

“The Beauty of Using Age-Old Healing Wisdom”

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More often than not, most people think medicinal herbal remedies are only for treatment of diseases. With the growing trend of using age-old medicinal remedies and herbal blends for skincare and beauty products, we are now pleasantly forced to take a new perspective of what is medicine and what is just simply good for us in almost every aspect of our life.

As a proponent of using natural remedies and modalities for addressing health issues, I am also an advocate of using such modalities for beauty and wellness. For example, I can't say enough good things about aromatherapy as an adjunctive to health concerns... why not surround our senses with scents that promote wellness, while we use other forms of medicinal healing options to treat our health concerns from the inside out?

Similarly, the concept of using Native American, Chinese, Ayurvedic, and Aztec herbal remedies, to treat beauty ailments should have been incorporated into our daily beauty routines eons ago. But later is better than never... and so I strongly encourage readers to give these topical treatments a chance and to give them a try.

While many of the products with such ingredients may be found in higher end products, we are seeing an increasing trend towards incorporation of such ingredients into the brands found in mass marketplace areas, such as in the neighborhood drugstores. Similar to my belief that integrative medical care shouldn't be available only to those with monetary means, but rather to the masses... I too believe that such amazingly wise age-old ingredients be available in beauty products that are affordable to the masses.

So, my final word on this topic is... cross-cultural and cross-generational natural herbal remedies may be something that we have taken for granted for centuries. But, at least now, we are seeing its true beauty and positive benefits as it may pertain to all aspects of health, wellness, and beauty; such that we are now able to wisely utilize them, not just for health concerns, but for our skin health and overall well-being as well. So, now that we are armed with these tried-and-true ingredients our ancestors have used over the centuries, we can truly be beautiful from the inside out.

Dr. Julie T. Chen, M.D. an integrative medicine physician who is board-certified in internal medicine and is also fellowship-trained and board-certified in integrative medicine. She has her own medical practice in San Jose, CA, is the medical director of corporation wellness at several Silicon Valley-based corporations, is on several medical expert panels of websites as well as non-profit organizations, is a recurring monthly columnist for several national magazines, and has been featured in radio, TV, newspaper, and magazine interviews. She incorporates many types of healing modalities into her practice including, but is not limited to, medical acupuncture, Chinese scalp acupuncture, clinical hypnotherapy, strain-counterstrain osteopathic manipulations, and biofeedback. To learn more about Dr. Julie, you can check out her website at www.makinghealthyez.com.

