

Free From Premenstrual Syndrome (PMS)

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Premenstrual syndrome is characterized by irritability, anxiety, depression, edema, breast pain, and headaches. It occurs usually 7 to 10 days before menstruation and ends a few hours after the onset. Diagnosis is clinical. Treatment is symptomatic and includes diet, drugs, and counseling.

The exact cause of premenstrual syndrome (PMS) is unknown by biomedicine. However, PMS might be caused by multiple endocrine factors. The medical treatment of PMS includes anti-depression medications and hormones that carry a variety of side effects; these side effects may interrupt the body's natural biochemical balance and physiological rhythm.

Traditional Chinese Medicine (TCM) believes that most symptoms of PMS are due to internal organ energy (Qi) blockage and an imbalance from both mental and physical overexertion.

The blockage of energy flow has a special impact on the Liver's energy, called Liver Qi stagnation. Liver Qi (energy) stagnation manifests as a painful distension of the breasts, bloating of the abdomen, distention of the hypochondria area (under chest area) and headaches or migraines. If energy is blocked, then water transportation is compromised and will result in water retention and bloating. Energy blockage has a negative impact on the digestion system and lowers one's energy; food will not be processed well, causing cravings for sweets and carbohydrates. Feeling

emotional, being short on temper, easily crying, or depressed reflexes are direct results of this imbalanced and/or stagnated body energy.



Some women around the pre-menopausal age start to experience a more severe PMS. For these conditions, TCM believes that an energy deficiency factor in certain vital organs may also contribute to the PMS in addition to the energy blockage.

The treatment of PMS by Chinese Medicine is very simple: unblock the flow of energy and balance the organs

Acupuncture treatment of PMS is very effective as it makes energy flow freely and harmonizes the organs. Most patients experience great benefits from only a few treatments. If there is an underlying organ deficiency, classical Chinese herbal formulas can also be used to accompany the acupuncture treatments. There are six different patterns of PMS diagnosis in TCM. Acupuncture and herb formula treatments can be tailored to each specific pattern. One should consult an experienced TCM doctor before treatment.

Dr.Hu suggests daily tea therapy for women who have mild PMS, as well as moderate exercise, proper diet, and meditation for reducing stress



Daily Tea for Mild PMS:

- Green Tea leaves
- Whole Chrysanthemum flowers
- Whole tea roses
- Ginger
- Honey

Note: Women around the pre-menopausal period experiencing PMS should add Go Ji berry in addition to the above ingredients.

If your relatives and/or friends have some concerns about Premenstrual Syndrome, please contact Dr.Hu at (619) 226-6506 for a consultation