

Acne Rosacea

Before you start, you could also refer to the **Acne Vulgaris Protocol**, included next to this protocol, for another variation of this common condition.

So, let me give some background info here...

The Difference Between Acne Vulgaris & Acne Rosacea

Acne Vulgaris is associated with plugging of the ducts of the oil glands, resulting in blackheads and pimples on the face and sometimes also the back, shoulders or chest. **Acne Rosacea**, on the other hand, seems to be linked to the vascular network of the central facial skin and causes redness, bumps, pimples and other symptoms that rarely go beyond the face.

Main Differences:

- **Acne Vulgaris** peak prevalence is between middle and late teenage years, generally improves with sunshine and it can affect chest and back.
- **Acne Rosacea** peak prevalence result in people aged between 40 and 70, it may worsen with sunshine and it's usually limited to the face.

How Traditional Chinese Medicine View Acne Rosacea:

Acne Rosacea starts primarily as accumulation of Heat in the Lungs and Stomach, perhaps due to alcohol, indigestion, endocrine imbalance, and persistent external climate acting upon the skin, such as working under high temperature, sunburn, and exposure to wind.

As the condition progresses, the redness becomes darker and capillaries become dilated (called telangiectasia). This is the development of Heat in the Blood.

Patching Procedure for Acne Rosacea (Initial Stage)

STEP #1: To start off, I strongly suggest to read carefully the next Chapter of this Book: **“How To Start Patching Any Complicated Situation”** at **Page 296**.

I tend to think that by running those suggested **4 Steps Procedure**, some noticeable results could be achieved because we are attempting to deal with major imbalances first, before moving to a more specific approach.

So, after running **Step #1** above, continue with **Step #2** for a more specific approach to **Acne Rosacea**.

STEP #2: Run this specific protocol for Acne Rosacea (Initial Stage):

BASE PROTOCOL:**Acne Rosacea Protocol - DAY 1 - During The Day**

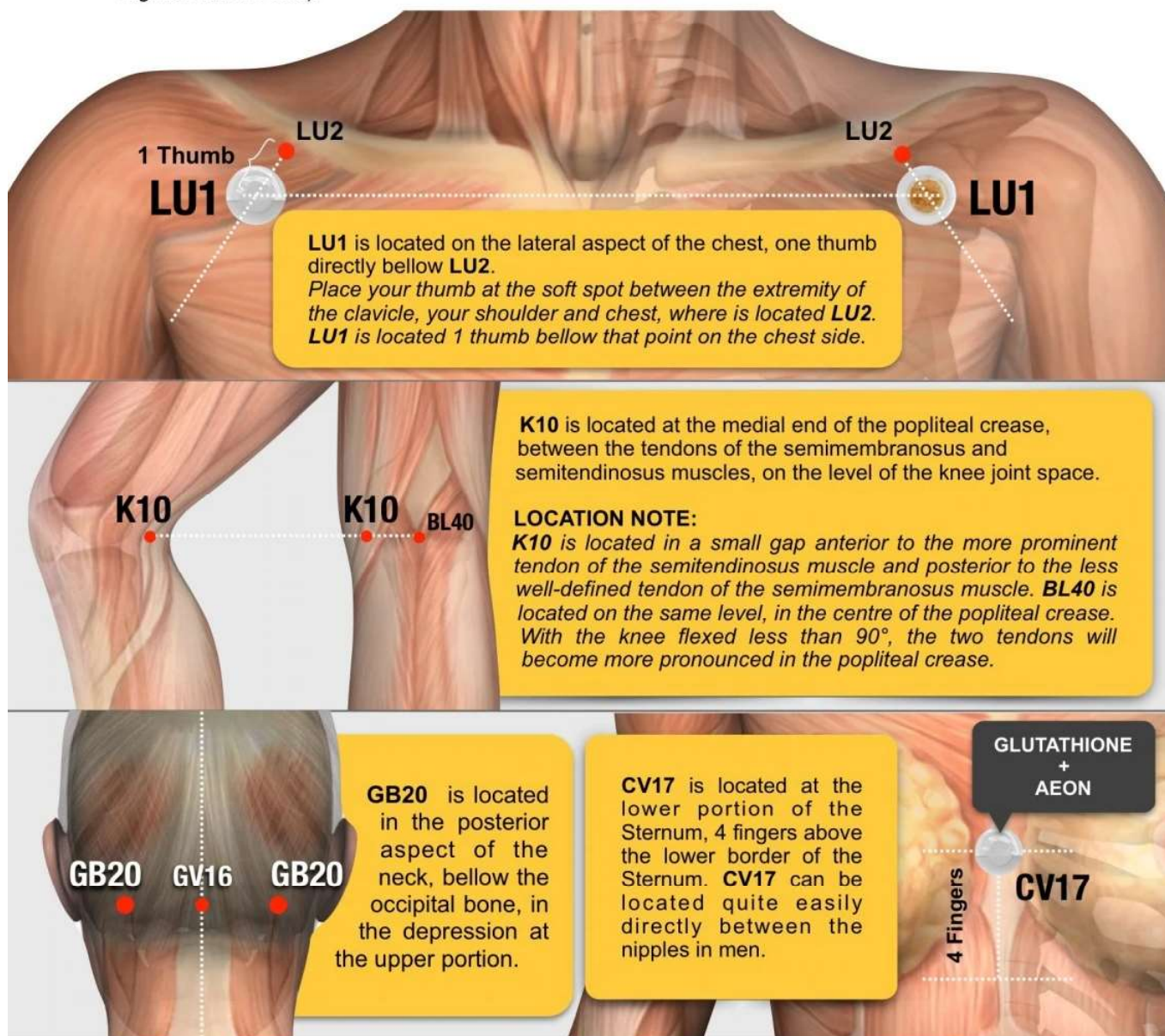
ENERGY ENHANCER on **LU1** - **WRTL** (This point is to tonify Lung Yin).

