

Acupuncture and Menopause

Why is menopause treated like a disease, when in fact it's a naturally occurring process?



Menopause is a natural, physiological cycle that occurs in all women. Western Medicine only addresses the various signs and symptoms associated with menopause; signs and symptoms, however, are just one part of the whole picture. Acupuncture and Traditional Chinese Medicine understand that signs and symptoms are merely an indication of an imbalance deep within the body. This 5,000 year old healing art focuses on correcting underlying imbalances that have occurred over the years. These imbalances, if left unchecked, will result in a variety of symptoms normally associated with a Western diagnosis of menopause.

Acupuncture and a woman's natural process. Menopause signifies a change in a woman's life. This change occurs because a woman's body chemistry is shifting.

Chinese Medicine recognizes this chemistry change as a natural process.

Estrogen is similar to what acupuncturists call Jing Qi. Jing Qi is like a gift that is given to all of us at the time of conception. It is a battery that provides us with the basic energy to power all our life functions. When Jing Qi is abundant, our ability to adapt to illness, disease, and stress is optimal. As we age, our supply of Jing Qi energy is drained. Generally, Jing Qi naturally begins to decline between the ages of 35 to 60, although some people drain it faster than others. When Jing Qi declines, the organ systems within our body become unbalanced. This leads to various symptoms, such as graying hair, loss of libido, weakness of knees, urinary difficulty, poor memory, backache and fatigue.

Another factor that can contribute to menopause is an imbalance in Yin and Yang energies. One possible scenario is an imbalance caused by the slowing of the flow of Yin. Yin can be thought of as the cooling system of the body. When this cooling system declines, heat symptoms will naturally rise leading to night sweats, restlessness, hot flashes, mood swings, heart palpitations and insomnia.

The decline of Yang energies can also lead to imbalance. Yang represents the warming and metabolizing functions of the body. When Yang is unbalanced, symptoms may include water retention, cold hands and feet, weight gain, edema, indigestion, hypertension or high cholesterol.

Left untreated, a decline and imbalance of Jing Qi, Yin, or Yang will lead to the signs and symptoms that are normally associated with a Western diagnosis of menopause.

What can an acupuncturist do? When treating menopausal symptoms, an acupuncturist must first determine where the energy has changed and what organ systems have become unbalanced. Once this is known, acupuncture treatments and herbal remedies will be used to correct the imbalances.

Acupuncture and Chinese Medicine offer a safe, natural, drug-free and effective way to address menopause. Treatment supports the healing energies of Jing Qi, Yin and Yang, providing the body with the building blocks it needs in order to nourish, heal, and regain balance.