

I remember when I was 13 and I got my first period, my mom told me it would happen every month for the rest of my life. And I thought, excuse me, no, that's not gonna happen to me. I'm not gonna have this bleeding thing for a week every month for the rest of my life. It felt like a deaf sentence. If you are a woman listening, you know what I mean?

Right. What I didn't know is that eventually this would stop, and I'm in my late fifties at the recording of this podcast. It's been eight years since I've had a period, and I have to tell you, it's fantastic. I love the fact that I don't have to worry about, oh, we're going camping this weekend. Am I gonna have my period while we're camping?

Or if we're traveling or in a plane for 10 hours? All those fun things you have to deal with. Your entire life, like my mom had told me. So I went through menopause at 50 and it was such an easy, easy transition for me, which I know for many of my patients I've treated over the years, it is not the case.

My mom had a really hard time with it, and I share that story in my new course. The Treatment for Menopause and Perimenopause Online course, it has been four years. Since I've taught an entire new course, I'm really proud of it because I put a lot of heart and soul into it. And because it reminds me that my mom suffered and I wish I was there at the time to be able to support her transition in a way that would be positive and easier than what she went through.

Now, why am I talking about this? You think this podcast is about frozen shoulder. You're talking about menopause and your period. Clara, uh, are you having some problem with memory? Not at all.

I want this episode to be about frozen shoulder. However, I also wanted to give you a little insight and window into this menopause course because I think that it is so powerful and so useful because every practitioner will see. Patients going through this transition in life in their practice, right?

You've seen women, even if they come for insomnia or maybe they come for stress or for frozen shoulder, they are going through this transition and we need to support them because they don't have a lot of supports overall in conventional medicine, right? The reason I'm sharing this frozen shoulder insight with you, this is part of the course, so you are going to listen to part of the course.

In this course. I go through a lot of disorders including insomnia, anxiety. Poor focus night, sweat, all the fun stuff that women experience during this transition and during menopause,

but also perimenopause. I also talk about osteoporosis because yes, post menopause. I'm going to discuss what can happen and what we can do.

To prevent this as well. Now, if you haven't checked out this course yet, the link is below, or you can go to my website acupro.academy.com and click the TCM course on the menu tab. This, again, is so dear to my heart, so I want you to ensure the frozen shoulder.

Now I also wanna put a caveat.

This frozen shoulder protocol, even though it's part of my menopause course, can be applied to anyone with frozen shoulder. So you're gonna be able to use this information for anybody that comes through the door with frozen shoulder.

I also wanted to add that you can also use the balance acupuncture method as well as scalp acupuncture, ear acupuncture. There's so much you can do when it comes to pain, but this is specific to menopause because over the years I have seen how many patients come through my door with frozen shoulders and all of them.

Interestingly enough, we're between 45 and 55 years old. Are you ready? Let's go.

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.

Frozen shoulder in menopause. What? Oh, believe you me, for years I have treated really successfully frozen shoulder, and I've never ever. Done it on the male patient and it's always been female in menopause or post menopause every single time.

And it took me a while to make the connection and then eventually after seeing so many getting that frozen shoulder with no reason or a parent reason, you're like, wait a minute. That's the thread that's common between all those patients. Huh. So let's talk about frozen shoulder, because when a woman is diagnosed with frozen shoulder or any patient for that matter, there is nothing the conventional medical system can do for them.

It's like, it'll last a year. Just bear with it. Here's some medication for the pain, and that's that. No, no, no, no, no. Definitely acupuncture is gonna make the healing process much faster.

Why is frozen shoulder common in menopause? First of all, according to TCM, there's a decline in kidney and kidney essence, which means there's poor nourishments of tendons, ligament, and joints.

There's also a qi and blood deficiency that occur, and so there's less circulation to muscles, to tendons leading to stiffness. The liver's involved because liver blood deficiency or and liver cheese stagnation makes tendons more prone to dryness and contractions. Now in the Western lens, estrogen decline and the loss of collagen and connective tissue elasticity increase inflammation.

This is why one of the first thing I said to patients, start taking collagen on a regular basis. So collagen supplements are widely available and they're great. To support the patient, specifically if they have frozen shoulder, but even if they didn't, collagen is so important and we're gonna talk about the supplements in a few minutes .

So that's one I would definitely recommend patients. One more point I wanna emphasize on is the shoulder capsule tightens and in flame. Especially in women age 45 to 55. That's what I'm saying. Frozen shoulder. I've seen it in exactly that range in so many of my patients. So what do we do? Well, first of all, in TCM perspective patterns are gonna be she and blood stagnation.

Obviously because there's gonna be pain for T cm diagnosis, we have qi and blood stagnation, which makes sense. The patient can't even put their jacket on because it hurts to even move any movement. Sharp pain shows up, so it's fixed location. It's a qi and blood stagnation. It also is a cold damp B syndrome.

So B Syndrome is a painful syndrome affecting the joints, right? For most patients, it's worse at night, worse on cold weather, and it feels heavy and it's worse on dampness in Vancouver, Canada. We have a very damp weather. It rains a lot. It doesn't snow a lot like the rest of Canada. It rains a lot, so it's very damp and that aggravates the shoulder joint as well as we know in t cm perspective.

