



Acupuncture 4 Women's Health

PMS, Menopause, Endometriosis, Fertility
& other women's health issues

I finally tried acupuncture to see if I could get some relief from unbearable pain with my menstrual cycles, not with fertility. After trying nearly everything else, my husband and I were preparing for never having children.

I saw Kayte for only 8 months and found out I was pregnant! And ALL the pain associated with my cycle was gone! Our little girl was the product of some great work by Kayte, and we've since added another little girl. Thank you is just not enough!"

–Cathy L.

Acupuncture and Chinese Medicine has been used to treat PMS (premenstrual syndrome), dysmenorrhea (painful periods), and endometriosis, and menstrual issues safely and effectively for millenia.

Such treatment does not suppress symptoms, but rather supports the body and the person to regain balance internally and in life.

Acupuncture and herbs help to promote the free movement of energy and blood, addressing hormonal, endocrine, and other physical imbalances to restore harmony. It also helps regulate the menstrual hormones and acts as an analgesic or pain reliever by elevating levels of endorphins in the blood.

Chinese medicine is not a "quick fix." If you have suffered for years, it may take months of treatments and committed lifestyle changes to get relief. But, by rebalancing the entire body, vibrant good health and a renewed sense of poise and harmony can result.

The ultimate goal is to help women use the tools available to them – exercise, stress management, nutrition – along with acupuncture and herbs to regain their lives.

You don't have to live with pain. When compared to contemporary medical approaches (ranging from hormone therapy to surgery), acupuncture and Chinese medicine are low cost, non-invasive, and without side effects.

Fertility

At its essence, Chinese medicine is all about being healthy. Optimum health is desirable not only for maximum fertility, but also for a healthy pregnancy and postpartum recovery.

Acupuncture and certain herbs can increase blood flow to the uterus and stimulate ovulation in women; increase sperm motility in men; and relieve stress for both.

If a couple chooses contemporary medical fertility treatment, acupuncture and herbs can help alleviate side effects, and may also increase a couple's chance of conception when used in conjunction with treatments such as in vitro fertilization (IVF).

Menopause

Hot flashes, night sweats, migraines, fatigue were controlling my life. My neurologist recommended acupuncture. Since I started treatments, along with light exercising and minor eating habit changes, the symptoms have disappeared. Best of all, I'm drug-free!

— Lucy Graesser

Menopause itself is not a disease, though the symptoms can make it feel like one. It is nature's way of slowing down the aging process. Many women do not make this transition quickly or smoothly. Rather, they get stuck in the middle, suffering from hot flashes, depression, migraines, insomnia, and other stressors.

Acupuncture and Chinese medicine can reduce symptoms, increase energy, and help you find a sense of balance.

It works.

A meta-analysis of 8 acupuncture studies and 11 herbal medicine studies revealed a success rate of 50% or greater for the reduction of PMS and premenstrual dysphoric disorder (PMDD). No incidence of major adverse events occurred.

Kim SY, Park HJ, Lee H: Acupuncture for premenstrual syndrome: a systematic review and meta-analysis of randomized controlled trials. BJOG 2011, 118:899-915.

A meta-analysis of randomised controlled studies, which aimed to evaluate the effects that acupuncture has on menopause-related symptoms and quality of life in menopausal women, found that acupuncture treatment significantly reduces the frequency and severity of hot flushes, improves other menopause-related symptoms, and improves quality of life in the vasomotor domain in menopausal women.

Chiu et al (2015).

Eight RCTs, 13 cohort studies, 3 case series and 6 case studies involving 1851 women with infertility were included in the systematic review. Meta-analysis of (non-)randomised controlled trials suggested a 3.5 greater likelihood of achieving a pregnancy with Chinese Herbal Medicine therapy over a 4-month period compared with Western Medical drug therapy alone. Assessment of the quality of the menstrual cycle, integral to TCM diagnosis, appears to be fundamental to successful treatment of female infertility.

Complement Ther Med. 2011 Dec;19(6):319-31. doi: 10.1016/j.ctim.2011.09.003. Epub 2011 Oct 5.