

**Your family doctor referral is not required in order to get acupuncture and herbs treatments.**

### **Treating menopausal symptoms with acupuncture**

Good news for women suffering from menopausal symptoms! Acupuncture and Chinese herbs are excellent options for your menopausal symptoms. This safe, non-invasive, and effective treatment for **hot flashes, night sweats, mood, weight, sleep, is very effective!** Menopause is a time where the cooling, moistening, and calming aspects of a woman's physiology get weak. As a result, women become hot, irritated, anxious, can't sleep, get hot flushes, and night sweating. Acupuncture menopause treatment involves nourishing and cooling the body, and balancing to alleviate the above symptoms. **Chinese herbs are an important adjunct;** they work to enhance acupuncture treatments. Acupuncture and Chinese herbs can help to normalize hormones and lessen the symptoms associated with menopause so you feel like your youthful self again.

### **Acupuncture Increases Post Menopause Sex Drive**

Know that growing older doesn't mean that your sex life is over. If you have experienced a loss of sexual desire since menopause, consider a few other possible causes before deciding that menopause is alone responsible for your lowered libido. Acupuncture and Chinese herbs Increase libido and decrease stress.

About a quarter of the women given acupuncture said their **sex drive had increased.** Most women also reported an improvement in their **energy, clarity of thought, and sense of well-being.**

A new study shows acupuncture was as good as drug therapy with Effexor (venlafaxine) at easing hot flashes in breast cancer patients, but it also improved sex drive, energy levels, and clarity of thought.

For Chinese women, hot flashes and night sweats are RARE experiences, and very few of them are ever put on hormone replacement therapy by their doctors. It is an interesting fact that only 10% of Asian women experience noticeable menopause symptoms, compared with 75% of the women in the United States. Acupuncture and Herbs make huge difference!

### **Early Menopause Symptoms**

Early menopause, (peri-menopause or pre-menopause) can begin as early as 40 and last until 55 years of age (hot flushes, night sweating). **Get acupuncture early to cool down!**

Menstrual cycle changes and irregularity may be noticed first. Breast tenderness, abdominal bloating, mood swings, sweets cravings, and decreased energy can all be part of the early menopause experience. **Acupuncture erases these symptoms!**

As the actual menopause, (the cessation of menstruation) grows nearer, the signs of menopause may become more noticeable and debilitating; hot flashes, or "hot flushes",

night sweats, vaginal dryness, loss of libido, headaches, insomnia, and moodiness may aggravate the transition. **Acupuncture and Chinese herbs are the antidote!**

The majority of women end their menstruation between the ages of 48 to 52. This is a time where **acupuncture and Chinese herbs are almost mandatory!** Acupuncture and Chinese Medicine will help greatly the symptoms and health risks of premature menopause as well as the emotional issues that may result from it.

## **Menopause Treatment**

The combination of acupuncture, Chinese herbal medicine, and diet 'is' the determining factor in maintaining the health of Asian women through menopause. Women in North America deserve to feel fantastic during menopausal years!

Menopause weight gain isn't always caused by hormones. The rate in which you burn calories slows down. **Acupuncture and Chinese herbs are remarkable in weight management.**

## **How risky is Weight Gain Post Menopause?**

Weight gain post-menopause can have serious implications for your health. **Excess weight increases the risk of high cholesterol, high blood pressure and diabetes.** In turn, these conditions increase the risk of heart disease and stroke. Excess weight also increases the risk of various types of cancer, including colorectal cancer and breast cancer. In fact, some research suggests that gaining as little as 4.4 pounds at age 50 or later could increase the risk of breast cancer by 30 percent. <sup>1</sup> Acupuncture and Chinese herbs are EXTREMELY effective in balancing the body to avoid weight gain and maintain health post-menopause.

Acupuncture is considered to be a cooling therapy. The stainless steel needles that are used during treatment are said to disperse Qi. This means that they are unblocking energy that has become blocked or stuck. When energy gets blocked for too long, it generates heat which will burn yin (moisture, juiciness) and lead to yin deficiency (dry and hot). Many women say that they felt cooler right after the needles are put in. The needles actually deflate certain areas that have become overheated and compressed. Certain points are also used that have a direct effect on nourishing yin, thereby rejuvenating the cooling aspects of one's physiology causing menopause relief.

