

Female Cycle Issues, Infertility, Acupuncture and Traditional Chinese Medicine



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Female cycle issues and/or infertility issues have been treated with Acupuncture and Traditional Chinese Medicine for well over two thousand years. These treatments may be just as effective as any Western medical techniques used today and have a very long

investigational until the late 1990's when it was finally recognized as a legitimate form of treatment.

Not every woman will be treated the same way with Traditional Chinese Medicine. For instance, two women may present with a Western diagnosis of endometriosis. Both women may be diagnosed in Chinese medicine with blood stagnation issues, but one of the woman may have liver heat and be developing liver stagnation and spleen dampness, with complaints of irregular cycles, irritability, water retention and insomnia (waking between 1 am and 3 am), the other woman may have kidney deficiency issues with low back pain, leg weakness and chronic fatigue. Western medicine would treat both women in more or less the same manner, artificially regulating their cycle with synthetic hormones and, if the endometriosis was severe enough,

would be used to treat these women, herbal formulations and acupuncture would allow these women's cycles to become less painful and more normal. These treatments would also help minimize additional symptoms associated with developing more endometriosis over time. (Current research now considers endometriosis to be an autoimmune issue, and has effectively shown certain herbs traditionally blended into formulas for these two women will also effectively reduce the autoimmune response that triggers the formation of endometriosis.) Unlike hormone therapy, which might regulate their cycles by masking the body's inability to self-regulate, acupuncture would be used in conjunction with Chinese herbs to enable the body to self-regulate over time.

I've seen women in my office for treatment, who were still experiencing bad pain with their cycles - even after undergoing surgery! Happily, I've watched many of them become pain free. Two of whom in particular, had such severe issues, that one had adopted children and the other had given up hopes of conceiving after years of trying with Western treatment. Both now have their own biological children and live without the severe pain that brought them in for treatment.

Observing a women's color, obtaining tongue, nail and pulse diagnosis and correlating that with how she presents with her symptoms, provides a diagnostic pattern and becomes the foundation for treatment. Effective treatment of many female issues such as PMS, amenorrhea, endometriosis, perimenopause, menopause and infertility can then be established through the use of appropriate herbs and acupuncture points. Most notably, menopause

and perimenopause are treated extremely effectively with Traditional Chinese Medicine. The Chinese herbs and acupuncture treatments used in the treatment of menopausal and perimenopausal symptoms don't carry the increased risk of breast cancer and stroke associated with hormone replacement therapy.

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For a woman on birth control or a woman undergoing Western reproductive procedures, acupuncture and Traditional Chinese Medicine may also be beneficial. In China, the integration of Western medicine with traditional Chinese medicine and acupuncture started to occur almost a century ago and is used to minimize undesired side effects caused by drug therapies and invasive procedures. We're just beginning to realize the benefits of co-treating this way here in the United States, especially with assisted reproductive procedures.

By strengthening and balancing the overall health of a woman undergoing standard Western treatments for cycle issues and/or infertility, treatments are usually rendered more effective. Used with or without the integration of Western medicine, acupuncture and Traditional Chinese Medicine are treatment forms not to be overlooked.



Pictured from left to right: Vicky (massage therapist), Dr. Lisa Patt, Dr. Erik Brown, Dr. Jenny Crosby, Brandon (Therapy CA), Michelle (Front Desk CA), Teresa (Office Manager)

clinical trial encompassing millennia. Both Traditional Chinese Medicine and Acupuncture are endorsed by the World Health Organization and have been practiced consistently for almost five thousand years in the East. While introduced to the United States in the 1970's, acupuncture was deemed

both women might even have to undergo surgery.

In Chinese medicine, these two women would have two distinctly different patterns of illness and treatments would be individually tailored to their particular needs. While no hormones

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