

## Add Value to Your Cosmetic Acupuncture Protocols Using Pulsed Light Therapy

There are various protocols for cosmetic acupuncture, but incorporating photobiomodulation, also known as pulsed light therapy, is an "added value" to treatments. This is a wonderful upsell for any practice. Light therapy can be used as a stand-alone method for cosmetic therapy for needle-phobic patients or when time is a factor.

### How It Works

Pulsed light therapy uses the distribution of light to accelerate therapeutic chemical processes in the cells of the human body that support the body's own innate healing and pain-relief processes. Pulsed light therapy uses LED diodes, with the most commonly used wavelengths of red, blue or near-infrared light, to deliver diffused light that spreads out over a larger area.

As this diffused light is spreading out over the affected area, circulation is increased, which allows for greater nutrient-rich blood to flow to nerves, muscles, joints and other tissues. The result is a reduction in pain and inflammation, which allows the body's natural healing process to run its course much more quickly. (For more information, see "A Powerful Combination: Acupuncture and LED Therapy" in the [May 2019 issue](#).)

### Case Study: Acupuncture Protocols With Pulsed Light Therapy

*(The following is narrated by Dr. Mondesiré, who treated this patient.)*

Here is a case in which a patient experienced added benefits by incorporating pulsed light therapy to my existing protocol. A 43-year-old female, perimenopausal, high-level executive presents with sagging jowls, darkening circles under her eyes, the beginnings of crow's feet, lines around her mouth, and some discoloration of the skin from years of sun exposure.

- *Pulses:* Left is wiry (particularly in LV position), thin and deep in the Kidney Yin position.
- *Pulse:* Right is slippery and wiry, deep in the Kidney Yang position.
- *Tongue:* Overall thin, slightly dusky, thin white coat. Sublingual veins bilaterally distended.

Patient has history of irregular menses, endometriosis and right-side oophorectomy. Several surgeries on right knee and left labrum due to skiing accidents. Patient recently had PRP therapy on left hip and right knee. Patient seeing me for hormonal treatments to regulate menses, shrink ovarian cysts (left side), and for hip and knee pain. Patient is anemic and due to high cholesterol, she does not eat red meat.

The patient decided to enroll in a series of cosmetic acupuncture sessions, as she feels "old" and "wants to look her absolute best."

- Primary diagnosis: kidney *qi* deficiency. Secondary diagnosis: blood deficiency with LV *qi* stagnation
- Initial treatment: 10 min *Tui Na* massage to relax the facial muscles

- All points needled bilaterally. Needling: HT3, SP6

### Specific Point Protocols

I typically begin needling the patient with this point combination. HT3 is the He-Sea point of the channel. I use this point often because it immediately calms the spirit and clears heat from the channel. It clears heat from the eyes in cases in which the patient presents with bloodshot eyes.

SP6 is 3 Leg Yin and the meeting point of the Spleen, Liver and Kidney channels. It will "ground" the patient to prevent the possibility of causing a headache with so much energy being directed to the head and face. It softens the liver, calms the spirit and benefits the kidneys. In any case of *qi* or blood deficiencies, I always incorporate this point and, paired with HT3, it amplifies results. (Don't use this point on a pregnant patient.)

SP6 nourishes the spleen which rules the flesh and muscles. Because the Spleen Sinew channel travels up the medial aspect of the leg and knee, and then to the groin region, it is a fine point to use for this patient experiencing knee and hip pain.

LV3, LI4 improves blood circulation, brings *qi* to the head and face, clears LV *qi* stagnation and relieves stress. Opening the Extraordinary Channels benefits the patient's gynecological, knee and hip conditions, brings *qi* and blood to the neck, throat and face, and tonifies the facial muscles.

- LU7, KI6
- P6, SP4
- SJ5, GB41
- SI3, UB62

SP10 is called the "Sea of Blood" and plays an important role in both cooling and invigorating the blood. SP10 also holds the function of benefiting the skin. I often involve this point because when there is blood deficiency, tonifying SP10 can reduce stasis and dryness of the skin.

### Direct Facial Needling

The point prescription for this patient was: Yin Tang, ST3, ST4, ST5 threaded upward to ST6, which will "lift" the jowls. ST8 "pinned upward and along the scalp" will "lift" the eyes and help rectify the appearance of sagging or droopy eyes. *Yu Yao* for droopy eyelids, UB1 (the meeting point of the Urinary Bladder, Small Intestine, Stomach, Gallbladder and Sanjiao channels) brightens the eyes.

Transverse dermal needling applied to crow's feet, lines around mouth and forehead. Needles retained for 20 minutes. No thrusting or manipulation of needles is advised, as this creates bruising and swelling.

### Pulsed Light Therapy

Once needles are removed, the following photobiomodulation pads were applied. Photobiomodulation facial mask and two other pads were combined to wrap under the neck and chin upward along the jawline and connected at DU20. Pads set for 20 minutes of pulsed light therapy on a setting selected to promote skin rejuvenation and anti-aging, and support emotional balance.

Once pads were removed, I administered an additional five minutes of *Tui Na* with rapid and light upward sweeping motions from insertions of SCMs (long head), working out laterally towards SJ17. *Tui Na* "pinching" along cheekbones and brow line bilaterally, followed by upward and rapid

sweeping motions from jawline to cheekbones.

#### Post-Treatment: Results and Clinical Take-home

Patient's face has a glow to it. Visible reduction of crow's feet, fine lines and visibly tighter skin. Puffiness and darkness under eyes visibly improved. This method of treatment was applied once weekly for four weeks.

Adding this photobiomodulation protocol is less expensive than Botox, non-invasive, and the effects are cumulative. It is one more tool to add to our ever-expanding toolbox.

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