

Traditional Chinese Medicine Clinic (TCM)

中国医学



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Mailing to:

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Traditional Chinese Medicine

*Integrating Eastern and
Western Medicine*



How can TCM help women with Menopause, a normal aging process?

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Menopausal syndrome start in most women aring 45-55 years old of age. It indicates that women are transforming from productive stage to unproductive stage of her life. Declined of ovary function and hormone disorders results in dysfunction of sympathetic and parasympathetic nerve system. There are four major menopausal symptom, vasomotor (hot flash), psychosomatic complaints, genital atrophy and osteoporosis. Most of women begin with menstrual irregularity, then hypertension, hot flash to face, upper back to head, dizziness, tinnitus, blurred vision, insomnia, and poor memory. Some women has more emotional disorder such as mood swing, depression, worries, hypersensitivity, easily angry, and a lot of women has varieties of pain on joints and muscles. While menopause is a normal process of aging, but it create a number of complaints that require medical attention. Hormonal replacement therapy by traditional western medicine has some disadvantages not only limited to increase risk of breast cancer, uterine cancer, ovarian cancer, endometrial carcinoma but also gallbladder disease, thromboembolitic disease and photosensitivity.



Chinese Medicine believes that menopause period is a normal nature aging process. Menopausal syndrome is mostly related to Kidney Yin and Yang imbalanced .After menstruation of losing blood (blood consider Yin material in the body) for many years during reproductive year, then reproductive energy and blood are exhausted (empty). Imbalanced Yin /Yang happen due to the deficiency of Yin material (blood) or Yang (energy), esp. in the organ of kidney, spleen and liver. The three organs are close related to aging and rejuvenating energy, blood in the body. The imbalanced Yin / Yang of those organs will manifest menopausal symptom. If a person has more kidney Yin deficiency, one will have more hot flash, anxiety, easily angry, frustration, heart palpitation, insomnia with agitation, dry throat and night sweating, a group symptom warm and



uneasiness. If a person has more Yang deficiency, one will feel more cold, fatigue, depressed, pale, withdrawal and no sexual desire. Since there are three major organ involve menopausal symptom (Kidney, Spleen, and Liver), and each organ has its own Yin and Yang misbalancing, and different degree of misbalancing. That is why different individual has varieties of degree of clinical manifestation.

How Chinese acupuncture and herbal medicine to treat menopausal syndrome? Since the philosophy of Chinese Medicine is look at each individual as a whole entity. Each individual has different degree of disharmony within one own system. The treatment should be customized to each individual. For example, a person has more kidney Yin deficiency, practitioner should use certain acupuncture point and herbs to nourish kidney yin and at the same time to clear heat and take care of sign and symptom that related to the Yin deficiency. The selection of herbs and dosage of each herb depend on the degree of body's disharmony and most importantly, the experience of the Chinese Herbalist. Remember, not only acupuncture and herbal formula help, but also important to know that meditation, Tai Ji, and Chinese food therapy will benefit to add your own treatment plan.



If you or your friends, relatives start to have the issue of menopause and they wants to know more about how Chinese Medicine work for them. Please call Dr. Helen Hu, Traditional Chinese Medicine Clinic at (619)226-6506