



CLARE
PYERS

Integrative TCM Gynecology





- STUDIED TCM AT VICTORIA UNIVERSITY
- FULL TIME CLINICAL PRACTICE
- PRIOR STUDY IN CHEMICAL ENGINEERING
- AUTHOR OF INTEGRATIVE TCM GUIDE TO PATHOLOGY
- INVITED SPEAKER AT WFAS, AACMAC, NZIC, TCM KONGRESS ROTHENBURG
- CO-DIRECTOR OF IICMC
- CO-FOUNDER OF ALCHEMY HERBS
- TAUGHT AND MENTORED LOTS OF STUDENTS AND PRACTITIONERS
- WORK WITH COMPLEX WOMEN'S HEALTH, AND AUTOIMMUNE DISEASE





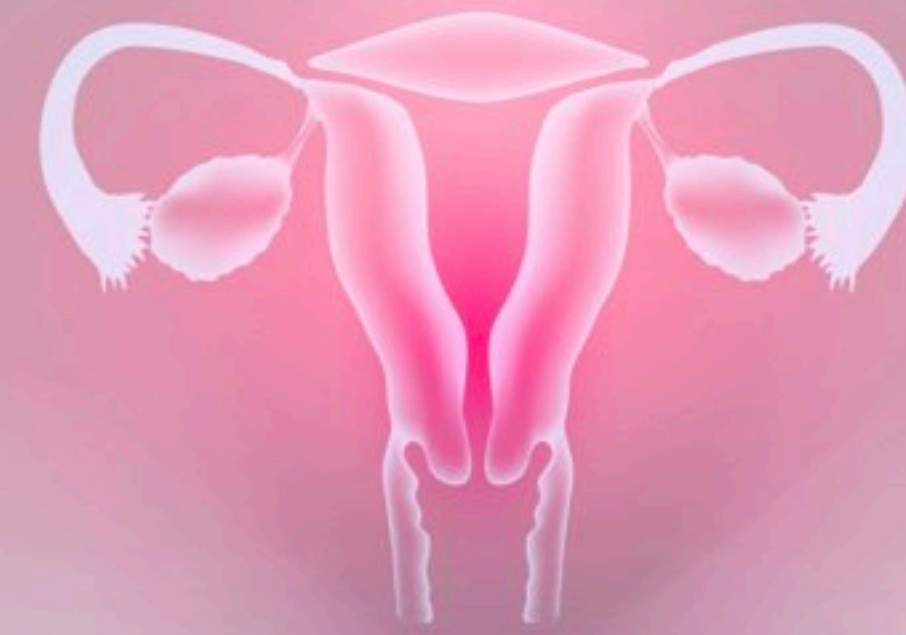
Chinese Medicine and Gynecology

KEY CONCEPTS

- YIN
- BLOOD
- JING
- SHEN/SPIRIT
- CHONG MAI & REN MAI
- DAI MAI
- TIAN GUI

UTERUS (BAO GONG)

- Includes ovaries, fallopian tubes and cervix
- stores and discharge the menstrual Blood
- store the Kidney Essence (Jing 精)
- receive the sperm
- house and nourish the foetus until birth

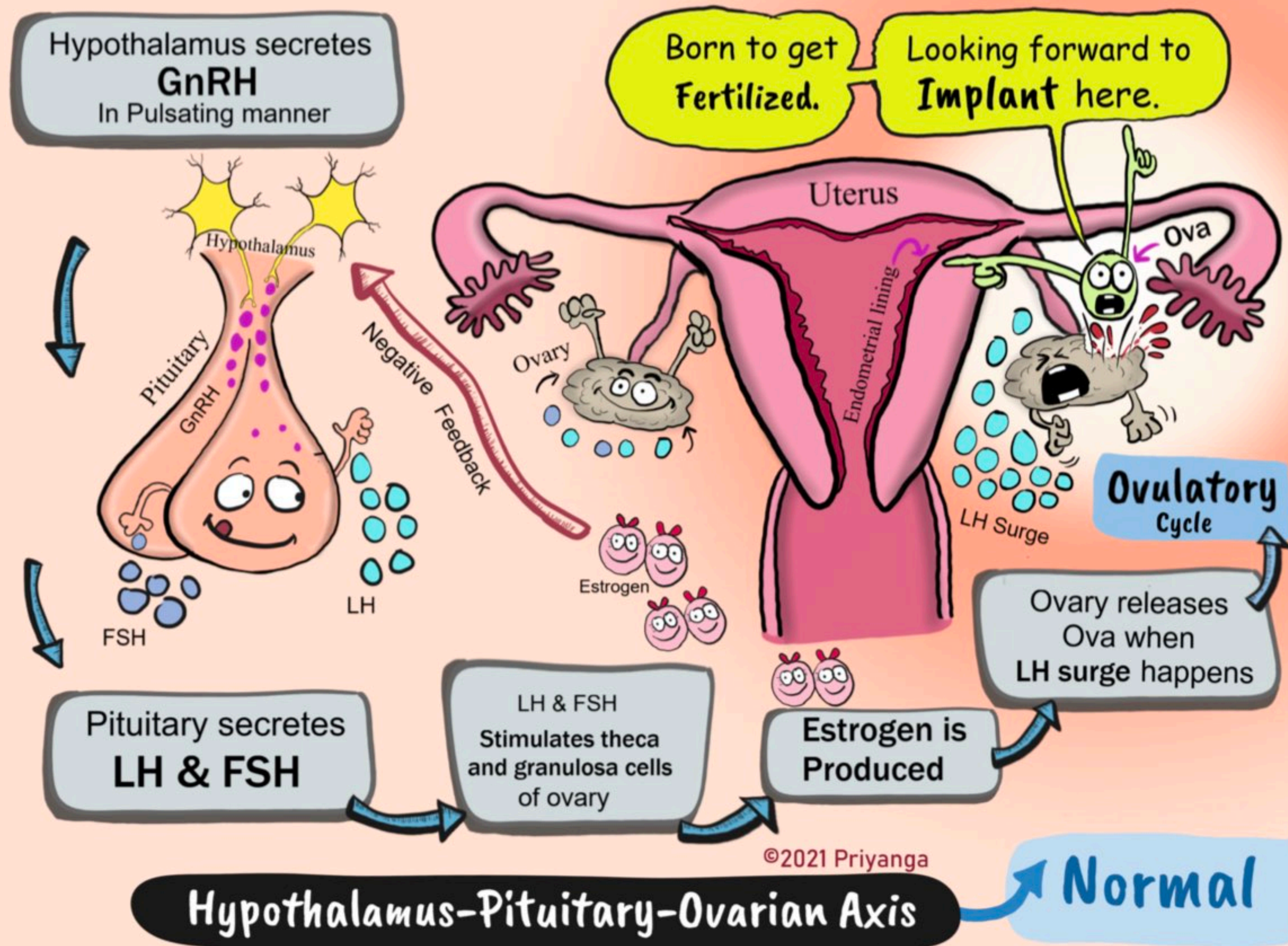


TODAY WE WILL COVER

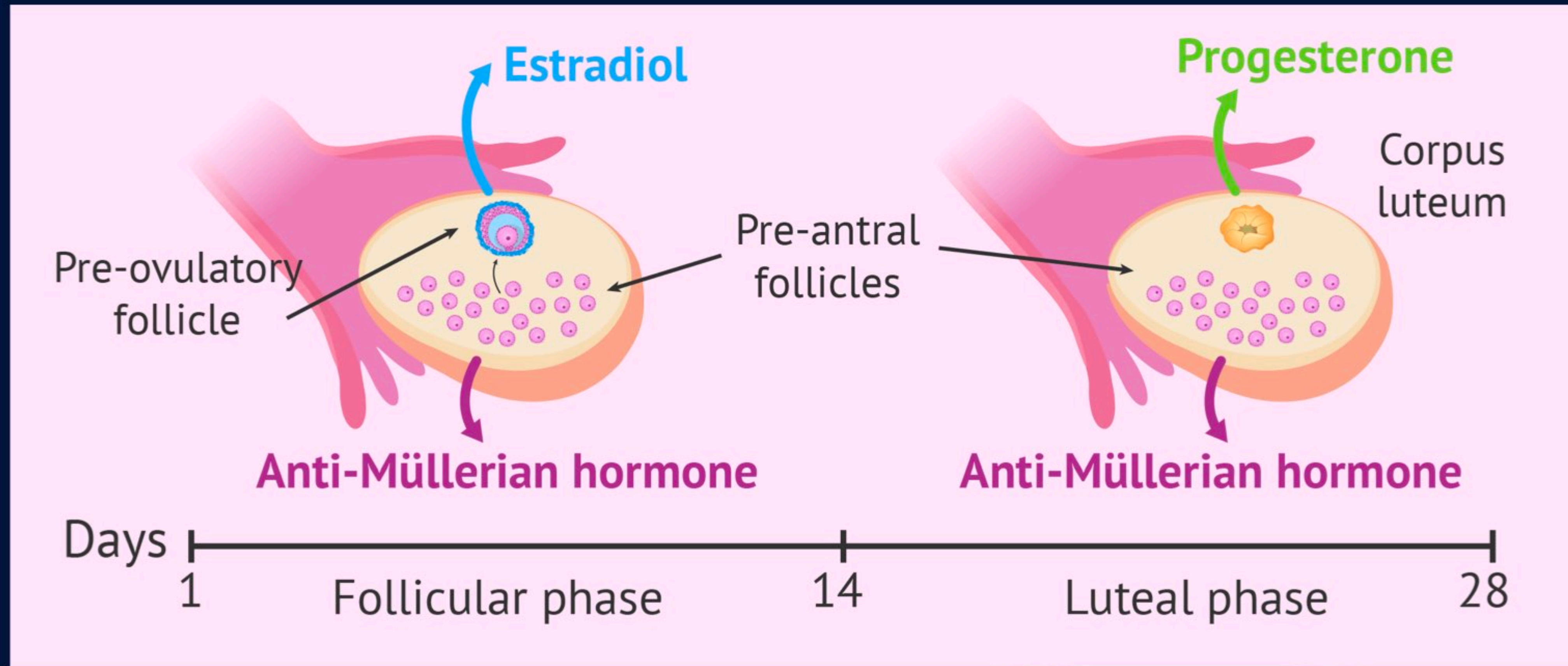
- Mood and Menses
- Painful Periods (including endometriosis and adenomyosis)
- Irregular Periods (including PCOS, menorrhagia and amenorrhea)
- Cysts, PCOS and Fibroids
- Perimenopause, Menopause & Beyond
- Relevant Blood Tests
- Medical Hormonal Treatments
 - IUD
 - Oral contraceptive pill
 - MHT/HRT
- Chinese Medicine Treatment
 - Acupuncture
 - Herbs
- Nutrition
- Supplements
- Exercise and lifestyle



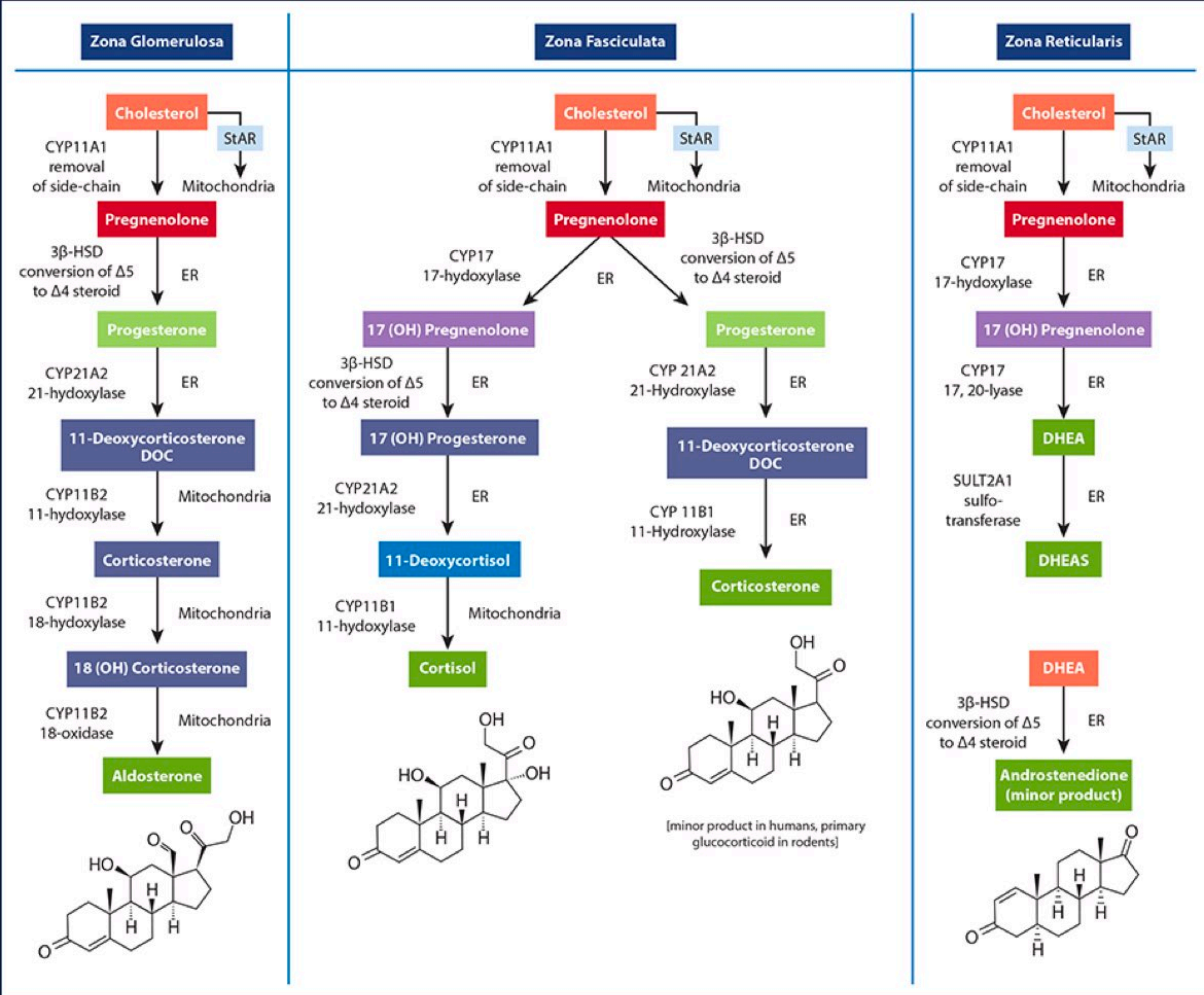
Reproductive Physiology



Creative -Med-Doses



Hormone
production in
ovaries



Hormone production in adrenal glands



Normal

Vs Common

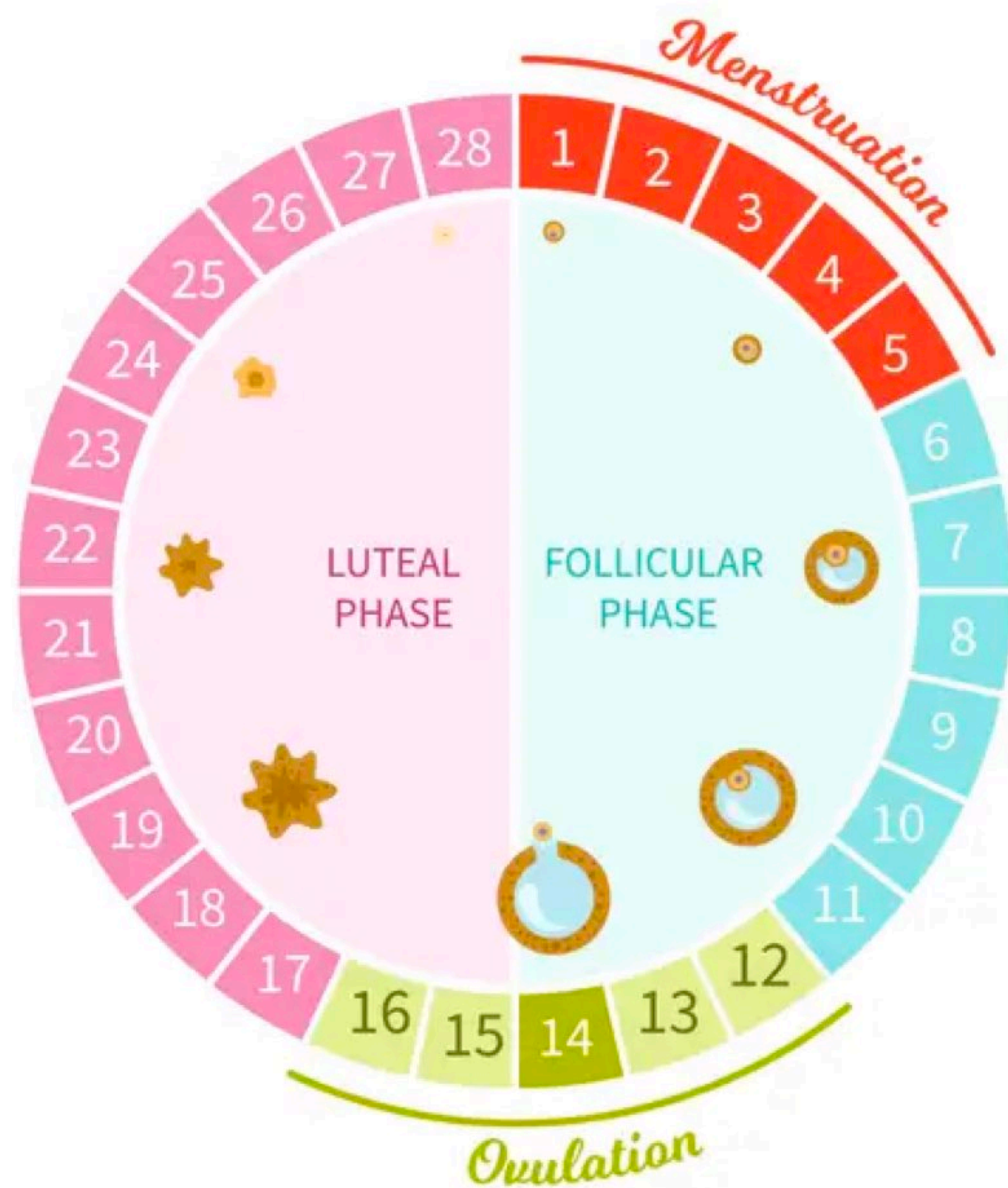
Normal Period

- Arrives every 28-29 days
- Full flow bleeding on day 1
- No pain
- Deep red colour. No clots.
- Bleeding 4-5 days, lighter at the end
- No associated symptoms at period time or ovulation
- Menarche around 12-13yo, menopause 49-51yo.

