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Mei Zen Provider case study #3

**Patient age/gender:** The patient is a 60 year old female.

**Chief complaint:** The patient has returned for cosmetic acupuncture to improve the muscle tone in her neck, and some aging spots from sun damage. Patient desires to feel younger and have a more firm neck.

**Family medical history:**

The patient's mother had chronic asthma that began as a young child. The patient's father passed away in November 2013 after a long, chronic illness.

**Patient medical history:**

Initially, the patient had a concern for hair thinning that began a few years ago, around the time that her father had passed away. After three weeks of acupuncture treatment with a new nutritional diet, there were no visible patches in the hair. After about a month and a half of acupuncture treatment in combination with diet, the patient reported seeing more hair growth.

Before the start of the first visit, the patient had difficulty in expressing emotions and frustrations. The patient reported feeling overwhelmed and was frequently stressed. In order to cope with these emotions, the patient used five drinks within a typical week. After two full months of treatment, yoga, and nutritional adjustments, the patient felt more energized, less anxious, and had a better sleep schedule.

Today, the patient reports having frail skin with aging spots in the neck. The patient reports a need for better muscle tone and skin renewal in the neck.

**Review of Systems:**

Energy- Improved energy since the start of acupuncture treatment December 2016.

Temperature- Patient's temperature is colder when tired.

Sleep- The patient reports an improvement in her sleeping schedule. She no longer gets up in the middle of the night.

Pain- WNL

Appetite/Thirst- Patient reports having a good appetite. No complains of thirst.

Digestion- WNL, occasional bloating, when consuming beans.

Elimination- No constipation, no diarrhea.

Emotional- Patient is learning how to better manage her negative emotions and frustrations through yoga and mindful meditation. Patient reports using a journal whenever she feels overwhelmed.

HEENT- The patient continues to wear glasses, but has had improvement in her vision. Patient reports "seeing wider".

In 2017, the patient had her breast implants removed.

**D & D:**

On 2/27/2018, the patient's pulse was thin and soft. Tongue: pink, with a white, thin coating. No distending sublingual veins.

**Facial diagnosis:**

Overall, the patient's skin appears dry in some areas on the neck. The skin appears intact and without itchiness. The cause of her skin dryness is due to Kidney Liver and Lung disorder (Kidney Yin weakness, Liver & Lung with too much Heat).

Another cause of the patient's dry skin is due to Blood Deficiency. Yin and the Blood being weaker and the skin is unable to get enough nutrition and moisture from the deficient Yin and Blood. The patient's dry skin has been improving during the past year.

**Recommended course of treatment:**

It is recommended that the patient comes in twice a week for 10 weeks for acupuncture.

Using a nutritional diet and micro needles for the patient's aging spots and frail neck skin, the goal is to see gradual, improved tissue regeneration following the course of the treatment.

Additionally, the goal of the treatment is to improve the patient's ability to express negative emotions in a healthy manner.

Mei Zen protocol for neck. Points include: UB6, Du20, LI4, Lu7, Du24, GB13, St8, GB14, UB2, Yintang, SJ23, Taiyang, GB1.5, and GB3.

**Supporting points and why:**

Yin Wei is used to bring Jing/Essence to the neck, especially if the patient's skin is dry and dehydrated. Bringing Jing/Essence to the neck may enhance moisture.

Acupuncture point Du20 is used to lift sagging of the face. This point promotes both Qi and energy movement. This point will help increase the patient's overall energy,

Acupuncture point ST6 is used to lift sagging of the chin and neck. This point

promotes lymph, blood, and Qi circulation. This stomach point is responsible for nourishing the muscle tone of the face to stimulate firm and lifted muscle.

Acupuncture point ST7 is used to lift sagging of the face, including both the chin and neck. Additionally, this point promotes Qi and blood flow to the face while supporting lymphatic drainage. This point can also be used to reduce any facial discoloration or aging spots.

Acupuncture point GB2 is used to control muscle contraction. When used with Liver points, the skin may improve to become more soft, wrinkle-free, and smooth due to muscles contracting evenly.

