

PART 2:

TREATING ACNE WITH CHINESE HERBAL MEDICINE

with Sabine Schmitz (MMed TCM, China)



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Addendum to the last course

zǎo xiū

Latin: Paridis, Rhizoma

Alternative Chinese names: **qī yè yī zhī huā** or **chóng lóu**.

Caution: It is contraindicated to the pregnant women.



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1. Wind-Heat Stagnating in the Lungs: *Fēng Rè Fàn Fèi Zhèng*

Two suggestions for external use: many possibilities, simple, effective!

1. *Sān Huáng Xǐ Jì* (3 Yellow Cleanser)

dà huáng, huáng bǎi, huáng qín, kǔ shēn 10 g each
>> For open pustules + *pú gōng yīng* 10 g.

2. **Individual** combination:

jīn yín huā, pú gōng yīng, lián qiáo,
+/- yě jú huā each 10-15 g.



Diet

- **Never send skin patients home without advice on diet. It's essential.**
- Basic for acne to avoid these three foods:
cow's milk, wheat, sugar
- With inflammation: Avoid hot, spicy, oily food
- With Spleen weakness: cook, steam foods to support/help the Spleen.

A suitable diet will improve the skin,
and bad nutrition will worsen it.



A short word on **fā wù** !

Fā - to emit, *wù* - a material or substance.

- tends to be hot
- stimulating

To be avoided:

- Seafood (crabs, shrimp, lobster)
- Meat, like lamb
- Smoking, alcohol
- Hot spices
- Stir fried food
- Fatty, sweet and greasy food.



1. Wind-Heat Stagnating in the Lungs: *Fēng Rè Fàn Fèi Zhèng*

Diet advice:

AVOID spicy (pungent) tasting foods and foods that have a very warm or hot nature

- Scallions, chillies, garlic, coffee, wine etc.
- Use ginger with care - do not overuse because it's warming
- Dairy, sugars/sweets and fried foods.

Have instead

- Peppermint and / or Chrysanthemum tea
- More vegetables and fresh fruits.



TCM Syndromes

Wind – Heat Stagnating in the Lungs	01
Dampness – Heat in the Stomach	02
Blood Stasis	03
Knotting Together of Phlegm and Blood Stasis	04
Heat Stagnation in the Liver Meridian	05

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2. Damp-Heat in the Stomach:

Shī Rè Zǔ Wèi Zhèng

Shi - dampness, *Re* - heat, *Zu* - accumulation, *Wei* - Stomach, *Zheng* - pattern.

These patients mostly:

- Wrong diet with too much spicy, oily and fatty food
- Sweets
- Nicotine, alcohol
- Unhealthy lifestyle, hardly any exercise
- Often overweight patients.

Dampness and heat accumulate in the Spleen and Stomach.
Damp-heat rises to the face via the pathway of the Stomach channel.

*Question about diet is crucial. Definitely address change of diet.
Help is impossible if counteracted by a bag of chips / crisps every day.*

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2. Damp-Heat in the Stomach: *Shī Rè Zǔ Wèi Zhèng*

Damp-heat accumulates in the skin and causes **severe redness + pustules**.

Skin:

- Prolonged situation, compared to wind-heat
- Generally **greasy, oily skin** (face, chest, back)
- Pimples very red, thick/swollen papules or pustules of various sizes depending on extent of damp-heat
- Warm, very **inflamed** and very **painful** skin
- Deep lesions, pus
- Iceberg phenomenon: only a white or yellow tip seen on skin surface, but below surface pimple is very deep, large & painful.

**If more heat: pustules redder;
more damp: pustules more yellowish.**



2. Damp-Heat in the Stomach: *Shī Rè Zǔ Wèi Zhèng*



2. Damp-Heat in the Stomach:

Shī Rè Zǔ Wèi Zhèng

Other key symptoms:

- Bad breath, foul or bitter taste in the mouth
- Thirst, loss of appetite, constipation and dark yellow urine
- Fatigue, feeling of heaviness
- Sometimes: yellowish facial color
- Women: vaginal discharge (yellow, hot).