Common Period Issues

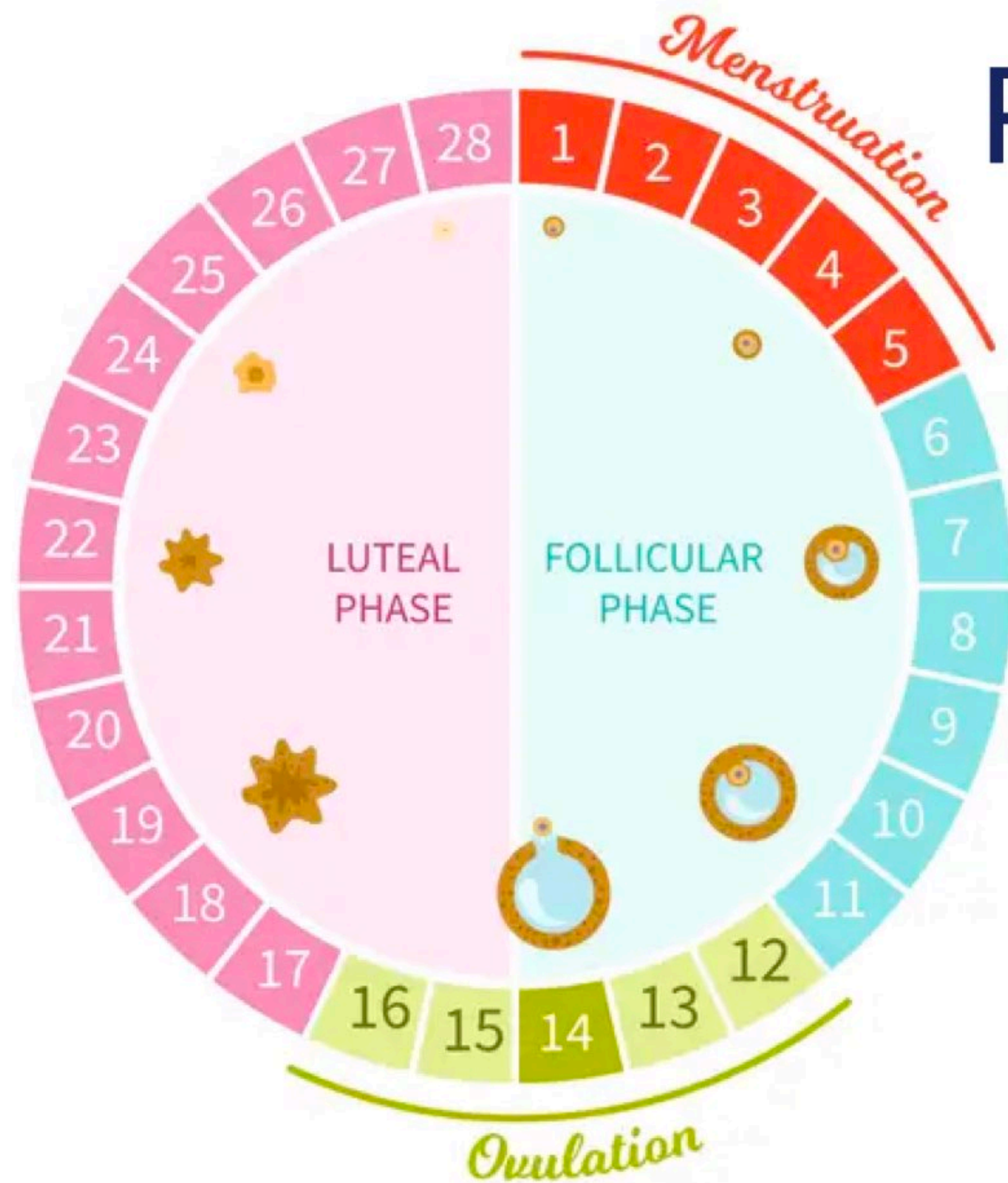
- Period pain
- Absent/Amenorrhea
- Irregular bleeding
- Endometriosis/Adenomyosis
- Heavy bleeding
- PMS
 - Mood swings
 - Bloating
 - Fluid retention
 - Headaches
 - Menstrual pain prior to period

4 PHASES



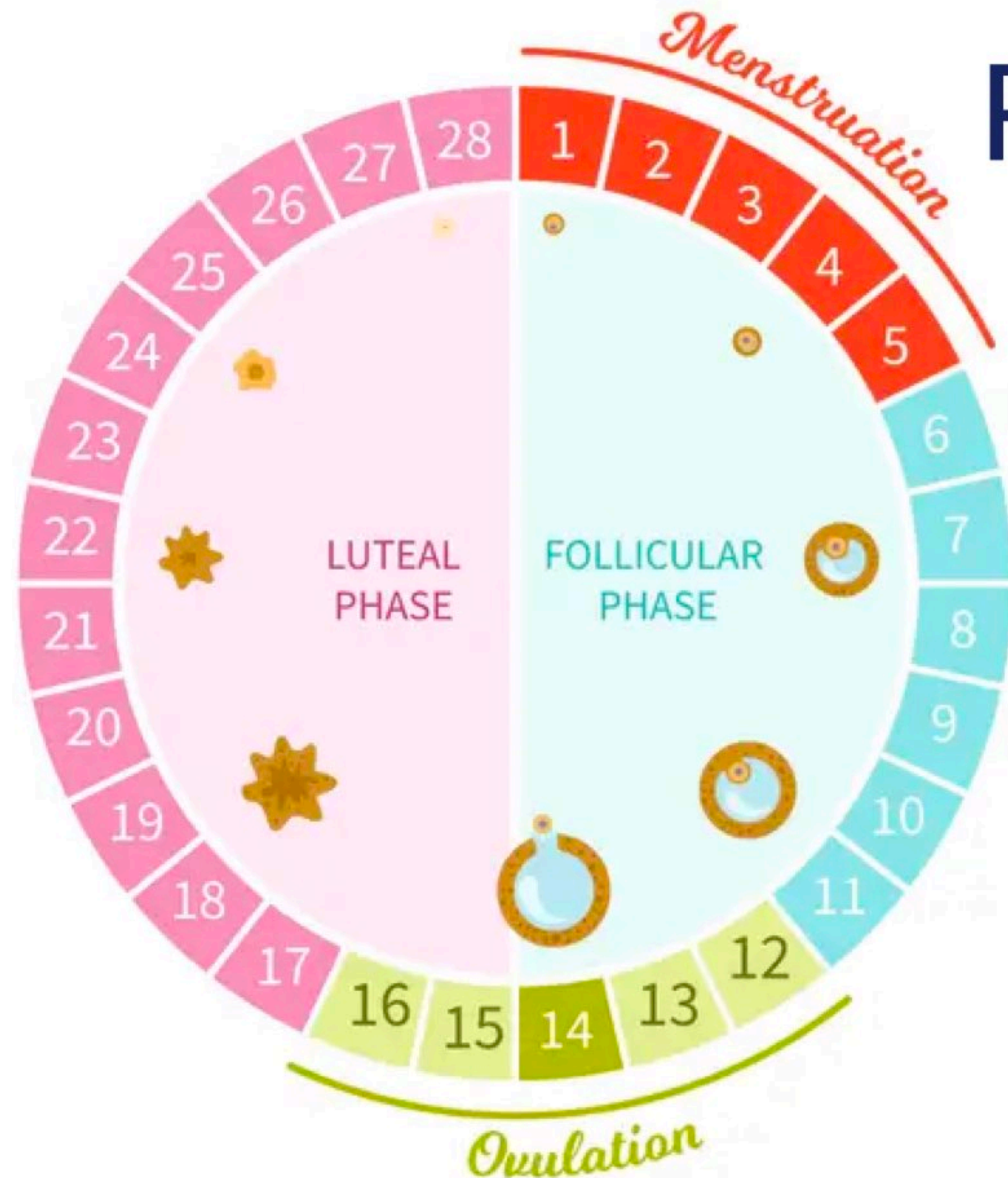
- PERIOD - swap from yang to yin.
- FOLLICULAR - building yin and blood
- OVULATION - swap from yin to yang
- LUTEAL - yin and blood foundation supports yang

PERIOD PHASE



- BLOOD DEFICIENCY
 - Fatigue
 - Dizziness
 - Short, light bleed or no bleed
 - Symptoms at end of period
 - Dull pain better for pressure
- QI/YANG DEFICIENCY & COLD
 - Stop-start bleeding
 - Prolonged or heavy bleeding
- YIN DEFICIENCY
 - Night sweats
 - Insomnia
 - Anxiety
 - Light bleeding or no bleeding

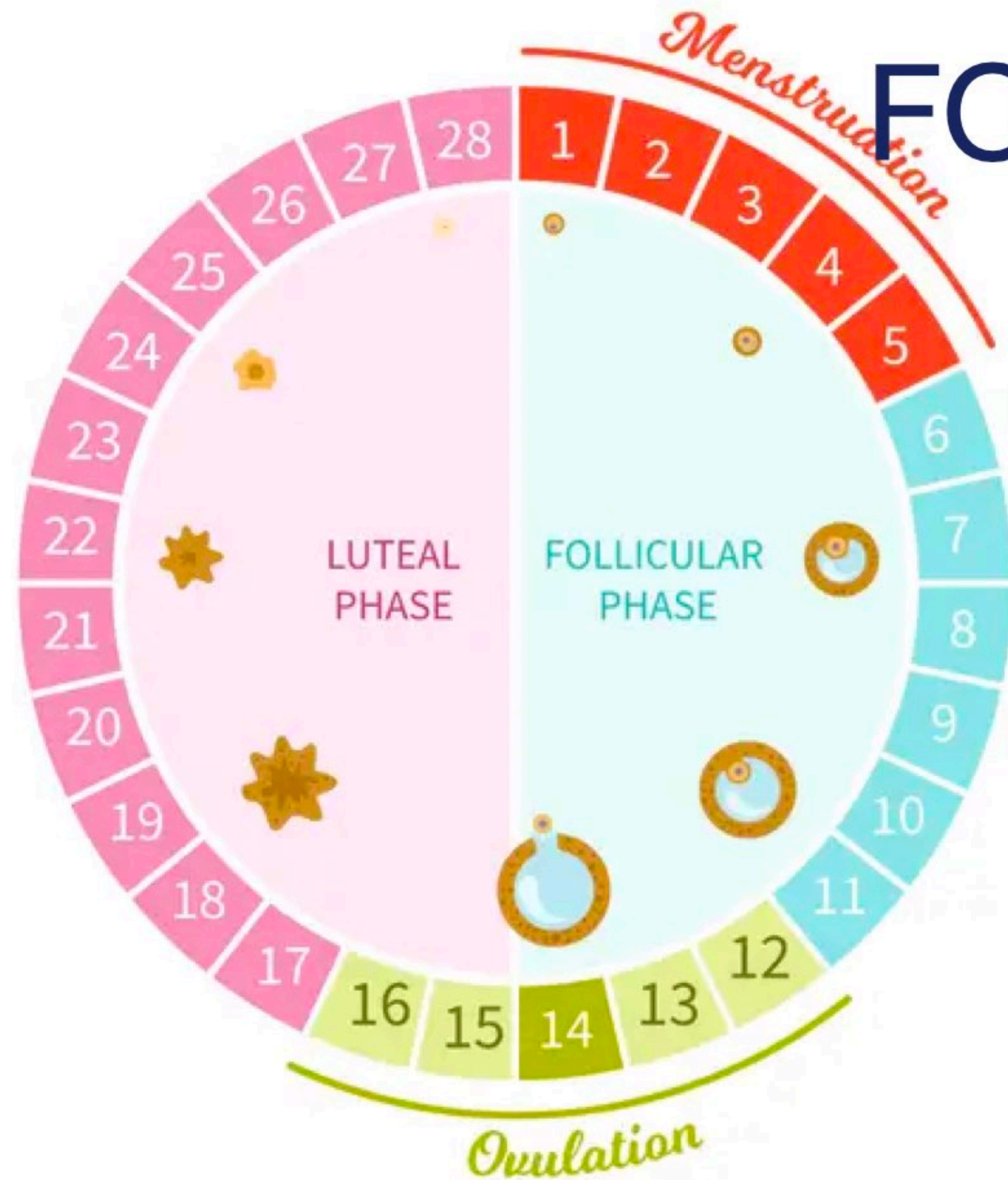
PERIOD PHASE



- **DAMPNESS**
 - Watery blood
 - Mucous clots
 - Smelly blood/discharge
 - Heavy bleeding
 - Dull pain
- **BLOOD STASIS**
 - Pain (stabbing)
 - Clots
 - Moderate or heavy bleeding
 - Symptoms at start of period
 - Loose bowels +/- nausea on day 1

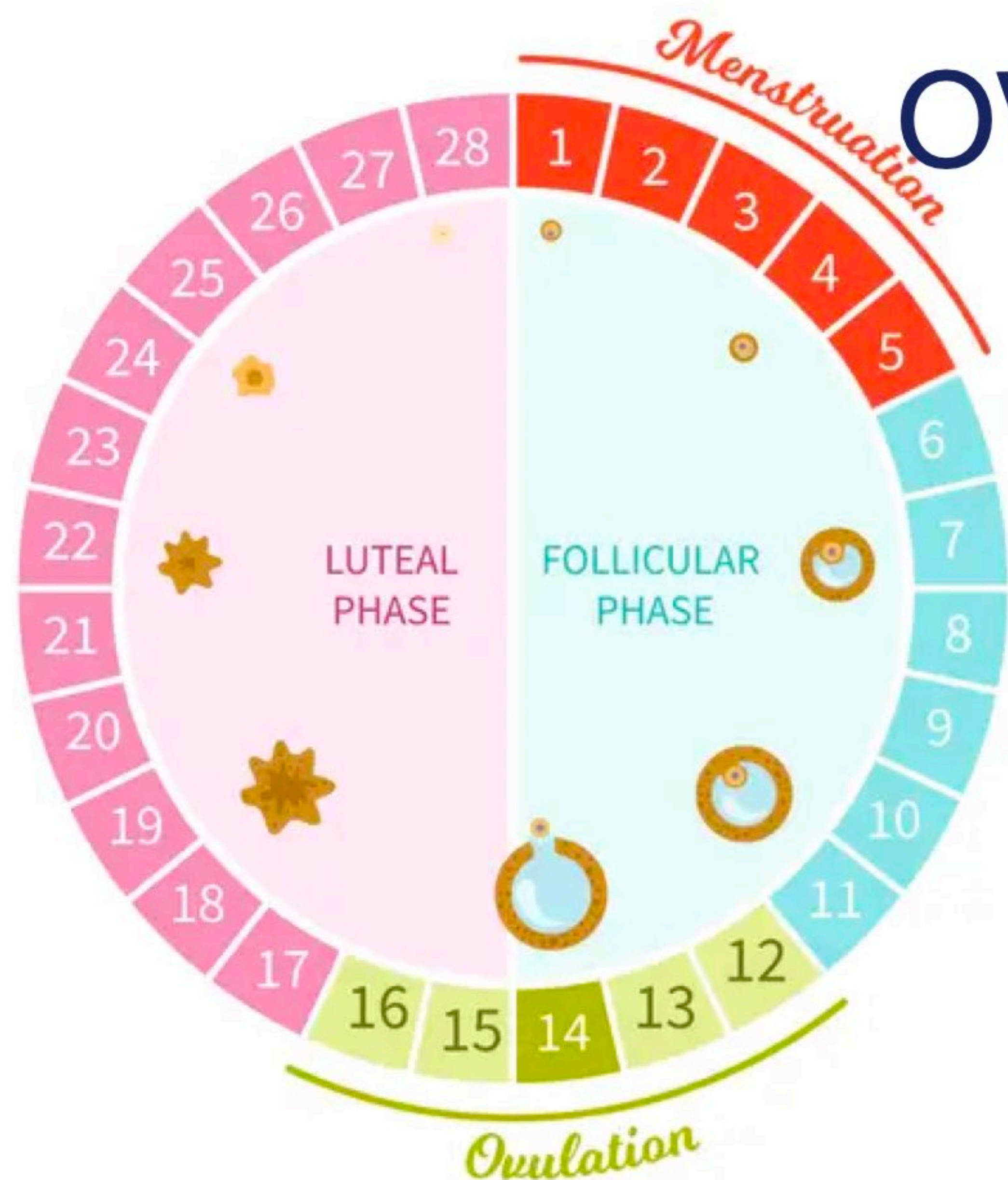


FOLLICULAR PHASE



- QI/YANG DEFICIENCY & COLD
 - Spotting
 - Bloating
- BLOOD STASIS
 - Pain
 - Spotting
- DAMPNESS
 - Discharge

