



What Chinese Medicine can offer to overcome the discomforts of Menopause

Since the concerns regarding the safety of hormone replacement therapy (HRT), more women are turning to Chinese Medicine to treat the symptoms of menopause.

Acupuncture and Chinese herbs are natural therapies and offer significant drug free relief.

Menopause is viewed in Chinese medicine as a natural transition in a woman's life where the body's energy and hormones are in a state of instability. Chinese medicine takes a holistic approach and does not separate symptoms of an emotional nature to those of a physical nature as individuals are always looked at as a whole. The goal is to bring balance by treating both the physical and emotional aspects of a patient's condition.

During menopause, the "essence" of the Kidney begins to diminish. This leads to a decline in both the Qi of the Kidney and the fluids that nourish and moisten the body.

Deficiency of "essence" symptoms may include fatigue, memory problems, and thinning of bones. Some women experience joint pain and neck tension, while others begin to notice a weakness in vision or hearing.

The most distinctive element of Chinese Medicine is that each treatment is individualized according to the specific needs of each patient and their health picture. One patient may have hot flashes accompanied by night sweats, restless sleep and dizziness. Another patient may have memory problems, weak vision, and vaginal dryness along with the hot flashes. One of these women may feel angry and frustrated while the other may feel melancholy and cries easily. Treatment for both of these patients will be different acupuncture points, different herbs and different nutritional advice.

The focus of treatment is to restore balance and harmony. Women suffering from dryness of the eyes, skin, and hair and brittle nails or constipation, the focus will be to build up the body fluids. If suffering from dull thinking, weakness and fatigue, the focus will be on nourishing the Qi.

Acupuncture and Chinese Medicine can provide the building blocks needed to nourish, heal, and regain balance. Acupuncture and Chinese medicine can provide a safe alternative in the treatment of Fibromyalgia. Along with acupuncture, natural herbal formulas, dietary recommendations, and calming exercises can help promote balance and health.