In this Newsletter I include recent research on the treatment of every type of medical condition imaginable. So, whatever your health concern might be, one of my Newsletters will contain the vital information you have been seeking. This edition concentrates mainly on women’s health.

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WOMEN – 3 GOLDEN OPPORTUNITIES TO IMPROVE YOUR GYNAECOLOGICAL HEALTH USING ANCIENT TRADITIONAL CHINESE MEDICINE (TCM) PRINCIPLES

On my latest webpage I discuss profound benefits of Lifestyle changes and Acupuncture in treating numerous gynaecological problems associated with periods or menstruation (menstrual pain and discomfort), giving birth and menopause symptoms (hot flushes and sweats). Western Medicine is clueless about the preservation of female vitality when it comes to all things gynaecological (period pain relief and menstrual discomfort). Many common practices in the West are very conducive to weakening and damaging women’s fertility and future gynaecological health and wellbeing, wreaking havoc on menses, fertility, pregnancy, delivery and menopause. These commonly accepted, yet maladjusted lifestyle affairs contribute to menstrual problems, fertility issues, pregnancy issues and subsequent medical problems associated with the eventual onset of menopause.
Traditional Chinese Medicine (TCM) wisdom may improve YOUR menstrual, postpartum and menopausal health and wellness.

These problematic medical conditions are all preventable, or at least their intensity can be greatly reduced by simple life-style changes, and NOT believing what is portrayed in the popular press and female sanitary advertisements, e.g. swimming during your period. Applying many of the practical suggestions below could very well endow you with optimal gynaecological and menstrual health, boost your fertility, and reduce menopausal symptoms.

Some of the suggestions may at first seem ridiculous and impracticable. However, the principles are based on thousands of years of adhering to Nature, and by and large, are still practiced by billions of Orientals as standard procedure, and are very doable, even by Orientals living in the West.

**WHAT IS JING (ESSENCE)?**

Chinese medicine seeks first to understand natural cycles, and then take advantage of them in order to optimise health and longevity – thereby avoiding future imbalances and making it easier to treat any imbalances that do occur. To understand why menstruation, postpartum and menopause are so key in terms of health preservation (and why virtually all traditional cultures have had restorative rituals that are performed during these times) it is necessary to understand the concept of jing.

Jing is a fundamental Chinese medical concept that can be challenging to translate into English, but is often translated as ‘essence’. Jing encompasses our genetic inheritance, the strength of our constitution and our procreative ability. Jing is stored in the Kidney and sexual organs and circulated throughout the body. Jing is closely associated with menstruation. According to the aetiology of disease patterns, bleeding during menstruation easily causes blood deficiency which, if longstanding, leads to yin deficiency, and eventually jing deficiency. Preserving jing is critical to enhancing the quality of our health and length of our lives. Pregnancy is an even greater strain on the jing than menstruation is, and taxes the Kidney qi directly. Menopause, by definition, involves the decline of jing. How a woman cares for her health at this time prepares her for her later years. Imbalances manifesting at this time tend to accurately convey the state of the woman’s health and act as a prognosis for health in old age.

So preserving jing is critical to enhancing the quality and length of our lives. Strong jing means we ward off disease, recover from life’s challenges on a physical and emotional level, and remain generally strong. Chinese medicine sees menstruation, postpartum and menopause as times when jing can either be conserved or depleted. Traditional practices focus on minimising this loss in order to protect the body and optimise health. How can YOU preserve jing?

**PRESERVATION OF JING ESSENCE:**

**HEALTHFUL PRACTICES DURING MENSTRUATION:**

- The most important practice is rest.
- Women should get an additional hour of sleep each night, for 7 nights.
- They should also keep warm. Traditionally this meant keeping the feet and legs covered at all times.
- Also included wrapping the lower abdomen and back to protect it from cold. Although this practice can be relaxed in warmer weather or for women who ‘run warm’, they should nevertheless dress warmer than usual. Wrapping the lower abdomen is particularly helpful during cold weather, for women who ‘run cold’, or for those suffering from cold in the uterus. Moxibustion on the lower abdomen and back is also helpful.