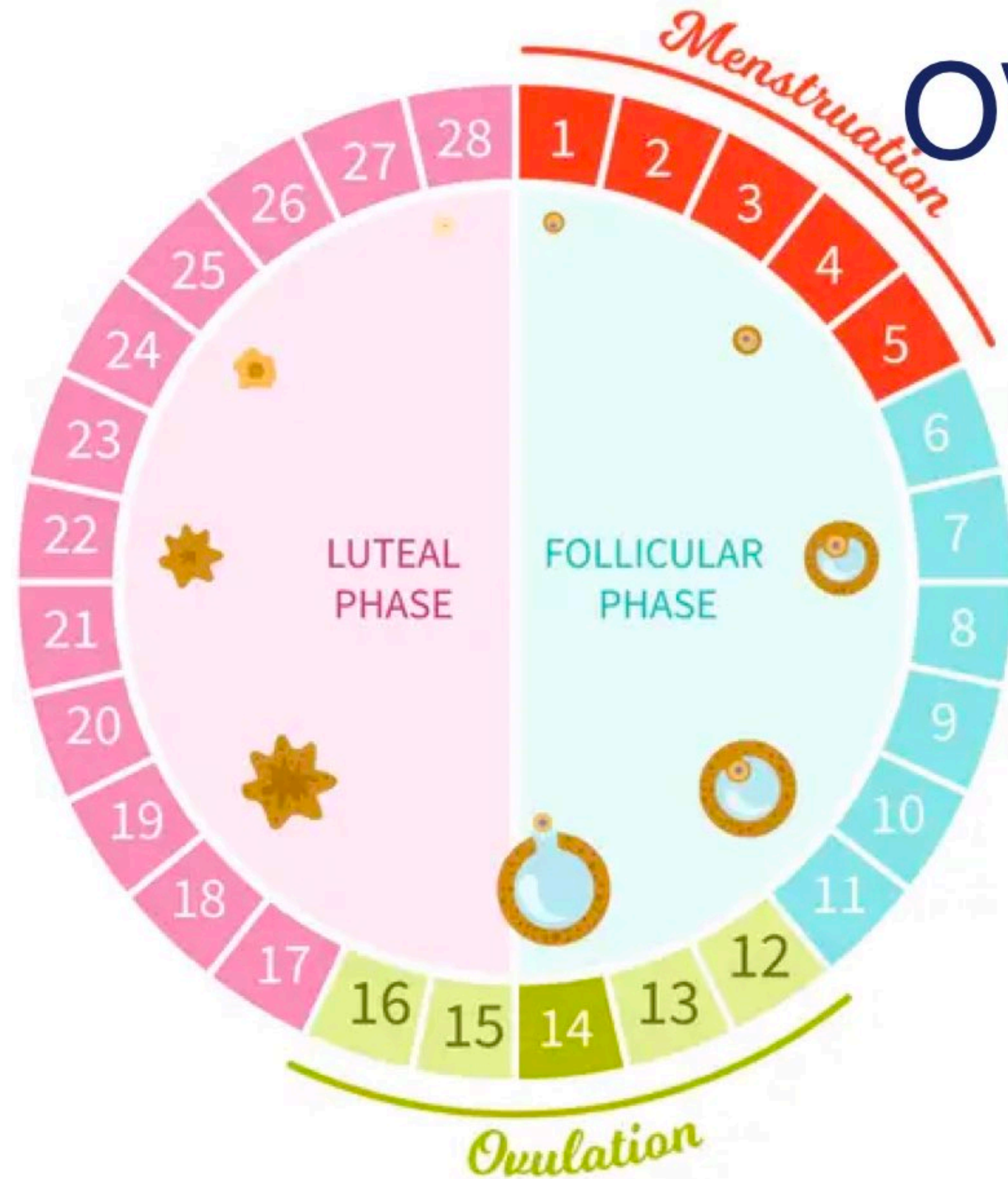
OVULATION PHASE



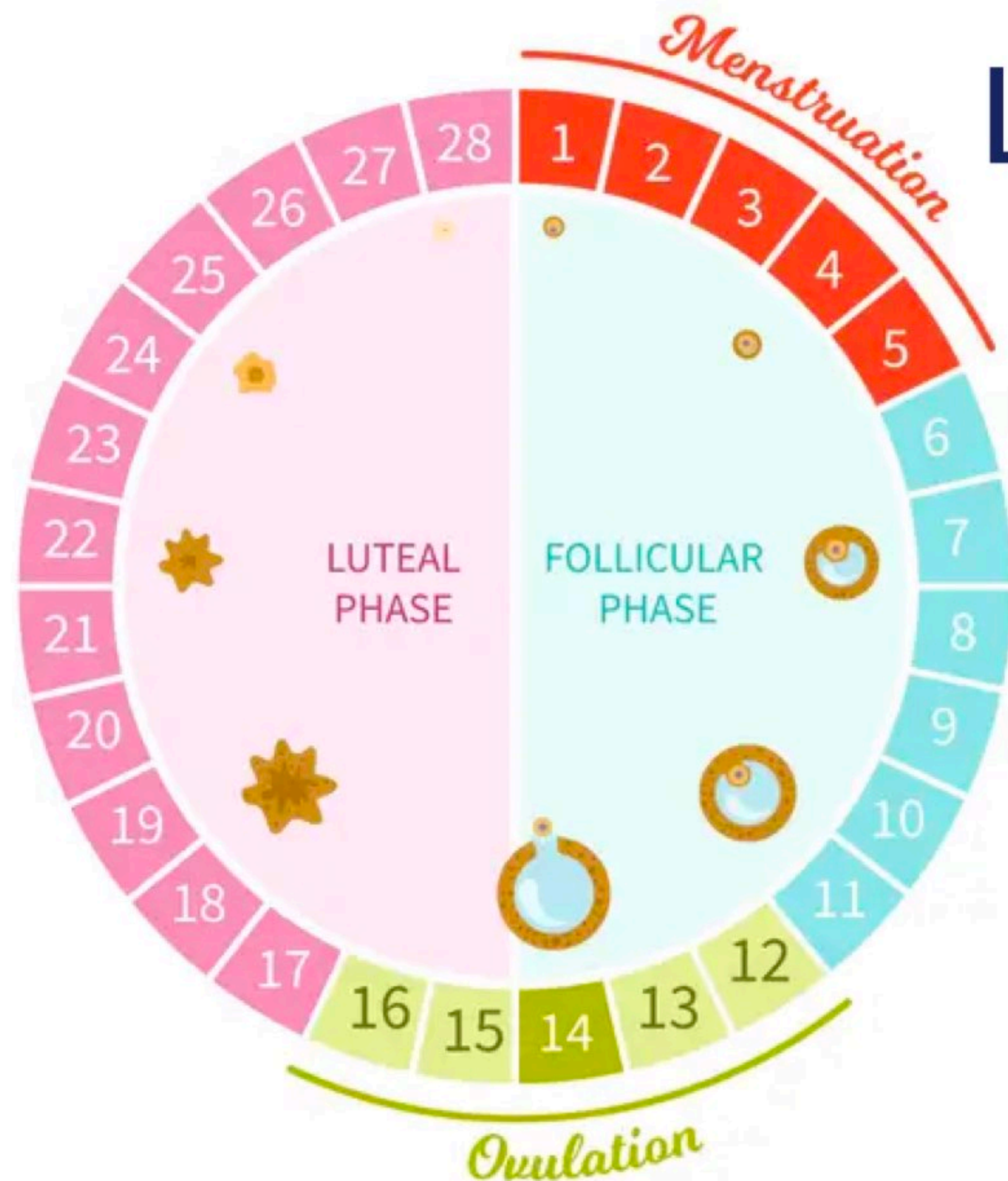
- QI/YANG DEFICIENCY & COLD
 - Spotting
 - Bloating
 - Delayed ovulation
- BLOOD STASIS
 - Pain
 - Spotting
- DAMPNESS
 - Delayed or absent ovulation



OVULATION PHASE



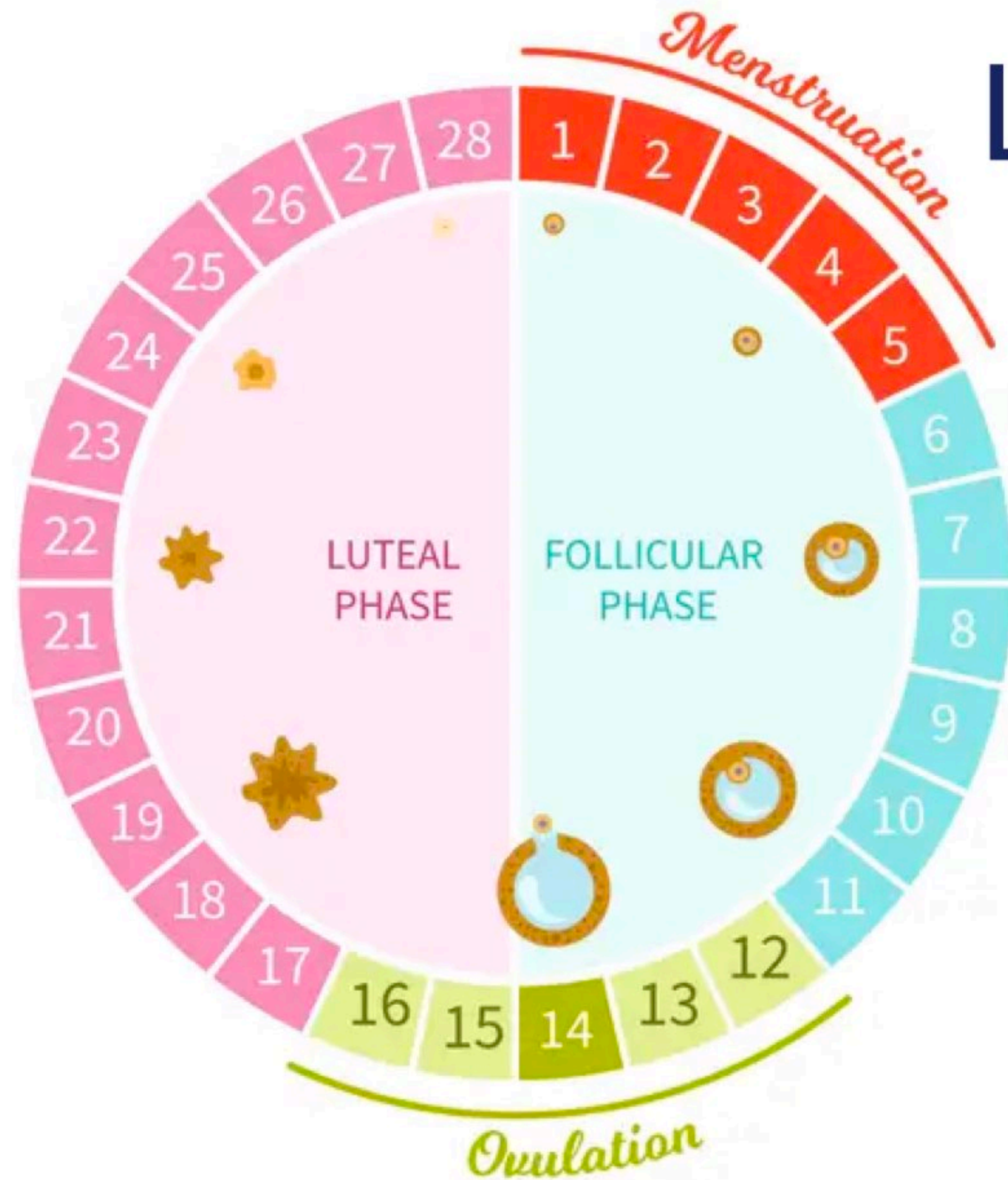
- BLOOD DEFICIENCY
 - Scant cervical fluid
 - Delayed ovulation
- YIN DEFICIENCY
 - Scant cervical fluid
 - Early ovulation or no ovulation



LUTEAL PHASE

- BLOOD DEFICIENCY
 - Emotional & teary
 - Spotting
 - Short luteal phase
- QI & YANG DEFICIENCY & COLD
 - Fatigue, vertex headache
 - Appetite increase
 - Bloating
 - Spotting before period
 - Short luteal phase
- BLOOD STASIS
 - Anger & frustration
 - Breast lumps
 - Pain prior to period
 - Constipation prior to period

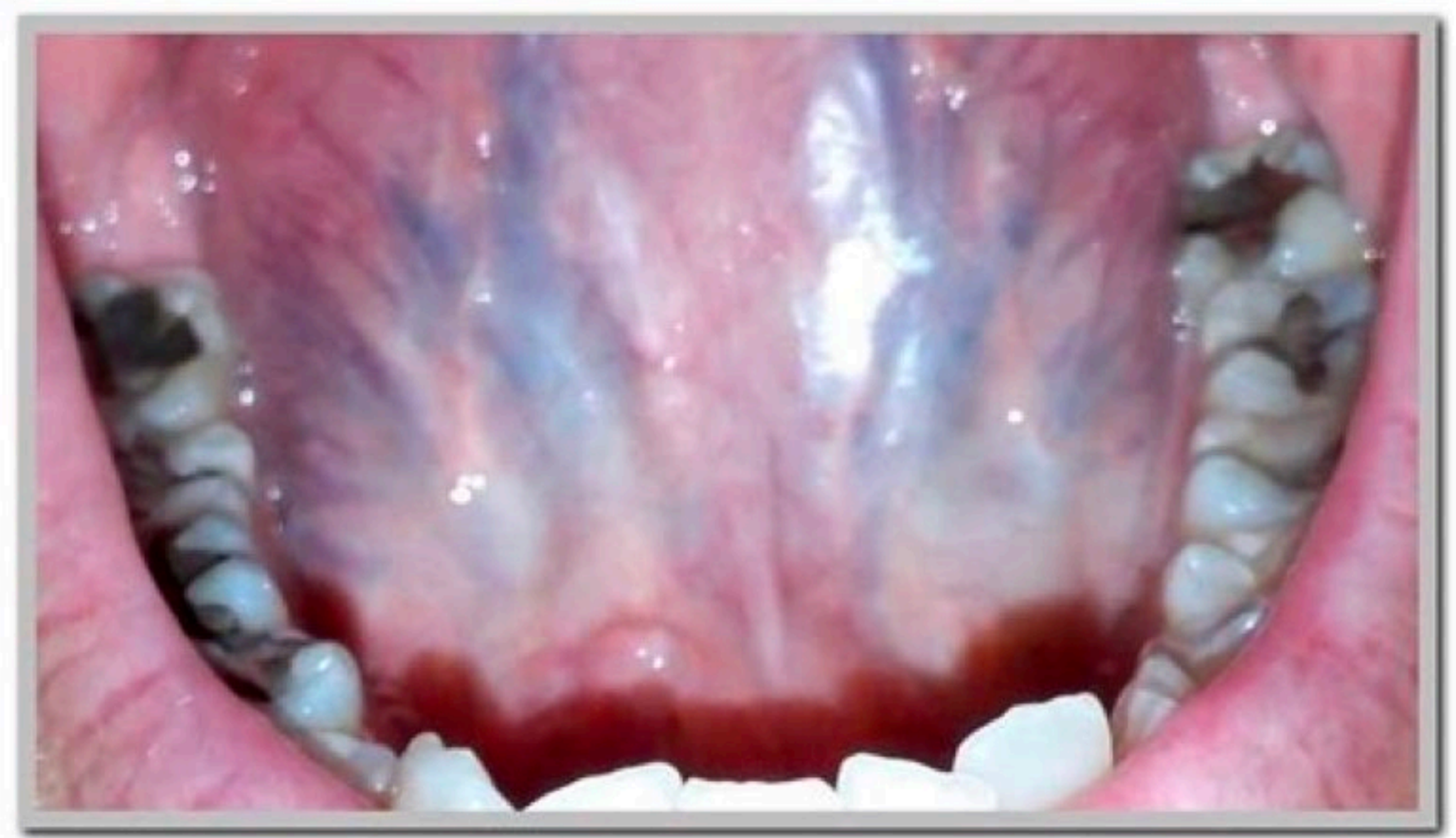
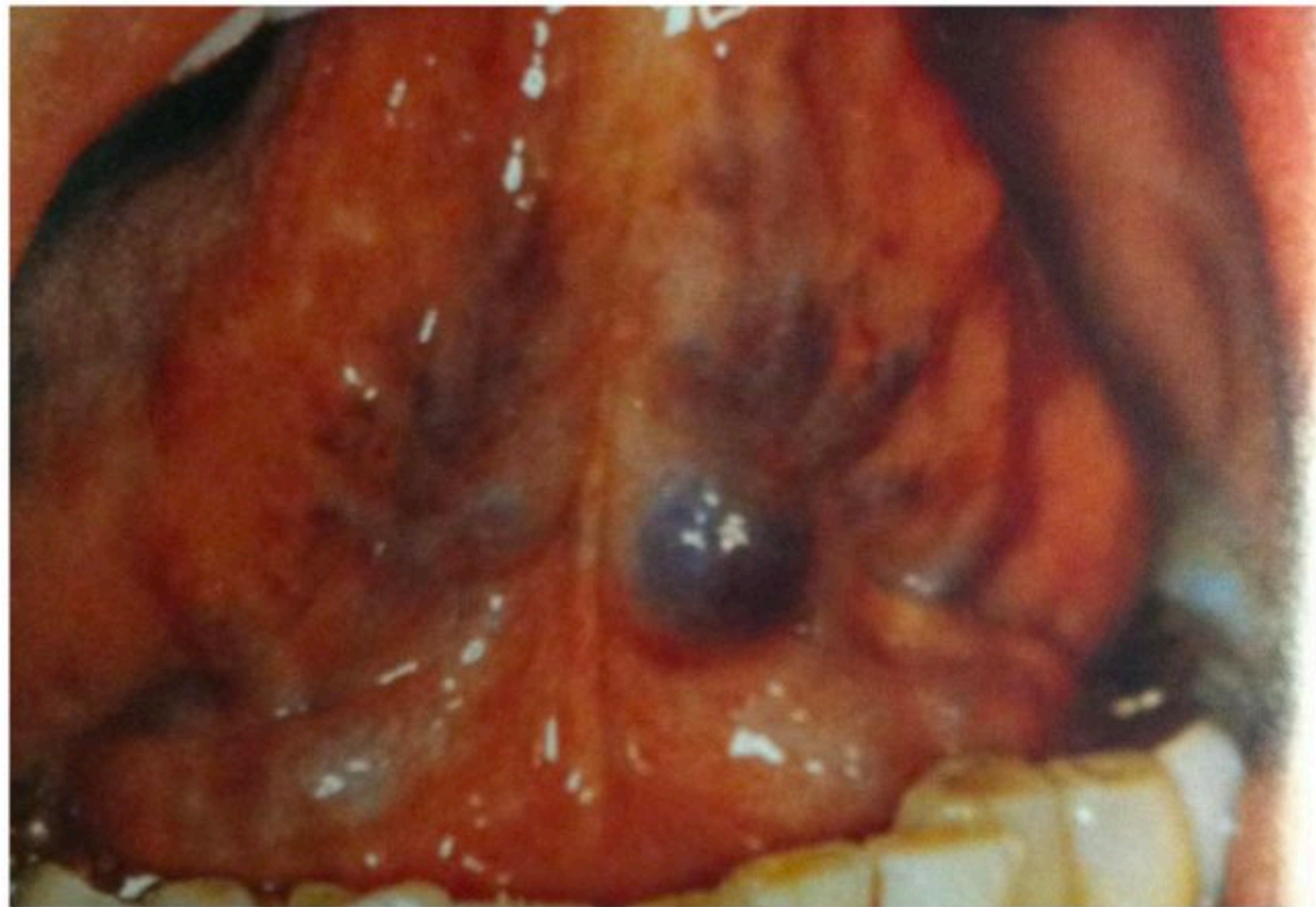
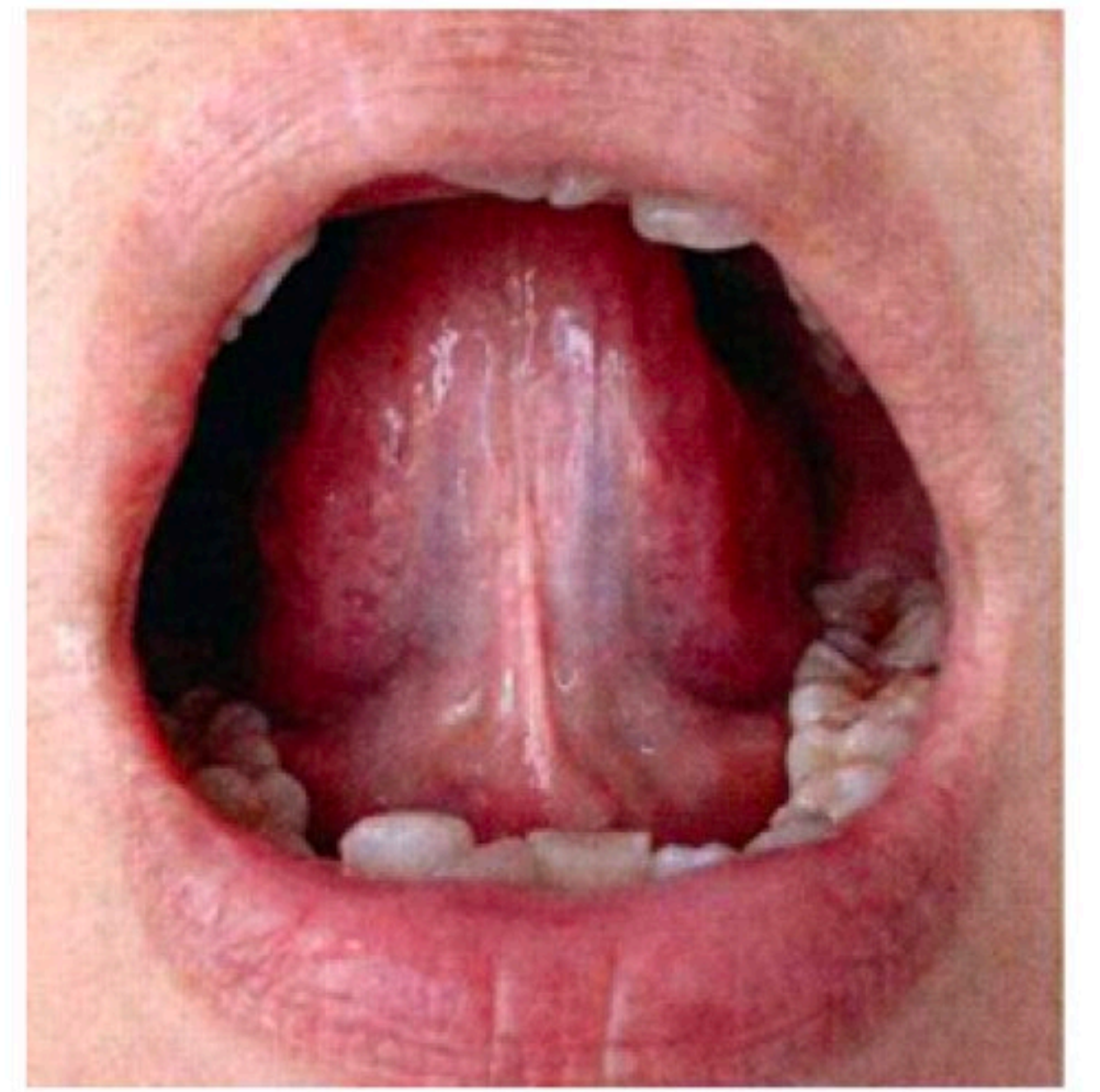
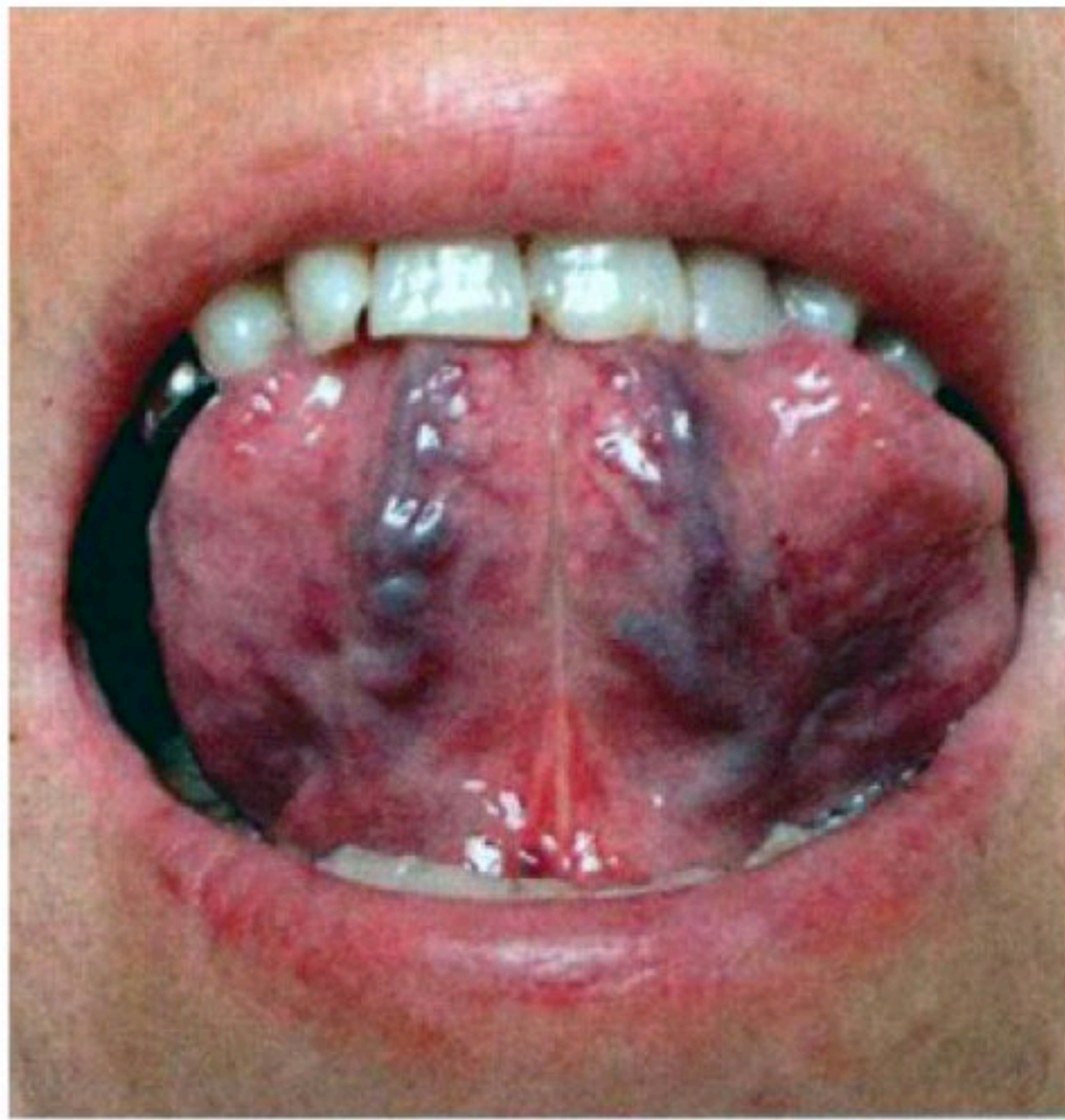
LUTEAL PHASE

