

TRADITIONAL
CHINESE
MEDICINE
HEALING CENTER

Bill Biao Lu, O.M.D., L.Ac.
Shiao Ting Jing, O.M.D., L.Ac.

12304 Santa Monica Blvd.
Suite 120
Los Angeles, CA 90025

Phone: (310) 826-5288
Fax: (310) 826-7178
Email:
contact@tcmhealingcenter.com

www.tcmhealingcenter.com



Inside this issue:

Menopause Care with Traditional Chinese Medicine	1
Welcome to the World!	2
Kung Hei Fat Choi! The Year of the Tiger	3
Ask the Expert: Male Infertility and Acupuncture	3
Featured Books	3

Got Qi?

Winter 2010

Menopause Care with Traditional Chinese Medicine

By Shiao Ting Jing, L.Ac., Ph.D.

Menopausal syndrome is defined as a group of symptoms causing mental and physical discomfort in women. This results from the decline in ovarian function and hormonal imbalance, which may be due to the natural aging process or surgical and medicinal damage to the ovaries.

The cessation of menstruation is a naturally occurring transition and is a physiological event, which need not be accompanied by any discomfort. Unfortunately, factors such as today's fast-paced society, stressful lifestyles, and artificially processed foods highly contribute to the aging process in men and women. A daily regiment of antioxidants, healthy meals and physical exercise can improve your wellbeing, but cannot halt the process of aging. Women may experience many drastic changes in their physical and emotional state as their bodies move into this transition period.

We ask ourselves, "How can we stay healthy and ageless? How can we go through this transition without anxiety?" In the early 2000s, Modern western medicine believed that HRT was the best option to treat menopausal symptoms. In the last decade, MDs often prescribed hormone replacement therapy (HRT) to middle-aged women who sought treatment for anti-aging, as well as therapy to promote a healthy heart, strong bones, and prevent certain cancers. It was believed that HRT not only relieved menopausal symptoms, but also helped libido, mood, and memory. On the contrary, current research now indicates that HRT can do just the opposite for those who seek this type of treatment.

The face of HRT has changed

since 2002. American Woman's Health Initiative (WHI) published a study that presented the risks in using HRT. The potential risks and chronic disease outweighed the potential benefits once claimed. A 15-year study showed that HRT: the combination of estrogen and progesterone will increase the incidence of a heart attack, stroke, blood clots, or breast cancer (if used longer than four years). However, it will decrease the likelihood of fractures and colorectal cancer after one year of HRT. The heydays of HRT are over, as it could cause more harm than good for the patient.

So now we ask ourselves, "How should we choose to enhance the quality of life without the use of drugs?" Many scientists and gynecologists have reconsidered menopause and its current treatments. The present approach to hormone therapy is bioidentical therapy. These hormones are chemically identical to what our bodies naturally produce, but are derived from soy or yam. Bioidentical hormones are formulated and custom-made from compounding pharmacies. Fortunately, we are now developing independently from a one-size-fits-all synthetic hormone approach and progressing toward individual evaluation and personal preference. Although the human body identifies bioidentical hormones as foreigners, bioidentical hormones can offer benefits to middle-aged women without any known risks, thus far. There have not been long-term studies conducted in the research of bioidentical hormone therapy usage.

The majority of the time, even women who are currently taking

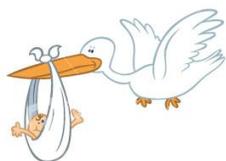
bioidentical hormones still won't feel 100% well. We believe that when the body's energy pathway is congested, it won't be able to 100% utilize the benefits of bioidentical hormones. Therefore, rather than helping the body, the bioidentical hormones will present itself as stagnation for the body.

Many studies show that acupuncture and Chinese herbal medicine have yielded positive results on the enhancement of the hypothalamus-pituitary gland-ovary axis function. After three to six months of regular weekly treatment, a woman's body will naturally balance itself and all her menopause symptoms will diminish. A woman who is taking bioidentical hormones in conjunction with acupuncture and Chinese herbal medicine will maximize her benefits from bioidentical hormone therapy and minimize its side effects. Because menopause is not only involved in the decline of hormonal levels such as estrogen, progesterone, and testosterone, but is also involved with the decline of hormone function, hormone levels and hormone functions are two completely different concepts. Choosing acupuncture and Chinese herbal medicine treatment alone or combined with bioidentical hormone therapy will instantly provide remarkable benefits to a woman's body.

