

## Women's Health

Chinese medicine and acupuncture addresses a wide variety of health conditions at their root cause. It's primary purpose is to facilitate regulation, restore balance and nourish. The following outline briefly describes a few areas of women's health in which Chinese medicine and acupuncture treat well:

• Menstruation: Color, amount and consistency of menstrual blood is as equally important as regularity (between 27 and 32 days). Pain, cramping, digestive upset, headaches and extreme emotional moods can be addressed so that menstruation is a welcome event.

• Fertility: Chinese medicine addresses fertility beautifully, some people choose to combine with other modalities such as Western medicine, when necessary. I love seeing the pictures of these beautiful babies!

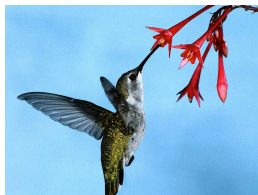
• Pregnancy: For the health of both mother and baby; a growing fetus experiences anxiety and stress when the mother does, and so it is important for the mother to feel her best, emotionally and physically, during pregnancy.

• Post Partum: Conditions after childbirth; recovery, proper blood flow, nursing and breast health, including mastitis and lactation.

One thing sternly suggested by my midwives after delivery was that women are NOT supposed to get up often, and especially avoid walking up and down stairs. After childbirth, the ligaments holding the uterus are very slack, and too much activity can then cause uterine prolapse later.

• Menopause: This time of transition is best met through support and understanding of spouses, family, and quality health care. One area that helps this transition flow more smoothly is the continuation of regular menstruation until it is finished. For example, some women experience erratic periods, (typically too long, more than 32 days) which prolongs the process and can make the transition more difficult.

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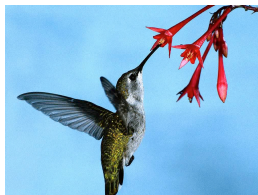


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• Libido: A woman's libido can fluctuate due to women's continually changing system, or simply from everyday stress, post traumatic stress, worry and pain. Physical and emotional fluctuations are completely normal. Excessive decreases or increases that are personally upsetting can be addressed with Chinese herbal formulas and acupuncture, as these naturally nourish and regulate the system.

In addition to the delicate balance that exist in humans, women's systems are further complicated by a regular influx of a variety of hormones. Women do not have to live with discomfort, pain and unanswered questions, and deserve to be clearly heard by their health care provider(s) in order to receive proper and thorough care. Let's genuinely be there for each other as well, and support our sisters, mothers and friends.

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