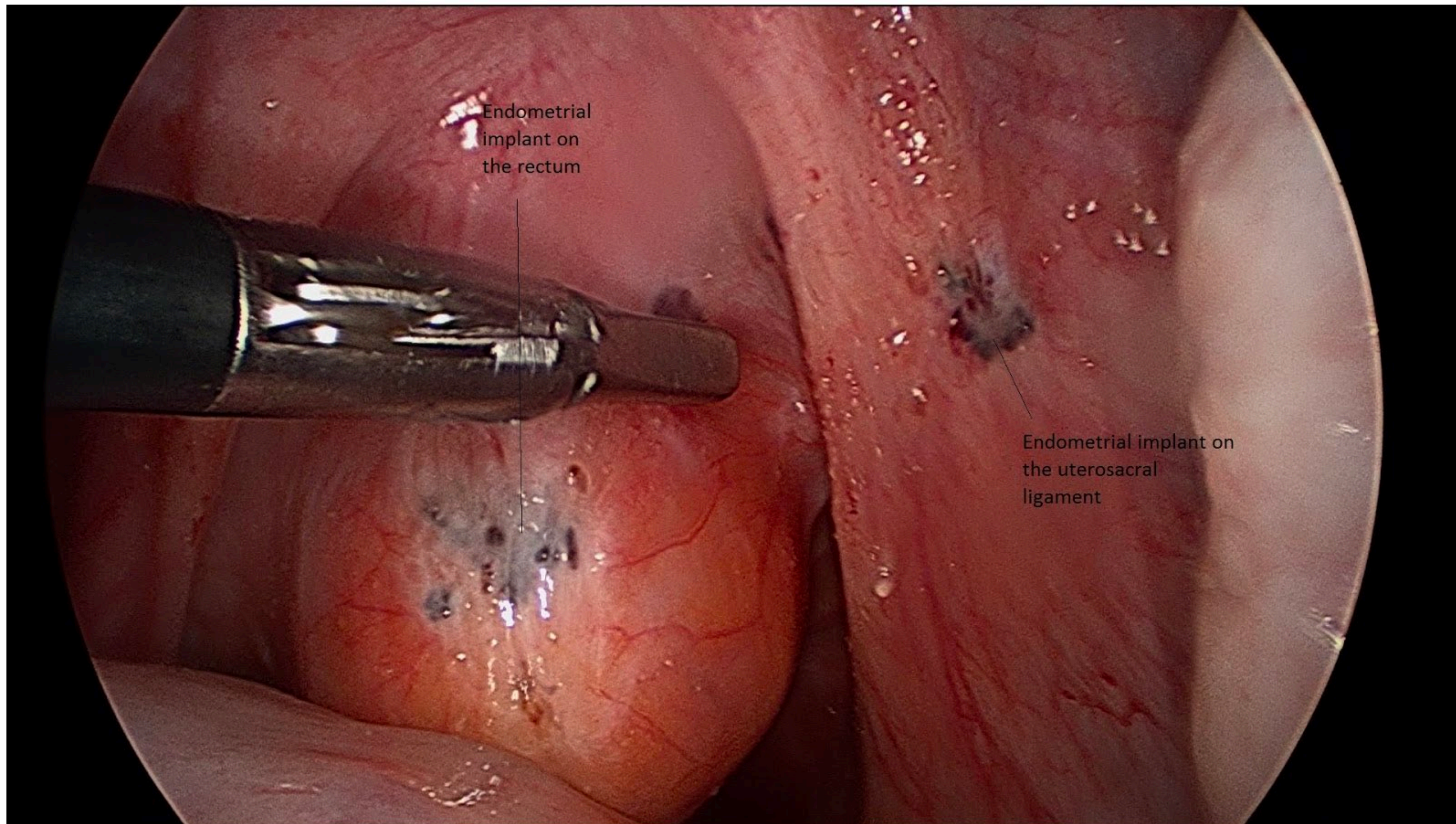


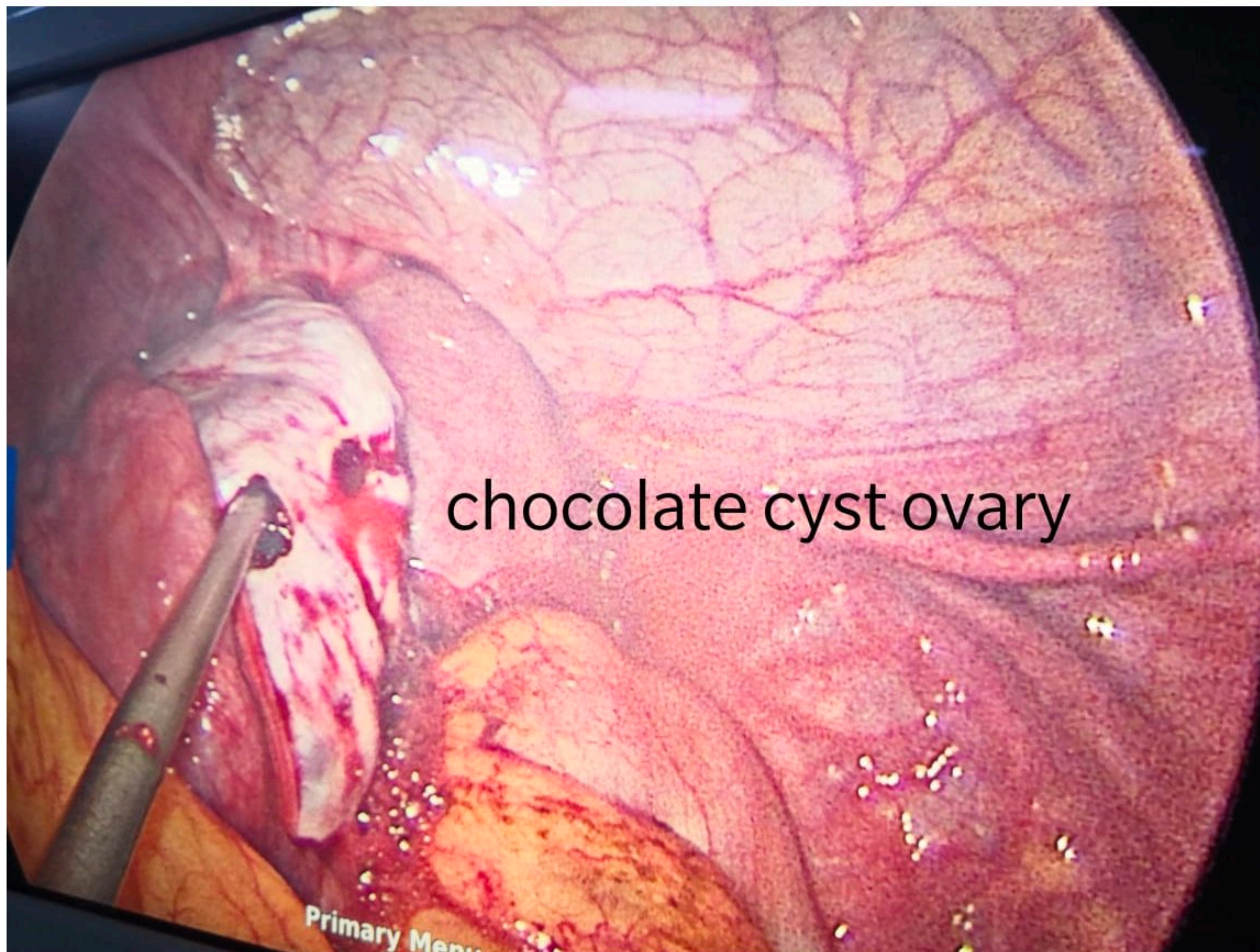
- YIN DEFICIENCY
 - Emotional & teary
 - Spotting
 - Insomnia
 - Short cycle
- DAMPNESS
 - Long cycle
 - Foggy head, poor concentration
 - Bloating
 - Discharge all through cycle

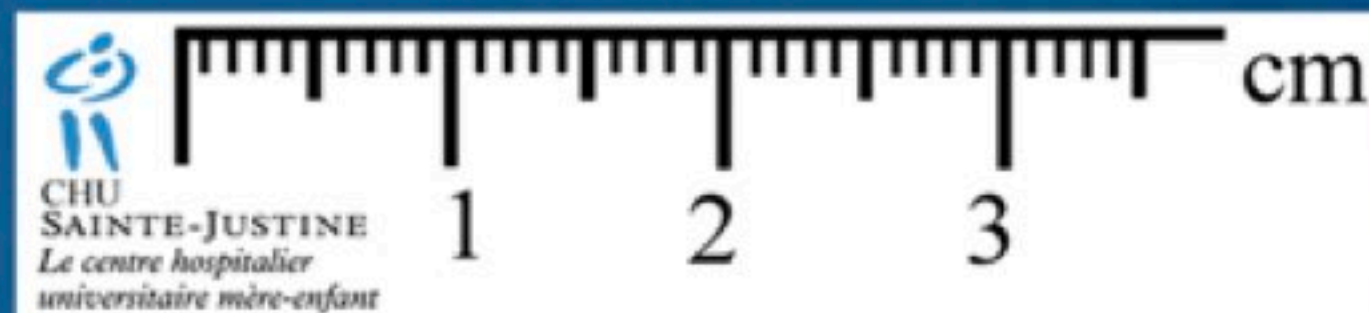
What does Blood Stasis look like?

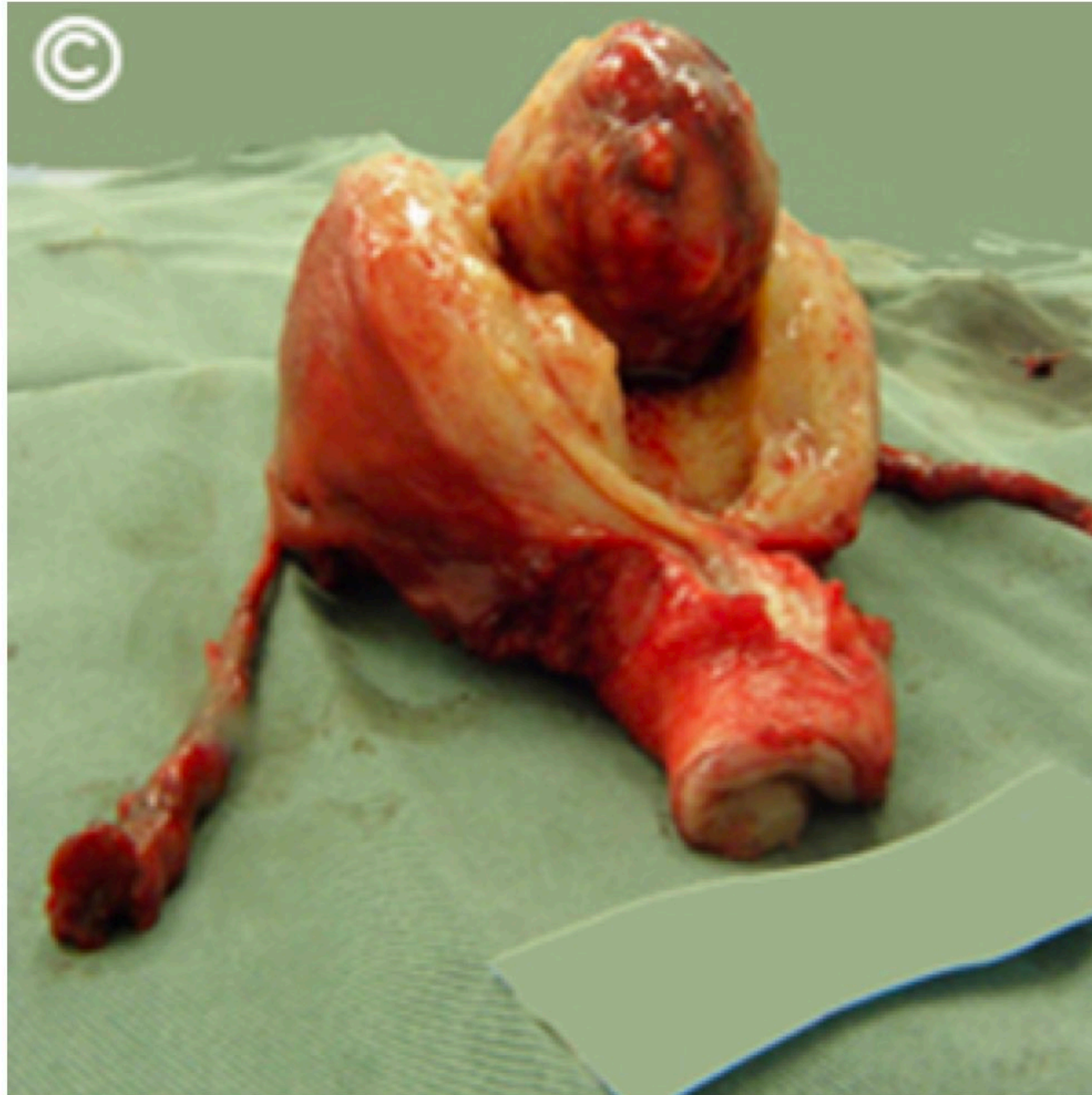
Amnesia Rage
Tumours Insomnia Choppy
Depression
Varicosities
Veins
Palpitations
Purpura
Pain
Purple
Numbness
Anxiety
Bleeding
Sublingual