Through thousands of years of wisdom, TCM has developed and utilized a great system to help women so they don't feel they are doomed to years of hormonal nightmares. Using an integrated treatment method such as a

(Continued on page 4)

Welcome to the World!



Congratulations Expecting Mothers!

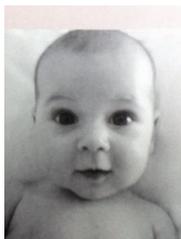
Maria B.
Stacy S.
Dina B.
Jane M.
Wynne W.
Sevan B.
Lucienne P.
Sofie F.
Jessica V.
Melody B.
Dana G.
Jamie M.

Dylan



Born to Margaret and Tom
on June 16, 2009
(7 lbs. 5 oz., 19 3/4 inches)

Shay Taenum



Born to Leslie and Brian
on September 2, 2009
(6 lbs. 9 oz., 18 3/4 inches)

Eamon



Born to Diane and Stuart
on September 4, 2009
(9 lbs. 7 oz., 21 inches)

Alexandra and Jack



Born to Nicole and Geri on
October 15, 2009
(5 lbs. 11 oz., 18 3/4 inches)
(5lbs. 6 oz., 18 1/4 inches)

Natasha and Sophia



Born to Cari and Michael
on December 2009
(7 lbs. 4 oz., 21 inches)
(6 lbs. 4 oz., 20 inches)

“Life is full of beauty. Notice it. Notice the bumble bee, the small child, and the smiling faces. Smell the rain, and feel the wind. Live your life to the fullest potential, and follow your dreams.”

~Ashley Smith

Kung Hei Fat Choi! Happy Chinese New Year!

Year of the Tiger: 1914, 1926, 1938, 1950, 1962, 1974, 1986, 1998, 2010, and 2022

The year of the Tiger begins on February 14, 2010. Drama, intensity, change and travel will be the keywords for 2010. Unfortunately, world conflicts and disasters tend to feature during Tiger years also, so it won't be a dull 12 months for anyone. The Year of the Tiger will bring far reaching changes for everyone. New inventions and incredible technological advances have a good chance of occurring. For all of the Chinese horoscope signs, this year is one to be active – seizing opportunities and making the most of our personal and very individual talents. Everything happens quickly and dramatically in a Tiger year – blink and you could miss an important chance of a lifetime!

The year of the Tiger begins on February 14, 2010 and is a year of opportunity, challenges, and success! Drama, intensity, change and travel will be the keywords for 2010. Unfortunately, world conflicts and disasters tend to feature during Tiger years also, so it won't be a dull 12 months for anyone. The Year of the Tiger will bring far reaching changes for everyone. New inventions and incredible technological advances have a good chance of occurring. For all of the Chinese horoscope signs, this year is one to be active – seizing opportunities and making the most of our personal and very individual talents. Everything happens quickly and dramatically in a Tiger year – blink and you could miss an important chance of a lifetime!

Characteristics of the Tiger

Like the lion in Western culture, the Tiger is the proverbial King of the Jungle, and admired for its vivid stripes that symbolize the balanced forces of 'yin' and 'yang'. One of the most dynamic signs in the zodiac, Tigers are truly a force of nature. They are by turns dependable, unpredictable, fearless and stout-hearted, tender and loving. For all the world appearing at times to be quiet homebodies, Tigers may just as suddenly change course, and pack up to travel to some far-flung exotic destination. As a result, they may sometimes be perceived as irresponsible. This is because few other signs can keep up with the Tiger's ability to think on their feet, or their primal desire for adventure and first-hand experience of life. In family relationships, Tigers are extremely protective and will strike out at any perceived threat to home or children. In business and personal relationships, their air of charismatic authority often commands respect. However, their regal attitude may sometimes turn into a firm belief that they know what's best for everyone, and they may sometimes descend into stormy moods of retribution if they fail to get their way. At such times, standing up to a disgruntled Tiger is the quickest way of earning their admiration — just be ready for a battle royal! Tigers can never sustain their fury for long, however and if you can ride out the storm, then surely peace will reign again.

