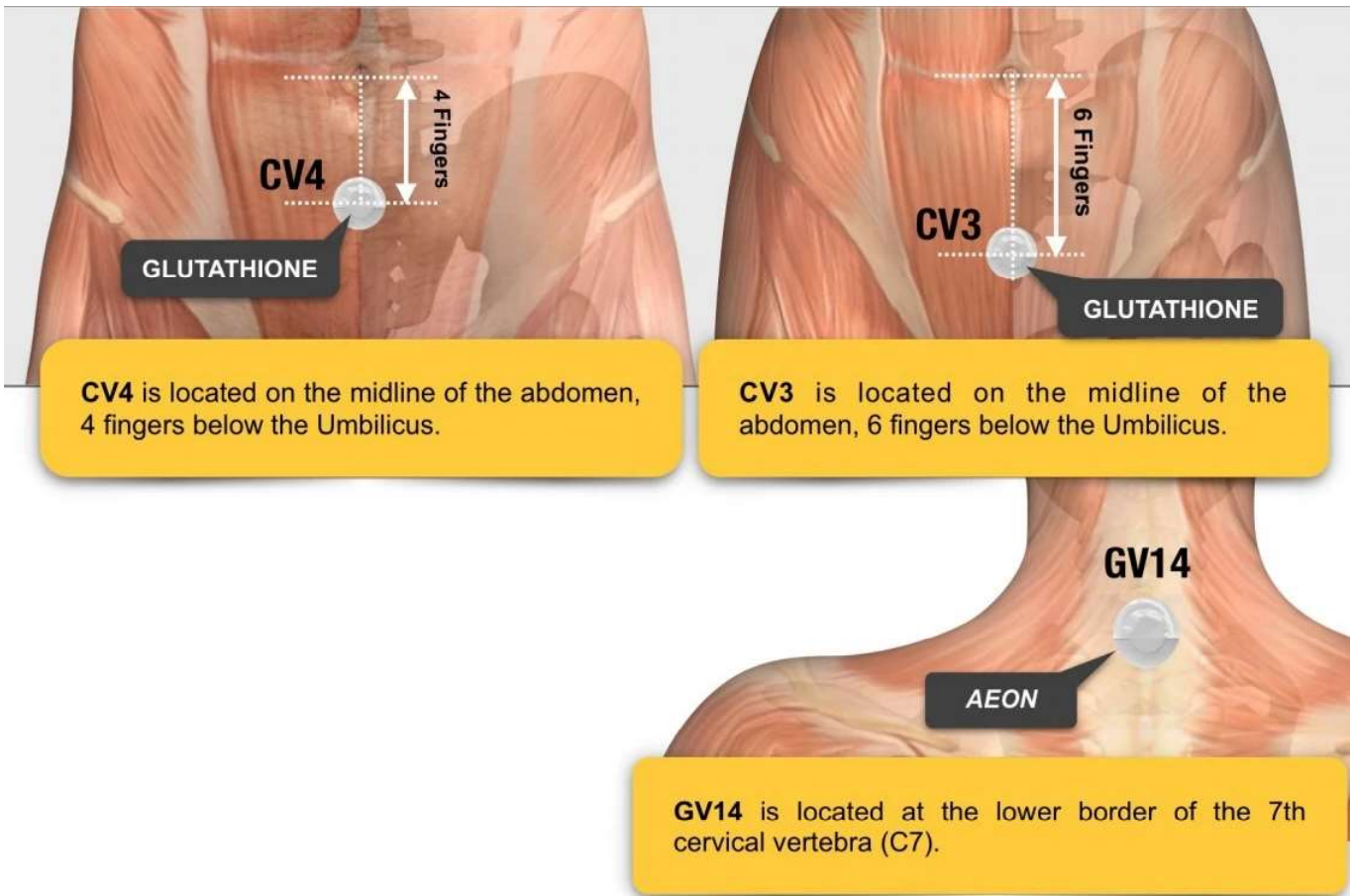
ENERGY ENHANCER on **BL13 - WRTL**

(Both these points are suggested to Improve circulation)