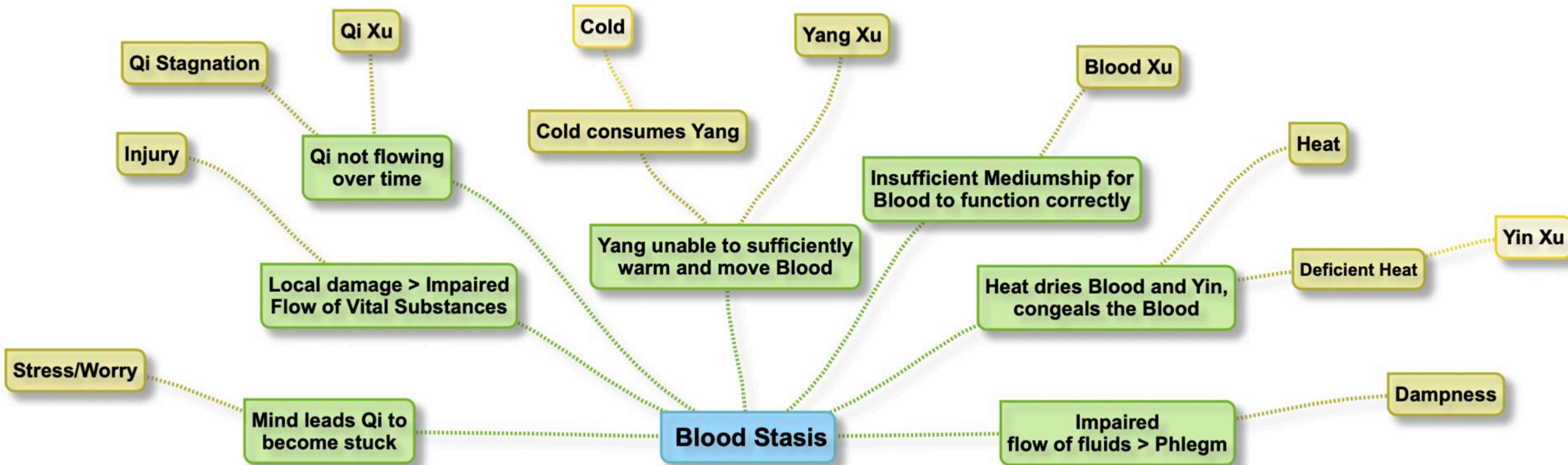








Aetiology of Blood Stasis



**How did
this person
lose their
ability to
stay well?**



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Red Herrings

WHEN BLOOD STASIS LOOKS LIKE SOMETHING ELSE

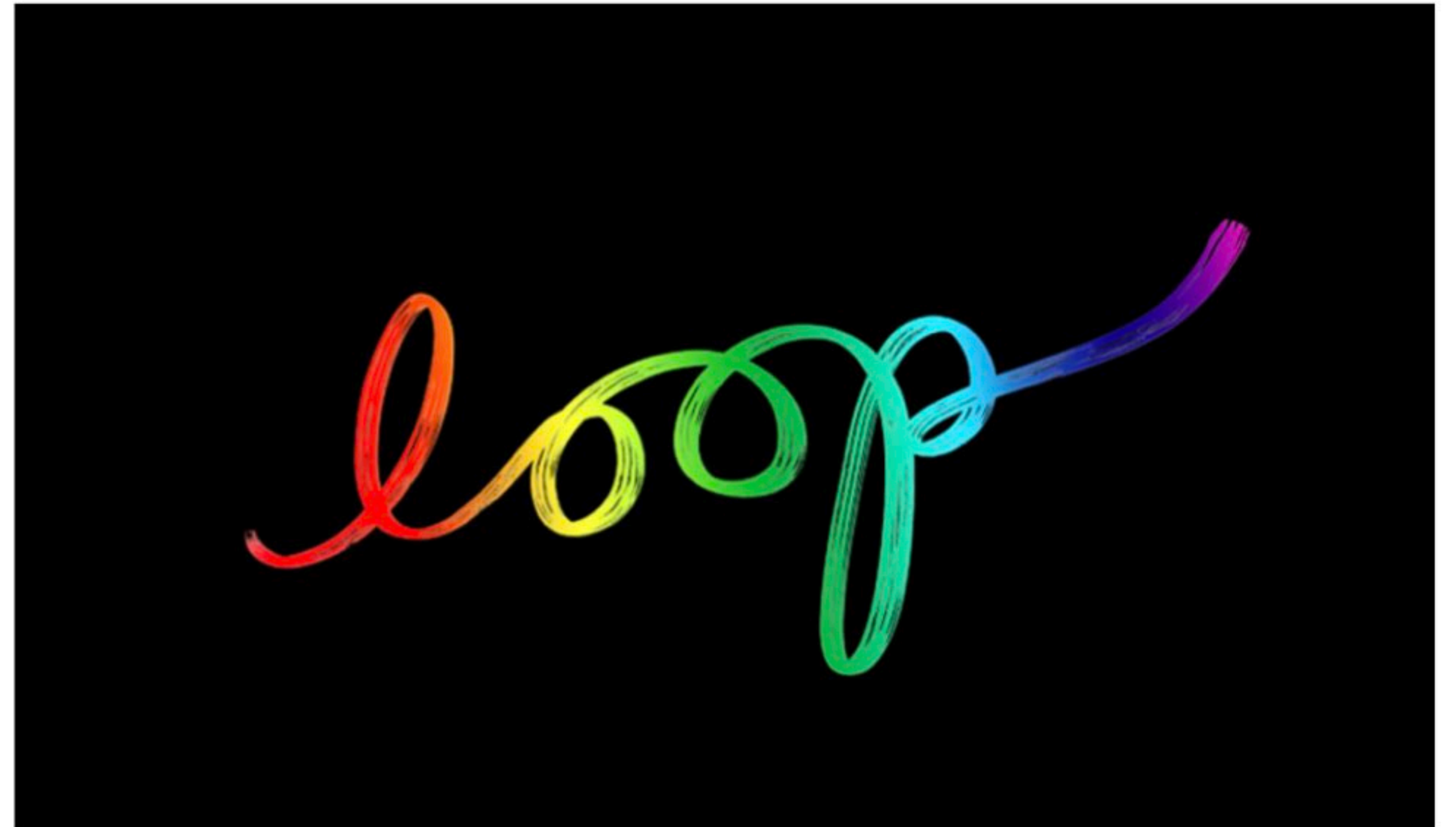


Sneaky Blood Stasis

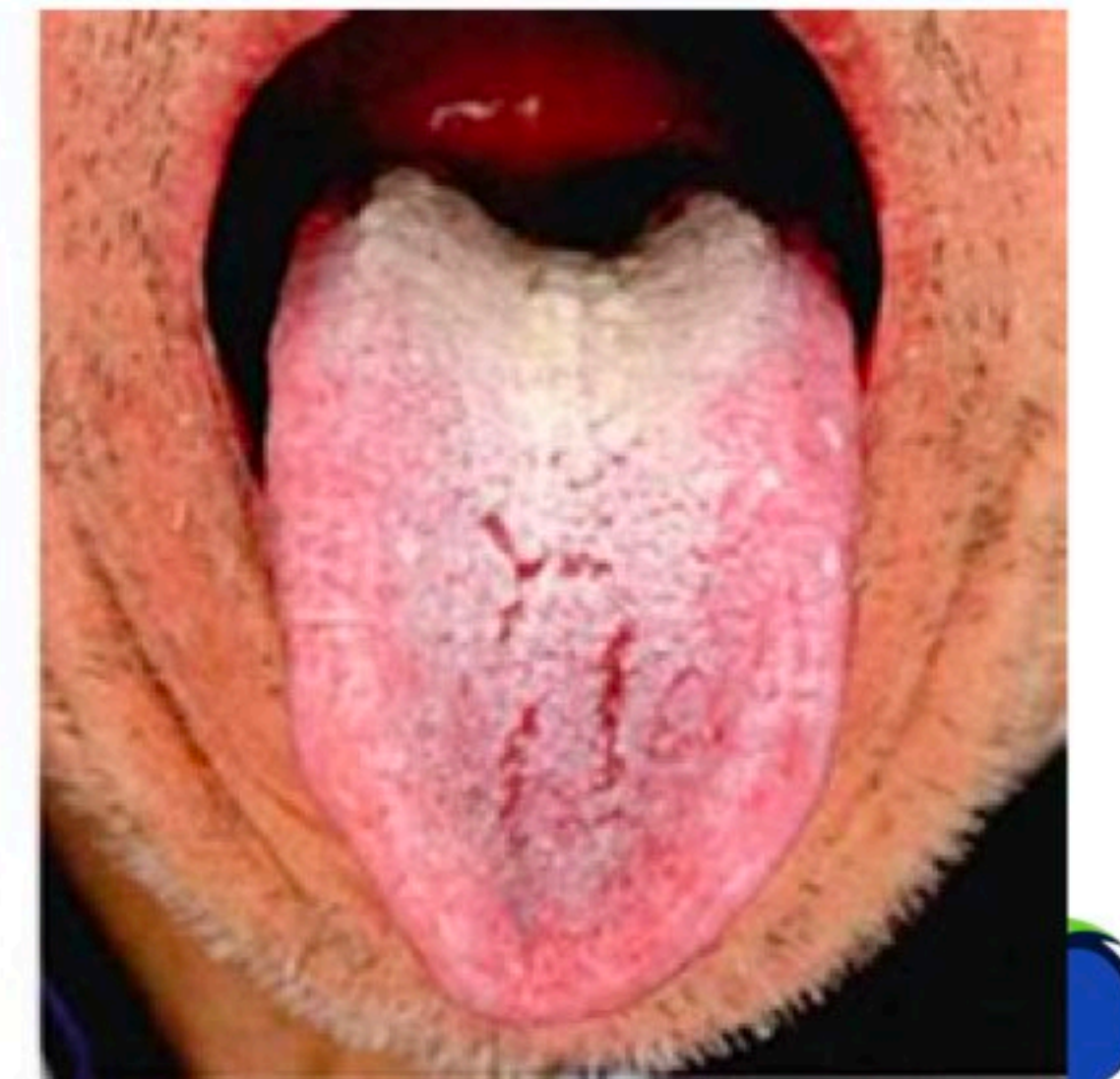
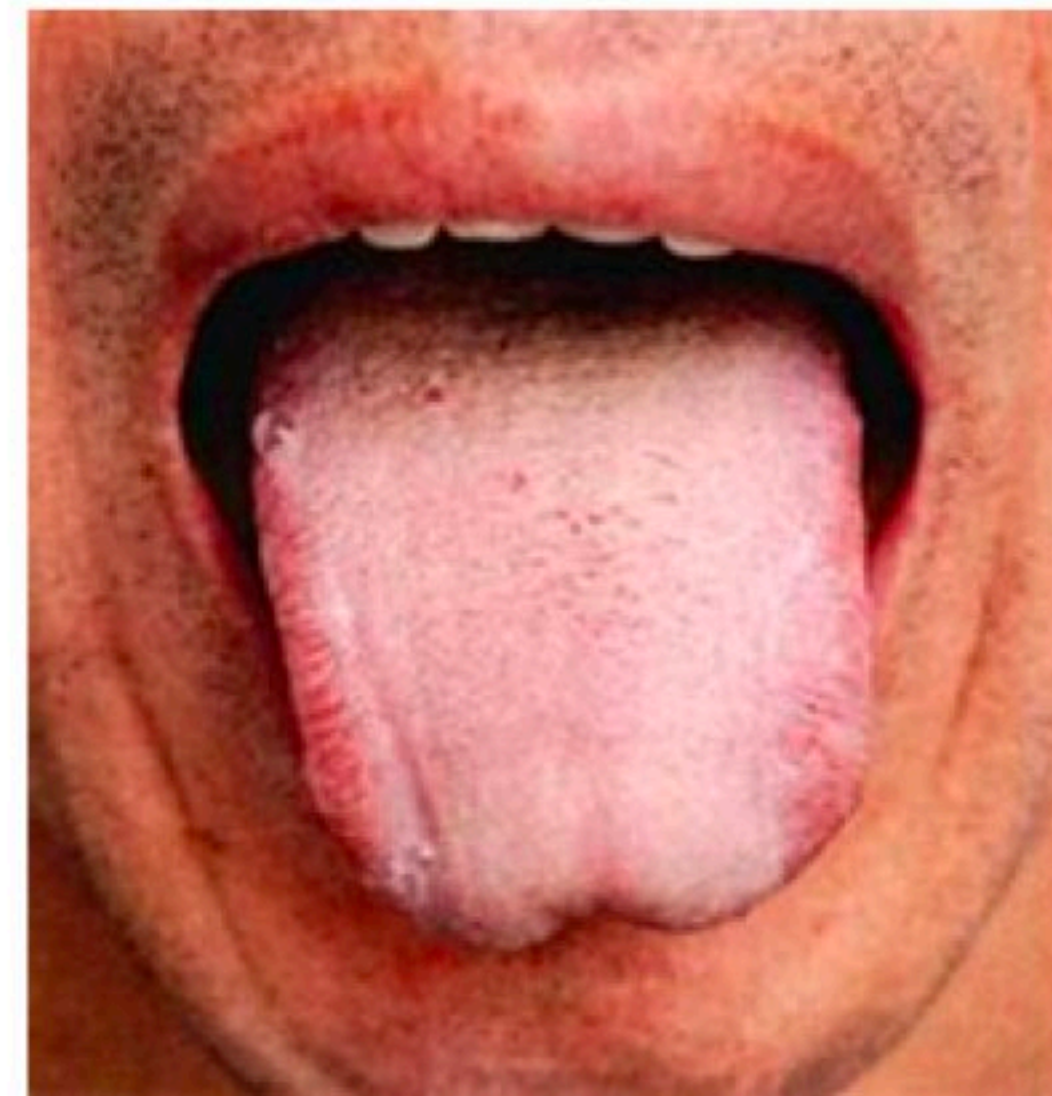




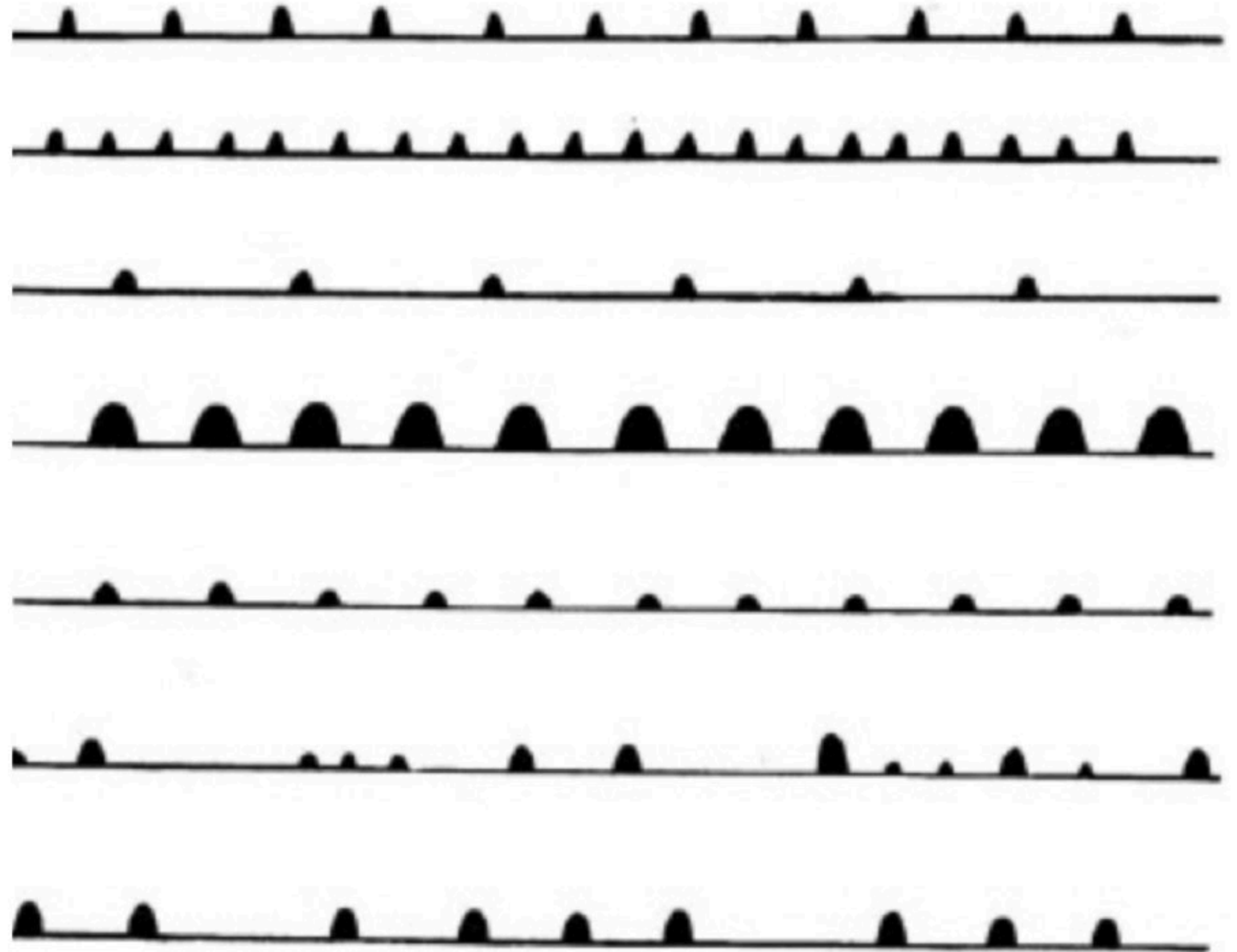
Mental/ Emotional Loops



**Looks Like
Something
Else**



**Feels Like
Something
Else**



Qi stagnation vs Blood Stasis

Similarities

- Anger/frustration
- Depression/moody/oppression/gloomy
- Sighing
- Plumpit Qi
- Nausea/loss of appetite with stress
- Symptoms worse with stress
- Pain - headaches, period pain
- PMS - moody, irritable, breast tenderness

Qi stagnation vs Blood Stasis

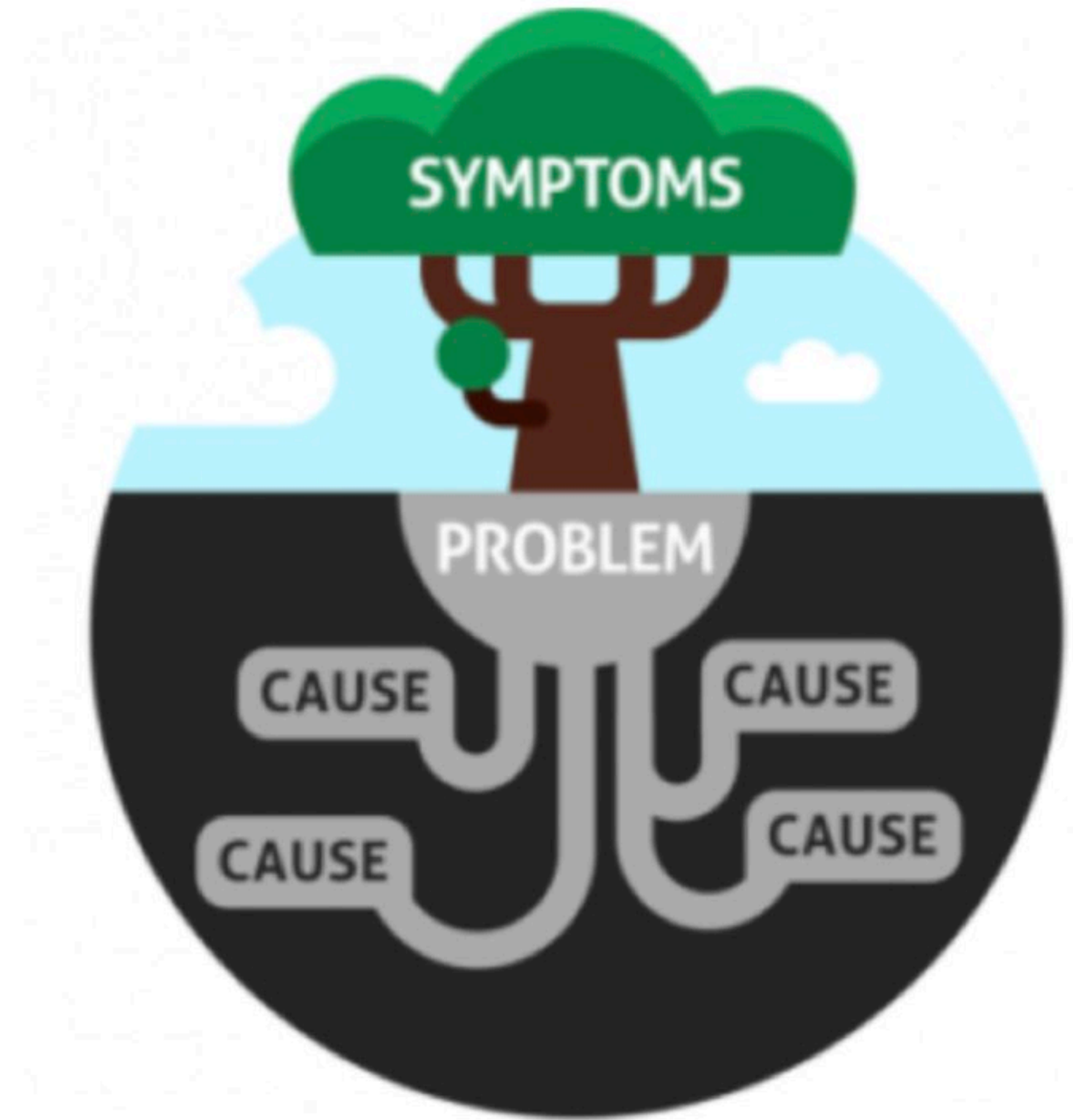
- Early stages of disease
- Responsive to a range of interventions
- No palpable masses
- Menstrual blood (tiny clots, red, brown)
- Painful periods
- PMS - moody, breast tender, bloating, headaches
- Usually no medical diagnosis
- Tongue: normal, maybe red edges
- Pulse: wiry, maybe only on the left
- Long term disharmony, more severe
- Combined with causative pathological factor
- Lumps/tumours/growths
- Not responsive to usual interventions
- Clotted menstrual blood (large, black or purple)
- Painful periods - severe, stabbing, vomiting, loss of consciousness, pain throughout cycle
- PMS - migraines, pain prior to period, PMDD, rage, mid cycle or pre period spotting
- Dark/purple complexion/skin/lesions
- Diagnosis: of Endometriosis, PCOS, Cysts, Fibroids, Fibrocystic breasts
- Tongue: sublingual veins blue or purple
- Pulse: choppy or as per underlying pathology

Treatment Strategies

Helping people to find their way back home



Finding the Balance



Root vs Branch

Finding the Right Balance:

How well resourced is the patient?

