

Chinese Medicine for Womens' Health

Do you suffer from PMS? Menstrual cramps? Menopausal issues? Infertility? Doctors can't help? Well, maybe Traditional Chinese Medicine can!

In my 14 years of practice, I have found Traditional Chinese Medicine (TCM) to be amazingly effective in dealing with Womens' issues. It can help with to alleviate hot flashes, increase fertility, regulate the menstrual cycle and ease PMS and cramps. TCM helps to gently strengthen, unblock and balance the system, thus alleviating symptoms. In addition, many women report just "feeling better" in body and mind, with more energy and "a more positive outlook."

Traditional Chinese Medicine is an ancient system of medicine dating back over 2000 years. It comprises Acupuncture, Chinese Herbology, dietary and lifestyle suggestions, and other modalities such as Moxibustion and Cupping, several of which may be used during a session. Clients are treated individually, according to the imbalances detected during a thorough TCM diagnosis. This includes a series of questions related to physical and emotional tendencies, as well as a tongue and pulse diagnosis.

The main objective in TCM is to balance the *Yin* and *Yang* within the body. *Yin* describes quieter, cooler, darker and moister energies, while *Yang* refers to more active, hotter, brighter and dryer aspects. As well, TCM addresses blockages of *Qi* (bioenergy) and Blood within the system, allowing them to flow freely. In this way TCM offers not only symptomatic relief, but helps to balance the client's whole being, thus addressing the root cause of the problem.

The Liver system is one of the major factors to consider when we talk about Womens' cycles. In TCM, the term "Liver" describes not only the actual organ, but also its energetic function. The Liver regulates blood, the menstrual cycle, and reproduction. It keeps the *Qi* and Blood flowing freely throughout the body and mind. When this flow is obstructed or stagnant, menstrual-related symptoms can develop, such as PMS (headaches, irritability, sore breasts, bloating, etc), cramps, clotting, irregular cycle, etc. When we help the Liver energy to flow freely through acupuncture, herbs, and dietary and lifestyle changes, these symptoms recede naturally.

With menopausal symptoms, the Kidney system is often found to be imbalanced. At this time of life, the cooling, calming *yin* aspect of the Kidney energy tends to decline, allowing the hotter and more active *yang* to take over. In this way, symptoms such as hot flashes, night sweats and insomnia often develop. Many of my clients have been overjoyed to watch these upsetting symptoms recede!

Infertility may be caused by many different imbalances and weaknesses in the system. In my practice, many women with "unexplained infertility" have been diagnosed and treated through TCM, which can detect and correct the subtle energetic imbalances preventing conception.

Traditional Chinese Medicine presents an elegant system for getting our bodies, our minds and our lives back on track. Over the years, many of my clients have reported that they "feel like themselves again", that they are able to flow more smoothly through life, making the changes necessary to be healthy and true to themselves. In addition, many womens' menstrual cycles have regulated, their cramps have subsided, their hot flashes have reduced and their emotions have balanced. And more than one client has been able to conceive a child, where they had almost given up! What a miracle to be part of!

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