Zentral Wellness

中医外科

Traditional Chinese Dermatology
# Table of Contents

3. Dermatology in Chinese Medicine

4. About Dr. Lisa

5. Skin Conditions Treated

6. Treatment Methods

7. Treatment Plan

8. Estimated Cost

9. Testing Liver Enzymes

10. Diet and Nutrition

11. Patient Progress

14. Contact Information
Dermatology in Traditional Chinese Medicine

Chinese medicine has been successfully treating dermatological conditions for thousands of years. Many common and uncommon skin conditions respond very well to treatment, and often can be completely resolved, or sent into remission long-term.

We consider most skin conditions to be the result of internal imbalances. By using internal herbal medicine, we can rectify those imbalances and bring lasting stability to the skin.

醫者意也，如對敵之將，操舟之工，貴乎臨機應變。
兵無常形，水無常勢。喻嘉言
“Medicine is adaptability. It is like commanding troops against an enemy or the skill of steering a boat; the important thing is adapting to circumstances. Troops do not keep a constant formation; water does not have a constant force.”
Yǔ Jiāyán (early Qīng dynasty, translation by Lorraine Wilcox)

Our approach to understanding what’s going on with the skin, and how to bring it back to a state of health, is incredibly nuanced. It is customized completely to address the full scope of your individual condition. As things change and improve, it is vital for us to adjust the medicine. Through these adjustments, we can guide your skin back to a state of equilibrium.
About Dr. Lisabeth Detwiler, DOM

Hi! I’m Dr. Lisa, and I am passionate about—ok, maybe a little obsessed with— treating skin conditions with Chinese medicine! I first realized how effective Chinese medicine was at treating skin conditions while in acupuncture and Chinese medicine school. I instantly knew that this was what I wanted to specialize in.

Early struggles with my own skin condition, and watching family members struggle as well, taught me that the suffering brought on by skin diseases doesn’t stop with the disease itself: the visible nature of skin disease often takes an emotional toll; absurdly long waits to see dermatologists add more frustration; prescriptions that are only moderately effective (and never really address the underlying cause), itching and pain, and the ubiquitous “friendly advice” (eat this, don’t eat that, don’t scratch, have you tried coconut oil or tea tree oil? etc) further compound the problem.

I’ve dedicated my post-graduate studies to learning everything I can about Chinese medicine dermatology. I’ve spent time observing in the busy dermatology department at an affiliate hospital of the Heilongjiang University of Chinese Medicine in Harbin, China. I have done extensive study with Mazin Al-Khafaji, one of the world’s leading experts in Chinese medicine dermatology, and am a graduate of his prestigious Diploma in Chinese Medicine Dermatology course.

I am the first and only practitioner in New Mexico to earn membership with the International Association of Chinese Medicine Dermatology. I am a New Mexico State licensed Doctor of Oriental Medicine, and a nationally board certified Diplomate of Oriental Medicine.
Skin Conditions Treated

Many common and uncommon dermatological conditions respond very well to treatment with Chinese medicine. Some of the conditions we treat are:

- Guttate and plaque psoriasis
- Pustular psoriasis
- Acne
- Rosacea
- Perioral Dermatitis
- Herpes Simplex
- Herpes Zoster (Shingles)
- Eczema
- Nummular Eczema
- Pompholyx Eczema
- Stasis Eczema
- Vitiligo
- Alopecia
- Warts
- Seborrheic Dermatitis
- Urticaria
- Lichen Simplex
- Lichen Planus
- Fungal Infections
- Bacterial Infections
- Pityriasis Versicolor

If you have a condition that is not listed above, it still may be well worth treating with Chinese medicine. Please contact our clinic to inquire.
Treatment Methods
Depending on your condition, we may use these treatments:

**Internal Herbal Medicine:** This is the primary treatment method for most dermatological conditions. Herbs will be customized address to your condition.

**Topical Herbal Medicine:** We carry several lines of skincare products formulated with Chinese herbs to help speed healing.

**Acupuncture:** Acupuncture can be wonderful for reducing inflammation, regulating the immune system, and calming the mind.