**HEALTHFUL PROHIBITIONS DURING MENSTRUATION:**

- These largely center around the avoidance of behaviours that allow invasion of cold into the uterus. Women should avoid cold in any form.
- Specific prohibitions include no swimming or exposure to drafts (including air conditioning).
- No cold foods or drinks such as raw foods, iced drinks and ice cream.
- Additionally, women are advised not to wash their hair and instead use an alcohol mixture to cleanse the scalp instead. This last
prohibition is unlikely to receive compliance in modern Western culture, but women should at least ensure that they wash their hair in a warm bathroom using warm water, and dry it immediately.

Washing your hair daily and getting COLD during menstruation is prohibited in TCM.

- Avoid over-taxing the body, both physically and mentally. This includes no heavy lifting or other strenuous physical exertion, including weightlifting, spin classes, running and hot-room or other strenuous yoga.
- Women should avoid working or studying as hard as usual (especially on the computer which depletes Liver blood).
- They should also avoid staying out late or drinking alcohol excessively.
- A good general rule is to try to avoid fatigue altogether.

So, what do you think so far? It is incredible that in the West advertisements have women believing it is acceptable to go swimming and enjoy water sports and water slides during menstruation. The next “Golden Opportunity” for women to fortify their jing is after child birth, where the TCM practices and prohibitions are even stricter.

See: [http://tiny.cc/jing4u](http://tiny.cc/jing4u)

I previously stated that "Western Medicine is clueless about the preservation of female vitality when it comes to all things gynaecological". In the article “Healthful Prohibitions For Postpartum Recovery” at [http://tiny.cc/jing4u](http://tiny.cc/jing4u) it states “Prohibitions are largely concerned with limiting exposure to cold. When the body is qi and blood deficient the person’s immunity is lower, the digestion is weaker and the joints and abdomen are more susceptible to invasion of cold”. In spite of this, most delivery rooms are like refrigerators, the woman is left lying on a cold stainless steel slab, scantily clothed, with overhead air conditioners blasting cold air onto her traumatized cold body. Did I mention that a large amount of warmth in the form of a baby has just been removed from her body along with blood and other warm body fluids? At her most vulnerable stage she is allowed to be refrigerated thanks to clueless medical practice, or is it malpractice? Then doctors wonder why further menstrual and gynecological problems often develop after each baby is birthed...... Duh!

**NOTES REGARDING LIFE STYLE CHANGES PRIOR TO MENOPAUSE**

In a clinical setting, unless a woman has hormonal or fertility issues, perimenopause is often the first time she will seek help from a Chinese medicine physician concerning her menstrual cycle. Practitioners must take every opportunity to educate patients on healthy lifestyle and dietary practices. Women should begin preparing for menopause at the age of 35. According to women’s seven year jing cycles, the fifth cycle beginning at age 35 marks the start of the decline of jing. At this point women’s self-care becomes increasingly important. Tonics, such as Ren Shen (Ginseng Radix) and Ling Zhi (Ganoderma), should be taken regularly.

The focus of the Western medical model of healthcare is the treatment of disease, and only recently due to the popularity of alternative care, disease prevention. TCM takes this one step further. Practitioners’ greatest service is to educate patients on what they can do to increase their vitality and longevity rather than just treating them when they are ill. Modern life tends to produce women who are frazzled, over-worked and over-stimulated. Such extremes of behaviour tend to be idealised in our society. There is a widespread belief that if we are not producing something or engaged with gadgets, then we have lost relevance. Periods of quiet restoration are becoming increasingly limited. Women seem to have lost connection with their menstrual cycles and life transitions, and the need to recuperate at such times.

