

What is Holistic Gynecology?

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Holistic Gynecology is the combination of Conventional Gynecology with the Ancient discipline of Traditional Chinese Medicine (TCM) and Acupuncture. It is a professionally recognized system of medicine that provides a complete assessment of the patient's condition and provides a comprehensive, natural alternative to treatment.

About Chinese Medicine

The concept of Yin and Yang are central to Chinese Medical philosophy. "Yin is the material basis for yang" and "yang is the functional manifestation of yin". Yin cools, nourishes and provides rest. Yang warms, transforms (produces functional changes), protects the body, moves body fluids and blood; and holds things such as organs, blood and body fluids in their proper place.

Central to the concept of Chinese Medicine is the concept of "Qi"-a universal energy that animates all things-living and non-living. Qi exists in the heavens, on earth and in the human body. In our bodies, Qi is the activator of all body functions and transformations. It is acquired through our food and air we breathe. Throughout thousands of years, observations led to the many different practices that seek to harness and regulate qi flow. Some of these practices such as acupuncture, QiGong focus on the qi of the human body, whereas, other practices such as Feng Shui emphasize the macrocosm of our environment. To harness the power or healthy energy leads to a fuller, healthier and happier life!!

In acupuncture, the body is viewed as a system of interconnected and interrelated organs and meridians through which qi flows to maintain health and to perform the body functions. Organs as understood by Chinese Medicine are different than their "Western" counterparts. They describe energy centers and the functions derived from these centers. They do not depict necessarily the function of that particular anatomic organ. For example, a disharmony of the liver does not necessarily mean that your liver organ is diseased as understood in Western Medicine. There are twelve organs in Chinese medicine and they together, accomplish all the body's functions. Qi may need to move upwards, downwards, inward, outwards, etc...in order to maintain health. The organs are connected by meridians-channels that connect organs and distribute their energy throughout the body. There are 12 major meridians. Whereas organs are deep in the body, meridians are closer to the surface and are accessible for acupuncture, massage, etc...When the organs and or meridians don't function properly, yin and yang go out of balance and symptoms or Chinese diseases arise.

Chinese Medical Diagnosis

Chinese Medical Diagnosis is accomplished using the "Four Examinations" which consist of looking, listening-smelling, palpation, and questioning. This includes the tongue and pulse examination which confirms the Chinese Pattern which is responsible for the constellation of signs and symptoms presented by the patient to the physician. This system has provided a holistic and effective form of treatment for over 2,000 years.

Chinese Treatment

Once the patterns of disharmony are determined by the physician using the “Four Examinations”, a prescription of acupuncture therapy and Chinese Herbal Therapy can be devised by the physician to provide a comprehensive treatment of the constellation of signs and symptoms of concern. This form of therapy is virtually side-effect free and safe and has been proven in clinical practice for over 2,000 years. Combining this form of diagnosis and therapy with Western or conventional methods of diagnosis and treatment ensures the highest quality of holistic care available today. Chinese herbal medicinals are available **by prescription only** and are not the same as the herbs found in stores. They require close follow up in the office.

Menopause Syndrome

Menopause itself is **NOT** a disease. It is a normal physiological transition in a woman’s life. Unfortunately, this transition can be difficult for many women who may experience a number of symptoms which can be distressing. These include: **hot flashes, night sweats, menstrual irregularities, uterine spotting, depression, anxiety, fatigue, palpitations, migraines, insomnia, vaginal dryness and pain, vaginal itching, and osteoporosis.**

Within Chinese Gynecology, menopause is a treatable condition. Surgical menopause can be more difficult to treat as the symptoms and the onset of menopause are more abrupt, however, surgical menopause, too, can be effectively treated.

According to Chinese medical theory, menopause occurs when a woman’s body no longer produces enough blood to produce a monthly period without draining her body. The body therefore reverses the flow of blood from the uterus to the heart. This provides nourishment for the woman’s spirit. The ease or difficulty encountered during the perimenopausal period is determined by the diet and lifestyle of a woman in the years preceding menopause.

Treatment of menopause using Chinese Medicine and Acupuncture is supported by clinical research both in China and Japan. The success rate ranged from 87-93%. Research has also shown that women who use Chinese Herbs and Acupuncture have better bone density.

Painful Periods

Clinical research has also shown that Chinese Herbs and Acupuncture can be a very effective treatment for painful periods and endometriosis. Success rates vary from 92.5% to 100%! Conventional methods of treatment can only treat the symptoms and may have significant side-effects and require surgery. Chinese Medicine offers a safe, natural alternative that treats not only the symptoms, but the underlying causes as well. This means that your overall health will also improve.

Infertility

Over 9 million American women are using Assisted Reproductive Technology services to assist with infertility. One of the most popular forms of ART is In-Vitro Fertilization (IVF). This consists of harvesting a woman’s eggs and fertilizing them outside of the body, then reintroducing the fertilized egg into the uterus to develop. IVF is used to treat infertility from many causes including fallopian tube blockage, low sperm count, abnormal cervical factors, endometriosis, immunological causes, and unexplained infertility. This procedure has been used since 1981.

Studies have shown that acupuncture when combined with IVF will increase the chance of success from 26% to 42% compared to IVF alone. When Chinese herbs and acupuncture are used with IVF, the success rate can be as high as 60%.

For best results, Chinese medicine and acupuncture should be used before, during and after IVF. Preparatory treatments should begin 3-6 months before IVF.

What Other Conditions Can Be Treated With Traditional Chinese Medicine (TCM)?

Almost any medical condition can be helped with Chinese Medicine and Acupuncture in conjunction with Conventional medicine bringing the body into balance and providing a better opportunity for effective treatment and better quality of life. Most notably, chronic lower back pain, gastrointestinal disorders, menstrual disorders such as heavy bleeding, pelvic pain, polycystic ovarian syndrome, premenstrual syndrome, and infertility are the more common disorders treated with TCM.