

Patient Help Sheet: Which "Type" of Menopause are You?

"A good fortune may forbode a bad luck, which may in turn disguise a good fortune." - Chinese Proverb

Chinese medicine teaches us that it would be wise and beneficial to begin to prepare for the menopause as early as possible. Menopause is a natural decline of the Kidney Jing, or essence, according to Chinese Medicine. From what we know, the decline of the Kidney Jing begins in utero. So preparing as early as childhood would be optimum! But often overlooked. So, how does one prepare? Simply put, we have to be more "Yin" in our approach to life. Life in the west by its very nature is predominantly Yang. Yang is active, doing, on the go go go - all the time. Yin is restful and nourishing. So slowing down, taking more time for rest and finding balance is an appropriate approach. As we grow up and get older, we tend to consume more "Yin Depleting" substances like caffeine, alcohol, sugar etc, and participate in "Yin Depleting" activities - like partying, too much sex, and too much and burning the candle at both ends!

Let's take a candle for instance, to illustrate a point. The body of the candle is the Jing aspect of our bodies, the flame represents Qi (energy), and the glow is Shen (mind). You can think of Shen as your spirit, and your "day to day" motivation or energies as Qi. Every day, you can top off your "Qi" with good sleep, diet and appropriate exercise. The jing, however, can not as easily be replaced. If we burn the candle at both ends we can damage our Jing, paving the way for a more difficult time in menopause. It's important to conserve and nurture Jing as much as possible. Fortunately Chinese Medicine, in all its forms - including meditative practices and tai chi, chi gong along with acupuncture and herbs, can go a long way to undoing some of the depletion that occurs as we simply live our lives. Also, if we were to work with you as you progress through menopause, the first thing we need to do is determine which "type" of menopause you are. Through appropriate Chinese Medical diagnosis, we will determine which one of the 6 clinical manifestations you present with (see chart below). As with most things, a long-term mindset, when applied to your new way of being, will yield best results.

If you are already experiencing menopause, and wish you had begun to prepare earlier, take heart, there are some kitchen remedies which may just do the trick for you!

Sage - tablets or tea for hot flushes

Vitamin E - in foods and creams for skin issues such as itchy skin caused by excess heat

Sea Buckthorn - remedy for dryness, taken orally as an oil

Coconut Oil - another remedy for dryness - apply to skin, also can be ingested

Ginkgo Biloba - taken as a supplement can relieve psychological symptoms

Soy - an oestrogenic plant! Consume as a food for help with hot flushes

Black Cohosh - another supplement which can help with hot flushes

Agnus Castus - as an oil can help with pms like symptoms and of course, hot flushes

Red Clover - ingested as an oil can help to reduce the risk of cardiovascular complications after menopause

Evening Primrose Oil - a supplement which has stood the test of time to help with hot flushes

St John's Wort - herbal remedy for anxiety!

Diagnosis	Clinical Manifestation
Kidney Yin Deficiency	Delayed menstruation; hair loss; scanty discharge; dryness; dizziness; tinnitus; hot flashes; night sweats; heat sensation in the chest, palms and soles; hot flashes; insomnia; increased dreams; itchy skin or formication; soreness and weakness of lower back and knees.
Liver Qi Stagnation	Irritability; nervousness; hypochondriac distention; constipation; palpitations; insomnia; emotional instability; generalized weakness.
Blood Deficiency	Dizziness; hot flashes; sweating; insomnia; dryness of skin; sallow complexion; emotional instability; myalgia.
Uprising Deficiency Heat	Hot flashes; irritability; dizziness; nervousness; emaciation.
Kidney Yang Deficiency	Heavy menstrual bleeding; metrorrhagia or complete ceasing of menstruation; soreness and weakness of the lower back and knees; edema of the face and limbs; cold limbs; cold appearance; loose stools; polyuria; urinary incontinence.
Kidney Essence (Jing) Deficiency	Weakness and soreness of the lower back and legs; inability to stand for a prolonged period of time; decreased bone mass density.

Give us a call and together let's discover which "type" of menopause you may be experiencing. We've got healthful options to support you through your healing journey. We can do this! Give us a call today.

Jean Donati Acupuncture, LLC.
604 E. Joppa Rd
Towson, MD 21286
410-984-3700
www.East2WestMedicine.com

© 2022 Copyright Acupuncture Media Works/AcuDownloads, All Rights Reserved. The information contained within the AcuNews newsletter is only used to educate and inform. This newsletter is not a substitute for the advice of a licensed and registered health care provider. Seek prompt attention for emergencies. Consult a health care provider for specific health concerns, and before starting a diet, cleanse or exercise routine.