How strong are their symptoms?

How much Blood invigorating vs treating the root?

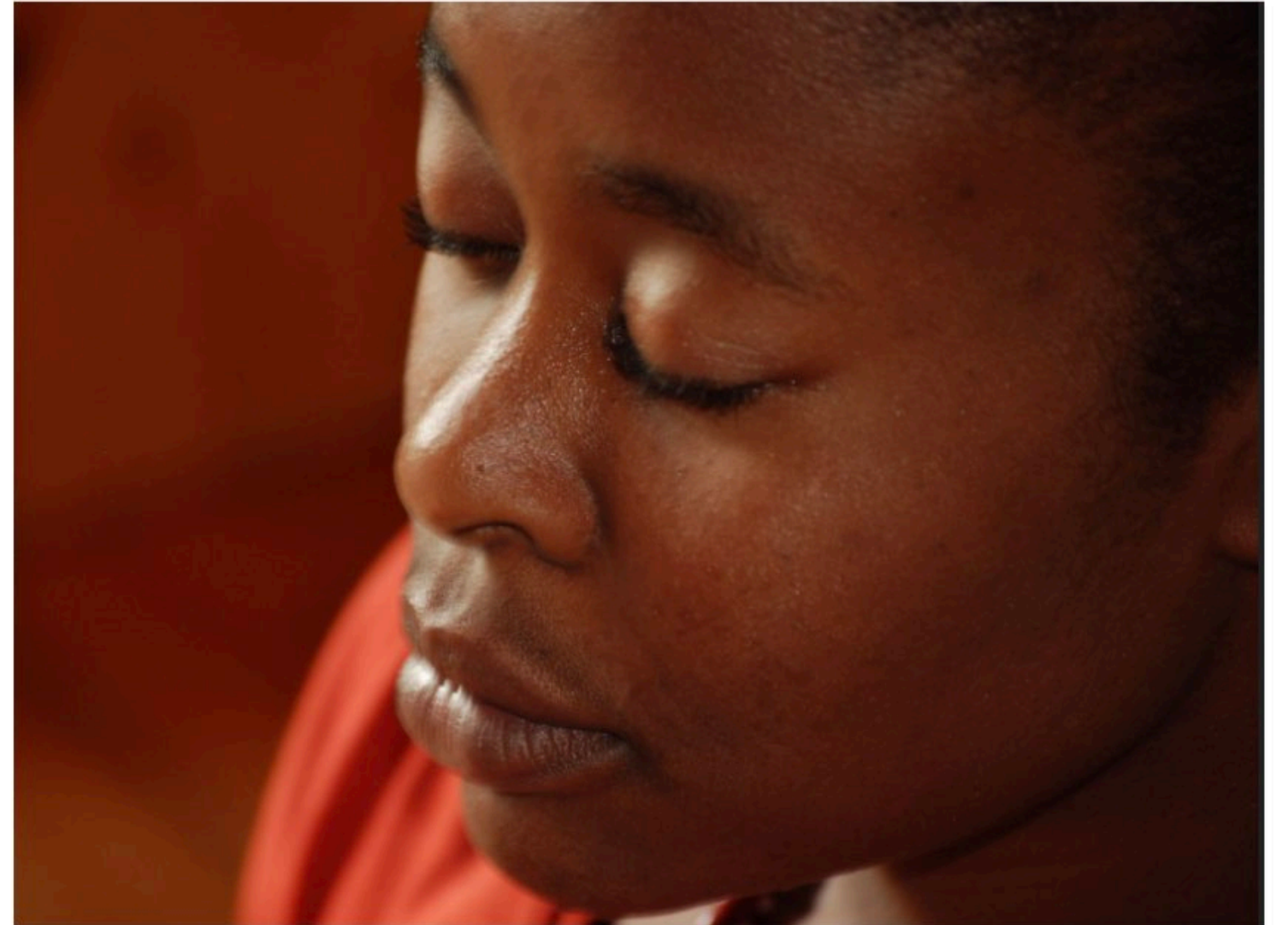
Have I identified the correct root cause(s)?



Treat the Shen

Unknotting internally in all ways

Provides the inner resources for new ways of being



Treatment Strategies

Acupuncture:

Classical luo treatments.

Diet changes:

Where possible removing food additives and preservatives, eating organic/no spray produce, avoiding foods that cause reaction

Lifestyle counselling:

Where in your life are you stuck? In a loop? Going in circles? Getting nowhere?

How have you pushed beyond your limits in the past? Can you identify when you are doing it? How does it feel to acknowledge your limits and stay in your energetic comfort zone?

What is your relationship to pain? What does your pain ask you to stop doing?

Treatment Strategies

Herbal medicines:

Cold > Blood Stasis: Alchemy Smooth - Wu Jin Wan

- E Zhu
- Qing Pi
- Zhi Ke
- Pu Huang
- Ai Ye
- Huang Qin
- Rou Gui
- Dang Gui
- Xiang Fu
- Gan Jiang
- Bai Zhu
- Liu Ji Nu

Treatment Strategies

Herbal medicines:

Dampness +/- Qi Stagnation > Blood Stasis: Alchemy Flo

Chi Shao

- Yan Hu Suo
- Fu Ling
- Xiang Fu
- Ze Xie
- Tao Ren
- Dang Gui
- Ji Xue Teng
- Bai Zhu
- Wu Yao
- Chuan Xiong
- Gan Cao

Treatment Strategies

Herbal medicines:

Yin Xu/Blood Xu > Blood Stasis: Alchemy Nikki

- Tao ren
- Hong Hua
- Yi mu cao
- Dan shen
- Huang qi
- Han lian cao
- Huang qin
- Huang bai
- Bai shao
- Shan zhu yu
- Shu di
- Mu dan pi
- Nu zhen zi

Treatment Strategies

Blood Xu + Cold/Yang Xu > Blood Stasis:
Alchemy Fi - Wen Jing Tang

- Wu zhu yu
- Gui zhi
- Dang gui
- Chuan xiong
- Bai shao
- Mu dan pi
- E jiao
- Mai men dong
- Ren shen
- Ban xia
- Sheng jiang
- Zhi gan cao

Treatment Strategies

Yin Xu + Gu Syndrome > Blood Stasis:

Alchemy Pre-Womb Gu

- Dang Gui
- Bai shao
- Sha shen
- Xuan shen
- Gan cao
- Sheng di huang
- Bai he
- Fu shen
- Jin yin hua
- Lian qiao
- Bo he
- Chuang xiong
- Ze lan

Alchemy Post Womb-Gu

- Sheng di
- Gan cao
- Huang qi
- Bai shao
- She chuang zi
- Tu si zi
- Wu jia pi
- Bai he
- Bo he
- Zi su ye
- Mu xiang
- Ding Xiang

Treatment Strategies

Period Pain Add On:
Alchemy Ouch - Tong Jing Wan

- Pu huang
- Wu ling zhi
- Bai shao
- Mu dan pi
- Dang gui
- Zhi zi
- Huang qin
- Chai hu
- Xiang fu
- Yu jin
- Gan cao

Treatment Strategies

Shen Chinese Medicine Formulas

- Gui pi tang (Alchemy Nourish)
- Tian wang bu xin dan (Alchemy Chill Out)
- Suan zao ren tang
- Metagenics Neurocalm: suan zao ren, ge gen, hou po, passionflower
- An shen ding zhi wan
- Ye jiao teng/Bai he/Long Yan Rou

Functional Medicines for Shen

- 5-HTP
- DLPA
- Tyrosine
- St John's Wort
- Melatonin

Functional Medicines for Blood Stasis

- PEA
- Serrapeptase
- Phosphatidyl choline
- Liposomal vitamins
- Fish oil (short term use only)
- Methylfolate
- Calcium d-glucarate
- Castor oil

- **Remember to look for blood stasis**
- **Medical Implications > Referral?**
- **Identify Root Cause(s)**
- **Treating Root and Branch**
- **Treat the Shen**



When things go wrong

Blood Tests

BLOOD TESTS

- Oestrogens & Progesterone
- Testosterone, DHEA, Cortisol
- Hormone metabolites
- Thyroid
- Insulin
- SHBG
- Cholesterol

ESTROGEN

- Proliferative hormone
- Decreased synthesis of estrogen in perimenopause
- Levels <200pmol/L in menopause
- Low estrogen increases risk for:
 - Bone density loss
 - Cardiovascular disease
 - Cognitive decline



FSH & LH

FSH = Follicle Stimulating Hormone

- Produced in anterior pituitary gland
- Stimulates follicles in ovary to mature
- Increases dramatically during menopause
- FSH above 25 IU/L is associated with menopause

LH = Luteinising Hormone

- Produced in anterior pituitary gland
- Stimulates ovary to release mature follicles
- Levels increase at menopause
- LH above 20 IU/L associated with menopause

Oestradiol

Oestradiol is the main form of oestrogen, produced in the ovaries in the developing follicles.

Should ideally be tested alongside FSH and LH to better correlate results.

When tested on day 3 gives an idea of baseline oestrogen levels.

High = Blood Stasis, Qi Stagnation
Functional cyst, PCOS, endometriosis

Low = Yin xu, Blood xu
Menopause, perimenopause

Ideal 50-180





Progesterone

Hormone created in the ovaries, and to a lesser extent in the adrenal gland

After releasing its egg, the follicle becomes a corpus luteum and begins producing progesterone for the purpose of supporting the uterus for pregnancy

Should ideally be tested 7 days after ovulation (often prescribed as day 21 of menstrual cycle)

Low = Yang xu, Blood xu
Anovulation, PCOS, Adrenal fatigue,
Menopause

Ideal = >30

Testosterone

Secreted from the adrenal gland, testes & ovaries

The main male reproductive hormone and compared with oestrogen it has more of a Yang quality

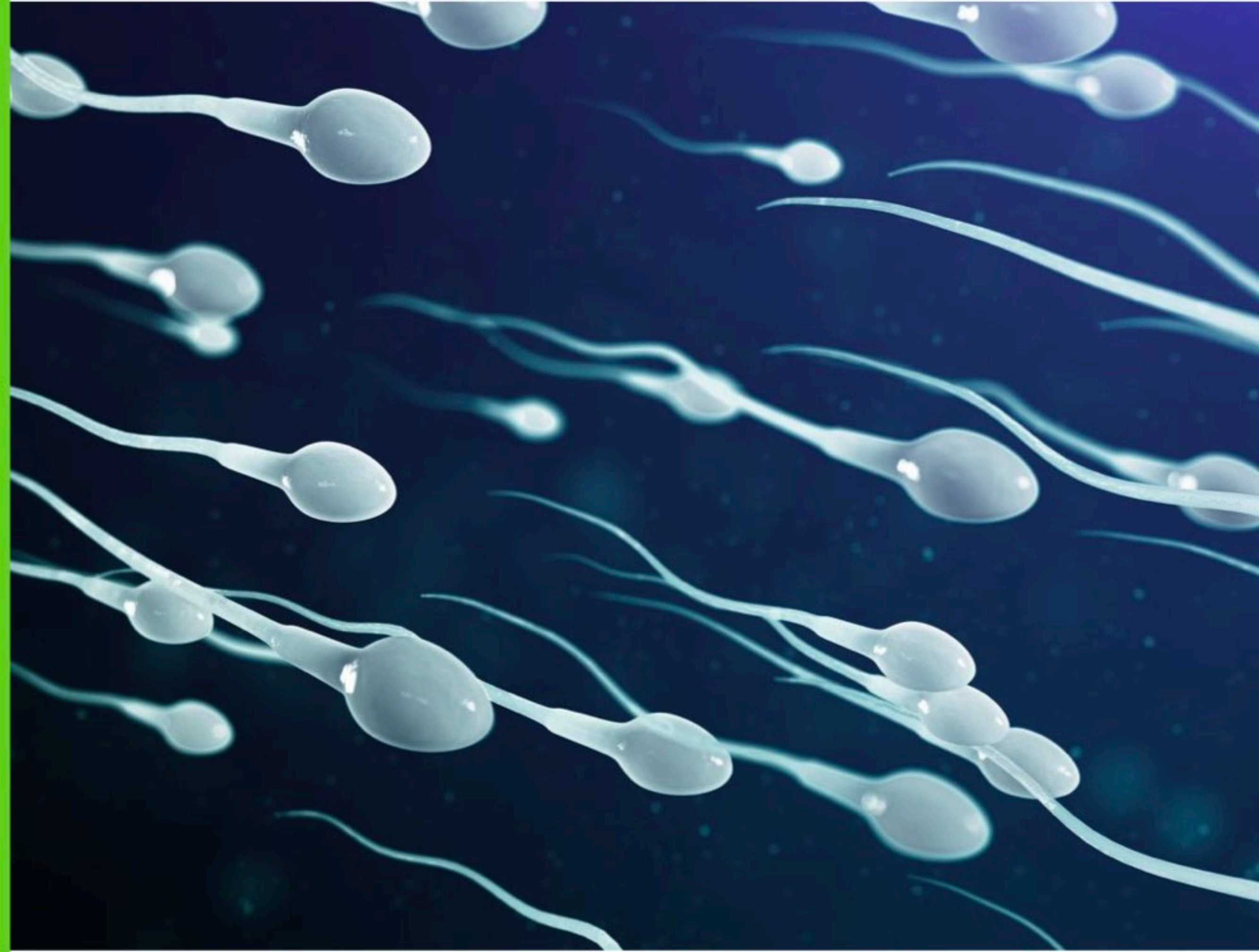
The portion of free (unbound) testosterone is usually calculated from the testosterone and SHBG levels

High = Phlegm, Qi Stagnation, Damp Heat, Damp Acne, PCOS, hirsutism, amenorrhea, infertility, hair loss, depression

Low = Depletion of Yin/Blood/Yang
Depression, low libido, vaginal dryness, osteoporosis, high cholesterol

Ideal 1.6-1.8 nmol/L (women)

Ideal 15-30 nmol/L (men)



SHBG



SHBG (sex hormone-binding globulin) is a protein made in the liver that tightly binds to oestrogen, testosterone and dihydrotestosterone and carries them in the blood

High = Blood Stasis, Qi Stagnation, Blood Heat
Elevated oestrogen, hyperthyroidism, hepatitis

Low = Yang xu, Liver Qi xu, Dampness
Elevated testosterone, insulin resistance, acne, hypothyroidism, adrenal fatigue, fluid retention

Ideal 40-120



DHEAS

Dihydroepiandrosterone -Sulphate

Produced by the adrenal glands and metabolised into a range of reproductive hormones including testosterone, oestrogen, and cortisol

DHEA-S is tested in preference to DHEA as it has a longer half-life and is more representative of levels over time. DHEA and DHEA-S production declines with age, dropping 1–5 per cent per year from the age of 25

High = Yin deficiency heat, Qi stagnation
Anxiety, irritability, stress, acne

Low = Deficiency of Kidney Yang and/or Jing
Infertility, high cholesterol, weight gain, fatigue, hair loss.

