

Acupuncture & Menopause

Why is menopause treated like a disease when in fact it's a cycle that naturally occurs with women?

Menopause is a natural, physiological cycle that takes place for women. Most medical treatments today address the various symptoms and signs associated with menopause. Just treating these symptoms and signs is only the tip of the iceberg.

Acupuncture and Chinese medicine understand that these symptoms and signs are merely indications that deep within a woman's body an imbalance exists. This 3,000 year-old healing art focuses upon the underlying imbalance(s) that have occurred over the years. These imbalances, left unchecked, can result in the various symptoms and signs that reflect the Western diagnosis of menopause.

Acupuncture and a woman's natural process.

Menopause signifies "a change" within a woman's life. This change occurs because a woman's body chemistry is shifting. Chinese medicine recognizes this chemistry change as a natural or unnatural process that takes place.



Estrogen is similar to what acupuncturists call *Jing*. *Jing* is a gift given to all of us at the time of conception by our parents. It is our battery that provides us with the basic energy to power all our life functions. When *Jing* is plentiful, our ability to adapt to disease, illness and change is optimal.

With age, we slowly drain *Jing* energy from our battery. Some people do it faster than others. But, as we approach the ages between 35–60, *Jing* naturally begins to decline. When *Jing* declines our body becomes unbalanced and various symptoms and signs will occur; graying hair, loss of libido, backache, and fatigue.

Another cause for menopause is the slowing of the flow of *Yin*. The concept of *Yin* is like the cooling system of the body.

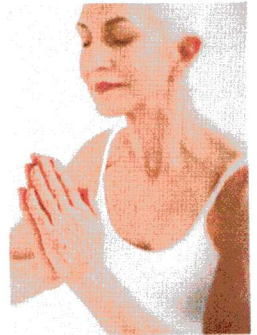


When this cooling system declines, heat symptoms will arise, leading to hot flashes, night sweats, mood swings, heart palpitations, and insomnia.

Sometimes, instead of *Yin* slowing, *Yang* energy declines. *Yang* represents the warming and metabolizing functions of the body. When *Yang* is unbalanced symptoms may include water retention, weight gain, edema, indigestion, hypertension or raised cholesterol levels. Left untreated, a decline and imbalance of *Jing*, *Yin* or *Yang* can lead to the symptoms and signs associated with menopause.

What can an acupuncturist do?

When a practitioner of Chinese medicine treats menopausal symptoms, they first determine where the energy has changed, and what organ systems have become unbalanced. Once this is known, various natural therapies, such as, acupuncture, herbs, meditation, Qi Gong, and diet, can be used to correct the imbalance(s).



Acupuncture and Chinese medicine can offer a *safe, natural, drug-free* and *effective* way to address menopause. By supporting the healing energies of *Jing*, *Yin* and *Yang*, the body has the building blocks needed in order to nourish, heal and regain balance.