

While all of these may be true, such biochemical descriptions do not allow women to aid in their own healing. Although the Chinese concepts of qi and blood, yin and yang, the five phases, and the twelve organs and bowels may appear esoteric, they nonetheless have proven their value in professional clinical practice for over 100 generations. Using these concepts, women are enlightened and empowered on a very practical and human level. No one can control their secretion of estradiol, but liver qi stagnation can be remedied by exercise, relaxation, and the right acupuncture and Chinese herbs.

For more information on the treatment of acupuncture and Chinese herbal medicine for PMS, contact one of our skilled practitioners today.

## Acupuncture works for PMS!

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# Treating PMS



# with Chinese Medicine

## Acupuncture & Chinese Medicine treats PMS safely and effectively.

Although premenstrual syndrome is a modern Western disease category, Chinese doctors have been treating what they call menstrual movement diseases for millennia.

Symptoms include:

- Nervous tension & Fatigue
- Breast Distension, Pain & Lumps
- Abdominal Distension & Pain
- Headache & Body Pain
- Diarrhoea , Vomiting & Nausea
- Constipation Bloating
- Nosebleed , Bloody Stools &/or Urine
- Fever, Asthma or Recurrent Colds
- Rashes & Acne
- Changes in Appetite & Cravings

According to Chinese medical theory there are very definite mechanisms accounting for each and every one of these premenstrual symptoms. For instance, premenstrual breast distension is usually due to stagnation within the liver and stomach channels which connect with the breasts, While premenstrual acne is most often due to heat in the lungs which rule the skin.

### Time-Tested Treatments

But even better, there are time-tested treatments for each of these. These may include acupuncture and/or Chinese herbal medicine based on whenever the signs and symptoms occur combined with dietary changes, exercise, and lifestyle modifications.

**91.7% of patients experienced total relief of symptoms with no reoccurrence in 6 months**

Typically the traditional Chinese medical course of treatment for PMS spans 3-4 menstrual cycles with the number of days each month requiring treatment declining with each cycle. And the ultimate goal of this therapy is to inform the patient what foods to avoid and how to arrange her life so that these symptoms do not recur again. In addition, using the theories and diagnostic methods of Chinese medicine, the practitioner should be able to advise each woman on what vitamins and minerals to use to make her therapy even more effective.

### How effective is Chinese Medicine with PMS?

In Dr. Li's study of the treatment of PMS with acupuncture (Chinese Acupuncture and Moxibustion, 1992), 91.7% showed total relief of symptoms with no reoccurrence in 6 months of follow-up observation. Other studies have shown an even higher rate of cure when acupuncture and Chinese herbal medicine are used together.

### No Side Effects

As well as being highly effective at treating PMS, Acupuncture and Chinese medicine do not have the sometimes harsh side effects of many western medical treatments and drugs

### Practical Lifestyle Advice

Western medicine describes its mechanisms in terms of hormones, prostaglandins, and neuro-transmitters.