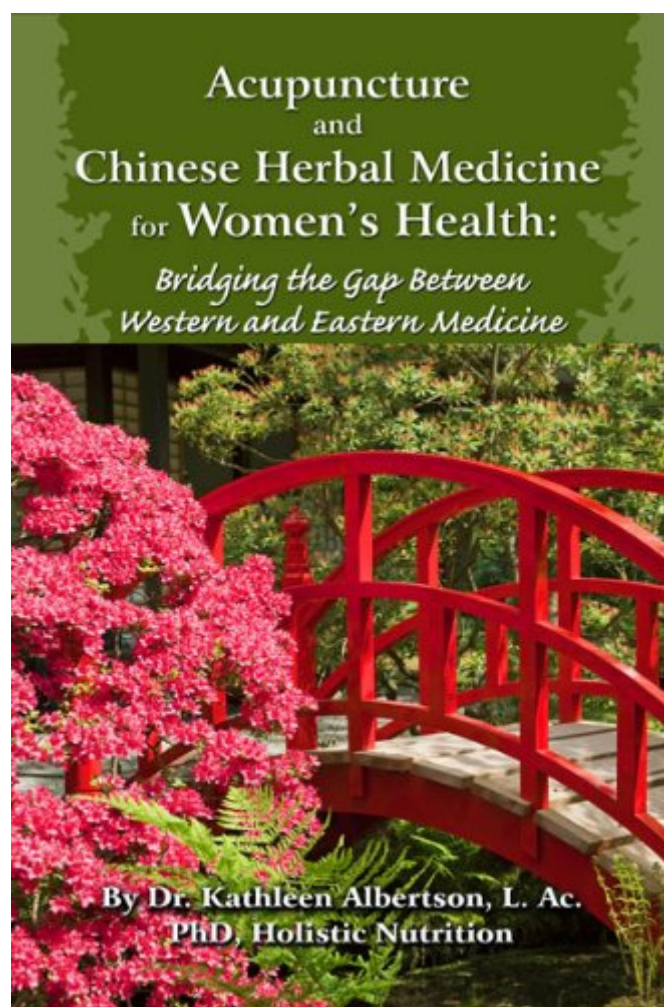


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# Acupuncture And Chinese Herbal Medicine For Women's Health: Bridging The Gap Between Western And Eastern Medicine



## Synopsis

Effective health care for women is crucial. Women have suffered for years as Western medicine suggests drugs or surgeries to ease symptoms. Traditional Chinese Medicine (TCM), which includes acupuncture and Chinese herbal medicine, offers natural resolution and has successfully treated gynecological diseases, infertility, a variety of illnesses and health problems facing women for over 5,000 years. This book explores the potential value of TCM so that women can consider their treatment options. It also clarifies and broadens their knowledge of how TCM works and resolves gynecological, reproductive and menopausal disorders naturally and completely. This book also addresses: • Amenorrhea • Irregular or painful menstruation • Polycystic ovary syndrome • Pregnancy • related problems • Perimenopause • Insomnia • Heart Disease • PMS • Infertility • Menopause • Incontinence • Vaginal itching • Headaches • And more Acupuncture and Chinese Medicine for Women's Health examines nutritional and lifestyle tips to help you make better, more informed health choices, while correlating emotional health, such as stress, overwork, exhaustion and depression with physical health. The goal of this book is to empower women so they become aware of the many successful treatment outcomes achieved by TCM and understand its potential benefits. Doing so would decrease the discouragement and despair felt by many women who cope with chronic health problems every day. Despite evidence of its effectiveness, women do not usually consider TCM as a treatment alternative until after receiving failed Western treatment. TCM and Western protocols can be used, and are used, concurrently. It is a woman's right to consider TCM as a primary part of her health care. Its use can help many women and men overcome many health disorders.

## Book Information

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## Customer Reviews

Acupuncture and Chinese Herbal Medicine for Women's Health by Dr. Kathleen Albertson Reviewed by Dr. Joseph S. Maresca This book has many positive benefits for a wide constituency of readers both young and old. The presentation would be helpful for both men and women because common body systems and processes are explored. i.e. kidney spleen liver lung heart pericardium stomach small and large intestine bladder, gallbladder uterus and brain There is a very extensive section on foods and the related TCM thermal temperatures. Female infertility, fertility and menopausal symptoms are explained at length with many pertinent examples provided. The author provides an extensive body system checklist so that patients can identify key elements related to their condition. More importantly, the presentation contrasts East and West medicinal systems. The benefits of Chinese medicinal protocols are as follows:

- o The protocols are simpler and naturally based.
- o The mind, body and spirit are integrally connected.
- o The protocols are aimed at healthier living and not simply disease ID and management

The practitioners tend to spend more time with patients in the analysis of the disease process.

- o The protocols have an experiential history of 5,000 years or more.
- o 8 patterns of disease are treated in Chinese acupuncture

The author separates the treatment modalities for a number of chronic diseases; such as, fibromyalgia.

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