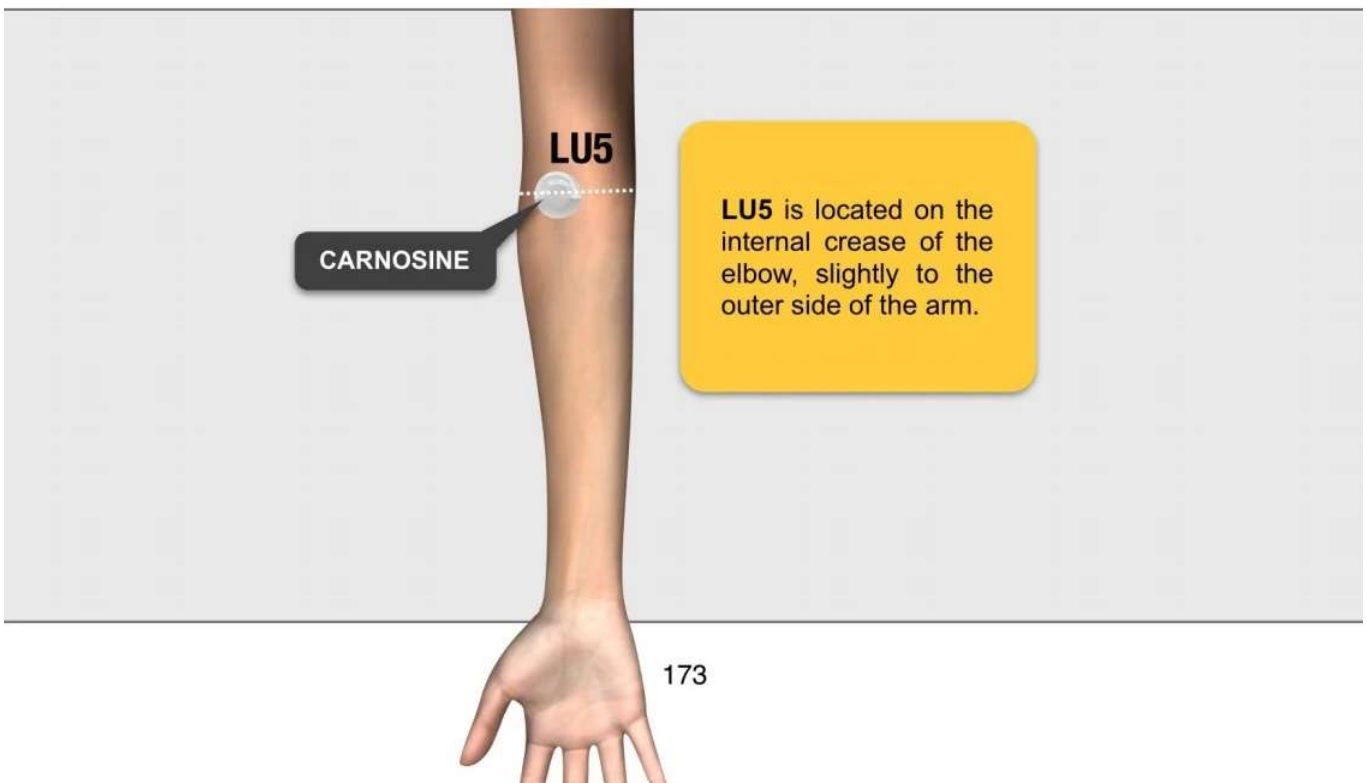
GLUTATHIONE on **CV4** for Male and **CV3** for Female

AEON on **GV14**





Acne Vulgaris - DAY 1 - During The Night



Remove all patches in the evening and place a **CARNOSINE** on **LU5 - Right Side** till the following morning.