Ideal 5.0-6.0



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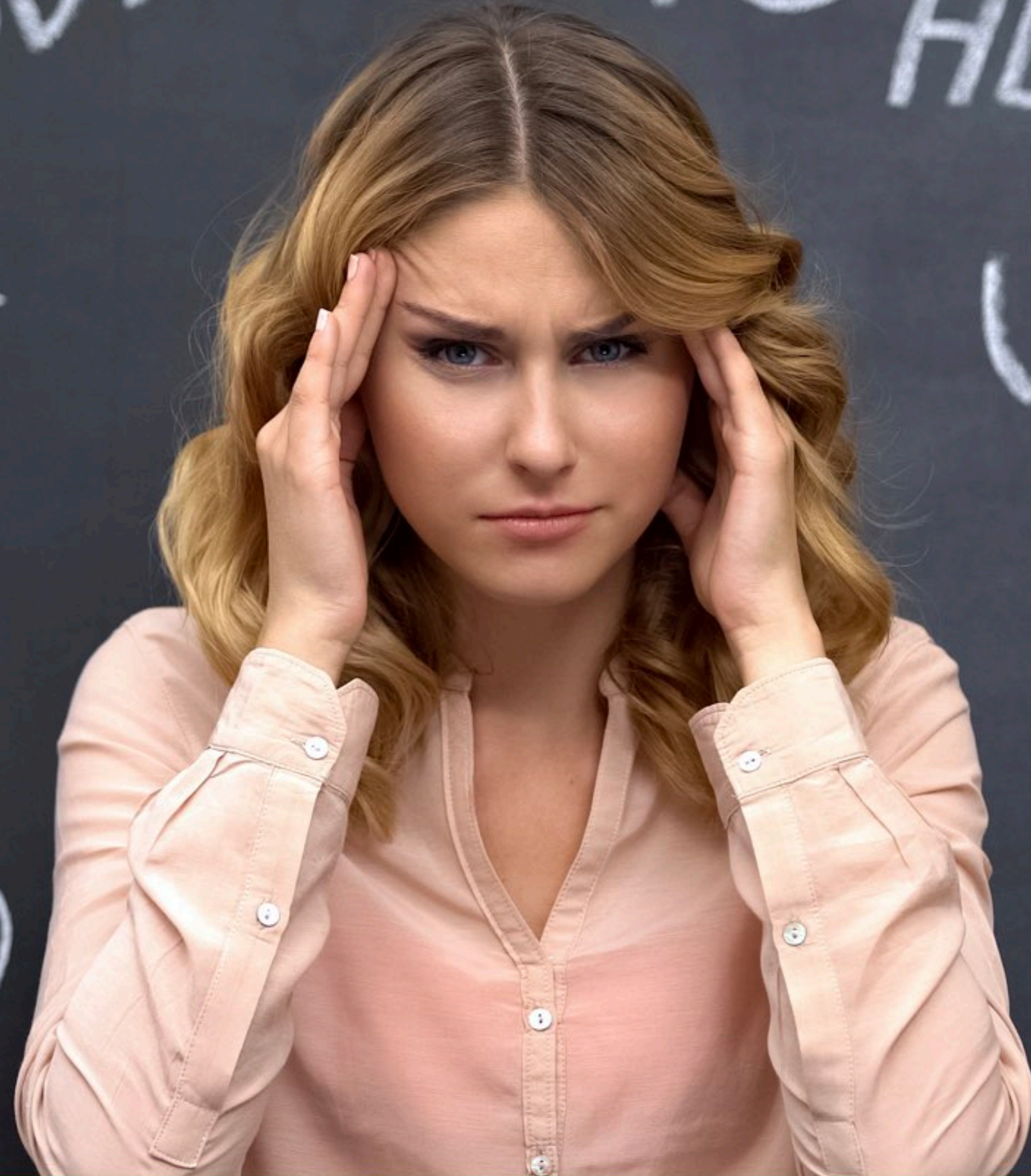
MOOD AND CYCLES

- PMS is “normal”
- Symptoms around period time are “normal”
- PMDD is a psychiatric illness with antidepressants as frontline treatment

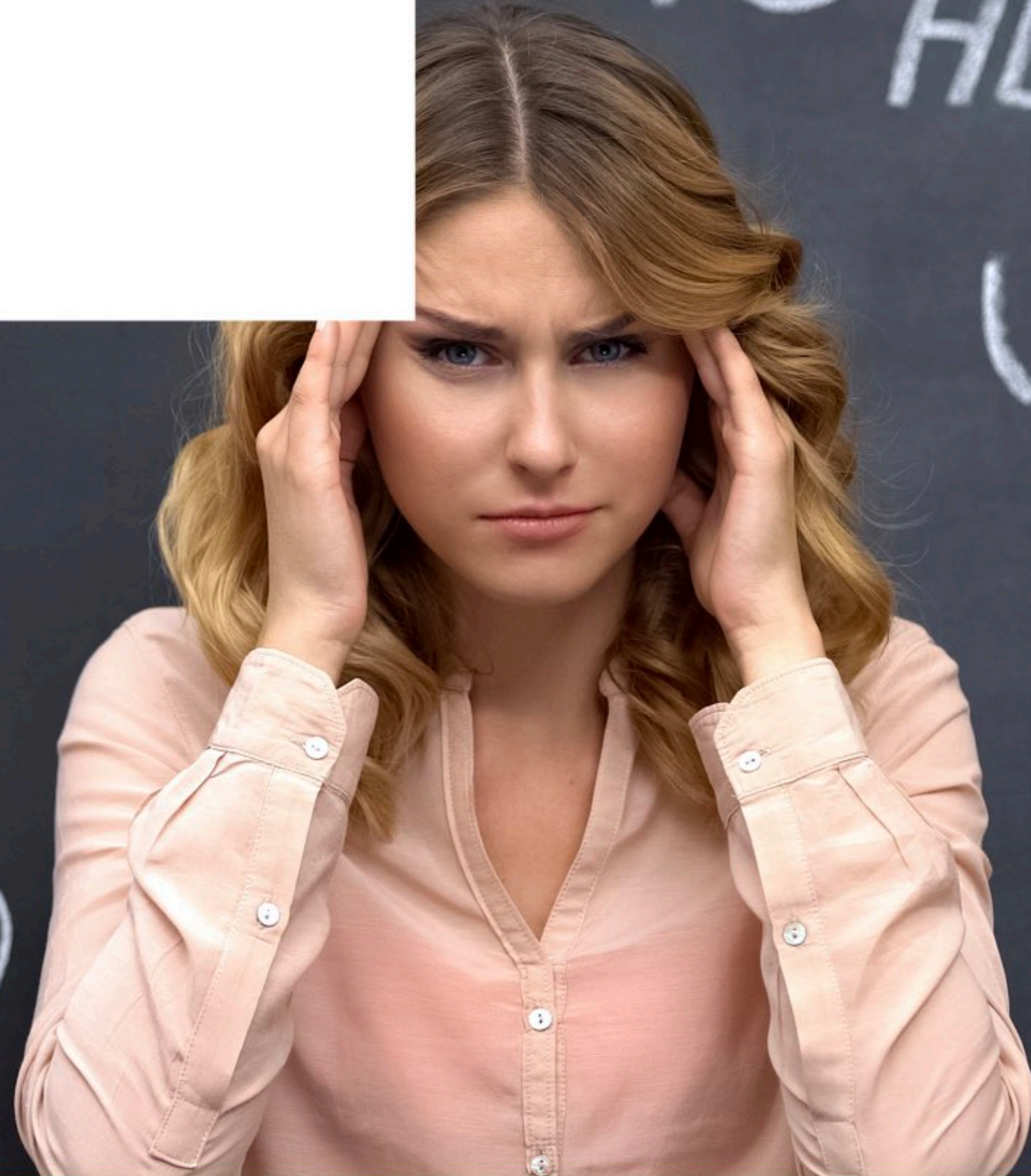
MOOD AND CYCLES

- Many links between estrogen and serotonin
- Estrogen and progesterone can affect serotonin synthesis and inhibit serotonin reuptake
- Increased sensitivity to allopregnenelone thought to be responsible for luteal phase depression
- Most common time for mood disturbance in luteal phase

MOODY
PMS
HEADACHE
ACNE
UPSET
PAIN
CRAMPS
BLOATED



- QI & YANG DEFICIENCY & COLD
- BLOOD STASIS
- BLOOD DEFICIENCY
- QI STAGNATION



PMDD

- Premenstrual Dysphoric Disorder
- Comorbidities include:
 - Migraine
 - PTSD and history of trauma
 - Suicidality
 - Bipolar disorder
 - Disordered eating
- Not enough mediumship to support the Yang phase of the cycle



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PMDD

- Spleen Qi and Heart Blood deficiency with or without Blood Stasis
 - Fatigue, Floaters in vision, Bloating, Loose stools/Constipation, Heart Palps, insomnia
- Liver Blood/Yin and Kidney Yang deficiency with or without Cold
 - Back or knee aching, dry eyes, anger and teariness, insomnia

PMDD

- Spleen Qi and Heart Blood deficiency with or without Blood Stasis
 - Gui pi tang plus bu Zhong yi qi tang
 - 5HTP and/or DLPA
- Liver Blood/Yin and Kidney Yang deficiency with or without Cold
 - Gui shao di huang plus suan zao ren tang
 - 5HTP and/or DLPA
 - Deer velvet



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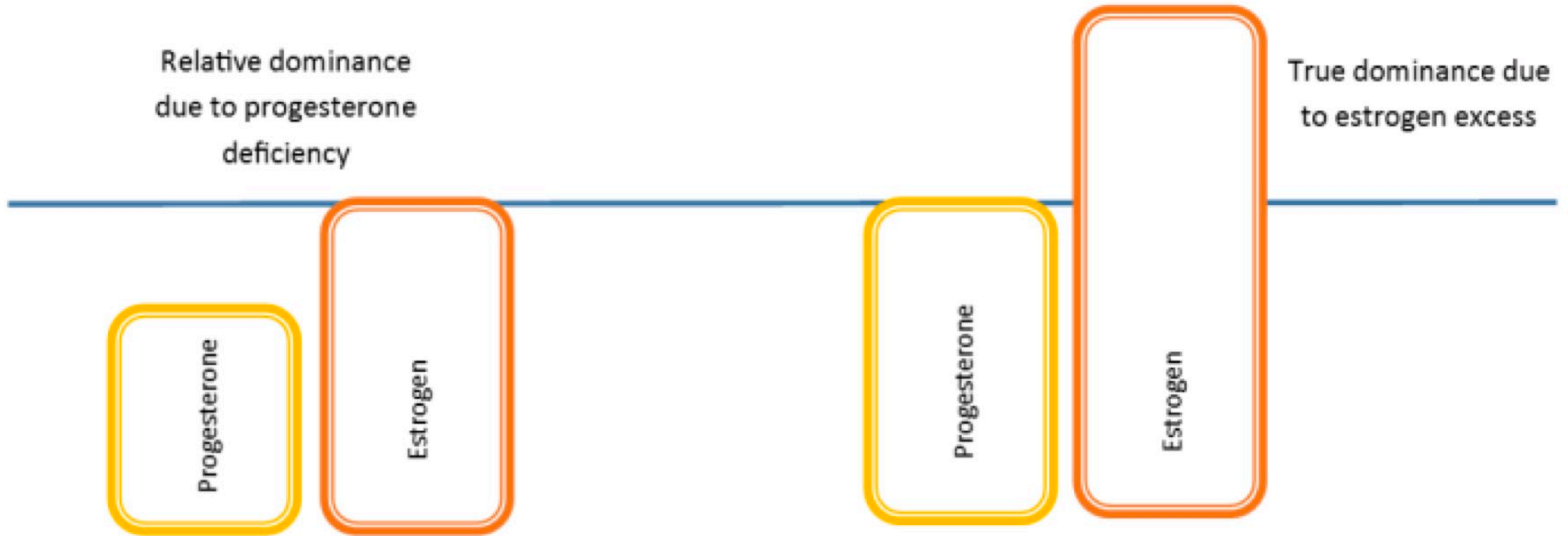
EXCESS

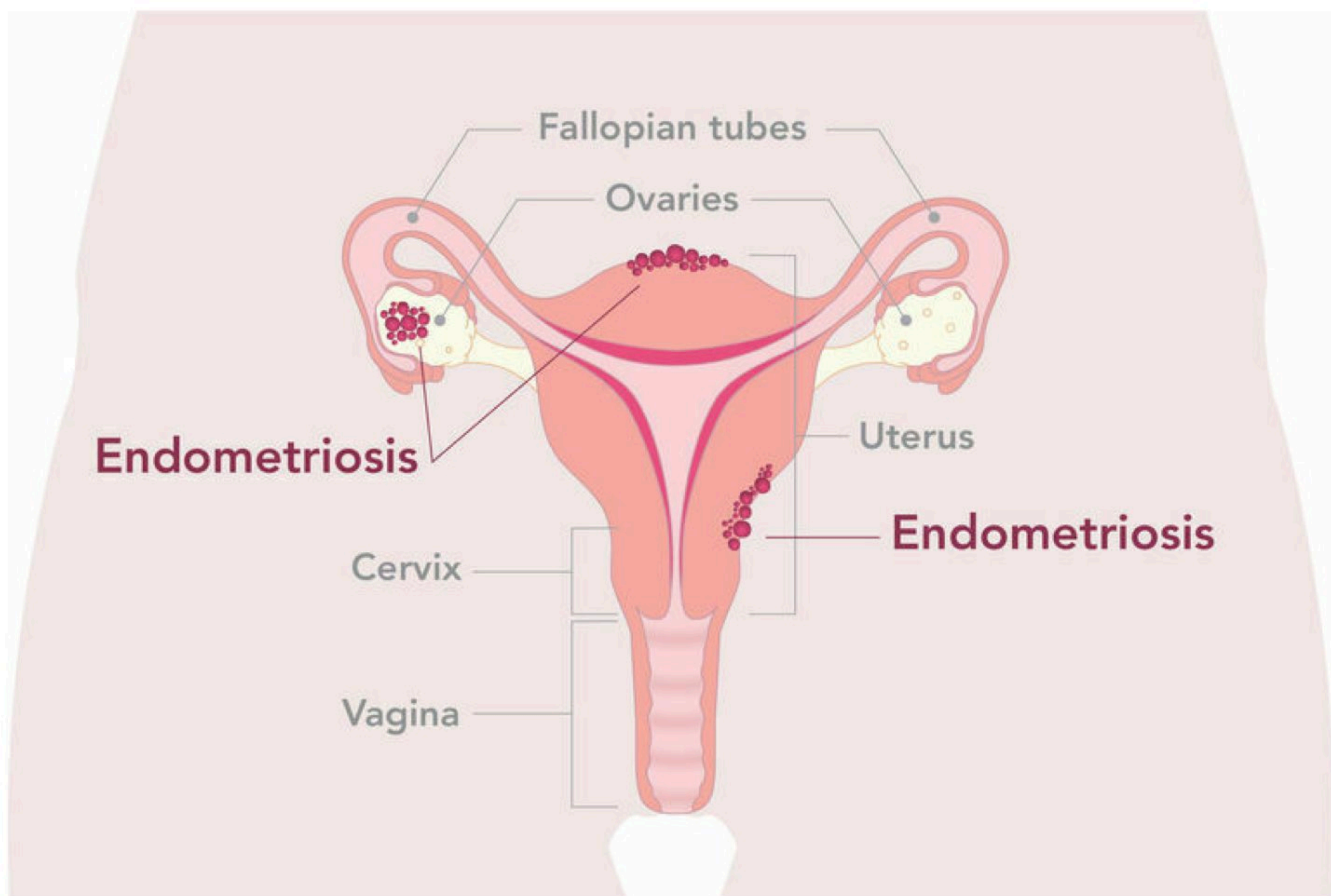
estr  *gen*

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DOMINANCE

ESTROGEN DOMINANCE





ENDOMETRIOSIS

- Approx 1 in 10 reproductive age women have endometriosis and can experience
 - Period pain
 - Dyspareunia (Painful intercourse)
 - Persistent pelvic pain
 - Ovulation pain
 - Pain with urination/defecation
 - Bloating
 - Fatigue
 - Anxiety and depression
 - Pain can increase in lead up to menopause

ENDOMETRIOSIS

- Co-morbidities include
 - Adenomyosis
 - Leiomyoma
 - Functional disorders of bladder & bowel
 - Fibromyalgia
 - Musculoskeletal pain
- Endometriosis is a systemic disease
 - Can spread via bloodstream and lymphatic system
 - Endometriosis lesions can appear throughout the body eg. liver, lungs, brain, spleen, adipose tissue etc
 - Stemcell and cytokine theory vs “retrograde menstruation” theory

ENDOMETRIOSIS AND DIET

- **"Obesity paradox" and endometriosis**
 - BMI 20-22 associated with increased risk of chronic pelvic pain
 - Decreased risk endometriosis as BMI increases
- **Vegetables**
 - Contain supportive nutrients: polyphenols, phytoestrogens, resveratrol, vitamin c
- **Spices and Herbs**
 - Anti inflammatory compounds that can inhibit COX activation (pain and inflammation mediator)
 - Less painkillers needed with people who have more of these compounds

Piecuch, M.; Garbicz, J.; Waliczek, M.; Malinowska-Borowska, J.; Rozentryt, P. I Am the 1 in 10—What Should I Eat? A Research Review of Nutrition in Endometriosis. *Nutrients* **2022**, *14*, 5283. [https:// doi.org/10.3390/nu14245283](https://doi.org/10.3390/nu14245283)

ENDOMETRIOSIS AND DIET

- **Tea and Coffee**

- White and green tea contain have strong antioxidants
- Caffeine intake <300mg daily doesn't increase endometriosis risk
- Lack of evidence for higher doses and safety for endometriosis sufferers

- **Dairy intake**

- 3 or more servings a day is associated with REDUCED risk of endometriosis
- High dairy intake during childhood and adolescence lower risk of endometriosis diagnosis in adulthood

ENDOMETRIOSIS AND DIET

- **Fish Oil**

- Studies in rodents show omega 3 reduces endometriosis lesions and pain.
- Non-statistically significant benefit in human studies (treatment and control group both experienced pain reduction)
- Women with higher serum EPA levels 82% less risk of endometriosis

- **Vitamin D**

- Meaningful decrease in pelvic pain with vitamin D supplementation

- **Meat consumption**

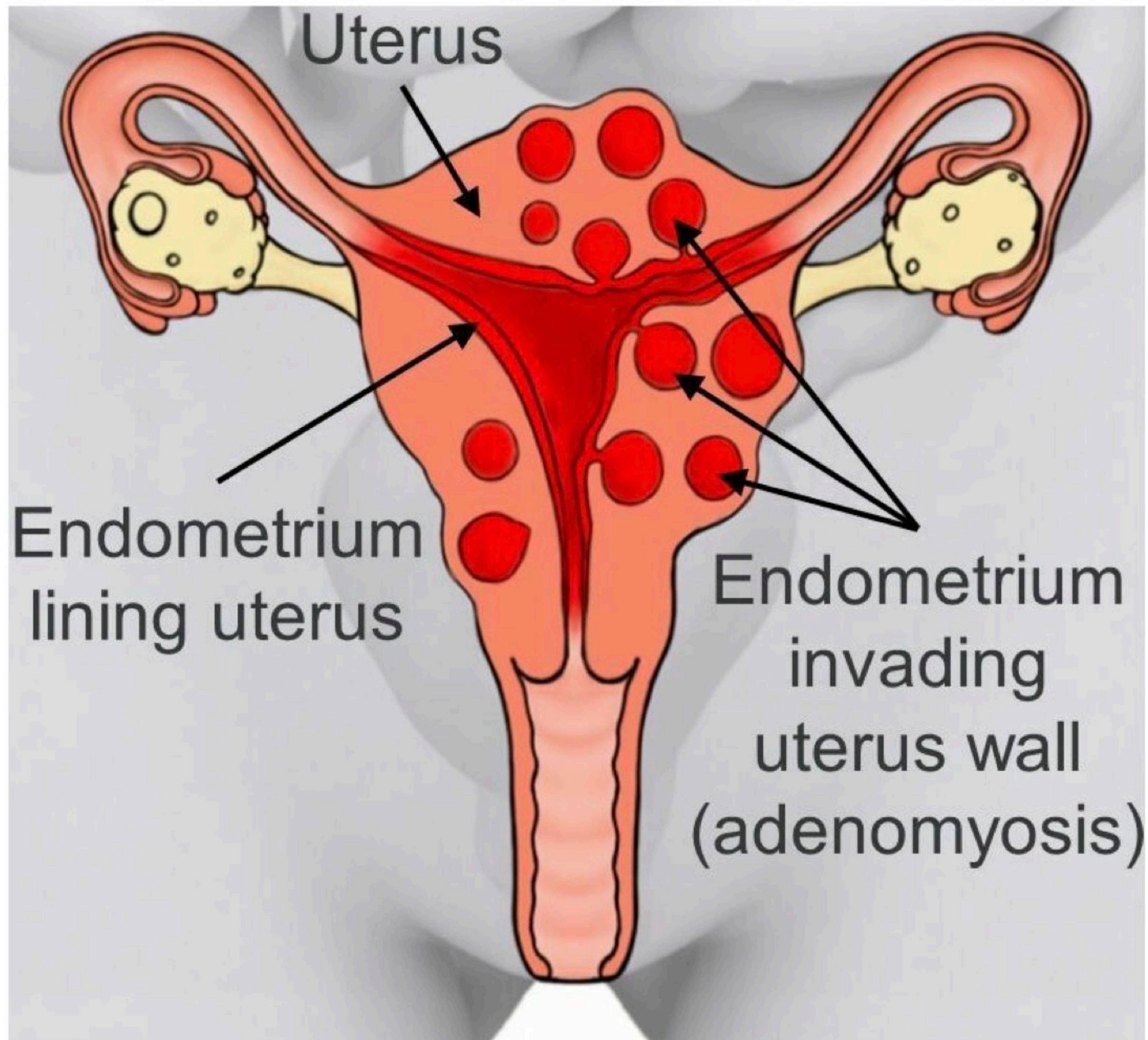
- Mixed results for eating red meat. One study showed increased risk for more than 1 portion a week. Other study showed decreased endometriosis for women consuming 4-6 portions of meat each week compared to women who ate 0-3 portions.