And then of course there's an underlying deficiency of kidney and and kidney young because there's a decline. With the patient getting older and the liver blood deficiency, which doesn't nourish the tendon, so all this will show up in that frozen shoulder. This is why it's really important to treat the root pattern and treat the branch with the local point.

How do we do this? Well, first of all, let's look at acupuncture points. We are gonna do local points. My favorite local point shoulder issue, even if it was rotator cuff injury or any kind of shoulder issue, is large intestine 15. And Sangio. 14. The two eyes of the shoulders, large

intestine 14 and Gen Chen, which is an extra point located between large intestine 15 and the auxiliary fold anterior one.

Then we are gonna do the posterior one, smart intestine, nine, ten, eleven. I call it the low triangle to really relax all the back if we have frozen shoulder. The back and the front, the whole shoulder girdle should be addressed as the local points, and then we can do Azure points. So wherever it's tender, you can put an extra needle.

Make sense? Right? Okay. Now we also have to do the root cause or the distal point. Systemic point. IDE four, liver three, the four gates to move qi, move blood, relieve stagnation, relieve pain. Stomach 38. The best distal point for frozen shoulder. Usually I do it on the opposite side of where the frozen shoulder is.

It works really well because when you are on the opposite side, that opposite side is stronger. The qi and the blood is circulating better. This is the qi and blood we wanna send through the meridians to try to relieve the pain and get some blood circulation on the opposite side where it's stuck. Yes.

Makes sense. Right? And then we wanna support yin blood and whatever underlying deficiency. So of course, spleen six, kidney three. We wanna do gallbladder 34 because it's the best point for joint. Related pain. I would also probably do kidney six to support the kidneys, and we wanna support the blood with stomach 36 or liver eight or both.

Again, that's too many points, so you're gonna have to pick what you wanna do, and then you don't wanna do them bilaterally all the time, right? So decide how you're gonna go about it. Now I feel that for me, when I treat frozen shoulder, I will first do a bit of Trina. So if you've never learned Trina or Chinese massage, it's very useful and I love it.

So I will do a little bit of rolling and kneading of the shoulder very gently. 'cause of course we wanna make sure the patient's okay. I'm gonna do passive mobilization. So it's kind of like the gentle pendulum movement. You know, when you're just basically doing this arm that goes up. And down, but not in a big swing.

It's just a little bit to see if we can do that while standing up right now. I'll do the needling. And then I'll take the needles out and I'll do a little bit of cupping. So I'm gonna cup a little bit locally, the shoulder for maybe five minutes. Then I'll do some twin eye again, just a little bit and see if I get a little bit more range of motion, right?

Even if it's like a turn and a little bit of pendulum. So that's what we wanna start with. And if you do this twice a week, you are gonna have such good result. Most of my patients, within

two months. Everything is back to normal instead of a year. So a year versus two months is fantastic. Now, if you only do it once a week, it might take longer.

Yeah. Okay. So when it comes to lifestyle advice, we wanna ask patients to do daily range of motion stretches. Like I said, it's that little up and down. Just see if you can get nod to the pain. It shouldn't co-create pain at all, and each time the pendulum is gonna get bigger. And wider until we're able to rotate the shoulder completely.

Right? Wall walks are like, you put your hands on the wall and you walk. And little steps. That's what a wall walk is. So that's just a gentle exercise to help the patient. And then heat therapy at home, like putting a heat bag, that's going to help as well when it's really stiff and painful.

We really wanna try to get gentle movement all the time, every few hours during the day because we wanna increase blood circulation. And one of my teaching tips would be when there is frozen shoulder in menopause, it's never just orthopedic, meaning it's not about the shoulder. It reflects both the local stagnation, but also the systemic deficiency that we talked about earlier.

The blood deficiency, the end deficiency, right? All this has to be addressed as well, or it will take longer if all you do is treat the shoulder. Yes, always do root and branch.

Now that we've looked at points, screener, exercise, make sure you tell the patients they have to keep mobile. Very gentle movement, but they still need to move. That's really key.

But often during perimenopause and menopause, acupuncture and all those techniques we use may not be enough because we wanna nourish the body. Remember, we wanna do the roots and the branches.

What is at the center of our health? The Zhong qi, Z-H-O-N-G. Ong qi is the middle qi, which means our digestive system.

This is why I'm so passionate about nutrition because it's so key. It is at the center of our health, which helps us heal faster.

When it comes to nutrition during menopause, perimenopause time for frozen shoulder, we wanna nourish kidney yin, nourish the kidneys as a whole, in essence, and move liver qi to lubricate the joint as well. So for lubricating the joint, we can have yin nourishing foods like black sesame seeds, pears, salmon, flaxseed, oil, seaweed. Fantastic. We wanna support

the kidneys with walnuts, bone broth, black beans, chestnut, blackberries, and any kind of seeds. Black seeds, always better for kidneys, as you know, from the five elements.

