

Chinese medicine is amazing when it comes to women's health. Over the years, I have helped many patients going through fertility issues.

Pregnancy , induction, cervical ripening, going through menopause. So, With no further ado, I wanted you to enjoy this course.

It's gonna be a three part. I like to break it down so it's not too much. You know me. And it is really the basics of how Chinese medicine sees the woman's body and how to treat it. So you're gonna look at treatment, you're gonna be able to use those tools to make a difference in your patient's lives.

Let's get it started.

Welcome to AcuPro, A show dedicated to making Chinese medicine and acupuncture. Easy to grasp and fun to learn. Hi, I am your host, Clara Cohen. I support practitioners and students and like you in changing the world one patient at a time. My goal is to share my passion for TCM and empower you to achieve superior patient care.

I love to showcase the amazing benefits of acupuncture because after all, acupuncture rocks.

Let's look at the physiological part of women versus men in TCM. So Women are more yin in general, so they're gonna be much more related to blood. And men are more yang, so they're gonna be much more related to Qi and have more Qi issues like liver yang rising, coming from liver qi stagnation.

Women are gonna have tendency to have more blood stasis or blood deficiency. So that's the first difference. The second difference is men are gonna be rooted in number eight, and women are gonna be rooted in number seven In Chinese medicine, the men and women have a number that's gonna go through their life. Chinese people believe number eight is a very lucky number. But in the Western world, for people that are superstitious, seven is the lucky number. What does that mean in TCM and in physiological part of men and women?

It means that as a child, a woman is seven. Then you double that. She'll be a teenager at 14 while a man will be a teenager at 16. So we usually say a 14-year-old girl is at the same level of a 16-year-old boy. And if you remember being in high school, girls were much more mature than boys in high school.

So at 14 they compare to the 16-year-old boys. When we add up again, so seven by three is 21 and eight by three is 24. This is in Chinese medicine when it is okay to start conceiving.

And it is okay for men and women to have children, but also that means that this is the end of the growth.

They are done with growing and this is the part of adulthood. So it means that if we're gonna, and we wanna conceive a child. Younger, specifically for the woman, if we conceive a child of 16, 17, 18, it takes a toll on the body because it is not quite formed completely. So it's a little bit difficult and it'll be really hard on the woman's body.

It's less for the men, obviously. Then we're gonna have seven by four, which is 28 years old in Chinese medicine, 28 years old for women. And eight by four, which would be 32 for men, is the best time to have children to conceive. And it's really when the women and the men are the strongest in the reproductive years.

So that gives you an idea. Then we go from seven, multiply by five, and that is 35 for women, which in Chinese medicine means that's it. This is when you should stop having children. Nowadays, a lot of women have kids in their forties or late thirties. It is not impossible. It's actually very common, but it does take a little bit of a toll on the woman and it's definitely harder for the pregnancy than if someone is before or under.

35. For the men, it's gonna be 40, so up to 40. The sperm is great quality, everything is fine. So this is again, a good time to have children. Those are numbers that can be played with because a woman at 35. It could be that she is 35, but really because she had such a good lifestyle throughout and good constitution and good essence to start with.

She probably is maybe a 30-year-old, right? But a 35 years old woman that had bad lifestyle, lots of alcohol, cigarettes, bad diet, bad sleep, a lot of stress. At 35, she may be actually older. Than what her numbers are. Hopefully that makes sense. When you look at the woman, definitely when we go to 49, which if you keep calculating and multiplying, seven by seven is 49.

That's when menopause should start and when the change in a woman's life. will start. For men it would be the same idea. So eight by seven, which is 56. This is when men should definitely not reproduce anymore. Not that they can't, but the sperm quality is not as good. And again, it depends on their lifestyle.

So I think it's fun to look at those numbers always right. To remind us. And it's very close to Western medicine and how western medicine sees it. Now when it comes to organs. The woman's definitely very much related to spleen, liver, kidney, and heart, spleen, because spleen produces blood.

Liver stores blood for menstruation, so that's a whole blood relationship. Kidney, because obviously kidney is part of the root, the essence. So in order for our reproductive system to work properly, we need good essence to start with or even to conceive. We need good essence, right and heart because heart is in charge of blood circulation.