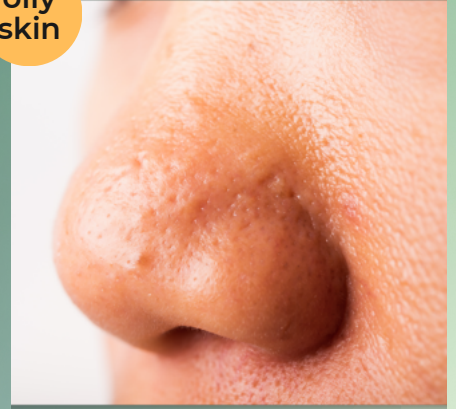
Tongue:

- Red, with a thick, yellow, greasy coating.

Pulse:

- Slippery, and/or rapid.

oily
skin



2. Damp-Heat in the Stomach



2. Damp-Heat in the Stomach



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2. Damp-Heat in the Stomach



red tongues,
partly thick with tooth marks

varying yellow,
smeary coating

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2. Damp-Heat in the Stomach:

Shī Rè Zǔ Wèi Zhèng

Therapeutic principle:

Clear heat, eliminate dampness, eliminate toxins.

Formula:

Yīn Chén Hǎo Tāng

(Artemisiae Scopariae Decoction)

+ frequently combined with ***Wǔ Wèi Xiǎo Dú Yīn***
(Five ingredient decoction to eliminate toxins)

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2. Damp-Heat in the Stomach:

Shī Rè Zǔ Wèi Zhèng

Yīn Chén Hǎo Tāng

yīn chén hǎo (Artemisiae Scopariae, Herba) 15 g

zhī zǐ (Gardeniae, Fructus) 9-12 g

dà huáng (Rhei, Radix et Rhizoma) 6-9 g

Wǔ Wèi Xiǎo Dú Yīn

jīn yīn huā (Lonicerae Japonicae, Flos) 12-15 g

pú gōng yīng (Taraxaci, Flos) 12-15 g

yě jú huā (Chrysanthemi Indici, Herba) 12-15 g

zǐ huā dì dīng (Viola, Flos) 12-15 g

tiān kuí zǐ (Semiaquilegiae, Radix) 12-15 g (not available in Germany)

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2. Damp-Heat in the Stomach:

Shī Rè Zǔ Wèi Zhèng

Modifications:

- To enhance the anti-inflammatory effect: + *bái huā shé cǎo* 9-12 g
- For oily skin: + *shān zhā* and *zé xiè* 15 g
- Dark red, livid, hard and painful lumps: + *mǔ dān pí* or *dān shēn* 10-15 g
- Dark yellow urine: + *dàn zhú yè* 3 g and *chē qián zǐ* 15 g
- Constipation: increase the dosage of (*zhì*) *dà huáng* to 9-10 g (steamed)
- To protect the Spleen's function: + *fú líng* 10-12 g and *yì yǐ rén* 15 g.

If there is more heat than dampness:

Use **Lóng Dǎn Xiè Gān Tāng**!

Stronger heat clearing effect than *Yīn Chén Hào Tāng*!

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2. Damp-Heat in the Stomach:

Shī Rè Zǔ Wèi Zhèng

ADD ON: **Lóng Dǎn Xiè Gān Tāng**

(Gentian Decoction to Drain the Liver)

lóng dǎn cǎo (Gentianae, Radix) 3-6 g
huáng qín (Scutellariae, Radix) 9 g
zhī zǐ (Gardeniae, Fructus) 9-15 g
chái hú (Bupleuri, Radix) 9 g
mù tōng (Akebiae, Caulis) 9 g (not available in GER)
chē qián zǐ (Plantaginis, Semen) 9 g
zé xiè (Alismatis, Rhizoma) 12 g
shēng dì huáng (Rehmanniae Glutinosae, Radix) 12-30 g
dāng guī (Angelicae Sinensis, Radix) 9 g
gān cǎo (Glycyrrhizae Uralensis, Radix) 6 g

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2. Damp-Heat in the Stomach: If there is more heat than damp!



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2. Damp-Heat in the Stomach: *Shī Rè Zǔ Wèi Zhèng*

Suggestions for external use:

1. **Zào Shī Xǐ Gāo** (Damp-Heat Eliminating Ointment)

bái xiān pí (Dictamni Radicis, Cortex) 10g
mǎ chǐ xiàn (Portulacae, Herba) 10 g
kǔ shēn (Sophorae Flavescentis, Radix) 10 g
huáng bǎi (Phellodendri, Cortex) 10 g
cāng zhú (Atractylodis, Rhizoma) 10 g

> As a wash or wet compress.

