Acu News

"To be healthy, we have to build a healthy food foundation." - Chinese Proverb

Acupuncture for Women's Health

Women's health is an area that Western medicine seems to only have so many solutions for—and many of those solutions are invasive and hormone-altering. The female reproductive system is complex and goes through a multitude of changes throughout a woman's life—and even just throughout one month!

Acupuncture is the perfect natural way to support a woman's health in its many facets, throughout her whole lifetime.

ACUPUNCTURE CAN HELP WITH:

Insomnia: While all sorts of people experience insomnia for a variety of reasons, women are more likely to struggle with sleep trouble as compared to men. 40% of women in the United States experience insomnia at some point in their lives. Thankfully, clinical studies have shown that acupuncture is effective for improving sleep quality and duration!

Menstrual Issues: It's extremely common for women of all ages to experience complications during their menstrual cycles, varying in severity from bothersome to completely debilitating. Acupuncture is an incredible natural solution for many of the pains of menstruation, from headaches and mood swings to abdominal cramps and cycle irregularity.

While acupuncture is not a proven method of curing internal conditions like endometriosis, the symptoms of such disorders are greatly reduced through acupuncture treatments.

Menopause and Perimenopause: Menopause and perimenopause, the transitional time when a woman's body exits the reproductive years, can be nearly unbearable for many women. Hot flashes, heart palpitations, urine leakage, vaginal dryness, anxiety and moodiness, and insomnia are just a handful of the slew of symptoms that come along with perimenopause—which acupuncture can help with.

Pregnancy: Physical discomforts of pregnancy can also be alleviated with acupuncture treatments, especially pain in the lower back and pelvic area. Many women find that acupuncture helps ease morning sickness, too. And, of course, acupuncture can be a huge help with any sort of emotional distress, from depression to irritability.

FINDING BALANCE NATURALLY

Acupuncture and Traditional Chinese Medicine offer a powerful way to maintain and improve your health. But it's important to remember acupuncture and Traditional Chinese Medicine are not a "quick fix," and it may take some time before you begin to see results. Your practitioner will work with you to develop a specific plan as you begin the journey to rebalance your body's cycle and feel better.

In addition to acupuncture, your practitioner may provide nutritional guidelines, an exercise program, or stress relief suggestions. He or she may also recommend herbal remedies specifically tailored to your needs.

By working together and making positive lifestyle changes, you soon will be enjoying the many benefits a well-balanced and healthy life can give every woman.

Pro Tip: The regularity and consistency of your acupuncture treatments matters! Let's schedule you for a weekly appointment to make sure you're getting the most consistent results possible.

Give us a call today!

A Fine Balance Health Care
2117 Summerfield Blvd SE Airdrie AB
Stacey King
403-540-8878
www.afinebalancehealthcare.ca

© 2021 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.

Photo Credits: ©iStock.com/Peter_Vahlersvik, gpointstudio, Wavebreakmedia