



CHINESE HERBS AND ACUPUNCTURE CLEAR TEENAGE ACNE

We treat a lot of teenagers at the YinOva Center and it makes me so happy that they feel comfortable coming in to see us and are able to use Chinese medicine as a way of taking care of themselves. As a mother I know, first hand, that teenage girls can be sensitive and vulnerable and that their busy schedules and complex social lives can weigh heavily upon their shoulders, making them feel depleted and imbalanced. Our YinOva teenagers seek our help for a wide range of problems from anxiety to eating disorders and sports injuries to acne. I remember only too well how self-conscious I was as a teenager and so it's easy to understand why acne causes such misery. Fortunately help is at hand and we get very good results treating acne with Chinese herbs and acupuncture.