So the more or the better our blood circulation, the more everything's gonna flow much better. With men, it's much more related to liver and kidneys. So when men have issue with, let's say fertility or reproductive organs or erection issues, it can only be two things or a kidney essence deficiency. So there's a deficiency in the kidneys or a liver that has been overstressed, and that's probably stagnated. That's much easier to treat.

When it comes to meridians, we're gonna use a lot of points that are related to the Chong, the REN and the Dai Meridian, specifically for women, the REN is the yin meridian. It's really the fertility, the conception vessel. That's the translation, right? The Chong is the one that carries blood and essence, and the Dai is the girdle that holds them all together.

So also very good to prevent prolapse specifically after children. When it comes to men to Du meridian, which is the most yang meridian, 'cause it's in the back of all extraordinary meridian, Remember the extraordinary meridian carry essence. So they are really good to help when it comes to fertility, for example, right?

And then of course, women is connected to the uterus as the extraordinary organ. Men are related to the Dan Tian, which really is a space below the belly button, above the pubic synthesis bone, where really their essence is held in place for them, and hopefully they have extra.

When it comes to menstruation, the menarche the onset should be as a normal onset between 12 to 15 years old.

So when I ask patient, when was your first period, and they tell me that it was at age 10 or 11. That means that there is a spleen deficiency and that's why it happened. Nowadays, more and more girls are having their period so early, like 8, 9, 10. And I think personally maybe because there's a lot of hormones put in our food, specifically in the dairy and the meat that most people consume and that might affect through the digestion, which is spleen.

Our reproductive system. The other side is if the period is later meaning 16, 17, 18. I actually had a patient the other day that came to see me and she never had a period and she was 29 and her doctor is not concerned until she decided to want children. I was just floored. I couldn't believe that.

So that was quite a shock to me. So the later, the more kidney deficiency we have to be aware of, right? When it comes to menstruation 26 to 32 day cycle, it's considered normal. So it should last about four to six days, the period, right? If it lasts a day, it's too short. If it lasts 10 days and it keeps trickling or spotting, that's not long enough.

If a cycle, of course, is 23 days or 40 days, that's too short or too long. We need to regulate and rebalance the whole reproductive system. So if the blood is darker at first, then deep red then finishes off lighter at the end without clots, without pain, without cramp. That's your perfect menstruation. And on top of it, to finish off, yes.

No PMS in Chinese medicine, the perfect period should be that length of a cycle. It should last about four to six days. The blood flow should be perfect and then no PMS and no symptoms. So not all people experience that, but I've had some patients that are exactly like this, which is fantastic.

When it comes to menopause, the onset should be, again, this is the number seven, right? So from 42 to 56 should be when it starts and when it kind of finishes, right? So 49 is usually around the middle part of it, and then hopefully by 56, the person is done. If it's earlier, like someone goes to menopause at 35, then that's a blood deficiency for sure. If it's later, there's definitely fire that has actually come down to the kidney, making the kidney yin deficient with excess fire. So if someone has a menopause at 60, for example.

Alright, so let's look at the uterus and the organ relationship in TCM.

When it comes to spleen produces blood. When we have good nutrients, the nutrients will transform and transport it into blood, so we have a good menstruation also, that blood can transform into breast milk later on for women that are gonna feed the babies after pregnancy. It also keeps the uterus in place, meaning spleen remembers in charge of raising chi and keeping all the organs from prolapsing.

So that's also very interesting 'cause if someone is flooding, has very heavy menstruation, gushing, that could be a spleen, not being able to hold the blood within the blood vessel. So remember that as well as a function of speed. Liver moves qi and stores blood for menstruation. When we have a lot of PMS, often it's because Qi is stagnated.

We are very stressed or whatever the cause is. We need to move chi gently, so hopefully we have a better outcome and less PMS. Also, if there is blood deficiency, it could be that the liver cannot store extra blood. So that could be due to stress, right? We can really go all the time and not being able to have enough blood saved.