2. Individual combination:

huáng bǎi, *huáng qín*, *huáng lián* each 10-15 g, + *tǔ fú líng* 15-30 g.

> As a wash or wet compress.



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3. Blood Stasis:

Xuè Yū Zhèng

Xue - blood, *yu* - stasis, *zheng* - pattern.

Chronic process.

Due to the stagnation of qì and blood, the skin can no longer be nourished.

Nodules, dark purple (livid) lesions, scars!

Skin:

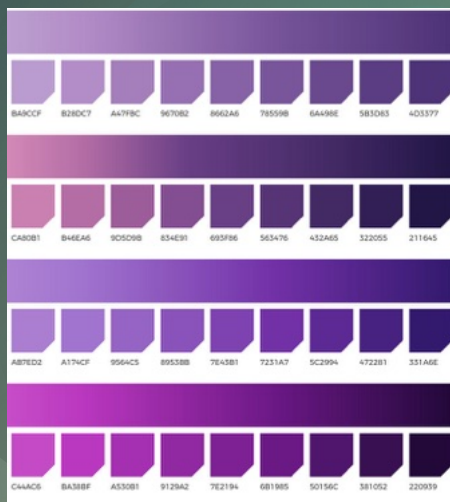
- Lesions often appear as small hard nodules
- But also flat lesions without obvious hardness
- Dark purple (livid) in color // grey // brownish // black
- New lesions do seldom appear
- Scarring.

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3. Blood Stasis:

Xuè Yū Zhèng



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3. Blood Stasis:

Xuè Yū Zhèng

Other key symptoms:

- Women: irregular and painful menstruation
- Menstrual blood is dark with large dark clots, the larger the clots, the deeper the stasis
- Complexion may be purplish-red, esp. in men
- +/- Hyperpigmentation (chloasma)
- Thirst without desire to drink and a dry mouth
- Sometimes dry stools, constipated

Tongue:

- Purple with dark bluish veins underneath the tongue.
- Possibly stasis spots.

CAVE: Always check veins underneath the tongue!

Pulse:

- Wiry or uneven (rough).

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3. Blood Stasis:

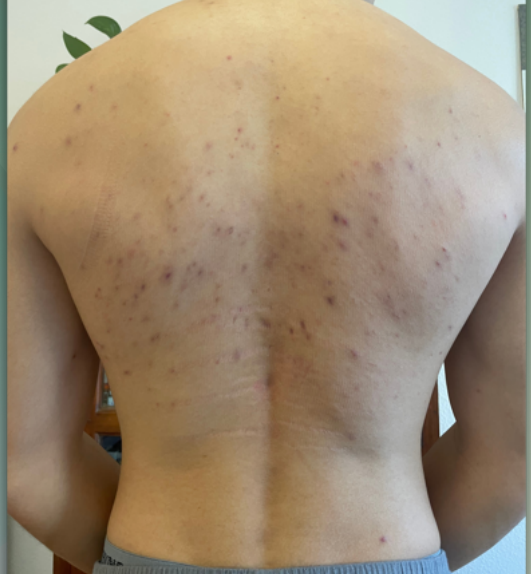
Xuè Yū Zhèng



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3. Blood Stasis: *Xuè Yū Zhèng*



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3. Blood Stasis: *Xuè Yū Zhèng*



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3. Blood Stasis: *Xuè Yū Zhèng*



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3. Blood Stasis: *Xuè Yū Zhèng*



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3. Blood Stasis: *Xuè Yū Zhèng*



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3. Blood Stasis: *Xuè Yū Zhèng*

Therapeutic principle:

Promote blood circulation to remove blood stasis and remove obstruction in the collaterals.