Predictions for the Year of the Tiger

The year of the Tiger is traditionally associated with massive changes and social upheaval. Therefore, 2010 is very likely to be a volatile one both on the world scene, as well as on a personal level. Tigers who thrive on chance and unpredictability are best

Kung Hei Fat Choi! Happy Chinese New Year! (continued)

sued to navigating the many upheavals predicted in the year ahead. Those compatible with the Tiger — the [Dragon](#) and the [Horse](#) in particular — may also find 2010's erratic circumstances inspiring them to ever bolder action, and ultimate success. Those born under other signs will suffer, by degree, depending on how flexible they are to change. Those who can keep a steady hand on the helm may be shaken, but undeterred by the typically thunderous events foreseen in any Tiger year.

Health- The year of the Tiger is a good year to shake off illness and maintain good health. It is the year of transition, and if you are ready for transition, this is the time to turn.

For more specific information and learn more about what the omens are for your future in the New Year, check out [related resources for the Year of the Tiger](#) and find out what else the animals of fortune predict for you in 2010. (<http://www.chiff.com/a/chinese-horoscopes.htm#horoscopes>)

Ask the Expert: Male Infertility and Acupuncture

Does acupuncture help male infertility? How effective is treatment?

It is estimated that men are responsible for up to 40-50% of infertility among couples. There is little to no Western medical treatment available for men suffering from infertility. IVF is currently the only option. In our practice the majority of women pursue IVF because of male factor infertility.

Acupuncture and herbal medicine have a great success when semen analysis shows decreased sperm count and motility, poor or slow liquification, and low or abnormal morphology. Recently, studies show that acupuncture, when directed at motility and morphology, can improve semen abnormalities. If you receive an appropriate treatment course at the onset of diagnosis, it is most likely you will not need IVF and would be able to naturally conceive. Actually in a case like this, acupuncture and herbal medicine should be strongly considered as a primary treatment course. If you are unwilling or reluctant to receive an acupuncture treatment, we highly recommend that you come in for herbal and nutritional consultation. Although this approach is not as effective as when combined with acupuncture, taking a customized herbal formula can improve sperm abnormality a great deal.

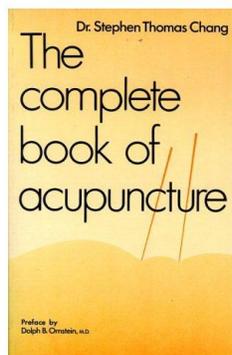
Again, every practitioner produces varied results. In our clinic, if a patient receives regular treatments for duration of 3 – 4 months and follows the professional practitioner's advice, upon testing the sperm count again, he will almost always see significant results. Most men can see significant results in their semen analysis report.

I have been seeing another acupuncturist who told me that my low motility was due to Kidney deficiency. I have been receiving acupuncture treatments for 1 year and am still not seeing any results?

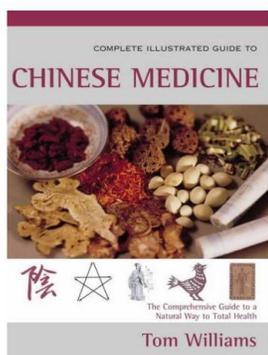
It is imperative to receive treatment from an acupuncturist who specializes in male infertility. The typical traditional Chinese medical treatment for treating male infertility is to tonify the Kidneys, assuming that the infertility is due to a Kidney deficiency. However, in our clinical experience we find that most male infertility cases do not respond well to this treatment protocol.

Through our clinical experience, we have discovered that we usually have to clear, what is known in Chinese medicine to be, heat, wind, cold, dampness, phlegm, and or toxins out of the body, before we can begin tonifying the Kidney energy. Otherwise, patients may get worse rather than better. It is equivalent to pouring clean water into a dirty container. Getting rid of toxins from the body is not easy. People will often try colonics, fasting, increasing their bowel movements, et cetera, and although this does cleanse the system out somewhat, it is not thorough enough. Each patient is like a unique lock, the right key must be found. Our specialized training in male infertility allows us to find just the right key for each patient in an effective efficient manner!