**LED Light Therapy:** Blue, red, and infrared wavelengths of visible and non-visible light have been shown to reduce inflammation and speed healing for many conditions.
Treatment Plan

While each case will have its own factors that will help us estimate how long it may take to resolve, I like to prepare people for around 6 months of treatment. We often will see some positive signs of improvement within 2-4 weeks, but it takes time to fully settle and stabilize the skin. Once the skin is stable, we can completely withdraw treatment. Many people who complete the course of treatment will find that their skin remains completely stable long-term.

**Initial Appointment:** During this 90 minute appointment we will talk about your history, your skin, and your current health. We’ll take pictures that will be part of your confidential medical history, and will help us monitor progress from week to week. We may perform some acupuncture and/or LED light therapy as appropriate for your condition, and dispense your first week of herbal medicine.

**Follow-Up Appointment:** One week later, we will meet for a 30-60 minute appointment. The primary goal of this appointment is to make sure you can tolerate cooking and drinking the herbs. We’ll talk about how the week went, and take progress pictures. If needed, we’ll adjust your formula. We’ll send you home with 2 weeks of herbal medicine, and subsequent follow-up appointments will be every 2 weeks.
Estimated Costs

The prices of our herbal formulas are calculated based on how many grams of each ingredient is included, so the cost can vary from week to week. On average, our formulas tend to cost around $35-55 per week.

Initial appointment:

- Office Visit: $100
- 1st week of herbal medicine: ~$45
- Topical medicine: Price will vary

Follow-up appointments:

- Office Visit: $40
- Acupuncture add-on (optional): $30
- 2 weeks on herbal medicine: ~$90

This averages out to roughly $260 per month, a little more the first month, and a little more if you choose to include acupuncture.

*Health insurance does not cover herbal medicine. You may be able to use your HSA/FSA.
Testing Liver Enzymes

“Herbal combinations are highly complex products with dozens of active ingredients that can have a profound effect on the physiology of the body.” Mazin Al-Khafaji

It is the policy of this office to monitor liver enzymes for all patients receiving herbal medicine for the treatment of dermatological conditions. While it is incredibly rare for a patient to have any adverse reaction, monitoring can help provide us peace of mind.

Typical testing schedule:
• Before commencing treatment to get a baseline
• After taking 3 weeks of herbal medicine
• Every 10 weeks moving forward

Additional monitoring may be required if a test comes back as elevated, or if someone exhibits symptoms of acute liver toxicity.

TriCore Reference Labs:
• 10 locations in the greater Albuquerque area, including some with weekend hours
• No appointment needed
• They can bill your health insurance
• Self-pay rate $31.36 (may vary. call to confirm)
• www.tricore.org

Symptoms of acute liver toxicity include:
• Yellowing of the skin and whites of eyes
• Itching (especially itching of soles of feet)
• Pain in the upper right abdomen
• Swelling of the abdomen
• Nausea and vomiting
• Loss of appetite
• Dark or tea-colored urine
• Disorientation or confusion
Diet and Nutrition

One question I always get from new dermatology patients is “Will I have to change my diet?” I certainly never want to minimize the importance of having a healthy diet, however I do think that, especially with skin conditions, there can be an unhealthy amount of blame/shame around food. I frequently hear patients say “if only I had the willpower to avoid _____, my skin would be better.” If there’s a particular diet (Autoimmune Paleo, keto, gluten-free, etc) that you want to try, go for it! But if the thought of having a restricted diet causes stress, some small changes can still have a good impact.

“Eat food, not too much, mostly plants.”

Michael Pollan

The more we learn about the microbiome, the more evidence there is indicating it’s role in autoimmunity and inflammation. Having a diet that supports a healthy microbiome is, in my opinion, the most impactful for longterm skin health and stability.

Increase:
- Vegetables
- Fermented foods (kombucha, kimchi, yogurt, sauerkraut, etc)
- Variety!!! A varied diet can help promote a diverse microbiome

Reduce:
- Sugar
- Processed foods
- Artificial sweeteners
- Animal protein
Patient Progress

Eczema + Molluscum Contagiosum

Seborrheic Dermatitis

Acne
Granuloma Annulare + Psoriasis

Psoriasis in progress

Keloid Scar in progress
Pompholyx Eczema 
in progress

Acne

before
after
before
after
before
after
Contact Information
Ask us how we can help you with a skin condition. We’d love to hear from you!

Phone: 505.266.0881

Email: email@zentralabq.com

Web: www.zentralabq.com

Address: 120 Morningside DR NE
         ABQ NM | 87108