

## Beauty from the Inside Out:

# Healthy Skin and Anti-Aging

BY DORIS RATHGEBER

TCM has a long history helping people not only feel better, but look better. An herbal book from 300 B.C. included more than 20 herbs for beauty and an imperial doctor from the Yuan dynasty invented a “secret formula” for combatting wrinkles. TCM did not strive for cosmetic effects, but these outcomes were discovered when using certain herbs and techniques for overall health.

TCM offers an holistic approach to the human body in concert with nature. TCM also looks at root causes, so it treats the causes of aging in the body, not just its results. The gradual diminishing of the kidney essence (tian kui) and functions are the underlying force for the aging process. The decline of kidney functioning will inevitably affect other visceral organs and lead to the deficiency and malfunction of other organs.

TCM believes that beauty problems that show up on the skin originate internally. According to the five elements, the skin is associated with metal and thus with the lungs and the large intestine. The body is also influenced by the universe: pollution, sun, and stress all impact the skin. The organs share the function of filtering toxins such as these. Healthy skin also depends on the abundance of Blood and Qi which nourish the skin.

TCM advocates a comprehensive, holistic approach to anti-aging including herbal decoctions, lifestyle changes and acupuncture. Herbs and acupuncture are used to regulate the functioning of the lungs, kidneys and spleen, promote blood production and nourish Yin and Qi.

### YOU CAN ALSO IMPLEMENT THESE LIFESTYLE TIPS FROM TCM:

- Eat food items that nourish Yin and promote blood production like sesame, honey, mushrooms, milk products, pumpkin seeds, lotus root, birds nest, watermelon, cherry, wheat, radish, and pig skin.
- Try to limit your consumption of spicy foods and chocolate (unless >70% cacao).
- Drink plenty of water to keep your skin hydrated and eliminate toxins.
- Lower consumption of alcohol.
- Have relaxing hobbies (reading, listening to music, painting) for a peaceful mind.
- Get sufficient physical activity to help relieve mental stress, and promote Qi and blood flow.
- Regulate emotional reactions to calm the liver.
- Get adequate sleep.

With a holistic approach to keeping your body and soul healthy, your beauty will shine through! ✨

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