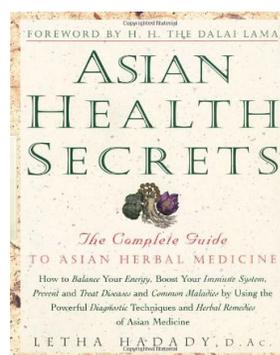
Featured Books



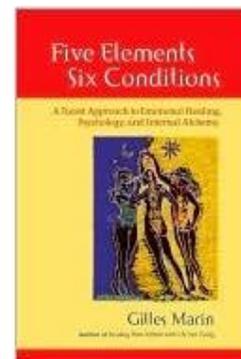
Dr. Stephen Thomas Chan



Tom Williams



Letha Hadady



Gilles Marin



TRADITIONAL CHINESE
MEDICINE HEALING
CENTER

Dr. Bill Biao Lu, O.M.D., L.Ac.
Dr. Shiao Ting Jing, O.M.D. L.Ac.

12304 Santa Monica Blvd.
Suite 120
Los Angeles, CA 90025

Phone: (310) 826-5288
Fax: (310) 826-7178
Email: contact@tcmhealingcenter.com

www.tcmhealingcenter.com



Our profoundly knowledgeable practitioners integrate the wisdom of thousands of years of medicine into our daily practice and always strive to provide the highest quality of treatment to our patients. At TCM Healing Center Clinic, we offer comprehensive Traditional Chinese Medicine healing techniques that include: acupuncture, herbal medicine, electric acupuncture, moxibustion, ear coning, nutritional counseling (which uniquely addresses the energetic properties of foods and their contribution to your health and state of imbalance), meditation, seasonal cleanses, and Qi Gong exercises.

We find that the best results are based on mutual respect and trust between our patients and practitioners.

Menopause with Traditional Chinese Medicine (continued)

proper Chinese herbal medicine, acupuncture, a supplemental diet, and spiritual practice, can help soothe the liver, regulate the qi, calm the uterus, nourish the blood, strengthen the kidney, and complement the essence.

When the entire body and mind are balanced, menopause should be an easy transition period. Women can look forward to another 20-30 years of productiveness and happy times, during which they can work, create, and contribute to society. Clinical practice has confirmed the remarkable curative effects of acupuncture and herbal medicine, which go far beyond the temporary relief of HRT. From a holistic approach, Chinese medicine does not separate the physical symptoms from an emotional nature. Instead an individual is examined as a whole. Each symptom is considered to have a relationship to all other presenting symptoms. TCM's goal is to restore balance to the individual's body. Chinese medicine is a natural way to rebalance the body's health foundation without any side effects.

IMPORTANT TIPS TO FOLLOW:

Diet: Try to recognize how your body reacts to your diet. Caffeine, alcohol, chocolate, red meat, and spicy food can bring on hot flashes, fatigue, and stress as well as lower down bone density.

Meditation: Deep breathing exercises and meditation can be very helpful in relaxing the mind and body. Focus on your lower dan tian and practice slow, deep breathing and focus on a clear mind. These exercises can relieve hot flashes and anxiety, and may even help you sleep better.

Exercise: Physical activities can help move your energy flow, help circulation, and strengthen the bones. Studies show that physically active women appear to have fewer hot flashes and stronger bones than women who live sedentary lifestyles.

Acupuncture: Let your body's internal energy state flow smoothly, and maintain a monthly session with your acupuncturist.

OB Check Up: It is best to keep a low dose of medication or none at all during menopause.

Special Needs: Women who have had surgery or medically induced menopause such as women in their 40s who have had a total hysterectomy or undergone chemotherapy. Unlike natural menopause, there is no slow release of hormones over time, which makes for a very difficult transition in women experience menopausal symptoms. Menopausal symptoms can seem more abrupt and severe and bone loss is more of a concern for this group of women. Chinese medicine can offer help to women who want to treat themselves naturally without hormone therapy, or in conjunction with bio-identical hormones.

For questions or comments, please contact your acupuncturist for further details.