Perspective, then we wanna limit food that is going to impair the spleen or the healing process, meaning smoothies, ice water, salads. A lot of rock cold food will not help because remember cold stagnates or congeals. And we want circulation. We wanna improve circulation. So we need warmth, we need heat. We don't wanna eat cold food.

We also wanna try to limit greasy food. Sugary food and dairy because that's creating more dampness, which doesn't help with movement. Make sense? And for some patients, there is swelling in the shoulders. So we don't wanna have a lot of greasy, sugary food. We wanna avoid alcohol, inflammatory food, coffee as well, because it's not gonna help the shoulders.

/ Then The goal to preserve bone muscles and to lubricate joints is to recommend our patients to have at least 1.2 to 1.5 grams of protein per kilogram per day.

/ So you're like, Hold on. So if you are listening and you use kilogram. Then, Let's say a woman is 70 kilograms, she would have to have about 80 to 90 to a hundred gram of protein per day.

It's 1.2, multiply by 70 and 1.5 multiplied by 70. Now, if you use. Pound and a woman is 150 pounds, just divide this by two. Instead of 150 pounds, just go 75. So a woman that is 150 pounds would need about 75 to a hundred grams protein per day. Does that make sense? I hope I didn't, uh, screw the whole math here.

. And we can take this protein from fish, chicken, legumes, nuts, seeds, eggs, and if they're eating dairy and they don't have a lot of deadness, then we can add up some Greek yogurt. But I would limit the dairy.

And the last thing I wanted to mention is to preserve bone, muscles and lubricate joints for the shoulder to help recover, to help heal faster.

We wanna have supporting nutrients, so for example, calcium. Would be fantastic. And that comes from leafy greens, sardines, or salmon with the bones. That is going to help as well as vitamin D. Vitamin D, we get from sunlight. Unfortunately, in Vancouver, we don't have a lot of sun in winter, so that is not very helpful, but we can get it from mushrooms, specifically shiitake maitake, salmon with the bones again, and of course supplements.

And often that's the case like in Canada, in winter, we all. Pretty much have to take vitamin D supplements, and if it's a vitamin D, it should be vitamin D three, combined with K two for

better absorption. Magnesium is another one that is really key specifically for the muscle for relaxing the joints, and that comes from nuts, seeds, legumes, and whole grains.

Another one that's great to have is add up omega threes. Consume a little bit too much Omega six in North America with a lot of , , canola oil but Omega-3 is really key. So we can get this from salmon again. In Canada. We have lots of really good salmon, so that's great Macro. Walnuts, chia seeds, flax seeds, and that is also going to support the mood.

Let's talk about supplement for bone and joint health and inflammation. We talked about the food, which I believe it's better to get from food, but sometimes, let's say salmon is really good, but some people don't like fish. They don't like salmon, right? So taking Vitamin D, like I said, it would be D three with K two, it should be at least a thousand international units.

Per day for calcium, it should be at least a thousand milligram per day, and it'd be great to have also magnesium with the calcium at least 400 milligrams per day. That's for bone health muscle relaxation.

When it comes to Omega-3, a thousand milligram per day is great to reduce inflammation. However, if the patient is on blood thinners, this is not a great combination. So you have to be careful and monitor for bleeding risk.

In school, we don't learn supplements, right? Vitamins, minerals, and it's so useful because patients wanna take them and it supports their health as well. So if you don't know, at [acupro academy.com](http://acuproacademy.com), I also offer a course on vitamins and minerals that is taught by my friend and colleague, Dr. Alex Dragan.

She's a naturopathic doctor and she's fantastic. The link to the course will be below as well. You could check it out. I think it's a fantastic add-on to have in practice.

Wow. So frozen shoulder, root branch, distal point, local point, add up some two, some capping, and then talk about supplement and diet. Reinforce everything.

And if you see a patient for acupuncture about twice a week, and they follow all your recommendations within eight weeks, which is about two months, the patient can recover fully the range of motion.

That to me is fantastic because usually frozen shoulder lasts about a year, and that's a long. Time. Right? Because really who wants to live with that?

I hope that was useful and it gives you a little bit of a window on my menopause course.

It is at your own pace. You get four continuing education hours. It's seven day money back guarantee. If you don't like it, please let me know because I don't want you to waste your time or your money. , But the feedback has been amazing.

I know it will serve you. And in turn, your patient have a fantastic day and no matter what, keep rocking it using TCM.

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. I have tons of resources there with treatment protocols, case studies, free courses, and so much more.

And connect with me on all social media at Acupro Academy. I'm on YouTube, Instagram, Facebook. X, Pinterest and LinkedIn and TikTok, and no matter what, keep rocking it using D cms. Please listen to the disclaimer because the Acupro Show podcast and material shared through Acupro Academy, which is a subdivision of Natural Health Sense Incorporated, are designed solely for educational and entertainment purposes.

The utilization of information from this podcast or any associated material is at the user's discretion. This content is not meant to replace the guidance of an acupuncturist, qinese medicine doctor, medical doctor, physician, or any qualified professional, nor is it a substitute for proper diagnosis or treatment.

Users are strongly advised not to ignore or postpone seeking medical advice for any existing medical condition with their healthcare professional regarding any health concerns.