

Come To Here, You Freckle Girls

The Chinese ancient people recognize freckles with its shape likes the egg of sparrow, and spreads like sowing sesames, so it was named "queban"(sparrow streak). The modern traditional Chinese medicine consider freckle as a skin disease of pigment problems.



[Cure freckles by TCM](#)

This is a real story. Mr. Zhou has 3 daughters. The eldest one is 30 years old and works in a city in the south, but she is still single; the second eldest one is a barber, she's also in the age of marriage, but for a long time, she dares not to tell the man she loved that she want to marry him; the youngest one is going to graduate from college, she seeks job for long and gets no support. The three sisters have their own problems, but all this can due to the same reason ---freckles. Several years ago, the

eldest sister was going to marriage to a man but suddenly she left him and went to work far from the hometown. Because once they are having a quarrel, the man said to her: "I am so unlucky to marry a woman with so many freckles." The second sister has an excellent body with 168cm and standard measurements, but she doesn't have self-confident to face the man she loves, because she has a lot of freckles like her elder sister's. The youngest one isn't as high as her second sister, nor the

measurements, even much shorter than others when she goes to seek a job, with freckles on the face, she loosed all of the faith to tomorrow. What a bitterness the Zhou sisters suffer from freckles!

Ok, let's try to find out the reason how freckles emerge with brings so much bitterness to the Zhou sisters. In the theory of the traditional Chinese medicine, it is considered that freckles come with the reasons of hereditary features and lack of immunity and water shortage. It explodes and develops for too much sunshine. Women often suffer from freckles, it appears in the childhood and become clearer and clearer in each summer; and it eases and fades down in winter. In order to identify and treat freckle correctly, we have to distinguish it from other skin disease of face.

Freckle: hazel or tawny speckles have ellipticity shape and smooth surface, prefer to happen at places where are not covered. Often happen on both sides of face or other places at the same time, most of them appear from sides of the nose, checks, arms and the back side of palms. People don't feel unwell with it.

Chloasma: Come from pathological changes of the liver, the spleen and the kidney. Speckles in tawny or hazel color and look like wings of butterflies, its surface is smooth and happens to the check and sides of the nose. Generally people don't feel anything unwell.

Acne: Come from the heat of the spleen and the stomach, it happens scattered on the face and other parts of the body. Squeeze it will get out a whelk in black or white color. Generally people don't feel anything unwell with it. According to the words above, you can identify whether your own problem is freckle or not. If you sure that it is freckle, go on reading.

Ways for curing freckles:

Girls who have freckles all want to have a bright and smooth face, because that can pleasant others and make themselves happy and good for their healthy of mind and

body. Here we have several ways for treating freckles.

1.Treat it with Chinese material medicine.

15 grams of cooked rehmannia,
15 grams of raw Rehmannia glutinosa Libosch,
10 grams of cornus,
10 grams of moutan root bark Moutan,
12 grams of poria cocose,
10 grams of Morindae Radix,
30 grams of dioscorea root,
3 grams of cimicifuga,
3 grams of Rhizoma Typhonii ,
3 grams of asarum,
6 grams of licorice root,

Boil these with appropriate water in porcelainous pot, take it 3times for one day. If have freckles with insomnia, add up 10 grams of jujube seed and 10 grams of biotaseed Biotae Semen.

2.Treat it with Proprietaryl Chinese medicine

5 pills of shou wu pian or or san weio pian, 2 Pills of zhi bai di huang wan, 3 times per day.

3.Taking westen medicine.

0.3 gram of vitamin-C, 0.1 gram of vitamin-E, 3 times per day, keep taking it for a month.

4.Diet therapy.

(1)Cook congee with 20 grams of coix seed, 10 grams of almond, once a day, keep it for 3 months.

(2)2 apples cutting in pieces, 3 grams of poeder of dried botrytis, 20 grams of sugar, eat up apples with the mixture of sugar and the powder. Once or twice a day.

5. Here are 3 proved recipes

(1) Mix some egg white and 5 drops of lemon juice; brush it to the face as facial mask, then clean the face with tap water after 15 to 20 minutes.

(2) Massage the face with pieces of eggplant, once in the morning, once in the evening.

(3) Mix benzoin wine with rose toilet water in a proportion of 1/40, use it to wash the face every day.

Beside these ways, there are physical care, freezing care and acupuncture for treating freckles. Whether taking medicine or use other ways to treat it, remember to continue, nothing can be done if you ease it soon. Here are some tips need to pay

attention:

1. Use makeup carefully,
2. Pay attention to protect the skin from the sunburn.
3. Don't eat things which are too hot or spicy.
4. Keep a happy and positive mood.

You will get very good progress after take these points serious.

[More wonderful, perfect and authoritative information, please click here:](#)

[Service Help of Health and TCM Study!](#)

Extensive Reading

- Herbal Tea for Preventing Swine Flu!
- TCM inquiry: the most consummate disease database in our country
- TCM Answers: health life should be talked freely
- Meridian and collateral illustration: effective meridian and collateral health care illustration of treating diseases
- TCM and life: life-cultivation and nourishment of face
- inevitable health
- TCM is along with you.

Mild Reminder

- Ten days Qigong Study Tour
- Gongfu and Painting Tour

- 2 weeks Chinese cuisine study tour to Guilin
- Traditional Chinese Medicine Study Tour
- One week Cupping study tour to Guilin
- Embroidery tour
- Science of prescriptions: science of prescription-wiping through the old to bring forth
- miracle drugs help the world.
- Diagnostics: diagnostics- TCM magic treasure!
- Acupuncture and moxibustion illustration: the most authoritative and exceptional acupuncture and moxibustion illustration in the world

