

Practical Preventable Medicine



That time of the Month..

Chinese Medicine and Women's Stuff

Gynaecology has many thousands of years' history, with Chinese medical texts that go back as far as 1500 BC with references to treating difficult birth and infertility. Chinese Medicine has a comprehensive understanding of women and this is reflected in the medical literature. For instance, menstrual blood is referred to as "Heavenly Water" with respect to all our origins, and menstrual pain is viewed as a sign of dysfunction *not* 'normal just pop a few pain killers and get on with it!' PMT involving irritability, moodiness and breast tenderness is also a sign that there is imbalance and perfectly treatable, not something we just have to put up with.

It basically comes down to two main factors, Blood and the Liver. The Liver in TCM (Traditional Chinese Medicine) stores and regulates the flow of blood as well as the 'free flow of emotions'. When, due to factors such as poor diet or stress, the liver's function becomes impaired there is as a result both period pain and emotional volatility as the Liver struggles to cope with the redistribution of blood and the clearing of toxins and excess hormones.

The health of Blood is also important, with blood deficiency (too little blood stores to enable full functioning), blood heat (can cause heavy cycles) as well as cold in the abdomen (a major factor in severe cramping), are factors that can cause dysfunction. These are difficult for self-diagnosis but generally speaking if you feel like strapping a hot water bottle to your abdomen it's likely cold is a factor. Often a ginger tea (two slices of fresh ginger in boiling water with honey) can often bring relief. If stress is a problem B group vitamins and Evening primrose oil can help but these must be taken as a preventative, not just during 'that' week.

More serious pain such as endometriosis or heavy periods must be treated by a practitioner, with good long-term results. And for all those women who suffer hot flushes and heat at night due to menopause, it is again a normal process that is in need of balancing with herbs and acupuncture being very effective.

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Most importantly DON'T PUT UP WITH IT! PMT and Hot Flushes are perfectly treatable so if you are suffering for your womanhood, get some advice and help.

Until next time
Stay well
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