Formula:

Táo Hóng Sì Wù Tāng

(Four Substance Decoction with Safflower and Peach Kernel)

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3. Blood Stasis:

Xuè Yū Zhèng

Táo Hóng Sì Wù Tāng

shú dì huáng (Rehmanniae Preparata, Radix) 12-15 g

chuān xiōng (Chuanxiong, Rhizoma) 6-9 g

bái sháo (Paeoniae Alba, Radix) 9 g

dāng guī (Angelicae Sinensis, Radix) 12-15 g

táo rén (Persicae, Semen) 9 g

hóng huā (Carthami, Flos) 6 g

+

sān léng 3-6 g, *é zhú* 3-6 g or *dān shēn* 12-15 g.

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3. Blood Stasis:

Xuè Yū Zhèng

Modifications:

- For menstrual pain with dark blood and clots: + *yì mǔ cǎo* and *zé lán* 9-12 g each
>> stand alone: *yì mǔ cǎo* 15 g
- Poor sleep: + *yè jiāo téng* 30 g.

If stasis turns into heat: add ***Wǔ Wèi Xiǎo Dú Yīn***.

If blood stasis occurs together with Liver constraint and qì stagnation:
add ***Xiǎo Yáo Sǎn*** (Rambling Powder).

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3. Blood Stasis: *Xuè Yū Zhèng*

Wǔ Wèi Xiāo Dú Yīn

jīn yín huā (Lonicerae Japonicae, Flos) 12-15 g
pú gōng yīng (Taraxaci, Flos) 12-15 g
yě jú huā (Chrysanthemi Indici, Herba) 12-15 g
zǐ huā dì dīng (Violae, Flos) 12-15 g
tiān kuí zǐ (Semiaquilegiae, Radix) 12-15 g

For red, deep and painful pimples mainly on the back:
+ *tǔ fú líng* 30 g.



3. Blood Stasis: *Xuè Yū Zhèng*

Xiāo Yáo Sǎn (Rambling Powder)

chái hú (Bupleuri, Radix) 9 g
dāng guī (Angelicae Sinensis, Radix) 9 g
bái sháo (Alba Paeoniae, Radix) 9 g
bái zhú (Atractylodis Macrocephalae, Rhizoma) 9 g
fú líng (Poria) 9 g
zhì gān cǎo (Glycyrrhizae, Radix) 3-6 g

Dān Zhī Xiāo Yáo Sǎn (Moutan and Gardenia Rambling Powder)

+ *mǔ dān pí* (Moutan, Cortex) 9-12 g
+ *zhī zǐ* (Gardeniae, Fructus) 9-15 g



3. Blood Stasis: *Xuè Yū Zhèng*

Three suggestions for external use:

1. **Rùn Jī Gāo** (Purple Cloud Ointment)
> As wet compress, wash or ointment

dāng guī + zǐ cǎo 10-15 g each.

2. **Hóng Huā Gāo** (Safflower Ointment)
> As wet compress, wash or ointment

hóng huā, dān shēn, chuān xiōng, zhāng nǎo (Camphora):
equal amounts.

3. The more heat, use **Diān Dǎo Sǎn Xī Jī** (Upside Down Powder Wash)
> As wet compress, wash or ointment

dà huáng, liú huáng (sulphur) 10 g each.



3. Blood Stasis: *Xuè Yū Zhèng*

Diet advice:

AVOID to restrict or avoid

- Salads, raw vegetables, raw fruit
- Cold food like ice cream or smoothies, iced drinks
- But also: hot foods and spices in very large amounts.

Have instead more foods that promote blood and qì

- Small amounts of saffron, safflower, basil, seaweed, kelp, hawthorn fruit, vinegar, Chinese radish, carrot, rose bud, green tea, citrus fruits, plum, peach etc.
- Pungent spices: turmeric, peppermint, coriander and pepper are also helpful to move blood.

Just to name a few.





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4. Knotting together of phlegm & blood stasis

Tán Yū Hù Jié Zhèng

Tan - phlegm, yu - stasis (congestion), hu - together, jie - knotting, accumulating, zheng - pattern.

Chronic, long standing process.

Skin:

- Mainly dark red or purple (livid), inflammatory nodules, cysts
- Mainly on face, sometimes on shoulders and chest
- Pimples are large, thick, deep, and usually hard and painful
- As long as there is pus deep in the inflammatory nodules: very painful
- Hyperpigmentation and scarring
- New lesions rather rare
- Lengthy and hard to treat.