ENERGY ENHANCER on **K10** - **WRTL** (This point is to tonify Kidney Yin).

ENERGY ENHANCER on **GB20** - **WRTL** (This point is to reduce Wind).

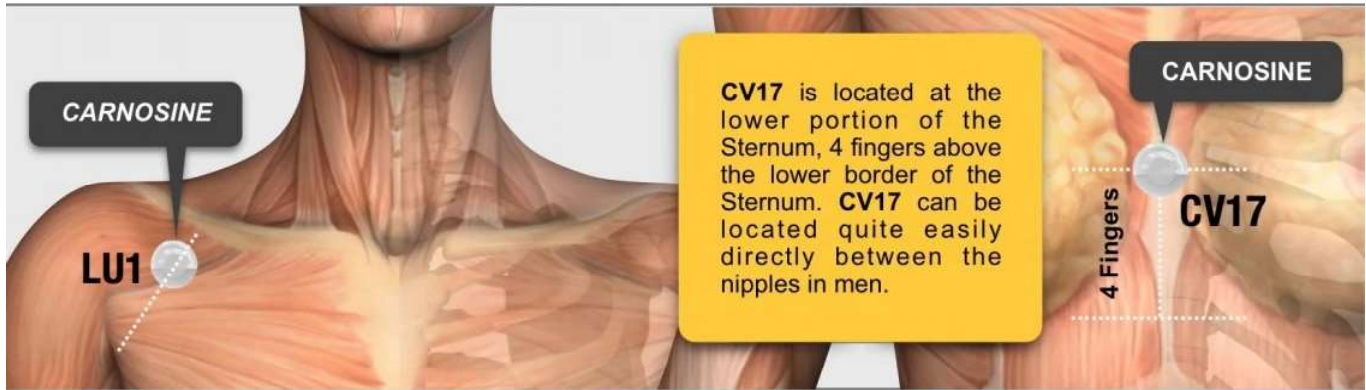
GLUTATHIONE + AEON Double Stacked or both together on **CV17**

(I include the point because **CV17** is considered by many the **Master Point** for the respiratory organs and the skin).