And then we have a amenorrhea or very light short cycle. So kidney stores essence. Of course, an essence will be more used when it's time for fertility, conception, pregnancy, all that jazz. Heart is in charge of blood circulation. So good menstruation flow is very important. And if it's not, if there's a lot of blood stasis, let's look at heart, but also at liver, because chi moves blood.

So if there is a blood stasis, maybe it's due to stress and liver and move chi first, right? Or it could be a heart issue. Stomach connects to the uterus via the Chong Meridian. Through the breastfeeding. So the Chong Meridian, if you remember it really goes along the stomach and spleen meridian connect to both those meridians and some of those points.

So definitely when there is issues breastfeeding, we have to look at the stomach meridian. That's gonna help us figure things out. So let's look now at Uterus and Extraordinary Meridians. As I said earlier, all extraordinary meridians carry essence while the regular meridians carry chi and blood. So we're gonna use a lot of the extraordinary meridian point to treat women's disorders.

The Ren is the sea of all yin meridians. It's in the front and it's called a conception vessel, so you understand it controls hormones, the uterus, the vagina, and definitely anything that has to do with the reproductive system. The co influential point of the Ren meridian, is lung seven, so we are gonna use lung seven a lot and of course ren points as well.

The Du meridian is the sea of all yang Meridian. It controlled the Ming men fire. And that's going back to foundation and diagnosis in TCM specifically foundation. The Ming Men fire is what's really in between our kidneys. It's what is controlling our life of vitality. Sometimes it's called a vitality.

Gait vitality, fire, right? So it keeps the uterus nice and warm. Specifically for conception to grow a baby, I always say, if you're gonna grow a baby, you need an oven, right? It needs to be warm, not a fridge. So often for conception we want a nice warm uterus, and the controversial point of the Du meridian is more intestine three, so we may use that as well.

Often, one, we're gonna use all lot of spleen four. Because the Chong Meridian is the sea of blood that is really a meridian that we are gonna use a lot when there is blood deficiency or blood stasis affecting the reproductive system in a patient because it really controls all aspect of the menstruation.

So if you have someone with a amenorrhea, dysmenorrhea, whatever the pattern is, if there is a blood issue, you need to use spleen four. The Dai Meridian, as I said earlier, is the girdle

that really binds all meridian. And in doing that it also helps keeps the uterus in place with the spleen, right? So it keeps everything up from basically sagging down.

Boy, I need a Dai meridian now. It also control the external genitalia, so. The confidential point, gallbladder 41 when there are external genitalia issues such as Vulvodynia outbreak of maybe genital herpes, any kind of problem that's affecting that area, or even like a yeast infection that's very itchy and painful and burning.

Definitely gallbladder 41 is gonna be a great point to do.

Do you feel your TCM education truly prepared you to treat fertility patients in the modern world? I sure didn't. Back in 2004, when I finished my five year TCM program, I felt completely inadequate and. Unprepared to treat fertility patients coming through my doors. So I decided to immerse myself in the fertility world.

I read many books, attended conference, took seminars, and met with reproductive endocrinologists in my area to learn and to really understand how I could truly. Serve my fertility patients. Today, I want to share with you my years of experience in treating female fertility successfully. This is why I created the complete fertility and TCM treatment online course.

I cover everything from natural fertility to I-U-I-I-V-F and addresses. Patients with BCOS or endometriosis who want to get pregnant as well. When you invest in my courses, you can download the PDF version of the slides. You can get four hours of continuing education approved, yes, N-C-C-O-M as well. For those of you who are in the states, you can access the course forever and I offer a seven day money back guarantee because I stand behind my product.

Now listen to what people who took this course have to say. I've just taken this fertility course and there is everything you need to know in details. It's really amazing. Thanks, Clara. Someone else said, I purchased your fertility course, and I would just like to say that it is fantastic. I'm already seeing such better results with my fertility clients since taking the course, and my understanding and confidence in treating fertility is also increased.

So thank you so much. Don't miss out on the opportunity to improve your skill and help your fertility patients. Go to [accuproacademy.com](http://accuproacademy.com) and click the TCM course tab on the menu bar or check out the link. In the show notes below, you won't regret investing in this course.

