

# THE ACUPUNCTURE WORKS

*Discover How Well You Can Be*



BUILDING HEALING RELATIONSHIPS

- ACUPUNCTURE -

SUCCESSFUL TREATMENT FOR MENOPAUSE

Acupuncture uniquely addresses the special needs of women throughout their lives. Menopause, in particular, is an area in which this ancient medicine shines.

ANCIENT WISDOM  
MODERN MEDICINE

## Helpful Hints

for Menopausal Symptoms

### Eat Good for You Food

#### Healthy Choices

Maintain a healthy weight and follow a diet rich in raw foods, fruits, vegetables, whole grains, nuts and seeds. This helps stabilize blood sugar. Stay well hydrated by drinking 8 glasses of water a day.



**Some foods may exacerbate hot flashes.** Avoid dairy products, red meat, alcohol, sugar, spicy foods and caffeine. Eliminating tobacco will also help minimize heat in the body.

### Awareness Practices

#### Quiet the Mind

Meditation, yoga, tai chi and qi gong are practices that can help eliminate stress, tension and quiet the mind.

### Needle-less Treatment

#### No needles!

Chinese Medicine can create energetic movement in the body without Acupuncture needles. We may include moxibustion (heat therapy), acupressure or herbal intervention as the primary source of your individual wellness care.

### Contact Us

#### the Acupuncture Works

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### ACUPUNCTURE & CHINESE MEDICINE

**T**his ancient medicine can detect energetic changes that occur in the body and quickly relieve uncomfortable symptoms that accompany the onset of menopause.

According to Chinese Medical theory, menopause occurs when a woman's body begins to preserve blood and energy for long-term sustenance. This change signifies the depletion of vital energies stored in the kidneys. Since the kidneys are viewed as the root of reproduction, vitality and longevity, it is of critical importance during menopause to stimulate the essential resources associated with the kidneys. Acupuncture is highly successful in supporting these energetic changes.

Specifically, Acupuncture assists the body in alleviating hot flashes, night sweats, insomnia, fatigue, mood swings, memory loss, vaginal dryness, headaches, joint pain and weight gain.

Acupuncture can also help women shift their perspectives and thoughts about this time in life, which dramatically eases the suffering that so many women experience.

With support from Acupuncture, Chinese and Herbal Medicine, along with lifestyle and diet changes, menopause can be a time for revitalizing energy and an opportunity for personal growth.