

## Acupuncture for Menopause

According to the Mayo Clinic, the natural process of menopause occurs 12 months after your last menstrual period. It is the permanent end of menstruation cycles and fertility.

Although not an illness, the symptoms of menopause can leave you drained, tired and may trigger feelings of loss and sadness.

Symptoms of menopause:

- Irregular periods
- Decreased fertility
- Vaginal dryness
- Hot flashes
- Sleep disturbances
- Mood swings
- Increased abdominal fat
- Thinning hair
- Loss of breast fullness

Causes of Menopause:

- Hysterectomy
- Decline in Reproductive Hormones
- Chemotherapy & Radiation

There are ways to alleviate symptoms of menopause including hormone therapy and lifestyle adjustments to herbal remedies and acupuncture treatments.

Acupuncture treatments provide a safe, natural way to alleviate menopause. The Traditional Chinese Medicine (TCM) sees the human body as an integrated being. It works with vital energies inherent within all living things to promote the body's ability to heal itself. Qi (pronounced "chee") is a vital

energy that flows through meridians, pathways that run throughout the entire body. Qi protects the body from illness and provides nourishment to cells, tissues, muscles and organs. During acupuncture treatments, fine, sterile needles are inserted at specific acupoints along these meridians to regulate energy flow, unblock obstructions and correct hormonal imbalances.

Acupuncture practitioners recommend a holistic health approach inclusive of herbal remedies. According to Eastern holistic medicine, treatment of menopause requires lifestyle changes with overall health as its goal.

## Benefits of Acupuncture

- Enhance relaxation
- Balance hormones
- Promote deeper sleep
- Reduce hot flashes
- Normalize irregular periods
- Improve general well-being

## Procedures of Acupuncture

During a treatment, specific acupuncture points are stimulated to balance bioelectric energy circulation and promote the body's own natural healing abilities. A balance of energy in the body yields mind-body relaxation and optimized physiological functions of the body. The whole procedures last about 20 minutes, during which time patients are very relaxed and comfortable.

## Acupuncture goes Mainstream

Acupuncture is recognized by the National Institutes of Health (NIH) and the World Health Organization (WHO) as effective in treating these conditions.

- Addiction-alcohol, drug, smoking
- Anxiety/ADD
- Arthritis
- Asthma
- Back Pain
- Bronchitis
- Bursitis
- Carpal Tunnel Syndrome
- Chronic Fatigue
- Common Cold & Flu
- Constipation
- Depression
- Digestive Disorders
- Dizziness
- Facial Palsy/Tics
- Fertility/Habitual Miscarriages
- Fibromyalgia
- Frozen Shoulder/Pain
- Gastrointestinal Disorders
- Headache/Migraines
- Hepatitis B/C
- Immune system deficiency
- Incontinence
- Insomnia
- Knee pain
- Myofascial Pain Syndrome
- Neck Pain/Stiff Neck/Whiplash
- Osteoarthritis
- PMS
- Rhinitis/Sinusitis
- Sciatica

- Sports Injured
- Stress/Emotional Problems
- Stroke Paralysis/Numbness
- Tendonitis/Tennis Elbow
- TMJ
- Trigeminal Neuralgia
- Wrist Pain



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*“Experience is priceless...”*

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- Certified Neuromuscular Therapist
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# ACUPUNCTURE FOR MENOPAUSE

**We Specialize Treating the Following  
Conditions, But Not Limited to:**



**Healing, so you can get back to life.**

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