The lack of medical knowledge regarding proper self-care during menstruation, postpartum and menopause is responsible for much unnecessary suffering and ill health. If women are educated properly, beginning with menstruation when they
are young, then this can be averted. Part of our job as TCM practitioners is to empower our patients to take charge of their own health. Although the recommendations presented here may need to be modified for modern Western women, such Traditional Chinese Medicine knowledge and practices are still absolutely relevant today, and have much to teach about the importance of rest and recovery for maintaining life-long vitality. The complete article discusses more at the link below.

REFERENCE: http://tiny.cc/jing4u.

PURCHASE EARTHING™ / GROUNDING PRODUCTS FOR YOUR LOVED ONES

Since ANTRAC became the local agent for Earthing™ (Grounding) Products we have had the pleasure of helping hundreds of individuals enjoy the numerous benefits of the regular Earthing™ experience. Probably about 95% of our patients have commented on the positive health benefits that they have experienced since using the Earthing™ products. A few patients that did not notice anything initially have realized that after sleeping on the products for a few months that medical conditions that they had previously have actually resolved. Most patients comment that they sleep much more soundly, wake more refreshed and suffer less pain. Another common comment pertains to their feeling less stressed than they have for years.

There have been many new Earthing™ Products released to the Australian market in recent months. These include Earthing™ Flat Sheets to fit all bed sizes and even Earthing™ Pillow Cases. Another new innovative product is the Earthing™ Plush Pad which is about 50 cm X 76 cm cotton product with the same soft fine silver fibres woven throughout on the Earthing™ conductive side, the same as the fitted sheets and flat sheet products. The other side is a non-conductive soft fabric. This versatile addition to the family is great to sleep on (better than the Universal Mat). Otherwise you can sit on it at the computer or watching TV, or you can wrap it around yourself, or if you wish to spoil your dog or cat then they too can sleep Grounded as God intended for all his creation.

So, if you have difficulty finding a suitable present for your loved ones this year, here is the perfect choice of gifts that will be used every single day and will last for years, and is likely the most practical healthy present in existence. The beaut thing about Grounding Products is that once they have been placed on the bed you don’t have to do anything special. You don’t have to get up early to go to the gym for an hour, and you don’t have to remember to take your antioxidants and supplements each day. Not that there’s anything wrong with doing those things. You simply have to go to bed, which you were going to do anyway! While you sleep, you are being treated by the most powerful healer in the Universe – the antioxidant, anti-inflammatory free electrons that are donated to you from mother Earth, will flow into your body all night by the billions. Any fitted sheet products purchased will include a FREE Earthing™ book valued at $20. Check out Earthing™ products on the website at: http://thenaturalmedicalhealthwell.com/earthing-heaven/

14 SECRET CHEMICALS FOUND, ON AVERAGE, IN FRAGRANCE PRODUCTS

Laboratory tests commissioned by the Campaign for Safe Cosmetics, found a total of 38 chemicals not listed on the labels in 17 name-brand fragrances (such as Chanel, Giorgio Armani, Bath & Body Works, Old Spice, Calvin Klein, and more). The average fragrance product contained 14 chemicals that were not disclosed on the label (along with another 15 that were listed!). The report noted: “Among them are chemicals associated with hormone disruption and allergic reactions, and many substances that have not been assessed for safety in personal care products. Chemicals with troubling hazardous properties or with a propensity to accumulate in human tissues include diethyl phthalate, a chemical found in 97 percent of Americans and linked to sperm damage in human epidemiological studies, and musk ketone, a synthetic fragrance ingredient that concentrates in human fat.” [http://tiny.cc/jhgg7w](http://tiny.cc/jhgg7w)

For more information on acupuncture or Earthing™, or to make an acupuncture appointment give us a call on 4636 6100.

The Clinic is located at 216 Ramsay Street, Middle Ridge, 5 houses south of Kate’s Place, directly opposite the Blue Care Nursing entrance, and beside the Story Farm Park. Parking signage is present. Follow the pavers to Entry signs to the Clinic at the rear of the house.

4636 6100


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MISSION STATEMENT:

“I aim to get my patients as WELL as possible, as quickly as possible, and then to keep them WELL”.