

Acupuncture for Women's Health

By Mark Shprintz, Licensed Acupuncturist.

The primary goal of acupuncture is to restore balance to the human energy system. Over thousands of years this wise clinical tradition has created many natural therapies that benefit a woman's health through all phases of her life. Because acupuncture is a holistic medicine, it treats the entire person, addressing the root issues that cause chronic recurrence rather than simply quieting the symptoms.

The effects of Acupuncture reach deep inside the body to alleviate pain, improve recuperative powers and influence systemic functions including metabolism, immunity and reproduction.

Human health is a complex, dynamic interaction of body and mind. This concept is expressed by modern scientific terminology as *psycho-neuro-endocrinological homeostasis*, or the interdependence of hormones and emotions. To a practitioner of traditional acupuncture this idea reflects the balance of Yin and Yang. Yin encompasses the energies that cool, moisten and nourish the body. It might be compared with estrogen. Yang is warm, dynamic and transforming. It might be compared with progesterone. The tidal rise and fall of these elemental energies correspond with a woman's hormonal changes as they play out in her monthly and life cycles. It is the balance of Yin and Yang that regulates menstruation, fertility, conception and menopause. Because acupuncture balances Yin and Yang energies, it is powerfully effective at treating complaints associated with hormonal imbalances and fluctuations. These conditions include migraine headaches, irregular or painful menstruation, profuse or intermittent bleeding, uterine fibroids, endometriosis and infertility.

Acupuncture can be combined with ART (Assisted Reproductive Therapy) and IVF to enhance fertility and conception by supporting natural hormonal cycles and alleviating emotional stress. Because expecting mothers often discontinue prescription medications during pregnancy, acupuncture can be used to naturally alleviate nausea and vomiting, low backaches, anxiety and fatigue. Acupuncture is a very effective, drug free alternative for treating immune and respiratory issues like seasonal allergies, asthma and sinus congestion. In the weeks before delivery, acupuncture can ease labor by calming the mind and relaxing connective tissue. There is an acupuncture point near the tip of the small toe that is classically indicated for breech birth and used to orient the baby before delivery. Acupuncture can boost energy, replenish a woman's blood post partum and has shown wonderful effects for treating depression.

By restoring the balance of Yin and Yang, acupuncture offers many treatment possibilities for alleviating menopause symptoms such as hot flashes, night sweats, insomnia, mood swings, vaginal dryness and diminished libido. Acupuncture is often combined with natural herbs that cool, moisten and supplement Yin energy. This comprehensive therapy prepares a woman's body for the next phase of life by supporting bone density and brain function. Hypothyroidism, for example, is a hormonal disorder that is treated through the balancing of Yin and Yang by raising the metabolism

(supporting Yang energy) and transforming body fluids (Yin accumulation). Complex diseases combine treatments that address the interdependence of Yin and Yang.

Chinese Herbal Medicine utilizes the gentle and intricate healing properties of natural substances. They can be used for symptomatic relief of common complaints as well as to profoundly enhance one's longevity and constitutional health. Chinese Herbal Medicine is a superb addition to Acupuncture.

Mark Shprintz is licensed by the Tennessee State Acupuncture Committee and is Nationally Certified in Oriental Medicine, Acupuncture and Chinese Herbology. He is a graduate with highest honors from Emperor's College in Santa Monica, California, a four-year program that teaches all phases of Traditional Oriental Medicine as well as extensive anatomy, physiology and the safe usage of Chinese Herbs in conjunction with commonly prescribed pharmaceuticals. He is also Advanced Certified in Constitutional Facial Acupuncture, a holistic cosmetic program. Mark may be reached at (615) 336 3700 or through his website nashvillehealingarts.com to schedule an appointment or answer questions you may have regarding treatment.