

HEALTHY HEALING

FEBRUARY 2009 Newsletter

<http://www.healthyhealingli.com>

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HELP! HERE COME THOSE HOT FLASHES AGAIN! (partial reprint from 11/06)

Menopause is a long word for saying that a woman is experience a change in her life. The word menopause can be broken down into two words - meno meaning menstruation and pause meaning stops. Dr. Christiane Northrop writes in her book *The Wisdom of Menopause*, "As a woman enters menopause, she steps out of the primarily childbearing, caretaking role that was hormonally scripted for her...Rather, she becomes freer to choose where she will direct her creative energies, freer to "color outside the lines." Yes there will be a light at the end of this tunnel!

In Chinese Medicine, physical development occurs in seven year cycles with the last cycle occurring at around age 49. This coincides with the time when most women will begin to see a change in their menstrual cycle. The menstrual cycle may become shorter or longer, blood flow may increase or decrease and other symptoms such as weight gain, irritability, decreased libido and hot flushing/night sweats may occur. Many of these changes are occurring because of hormonal shifts of estrogen, progesterone and testosterone.

Chinese Medicine effectively treats the symptoms of menopause with acupuncture and herbs without side effects. It can provide a smooth transition for many women with or without the use of hormone replacement therapy (HRT). From a Chinese perspective, menopausal symptoms represent a decline of Kidney Essence, Yin and Yang. Essence is defined as the basic substance both constituting the human body and maintaining its functional activities. Essence is stored in the kidney and is known as kidney qi. It greatly influences the ability of reproduction, growth, and development.

HERBAL FORMULAS AND SUPPLEMENTS

There are various formulas in TCM that help to balance the fluctuation and/or decline of progesterone, estrogen and testosterone. A classic formula is Liu Wei Di Huang Wan, "Six Ingredient Pill with Rehmannia" which enriches the kidney yin. This formula is indicated when a patient is having some of the

following symptoms such as hot palms and soles (this would also include sweating in the chest area), night sweats, soreness and weakness of the lower back, a red tongue with little coating and a rapid thin pulse.

The herbs contained in Liu Wei Di Huang Wan are Chinese foxglove root, (shu di huang), Asian Cornelian cherry fruit (shan zhu yu), Chinese yam (shan yao), Hoelen fungus, (fu ling), bark of tree peony root, (mu dan pi) and water plantain rhizome, (ze xie). These herbs work synergistically together to decrease the hot symptoms by draining while nurturing the kidney energy. The yin aspect is related to the estrogen hormones so this formula helps to boost estrogen.

Other effective Western herbs that I have used in my practice that also increase estrogen include: Vitex (chaste berry) and Black cohosh. There is a product over the counter called Remifemin that has formulated the black cohosh so that it treats symptoms without inducing an increase in estrogen receptivity. This is important for those women that have a breast cancer history or have other disorders that exempt them from taking hormones.

Another natural product called Tri-Salts – a bicarbonate combination of Calcium, Magnesium and Potassium can be used to help balance minerals that often decrease with age. Deficiency of these minerals can also cause menopausal symptoms of irritability, depression, insomnia, muscle achiness or headaches. These minerals also protect the functions of the heart and blood. Please contact me or another holistic provider before using any of these substances.

EVENTS & ANNOUNCEMENTS!

THE VITAMIN SHOPPE – Merrick, NY

February 15, 2009, 1-4 pm and February 28, 2009, 2-5 pm

In Store Q&A and acupuncture demonstration with Sharon McDermott, L.Ac. and Dr. Fred Jones of Sunrise Chiropractic and Wellness

LONG ISLAND WOMEN'S AGENDA (LIWA) Go to www.liwa.org for registration

“Stress Management for Savvy Women” Seminar

When: Tuesday, March 3, 2009

5:30-8:30 pm

Where: Four Points Sheraton, Plainview, Long Island

Light buffet and non-alcoholic drinks will be served. Member: \$15.00, Non-member: \$20.00, Student: \$15.00

I will be part of a panel presenting various therapies including Chinese Medicine, Biofeedback, Psychotherapy and Life Coaching with tips to help alleviate stress.

- **Give the Gift of Health with a Gift Certificate for a One Hour Session of Acupressure, Acupuncture and Massage**
- **10% off an Acupuncture Treatment – Refer someone to Healthy Healing and receive 10% off your next treatment**
- **10% off an Acupuncture Treatment - When it's your Birthday!**

RAISE YOUR FAT BURNING POWER: GREEN TEA & TEA BARS

Tzu The – Premium full leaf green tea grown with enhanced ECGC's – antioxidants. Tea Bars in green tea, tropical fruit and natural rice flavors now available in my office.

Chinese Quote of the Day: People with virtue must speak out; People who speak are not all virtuous. - Confucius