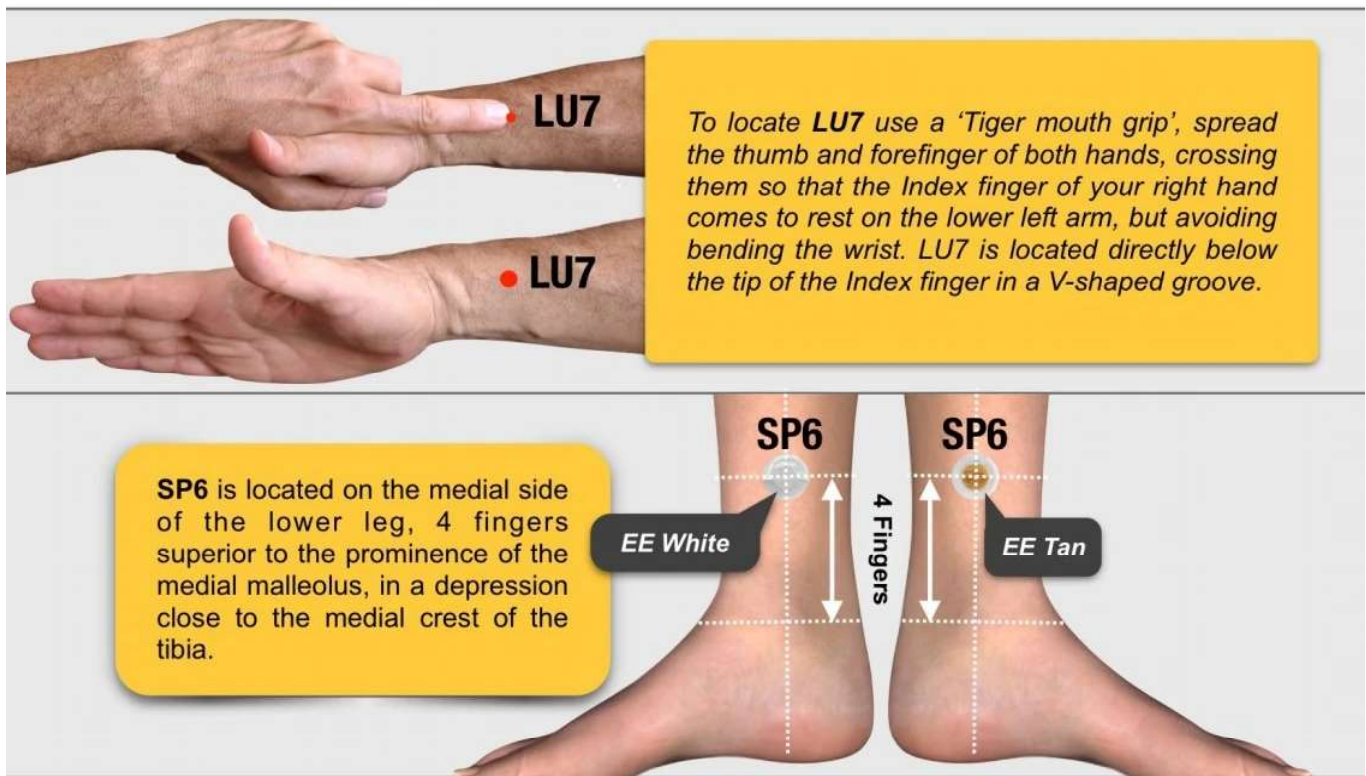
Acne Rosacea Protocol - DAY 1 - During The Night

Remove all patches in the evening and place a **CARNOSINE** on **LU1 - Right Side** till the following morning and perhaps test by adding a second **CARNOSINE** on **CV17** also till the following morning.

