



## Women's Health

About 40% of my practice is Women's Health. Being a woman, I can really relate to female issues. I have helped young women with painful cramps, menopausal women adjusting to a lower level of hormones, and everything in between. Would you like to be free of your PMS or have your anxiety under better control? I can help you. It's amazing how quickly women respond to acupuncture and herbs for PMS, insomnia, and anxiety. Other problems like endometriosis and fibroids do take more time and dedication, but results are still possible even for those tough issues.

Recently I have seen a lot more women with menopause symptoms. In Traditional Chinese Medicine the decline in estrogen is considered to be a loss of Jing, or essence. When essence is plentiful, our ability to adapt to disease and change is optimal. With age our Jing decreases. There are specific herbs and acupuncture points that can help slow down the loss of Jing.

[Please read how acupuncture helps women's health issues through my patients' testimonials.](#)

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