Next we're gonna look at the basic TCM diagnosis for menstruation. 'cause we need to have the right diagnosis, right? So the blood color, we said all your should be nice and red, but if it's really bright red and flooding, it's probably heat in the blood.

If it's very pink or very light, that could be a blood deficiency. Purple, always blood stasis, anything. Purple is blood stasis, right? Dark burgundy. That sounds like my favorite wine. That's usually blood stasis with also some internal cold. So as we move the blood, we will have to try to warm the person to scatter and break the ice. Crimson red is gonna be a yin deficiency. Crimson red is that dark red. And then watery blood where it's just almost like gushing water. That's usually a yang deficiency. No fire, right?

So no color. When it comes to the consistency, we want a good flow. So if there's clots, that means that obviously there is issues. Dark large clot is blood stasis. And what I mean, large, you gotta have to ask your patient what do they think is large, because it's all relative to what we know. A few years ago, I had a patient and I said, oh, do you have clots?

And she said, yes. I said are they large? And she said, no. I said, okay, gimme a fruit. Is it like, a grape, a raisin, an apricot? And she goes, no, the size of a peach. So to her, that wasn't big because she was used to it. To me, a peach size clot is massive. I'm sorry. I use fruit all the time.

I know it's not fun, but that's the easiest way I can think of trying to relate. So, dark, small, tiny clots are gonna be blood stasis with cold and again, internal cold. But if they are stringy, more stringy long clots that's due to damp or phlegm. The pain. The pain. So if someone has a pain like dysmenorrhea or painful cramps. Before the menstruation is a qi stagnation.

If they have it at PMS, that's a qi stagnation. Very easy to get rid of. If they have it at the beginning of the menstruation, like the first day, it's the worst day. Oh my God, the first day is the worst day. I'm in so much pain. Then I feel better. That's a blood stasis. If that's at the end, I have patients, I will say, no, I have nothing.

And in the last two days it's really cramping, even though the flow may not be that heavy. So that's usually a blood deficiency. Think of beginning is always excess. And there's always deficiency. And of course if the pain is better on heat, that means that there is internal cold, right? Which creates blood stasis 'cause cold congeal and stop blood from circulating mild pain, like an ache, but I can handle it.

That's a yin or blood deficiency. And if there's pain during ovulation, I always ask that question, is there pain at mid-cycle during ovulation on one side? 'cause obviously when the

egg descents, if there is some kind of cyst or some issue in there, it's gonna be painful. And that usually, obviously, if there's a cyst, that would be damp and phlegm.

Now let's look at the basic treatment principle for menstruation in TCM. During the menses. So if we look at the four phase cycle, let's say someone has a perfect regular cycle, we wanna move blood. If there is light bleeding, try to get a bit more bleeding out of it. Or we wanna stop bleeding. If a menstruation is too heavy the next week after that, we wanna nourish the blood because we lost some.

So we need to replenish it. And we want to nourish kidney yin to prepare for the ovulation or mid cycle phases, which could be between day 14 to day 20, depending on the person. So some people can ovulate a bit earlier as well. We're gonna nourish essence tonify and warm kidney yang, making sure we have a lot of fire in there, and then harmonize the Chong and the Ren Meridian.

How are we gonna do all this? It's coming. The premenses or the PMS time Before the period, we just wanna gently move liver chi. Most of us get a lot of qi stagnation at that time, so that's a perfect time to do the only thing I wanted to say is if we're gonna do treatment, we do not wanna induce sweating during menstruation because it's too strong of a treatment.

So if you like to recommend infrared saunas to your patient it shouldn't be done while we're bleeding. So maybe the other three weeks would be perfect, but not during the bleeding time. Okay, so we were talking about treatment then. Let's look at the basic treatment principle for menstruation in TCM.

As I was saying, during the menses, you wanna move blood or stop bleeding, right? If you move blood and something like liver three, spleen eight, and spleen six is gentle enough to move blood. I did not put Large Intestine four. I don't wanna induce a flood. I just wanna gently move blood. Also, obviously if someone is bleeding profusely, you wanna bleed.

Spleen one. Spleen one is the best point to stop uterine bleeding, right? Spleen 8 is actually really good in trying to rebalance the flow and it's the best point for cramps. So you weigh in on both counts. The next week after that, we wanna replenish the blood and the yin of kidney. So that's when we're gonna start using the confluent point of all the extraordinary meridian.