## **Chinese Herb**

Chinese herbs work synergistically with acupuncture to create a state of continuity in clearing heat and nourishing yin between treatments. Please commit to this approach BEFORE using hormone therapy, as these natural options are free of side effects. Hormone therapy is quite controversial in terms of its long-term effects. While it has worked wonders for many women in the short-term there are references to increased incidence of ovarian cancer, fibrocystic breasts, and emotional fluctuations.

## **Early Menopause Symptoms**

Early menopause symptoms are pretty much unpredictable, like PMS – on steroids. You may feel like you are going crazy, but it's just your estrogen levels fluctuating, causing irregular menstrual cycles, as well as a flurry of other more surprising symptoms like ranting and raging, sleep-deprivation, unpredictable periods, and forgetfulness.

Menopause can trigger feelings of sadness and episodes of depression in a many. 8-15% of menopausal women experience some form of depression. Menopause depression is most likely to hit during peri-menopause, **Acupuncture and Chinese Medicine move your stuck sadness and dissolve your depression.**

## **Acupuncture Better than meds for Hot Flashes**

Acupuncture not only cools hot flashes, but may offer a host of other benefits to boost women's well-being. A new study shows acupuncture was as good as drug therapy with Effexor (venlafaxine) at easing hot flashes in breast cancer patients, but it also improved sex drive, energy levels, and clarity of thought. – Dec. 31, 2009.

## **Acupuncture for Breast Cancer Survivors**

“Acupuncture offers patients a safe, effective and durable treatment option for hot flashes; something that affects the majority of breast cancer survivors. Compared to drug therapy, acupuncture actually has benefits, as opposed to more side effects,” researcher Eleanor Walker, MD, division director of breast services in the department of radiation oncology at Henry Ford Hospital in Detroit(USA).

## **Hot Flash Relief**

In the Acufash study, researchers randomized 399 postmenopausal women regularly experiencing at least 7 hot flashes daily to acupuncture or no treatment. 50% of women receiving acupuncture experienced a 50% or greater reduction in how often their hot flashes occurred, compared to 16% of women using self-care. Significant reductions were also seen in hot flash intensity. Additionally, the acupuncture group reported significant improvements in vasomotor, sleep, and somatic symptoms over the course of the study. **Most of my patients with menopausal symptoms reported of feeling well, being able to sleep through the night, clear mind, less foggy brain, improvement of well-being.** Springdale and Baie Verte, NL

## **Hormone Therapy Scare**

The National Institutes of Health's (NIH) hormone-replacement therapy study was halted early due to findings of slightly increased risk of heart disease, blood clots, stroke and breast cancer. In light of the early discontinuation of the NIH study, it is CRUCIAL that the benefits of Acupuncture and Chinese herbs on menopausal symptoms be recognized now.

## **How many sessions do I need to notice some improvements?**

We are different. Some patients feel relief the next day following acupuncture therapy, others it may take days, and weeks. Also, it depends on your diet, lifestyle and herbs intake. I always discuss about diets with my patients. **Acupuncture really works!!!**

1 <http://www.mayoclinic.com/health/menopause-weight-gain/HQ01076/NSECTIONGROUP=2>

2 <http://www.medicinenet.com/script/main/art.asp?articlekey=109744>

3 <http://www.medicinenet.com/script/main/art.asp?articlekey=109744>

4 <http://www.biomedcentral.com/1472-6882/7/6>

5 <http://www.biomedcentral.com/1472-6882/7/6>

6 <http://womenshealth.about.com/od/menopause/a/sexpostmeno.htm>

7 [http://www.nhlbi.nih.gov/health/women/pht\\_facts.htm](http://www.nhlbi.nih.gov/health/women/pht_facts.htm)

8 Journal of Clinical Oncology, online December 28, 2009