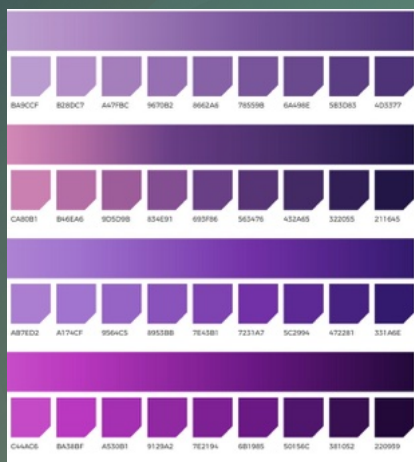
The darker the pimples, the more severe the blood stasis or the longer disease persists.

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4. Knotting together of phlegm & blood stasis

Tán Yū Hù Jié Zhèng



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4. Knotting together of phlegm & blood stasis

Tán Yū Hù Jié Zhèng

Other key symptoms:

- **Phlegm dampness:** Fatigue, loss of appetite. Weak stools and bloated abdomen
- Perhaps stuffy nose or sinuses due to phlegm
- Not uncommon: phlegm in the throat in the morning and difficulty getting out of bed
- Everything is very sluggish and slow in the morning
- **Blood stasis:** - Women: irregular and painful menstruation
- Menstrual blood is dark with large dark clots
- The larger the clots, the deeper the blockage
- Dysmenorrhea also increases in proportion to the stasis

Tongue:

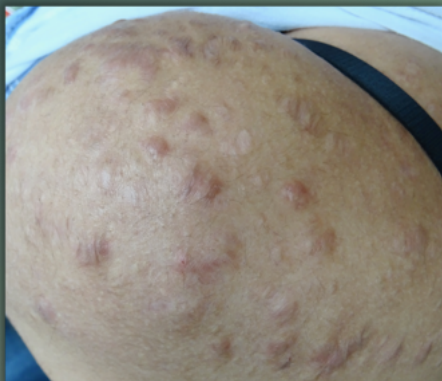
- Thick and swollen, tm, thick coating, usually whitish
- Color: pale and/or purplish with congested veins underneath the tongue
- Possibly stasis spots (the deeper blood stagnation, the more signs).

Pulse :

- Slippery and/or rough.

4. Knotting together of phlegm & blood stasis

Tán Yū Hù Jié Zhèng



4. Knotting together of phlegm & blood stasis *Tán Yū Hù Jié Zhèng*



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4. Knotting together of phlegm & blood stasis *Tán Yū Hù Jié Zhèng*



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4. Knotting together of phlegm & blood stasis *Tán Yū Hù Jié Zhèng*



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4. Knotting together of phlegm & blood stasis *Tán Yū Hù Jié Zhèng*



For comparison: Tongues when phlegm is **not** combined with blood stasis.

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4. Knotting together of phlegm & blood stasis

Tán Yū Hù Jié Zhèng

Therapeutic principle:

**Eliminate phlegm and expel dampness,
promote blood circulation to remove blood stasis**

Formula:

Hǎi Zǎo Yù Hú Tāng

(Sargassum Decoction for the Jade Flask)

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4. Knotting together of phlegm & blood stasis

Tán Yū Hù Jié Zhèng

Hǎi Zǎo Yù Hú Tāng

hǎi zǎo (Sargassum) 12-20 g
kūn bù (Eckloniae, Thallus) 9 g
hǎi dài (Laminariae, Thallus) 9 g
zhè bèi mǔ (Fritillariae Thunbergii, Bulbus) 9-12 g
zhì bàn xià (Pinelliae Praeparatum, Rhizoma) 9 g
dú huó (Angelicae Pubescentis, Radix) 9 g

chuān xiōng (Chuanxiong, Rhizoma) 6 g
dāng guī (Angelicae Sinensis, Radix) 9 g
qīng pí (Citri Reticulatae Viride, Pericarpium) 6 g
chén pí (Citri Reticulatae, Pericarpium) 6 g
lián qiáo (Forsythiae, Fructus) 9 g
gān cǎo (Glycyrrhizae Uralensis, Radix) 3-6 g

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4. Knotting together of phlegm & blood stasis

Tán Yū Hù Jié Zhèng

Modifications:

- Nodules dark purple, firm and painful: + *sān léng* 3-6 g and *é zhú* 3-6 g
- Menstrual pain: + *yán hú suǒ* 9-12 g
- Phlegm with heat: + *yú xīng cǎo* or *pú gōng yīng* each 15-20 g
- Skin healing process: + *zǎo xiū* 6-9 g
- Skin reddened and painful: + *jīn yīn huā* 12 g, +/- *yě jú huā* 9-12g
- With soft stools: + *bái zhú* or (*chǎo*) *bái zhú* 9-12 g, *shān yào* 12 g and *bái biǎn dòu* or (*chǎo*) *bái biǎn dòu* 12 g.

