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### Traditional Chinese Medicine and Women's Health

Traditional Chinese Medicine (TCM) can benefit a woman through every stage of her life from puberty through to childbirth and menopause. TCM can remedy symptoms of PMS and menstrual cramps, as well as regulate the menstrual cycle. It is possible to stop the period if it is too long or encourage its onset if it is delayed. Irregular bleeding and a flow that is too heavy or too light can also be corrected. TCM can also treat yeast infections and sexually transmitted infections.

Before pregnancy, it is important to prepare the body making sure that the body is in balance so that the baby is healthier and the whole process is easier on the mother. Infertility can be treated in both men and women to help the couple get pregnant and carry the baby to term. TCM can help if there is spotting during pregnancy to prevent miscarriage and deal with symptoms of pregnancy such as morning sickness. If the baby is late, TCM can help to induce labour and can also aid in cases of breech baby.

After the baby is born, TCM can help the whole body recover, especially the uterus, which helps prepare for another future baby and to make menopause easier later on. It can also help with the production of breast milk and symptoms of depression after birth.

Symptoms of menopause, such as hot flashes, can also be easily dealt with using TCM. Other women's concerns such as osteoporosis, arthritis, wrinkles and balding/thinning and graying hair can also be treated.