Acne Vulgaris - DAY2 - During The Day

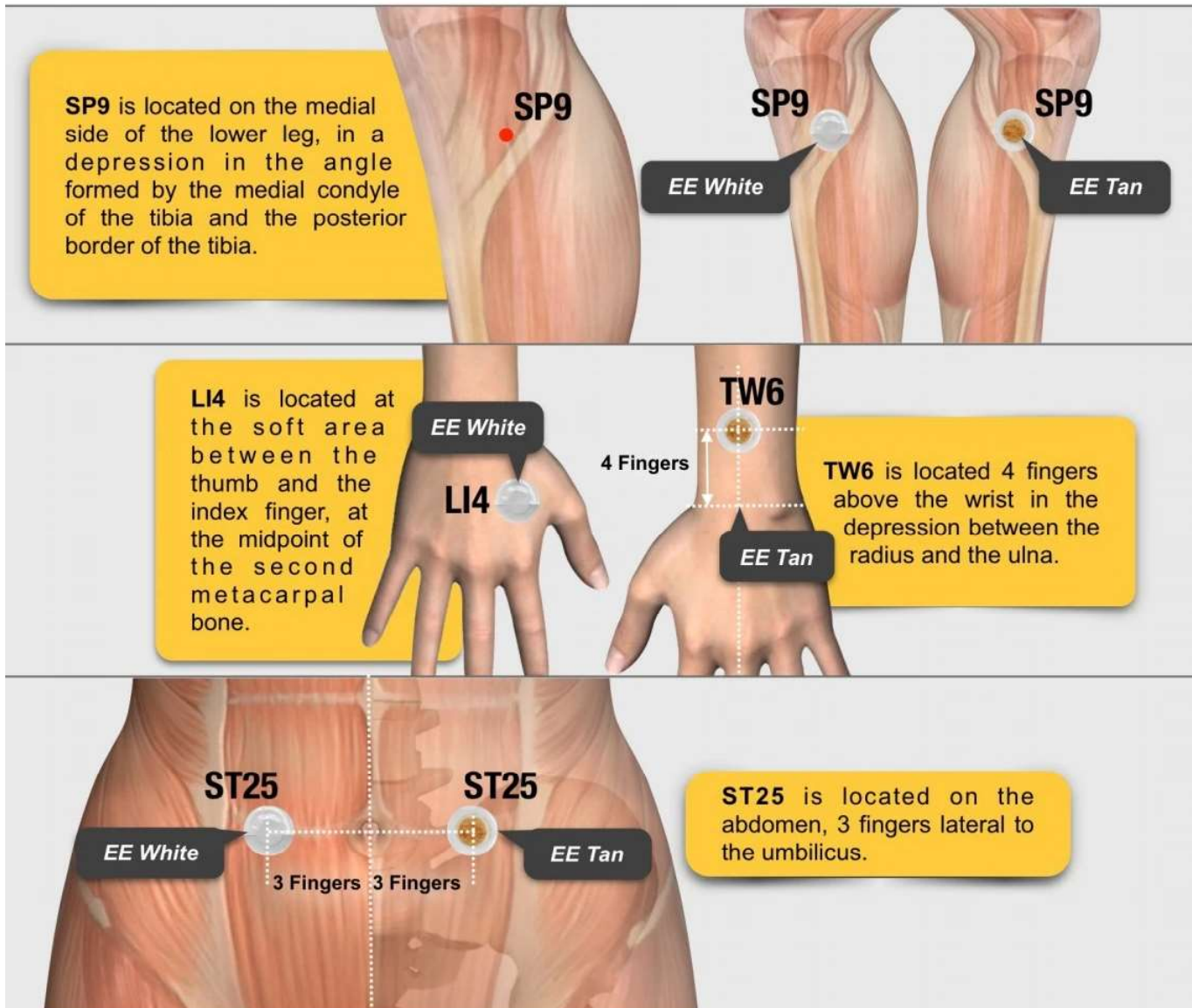
ENERGY ENHANCER on **SP9 - WRTL** (This point is to reduce dampness).