Taste of seaweed and kelp - possible alternatives:

- Mod. **Èr Chén Tāng** plus **Táo Hóng Sì Wù Tāng**

The principle is to strengthen the Spleen, eliminate phlegm and expel dampness, and eliminate blood stasis. And don't forget to add some heat clearing and a few more blood moving herbs.

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4. Knotting together of phlegm & blood stasis

Tán Yū Hù Jié Zhèng

Èr Chén Tāng + Táo Hóng Sì Wù Tāng

bàn xià (Pinelliae, Rhizoma) 12-15 g
chén pí (Citri Reticulatae, Pericarpium) 9-12 g
fú líng (Poriae Cocos, Sclerotium) 9-12 g
zhì gān cǎo (Glycyrrhizae Preparata, Radix) 3-5 g

shú dì huáng (Rehmanniae Preparata, Radix) 9-12 g
bái sháo (Paeonia Albiflora, Radix) 9-12 g
dāng guī (Angelicae Sinensis, Radix) 9-12 g
chuān xiōng (Chuanxiong, Rhizoma) 9 g
táo rén (Persicae, Semen) 9 g
hóng huā (Carthami, Flos) 6-9 g

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4. Knotting together of phlegm & blood stasis

Tán Yū Hù Jié Zhèng

Three suggestions for external use:

1. **Hóng Huā Gāo** (Safflower Ointment)
> As wet compress, wash or ointment

hóng huā, dān shēn, chuān xiōng, zhāng nǎo:
equal amounts.

2. The more heat, use **Diǎn Dǎo Sǎn Xǐ Jì** (Upside Down Powder Wash)
> As wet compress, wash or ointment

dà huáng, liú huáng (sulphur) 10 g each, mixed with lime water.

3. **Individual** washing or compresses:

táo rén, hóng huā, sān qī, +/- lián qiáo, +/- jīn yín huā.



4. Knotting together of phlegm & blood stasis

Practical example to keep a flexible mind:





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5. Heat stagnation in the Liver channel

Gān Jīng Yù Rè

Gān - Liver, *jīng* - channel, *yù* - stagnation, *rè* - heat.

One of the most common patterns in today's society:
Le-qi-stagnation with excessive heat.

**Emotions serve as trigger & worsening factor:
anger/rage, frustration or after arguments and
in stressful situations.**

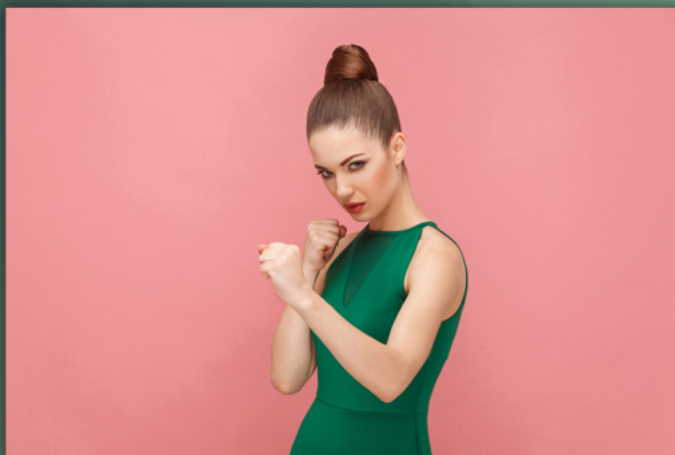
Skin:

- Acne mainly on face, especially on cheeks
- May spread to the ear, jawline and neck
- Inflamed papules and pustules
- Lesions: bright red // red.
- Sometimes: pain or a burning sensation.

