

Traditional Chinese Medicine Clinic (TCMC)

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Sexuality in Women

The human race strives to love and be loved. Sexual activity is a fundamental part of human instinct for continuing the human race as well as an important ingredient to health and a long lasting loving relationship, but there is more!

Sex is good! Healthy sexual activity can make a person feel high and full of self-esteem. Sex can give you a feeling of being beautiful and can provide inner strength & inner peace as well as a lighter spirit.

Normal regular sexuality activity reflects the status of emotional and physical well-being. A healthy sex life can make a person more easy going and accepting to others. A person can even experience benefits of health such as clearer skin texture and a more youthful appearance. A healthy sexual lifestyle can also reduce muscle tension and stress. It can alleviate vaginal irritation and discharge, help ease PMS and help regulate a woman's menstrual cycle. Sexuality is one of the most important activities for connecting with the partner you love and for nourishing a relationship for many years to come.

Stress and Sex

In our modern society, stressors from all sources of life have a huge negative impact on sexuality. In the United States a relative high percentage of women have abnormally low sexual activity, especially middle age woman experiencing menopause.

Changing Times

Increasing the pleasure and desire of a woman's sexuality has traditionally been social taboo. Women were excluded and thus more passive. Even today, medical professional continue to neglect female sexuality and cases are misdiagnosed. Typically women simply tried to avoid their sexual issues or refused to acknowledge that sexuality is a normal healthy part of life. However, many women are now seeking help to try and find a way to deal with low sexual activity and the physical and mental health issues associated.

Treating Low sexual desire

Two typical mistakes:

1. Stimulants or drugs to help the body perform. This provides unrealistic expectations, making one believe “the more, the better”. Although having purpose, drugs are often miss-used and not a natural way to improve one’s sexuality.
2. Taking hormones to improve or enhance sexuality (Testosterone) regardless of overall health and body condition. There are side effects for taking testosterone such as facial hair, acne and facial skin texture change. A woman can also experience irregular menstrual cycles.

Traditional Chinese Medicine (TCM) & Treatment.

TCM considers Sexuality (*Technique in Bedroom*) as an artistic human life science, important for well being and documented in Chinese Medical History for over two thousand years. The journals include exercises, which enhance the essence to perform as well as, sexual positions, sexual timing, frequency, how to reach orgasm, sexual related diseases and diagnoses for treatment. TCM and Daoists believe healthy sexual activity can promote well being and longevity.

Nei Jing - One of the earliest TCM books record that energy from the kidney is the most fundament organ for controlling female and male sexuality

When a female reaches around 7 years old her kidney energy starts to thrive and hair and bones continue to grow. When she reaches around the age of 14 (2 x 7 years old) the menstrual cycle arrives and at around age 21 (3 x 7 years old) a woman’s energy reaches its peak. At age 35 (5 x 7 years of age) the body starts to decline, facial complexion and hair changes. At age 42 (6 x 7 year old) skin texture changes and gray hair appears. At age of 49 (7 x 7 years old) the body’s age is much more apparent and the risk for carrying a baby is greater. All these different stages of the body indicate that the kidney is the main organ controlling the biological clock in females. Directing the sexuality, productivity and aging.

Each individual has a different strength (essence) produced by the kidneys and explains the difference in sexuality and performance as well as to what age a woman can successfully carry a child.

Conditions that weaken kidney essence, sexual desire & performance.

- I. Physiological Kidney deficiency: At around 50 years old lower kidney energy is a part of the normal aging process. A 50 year old woman compared to a woman of 25 will start to experience lower sexual desire. Sexual frequency starts to decline and the ability to conceive is difficult. This is a normal aging process. If one considers medications to enhance sexuality (force the body to perform regardless of physiological condition) harm can be done making the body become more receptive to a pathological condition.
- II. Pathological Kidney deficiency: A woman with pathological kidney deficiency will have low sexual desire, difficulty in reaching orgasm, no strength or the will to

perform and may have difficulty conceiving. There may be early skin age spots, premature grey hair, a loss in bone density, lower back pain, weakness in the knee and urinary incontinence.

III. Causes for pathological kidney deficiency and low sexual desire:

1. Inborn deformity and weak body constitution.
2. Drug or alcohol abuse which exhausts kidney energy.
3. Unhealthy life style: fad diets, irregular sleep pattern, lack of exercise.
4. Multiple childbirths or multiple abortion and/or miscarriage.
5. Chronic diseases
6. Certain medications.
7. Stress.
8. Emotional disorders. The emotion of fear can weaken kidney's energy.

There are other body organs that are important in contributing to sexuality as well as body balance and emotional well being. The heart is the organ related to the feeling of joy, if the heart is not in harmony, patients tend to have more sexual anxiety and can not initiate or perform well. A healthy liver helps improve the total sexual sensation so that one can easily reach orgasm peak. An unhealthy liver typically from drug or alcohol abuse not only makes one lose the desire but also makes it harder to reach orgasm peak.

A certain percentage of women (actually both genders) have lower sexual desire because of stress from certain aspects of daily life. Stress causes qi (energy) stagnation that will block free flowing energy from all internal organs and creates a negative impact on the emotions, which halt the desire for sexuality and passion.

TCM Enhances Sexuality Naturally!

Chinese history shows that Herbal Formulas have been used for centuries to increase sexuality in men and women, especially for ruling class in all dynasties. There are many types of herbal formulas, both internal and external applications that are used for increasing sexual performance, desire and sexual pleasure.

In most of pre-menopause and menopausal women, there is kidney energy deficiency. Strengthening the kidneys restores sexual desire but also increases energy; helps to beautify the skin and delays bone loss.

An experienced TCM doctor should be contacted to identify the type of kidney energy deficiency. (Kidney yin energy or kidney yang energy). Tonic kidney herbs will then be prescribed such as Xian Mao (curculigo Rhizome, sometimes called immortal grass), Yin Yang Huo (Epimedium aerial parts) and/or Go ji berry.

There is a variety of Herbal medicines on the market, formulated by well known doctors in China for increasing female sexual desire and to promote well being. “Women’s Treasure”, “Returns Youth” (anti aging pill for women). Once again, one should consult Dr. Helen Hu, an experienced TCM doctor for herbal treatments.

Note: Some women have other long term chronic conditions typically indicating that there might be additional organ deficiencies.

Acupuncture treatments

Acupuncture treatments can be the best method to manage stress. Acupuncture can also restore kidney function which helps to improved sexual energy and sexual performance. In more complicated cases, acupuncture along with traditional Moxibustion treatments and external herbal applications will help to improve over-all sexuality.

To help restore sexuality means to promote well being and improve over-all health.

Restore your passion and sexuality!

Love greater, Live happier, Physically, Emotionally & Sexually.

Please contact the office of Dr. Helen H. Hu for an appointment today!

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