ENERGY ENHANCER WHITE on **LI4 - Right Side**

ENERGY ENHANCER TAN on **TW6 - Left Side**

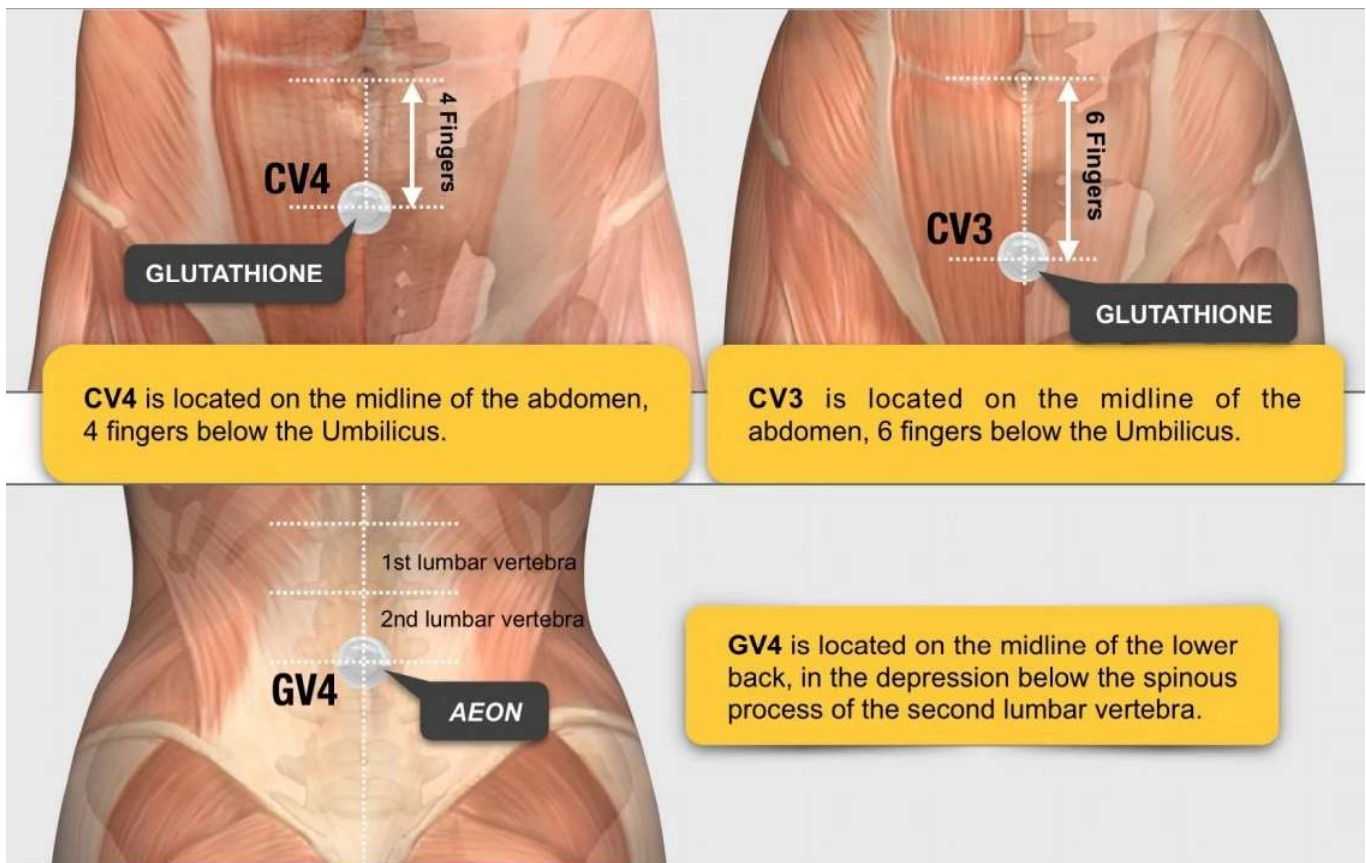
ENERGY ENHANCER on **ST25 - WRTL**

(These last 3 points are suggested to promote elimination).



GLUTATHIONE on **CV4** for Male and **CV3** for Female

AEON on **GV4**



Acne Vulgaris - DAY 2 - During The Night



Remove all patches in the evening and place a **CARNOSINE** on **SP9 - Right Side** till the following morning.

Other Suggestions:

- Avoid dairy products and refined sugars to counter dampness.
- Good skin hygiene is crucial in the treatment of acne.

- Using make-up to cover the acne is not a good idea, this blocks the pores and worsens the situation. The best will be to clean and steam the face morning and night, and to use a light moisturizer afterwards. A facial sauna is also a good idea.
- Drinking water (ideally warm) throughout the day is strongly suggested. This would thin out the thick damp fluid of the sebaceous secretions, therefore improving its circulation and elimination movement. **LU1** acupoint will also help to thin the sebaceous secretions so, an extra **ENERGY ENHANCER** on **LU1 (WRTL)** daily could be tested.
- Cooling the heat or helping with inflammation is done with points **SP10** or with **BL17**, both of which are excellent points against any surface irritation or inflammation, just take that as complement points too.

Important note: If you are currently taking an oral antibiotic treatment, it would be best if you stop taking the antibiotic, wait a month, and then start with the above suggested procedure (definitely starting from Step 1 suggested above). During that month, you could use a topical cream instead to ease the symptoms. The logic behind is that the skin might flare up very badly when you stop the antibiotic treatment and the effects of the patching procedure might not be as fast as you might desire and you might think that the patches do not work...

General Notes:

- 1- Start patching once you need it.
- 2- The above Specific protocol for Acne Vulgaris is suggested in a 2 days step and wearing all above protocol for 2 consecutive days is considered 1 Cycle.
- 3- Repeat the procedure as long and as many times needed.
- 4- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.