PMS 171	PMS 172	PMS 173
		
PMS 178	Warm Red	PMS 179
		
PMS 1785	PMS 1788	PMS 1795
		
PMS 1787	Red 032	PMS 1797
		

5. Heat stagnation in the Liver channel

Gān Jīng Yù Rè



5. Heat stagnation in the Liver channel

Gān Jīng Yù Rè

Other key symptoms:

- Bitter taste in mouth and dry throat
- Irritability, often talk quite loudly
- Dry stools, dark yellow urine
- Women: Menstrual irregularities, dysmenorrhea or breast tenderness/pain
- Skin often worsens before or during periods
- Sweating before mens + odor.

Tongue:

- Red (especially on borders)
- Coating - yellow.
- *Thickness of tongue coating depends on degree of damp-heat.*

Pulse:

- Wiry, rapid and powerful.

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5. Heat stagnation in the Liver channel

Gān Jīng Yù Rè



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5. Heat stagnation in the Liver channel

Gān Jīng Yù Rè



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5. Heat stagnation in the Liver channel

Gān Jīng Yù Rè



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5. Heat stagnation in the Liver channel

Gān Jīng Yù Rè

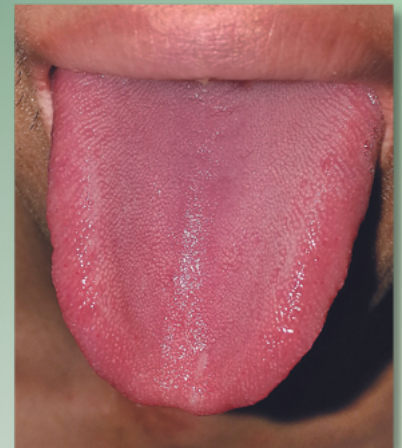


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5. Heat stagnation in the Liver channel

Gān Jīng Yù Rè



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5. Heat stagnation in the Liver channel

Gān Jīng Yù Rè

Therapeutic principle:

Drain excess heat (fire) from the Liver channel in order to relieve the inflammation of the skin.

Formula 1:

Dān Zhī Xiǎo Yáo Sǎn with modifications

(Moutan and Gardenia Rambling Powder)

Formula 2:

Lóng Dǎn Xiè Gān Tāng - if a stronger approach is needed

(Gentian Decoction to Drain the Liver)

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Dān Zhī Xiǎo Yáo Sǎn

chái hú (Bupleuri, Radix) 9 g

dāng guī (Angelicae Sinensis, Radix) 9 g

bái sháo (Alba Paeoniae, Radix) 9 g

bái zhú (Atractylodis Macrocephalae, Rhizoma) 9 g

fú líng (Poria) 9 g

zhì gān cǎo (Glycyrrhizae, Radix) 3-6 g

mǔ dān pí (Moutan, Cortex) 9-12 g

zhī zǐ (Gardeniae, Fructus) 9-15 g (without these: XYS)

+/- *bò hé* and *shēng jiāng*

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Modifications:

- Red, deep and painful pimples, mainly back: + *tǔ fú líng* 30 g
- Guiding herb face: + *jú huā* 9 g
- ++ Heat clearing effect: + *huáng qín* 9 g +/- *huáng lián* 3 g
- +++ Clearing heat: + *Wǔ Wèi Xiǎo Dú Yīn*
- Menstrual pain with dark blood and clots: + *yì mǔ cǎo* 9–12 g and *zé lán* 9–12 g
- Constipation: + *huǒ má rén* 9 g
- Constipation alternative: + (*chǎo*) *dà huáng* 9 g.

If a stronger approach is needed > *Lóng Dǎn Xiè Gān Tāng*

The redder and more severe the lesions > use LDXGT!