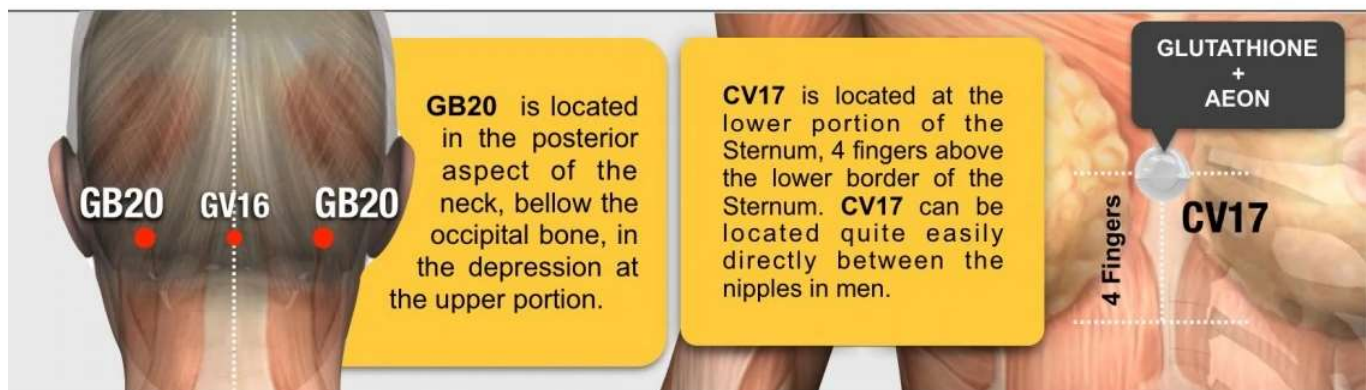


Acne Rosacea Protocol - DAY2 - During The Day

ENERGY ENHANCER on **LU7 - WRTL** (*This point is to tonify Lung Yin*).
ENERGY ENHANCER on **SP6 - WRTL** (*This point is to help with Wind-Heat*).

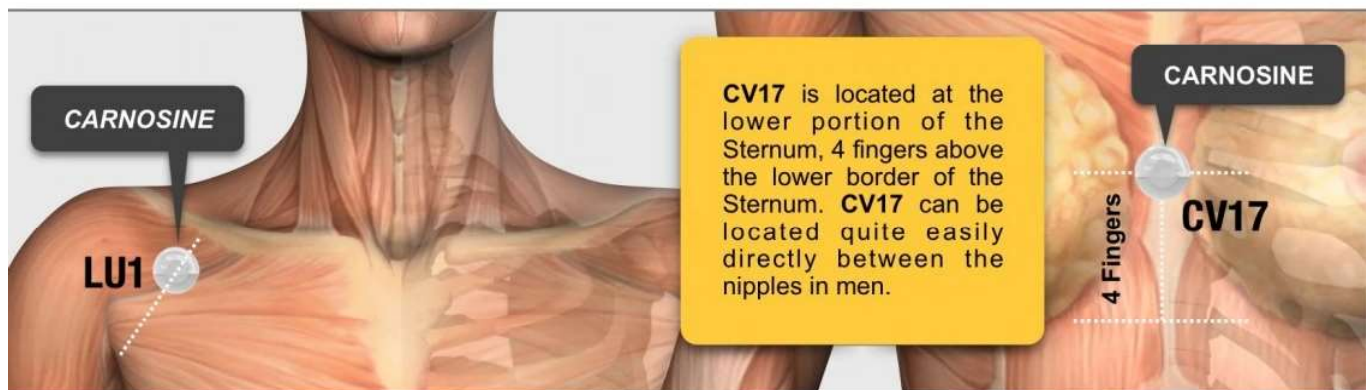


Then, place **ENERGY ENHANCER** on **GB20 - WRTL** (*This point is to reduce Wind*).
GLUTATHIONE + AEON Double Stacked or both together on **CV17**



Acne Rosacea Protocol - DAY 2 - During The Night

Remove all patches in the evening and place a **CARNOSINE** on **LU1 - Right Side** till the following morning and perhaps test by adding a second **CARNOSINE** on **CV17** also till the following morning.



VERY IMPORTANT:

I strongly suggest to drink water throughout the day and avoid **Coffee**, **Alcohol**, **Sugar** of any kind, **Dairy Products** of any kind and **Flour Products** of any kind like Bread, Pasta etc etc, during the time you intend to run the above procedure. (*This is Very, Very Important!*).

General Notes:

- 1- Start patching once you need it.
- 2- The above Specific protocol for Acne Rosacea is suggested in a 2 days step and wearing all above protocol for 2 consecutive days is considered 1 Cycle.
- 3- Repeat the procedure as long and as many times needed.
- 4- Use new patches if were used for over 24 hours.

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.