Acupuncture point LV3 is used to resolve stagnation and tonify Yin, creating a balance for Liver pathology. This point increases blood flow throughout the body and maintains a harmonious flow of Qi to the face and throughout the body. Also, this point uses the Tong Ren/ Tam Healing System to descend energy in the body.

Acupuncture point SP9 is used to resolve “dampness”. This point is useful for the patient when excess water within the system does not move well and the patient experiences symptoms such as edema, swelling, bloating, gas, diarrhea or constipation, brain fog, sluggishness, difficulty with urination, and aching in the limbs.

Acupuncture point SP6 is used to improve women's general health and to aid with insomnia. This point helps movement and transformation, frees Qi stagnation, courses the lower burner, and regulates the blood chamber and the palace of essence.

**Herbal support:**

Vitamin D 5000IU, 1 capsule QD in the morning.  
Omega 720 Icaps BID with food.

**Skin care regimen:**

Since the patient has dry patches on the neck, I recommended continuing moisturizing her skin twice a day. In addition to this, the patient gives herself a facial massage using a moisturizer containing sunscreen.

**Nutritional recommendations based on D & D:**

For the regrowth of tissue in the neck, I recommended kale, spinach, apricot and cherry.

On 1/18/2017, the patient and I first discussed an increase of dietary beets and red apples in her diet, as well as beet salad with walnuts and prunes.

Since the patient had difficulty sleeping in the past, the recommendation would be to continue eating her last and smallest meal 3 hours prior to bedtime. The patient has followed this regiment for over a year now.

The patient should continue to avoid drinking alcohol and eating hot, spicy or deep-fried food; avoid onion, ginger, garlic, chives, shellfish and lamb – these can create Heat in the Liver, Lung or digestive system and flare up the skin. The patient has reported decreasing her alcohol intake to about one drink per month. In the last year, the patient has had 10 drinks.

The patient should avoid bitter foods, as they may make the condition worse.

**Any additional modalities that you use:**

The patient practices yoga and mindful meditation. Recently, the patient has started to write in a journal whenever she feels overwhelmed.

**Challenges:** Skin renewal is not a quick fix so patience is the key. Healthy expectation is a must.

**Your observation of changes visible and health-wise:**

The patient's first appointment for improving muscle tone in her neck was 2/27/2018

On the fourth visit, 3/9/2018, the patient reported feeling a tightening sensation around her jaw moving down her neck.

By the last visit, on 3/30/2018, the patient had visible changes on her neck. Major aging spots have faded. Prior to the start of this treatment, the patient had fine, delicate skin on her neck. Now, the patient's neck is more firm and the skin appears tighter.

During the course of five weeks, patient's complexion improved, including a reduction in fine lines on the neck, general firmness in the neck, and rejuvenation of new skin, resulting in softer, healthier skin.

The patient reports being very satisfied with the results.

**Patient observation and comments:**

The patient's first visit for neck skin toning was 2/27/2018. Approximately 3 weeks later, on 3/13/2018 the patient noticed the formation of new skin and less patches on the neck. The patient reported beginning to write in a journal whenever she felt overwhelmed.

On 3/20/2018, the patient reported a more firm neck and less fine lines. The patient stated that she could see a positive difference between the beginning of the treatment and now. The patient stated that she had a clearer mind and was able to express her emotions in a more positive way through yoga.

On 3/23/2018, patient reported feeling relaxed, energized, and more youthful. The patient says to be practicing mindful meditation for 5 weeks now.

On 3/27/2018, the patient reported having hydrated skin on her neck with no dry patches.

**Recommended follow-up and why:**

Follow up in a month to re-evaluate and repeat Mei Zen protocol to continue support the work done and achieved.

Continue with daily morning and evening moisturizer containing sunscreen regimen, Vitamin D supplement, and Omega supplement.

Continue to follow a healthy lifestyle, including yoga, mindful meditation, and healthy nutritional plan.