

Acne

Acne is common in teenagers and many topically applied creams are recommended. Unfortunately the results from these creams are generally disappointing. While using Electro-Acupuncture one should pay attention to, amongst other things, bowel function. A change to a high roughage, low mucous diet (wholemeal bread, lots of raw vegetables and avoidance of red meat, milk and dairy products, eggs and particularly chocolate) is usually beneficial. Including an appropriate combination of vitamin and mineral supplements can also be of great value - see page 0.1. Use 3% Hydrogen Peroxide from drug stores to heal spots.

P O I N T S

- Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist. See page 7 for a detailed description of this point.
- S7** This lies just below the mid point of the cheek bone, over the front part of the top end of the jaw bone.
- S36** This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone.
- Ear** Ear point