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Gān Jīng Yù Rè

Lóng Dǎn Xiè Gān Tāng

lóng dǎn cǎo (Gentianiae, Radix) 3-6 g
huáng qín (Scutellariae, Radix) 9 g
zhī zǐ (Gardeniae, Fructus) 9-15 g
chái hú (Bupleuri, Radix) 9 g
mù tōng (Akebiae, Caulis) 9 g (not available in GER)
chē qián zǐ (Plantaginis, Semen) 9 g
zé xiè (Alismatis, Rhizoma) 12 g
shēng dì huáng (Rehmanniae Glutinosae, Radix) 12-30 g
dāng guī (Angelicae Sinensis, Radix) 9 g
gān cǎo (Glycyrrhizae Uralensis, Radix) 6 g

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Gān Jīng Yù Rè

Three suggestions for external use:

1. **Sān Huáng Xǐ Jì** (Three Yellow Cleanser Formula)
> As wet compress, wash or ointment

dà huáng, huáng bǎi, huáng qín, kǔ shēn 10 g each

2. Individual combination:

huáng bǎi 10 g, huáng qín 10 g, huáng lián 10 g, tǔ fú líng 15 g

3. Stand alone: tǔ fú líng or pú gōng yīng with 30 g each,
or zhāng nǎo (Camphora) 10 g.



5. Heat stagnation in the Liver channel

Gān Jīng Yù Rè

Diet advice:

AVOID foods and drinks that tend to produce internal heat

Alcohol, smoking and oily food
Pepper, chili, curry, onion, garlic, coriander and other pungent spices.

AVOID foods and drinks which create dampness and heat

Meat and fatty food
Sweet and sugary drinks.

Have instead:

Mild spices, fresh food without additives, fruits and vegetables
What about lemon water instead of alcohol, or green tea?





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ACNE

Repetition: step by step.

1. Overall impression (start, patient comes in)
2. Skin check
3. Accompanying symptoms
4. Tongue
5. Pulse
6. Making the TCM diagnosis, explaining to the patient
7. Information for the patient on *diet, skin care and how to prepare the herbs*
8. Writing our TCM script.

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Skin care advice for ACNE patients

- Never go to bed with unclean skin
- Use mild foam, never soap. Soap clogs pores
- Exfoliate – if at all – mildly; no coarse abrasive particles
- Use mild face tonic for oily skin
- Avoid cold water, clogs pores. Warm water
- Avoid skin care products that are too rich; clog skin and do not sufficiently moisturize
- Avoid mineral oil products, silicones; skin will always look wilted
- Avoid as often as possible thick make-up!

In order to heal the skin must be well moisturized.

Dry and cracked skin is susceptible to bacteria and other harmful influences.



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Personal word on the Great Physician

Sun Simiao's writing on "The Great Doctor" in Volume 1 of the "Preparation for the Qianjin" laid the groundwork for the ethics of Chinese medicine.

The "Great Doctor" first shows compassion and is determined to save the suffering of the living.

The "Great Doctor" clearly states that medical workers must respect the patient, have noble moral character, abandon their desires, treat them equally, and save the suffering of the spirit.

A person's true nature includes having a kind heart, showing immense love, and not being overly concerned with fame and fortune.

If there is a patient who has come to seek medical treatment, it doesn't matter whether he is a powerful or a poor or a poor person, old or young, beautiful or ugly, he is an enemy or a relative, a close friend or an ordinary friend etc.

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And finally, another food for thought!

The TCM practitioner as a role model!

Lead by a good example, whether it's in lifestyle,
your character, or any other aspect.
Practice what you preach!

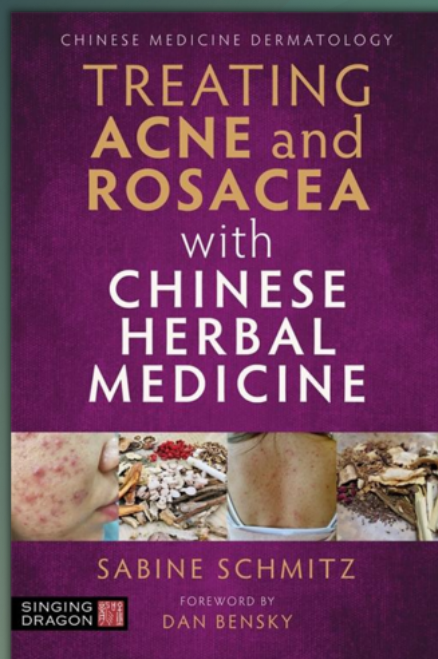
And when it comes to skin: What is better than
patients saying, "I want skin as beautiful as yours!"
That builds trust in what you do, trust in our methods,
trust in TCM. Never forget: trust is the most important.

Trust and the practitioner's competence!



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