Remember we talked about long seven? . Spleen four, earlier long, seven being the confluent point of the Ren meridian and spleen. Four being the confluent point of the Chong Meridian.

We're gonna pair those with kidney six and pericardium six, which are also confluent point of extraordinary meridian.

We'll look at this combination a little bit later. More in depth, but right left left. Gives you one on the right wrist, one on the left wrist, one on the right ankle. And one on the left ankle or foot, right First. We're gonna obviously nourish blood with stomach 36 and spleen six and liver eight specifically for the liver.

During the ovulatory cycle, we are gonna do the four points again, that are really a good combination to rebalance hormones, replenish blood, and prepare for ovulation. So again, we're doing exactly the same. We did the. On top of it, we're gonna add up stomach 29 because it's a very good point to warm the uterus.

We also could add up Ren four if we wanted to, tonify kidney yang a lot more if the person was really depleted, right? The way we harmonized, Chong and ren Meridian is by using those four points specifically, spin four and long seven. And then of course during the pre period week, we wanna gently move liver chi and calm the person from the stress so we can do the four gates to open the flow of Qi - LI 4

liver three, spleen six is actually a really good point to balance hormones and it's gently moving for liver chi. And of course we can calm to mind by using Yin Tang and ear Shen men okay, so now let's look at the formulas or herbal formulas during those four phases. During the menstruation, we usually don't use any formula, or if it has to be, it would be very gentle.

So it's good to take a break during that period of time, right? Maybe for a week. For the postmans, we wanted to a fire and nourish blood. Remember we said that right? So we have three different formulas we can choose from Si Wu Tang, Ba Zhen Tang and Gui Pi Tang. The difference, Si Wu Tang is more for liver and heart blood deficiency.

Ba Zhen Tang is more if there's a spleen and liver deficiency of blood. And then Gui Pi Tang is more if there is heart and spleen blood efficiency. So we're gonna have to choose the right one at that time, right? So I love Si Wu Tang. It's one of my favorite one.

Ovulation cycle. We have two major formula that are really specifically good to kidney essence KD Yin and KD Yang the first one, You Gui Wan is more for someone that is more kidney yang deficiency, because You Gui means right nourishing, while Zuo Gui means left nourishing, and left side is more yin side, so Zuo Gui Wan one is better for a person that's more on the yin deficiency side, even though both can tonify yin and yang of kidney. And then premenstruation. We have two formula Chai Hu Shu Gan San, which is great for people

that are liver qi stagnated Xiao Yao San which is again for liver qi stagnation, but with also some spleen deficiency, like craving bloating, fatigue, right? That's a little bit more than just a qi stagnation.

I wanted to talk about vaginal discharge in general, which, we should have obviously, but I wanna look at the difference to know what's going on.

If someone has very thick, white vaginal discharge, that's usually a damp, cold, or cold. If it's watery, really watery, then that's a yang deficiency. Okay. And it's pretty clear in general. If someone has yellow discharge, it could be a yeast infection, right? So that would be damp heat or plain heat, depending.

It probably is a bit smelly as well. If it's green, that's DPE in the liver, that's not good. That's starting to become a bit toxic, and so we have to start detoxify and if it's yellow with puss and smelly, sorry, and with some red tinged. That's definitely toxic heat. So that is much more stronger treatment that we would have to require.

Again, for the consistency, if it is watery, it's more damp, cold, or yang deficiency. Definitely more yang deficiency. The more water it is, the thicker it is, the more cold it would be. Okay. And I can be in between the two with kind of like a damp cold. If it's thick and sticky, like really thick, then that's always damp heat, and if there's no smell, it's due to cold.

And if there's strong smell, then it means there's excess heat.

Thank you so much for spending your time with me today. I truly hope you benefited from this episode, and I would love for you to share it with a friend that may benefit from it as well. Follow the show, live a review, and if you want more, go to my website, [acuproacademy.com](http://acuproacademy.com). I have tons of resources there with treatment protocols, case studies, free courses, and so much more.

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