Piecuch, M.; Garbicz, J.; Waliczek, M.; Malinowska-Borowska, J.; Rozentryt, P. I Am the 1 in 10—What Should I Eat? A Research Review of Nutrition in Endometriosis. *Nutrients* **2022**, *14*, 5283. [https:// doi.org/ 10.3390/nu14245283](https://doi.org/10.3390/nu14245283)

ENDOMETRIOSIS AND DIET

- **Iron dysregulation**
 - Nearly half of endometriosis sufferers could be iron deficient. However there is also a large burden of iron overload in women with endometriosis and this has inflammatory effects that can be especially detrimental for fertility.
- **How to eat: choose what works for you**
 - Mediterranean diet
 - Vegetarian diet (3 servings weekly of legumes is protective)
 - Low FODMAP (only temporarily, must reintroduce non-reactive foods)
 - Low Nickel (more women with endometriosis have nickel sensitivity than normal population)
 - Gluten free (75% of women experience pain reduction)

Piecuch, M.; Garbicz, J.; Waliczek, M.; Malinowska-Borowska, J.; Rozentryt, P. I Am the 1 in 10—What Should I Eat? A Research Review of Nutrition in Endometriosis. *Nutrients* **2022**, *14*, 5283. <https://doi.org/10.3390/nu14245283>



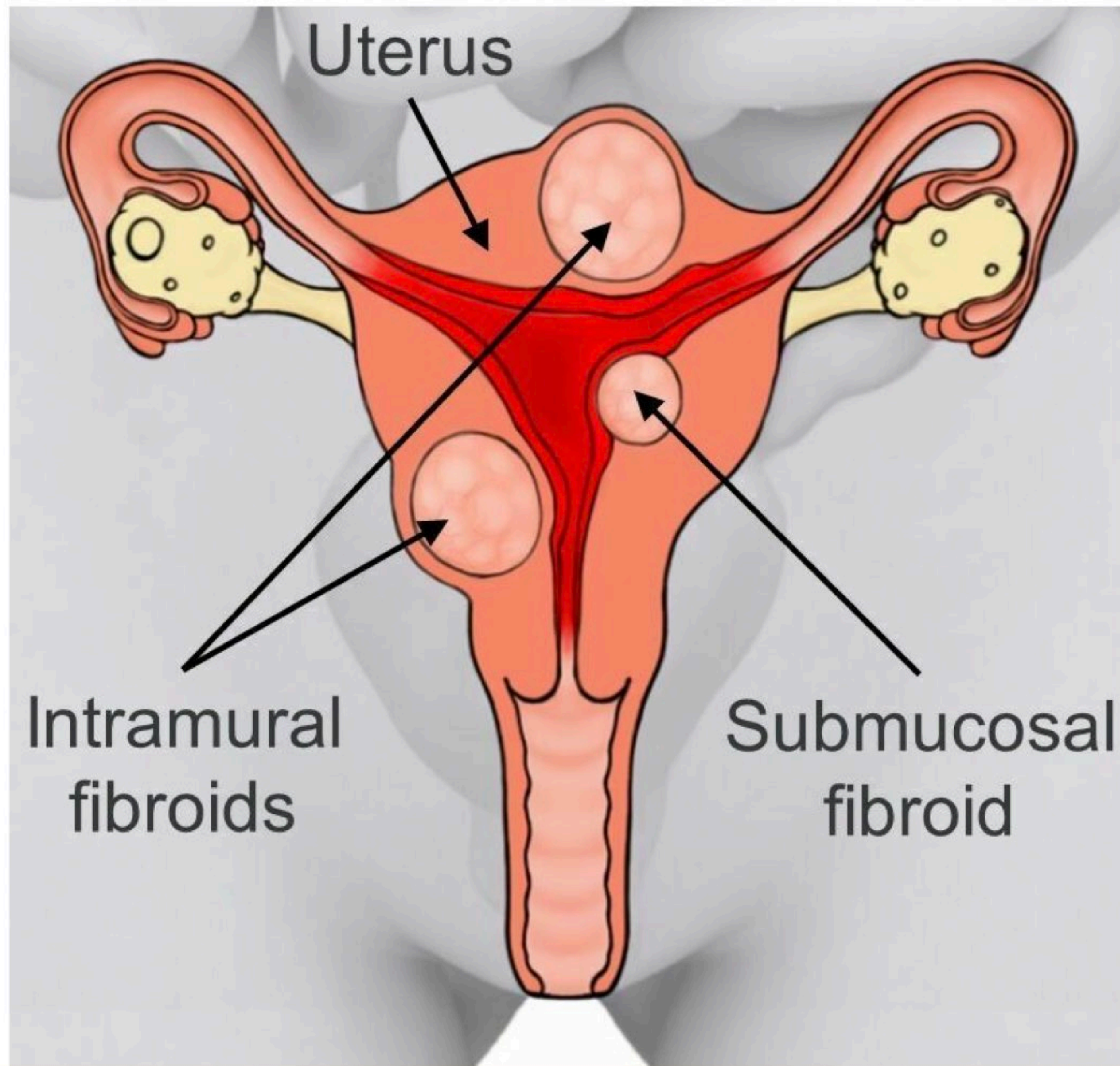
ADENOMYOSIS

- Approx 1 in 5 reproductive age women have adenomyosis
 - Age 30-50
 - More common after pregnancy
 - Surgery, or weakened muscle layer vulnerable to penetration by endometrial cells
- Approx 2 in 3 women with adenomyosis experience
 - Period pain
 - Menorrhagia
 - Dyspareunia (Painful intercourse)
 - Persistent pelvic pain

ADENOMYOSIS

- **Heavy Bleeding**

- **Qi & Blood deficiency** - Tao hong si wu tang plus **Bu Zhong yi qi tang**
- **Yin deficiency with Blood Stasis & Heat** - “**Nikki**”: Tao ren, hong hua, yi mu cao, dan Shen, huang qi, Han lion cao, huang qin, huang bai, bai shao, shan zhu yu, shu di, mu dan pi, nu zhen zi
- **Cold & Blood Stasis** - “**Smooth**”: e Zhu, Qing pi, zhi ke, pu huang, ai ye, huang qin, rou gui, dang gui, Xiang fu, gan jiang, bai zhu, liu ji nu
- **Kidney Deficiency & Blood Stasis** - “**Flo**”: chi shao, yan hu suo, fu ling, Xiang fu, zi xie, tao ren, dang gui, ji xue teng, bai zhu, wu yao, chuan xiong, gan cao
- Can add tian qi tablets as well
- Moxa sp1, Chong mai sp4-pc6, Dai mai gb41-sj5



FIBROIDS

- Non-cancerous, benign masses growing in the uterus
- Subserosal, intramural, submucosal
- More common as women age
- Thrive in an estrogen rich or progesterone deficient environment
- Can become quite large, and cause heavy bleeding and pain. Sometimes asymptomatic
- Strong correlation with hypothyroid. Get this tested!

FIBROIDS

- Yang deficiency, Cold, Blood Deficiency, Blood Stagnation +/- Spleen Qi not holding
- Wen Jin Tang, Shao Fu Zhu Yu Tang, Di Dang Wan, Gui zhi fu ling wan
 - Add: San leng, e zhu
- Gu Chong tang - heavy bleeding
- Sp8, Sp10, Liv8, Ren4,6, Cup belly, St30, Chong mai, Ren mai. Moxa.
- DIM/I3C
- Bio-identical progesterone
- Iodine topically
- Castor oil packs topically
- Liver - anger, frustration, resentment
- Heart - disappointment/broken heart around baby that didn't come through
- <http://www.heavenlyqipodcast.com/hq32-treatment-of-fibroids-with-chinese-medicine/>



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AMENORRHEA

Yang Ming doesn't have enough resources to overflow into a period
OR
Extreme Dampness is blocking the period

- Profound Blood xu +/- Kidney deficiency
- Dampness +/- other deficiency (Kidney/Blood/Yin)

AMENORRHEA

Blood Deficient leading to Kidney Depletion & Exhaustion of Tian Gui

- Nutrition, ensure adequate calories and protein
- Exercise moderation - check BBT chart for information on recovery
- Herbal medicine: Gui pi tang alongside either Ba zhen tang or You gui wan. “Skinny Jean” shu di, tai zi shen, chen pi, huang qi, dang gui, gan cao, tu si zi, du Zhong, zao jiao ci, bai zhu, suan zao ren, yuan zhi, mei gui hua.
- Acupuncture: 2nd or 4th divergent, Consolidating Dai mai (gb41, bl23, bl52, du4, lr13, gb26, kd16), Zang fu (sp3, sp6, st36, lr8, hrt3, ren17, kd27). Cup navel + moxa if cold present.

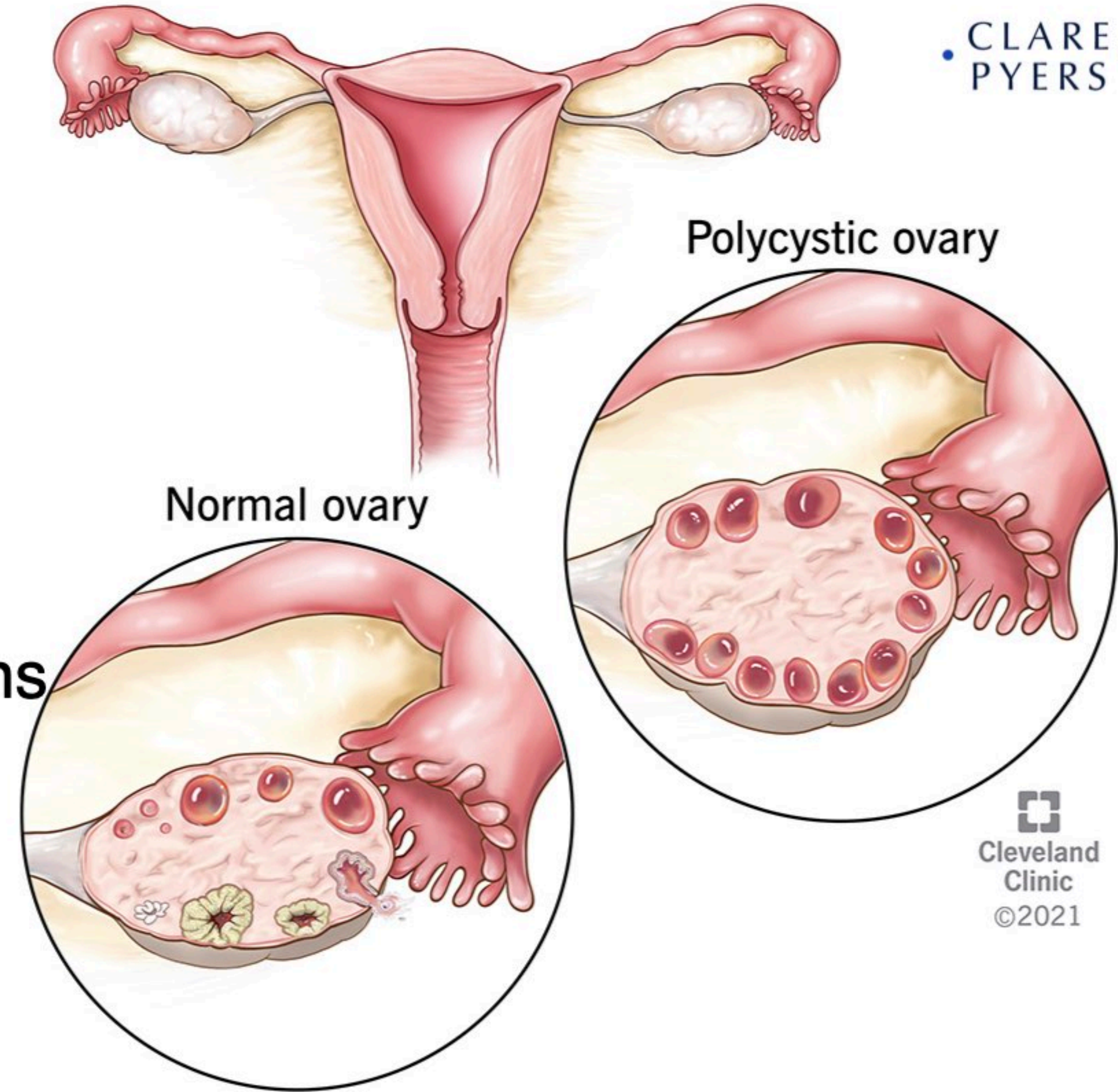
AMENORRHEA

Damp & Phlegm

- Nutrition, moderate intake of fat and cloying foods
- Exercise - regular vigorous exercise to improve lymphatic system and clear damp
- Herbal medicine: “Jian” cang zhu, shan zha, Xiang fu, fu ling, ban xia, gan cao, zao jiao ci, chuan xiong, Qing pi, chen pi, chi shao, bai shao, dang gui
- Acupuncture: Luo channels. 4th divergent confluence. Draining dai mai. Zang fu: st36, sp3, st40, zi gong, lu7, sp4, st8. Tens on pelvic points. Moxa.

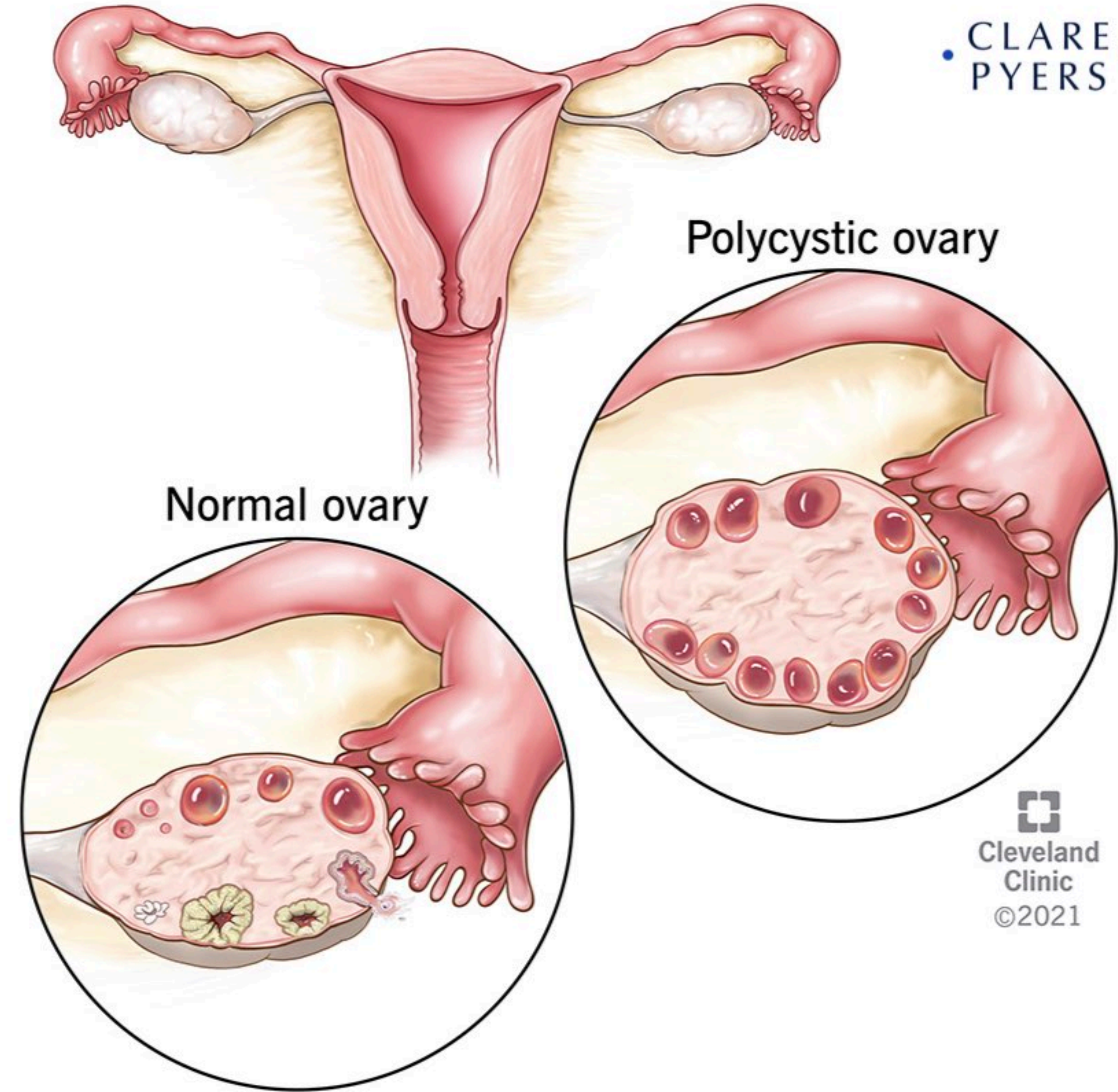
PCOS

- Ovaries don't release egg as normal at ovulation, turn into cysts
- Buildup of cysts in ovaries. >10 on each side
- Associated with increased levels of irregular menstruation, obesity, androgens (facial hair & acne), skin tags, infertility, darkened skin
- Increased LH, insulin resistance



PCOS

- 95% of obese women with PCOS have insulin resistance. 75% of thin women have insulin resistance
- Increased risk of cardiovascular disease (inflammation? Androgens?)
- I treat the same as per amenorrhea



Cholesterol



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PYERS

Plays 3 main roles in the body: cell membrane, precursor to hormone synthesis, precursor to bile acid production.

When elevated, is considered to be a significant marker for risk of cardiovascular disease

High = Deficiency of Spleen or Kidney Yang, Phlegm, Dampness, Qi Stagnation, Food Stagnation, Inflammation, vitamin D deficiency, adrenal exhaustion, reproductive hormone deficiency, obesity

Low = Dryness, Deficiency of Liver Yin or Liver Qi, Impaired Liver function, heavy metal toxicity, pesticide exposure, depression, anxiety, impaired fertility

Ideal = 4.5-5.5 mmol/L

Triglycerides

Triglycerides - excess energy consumption, especially fructose.

Rises especially in response to insulin. Key predictor and key abnormality in NAFLD. Big risk of CVD and all cause mortality. The main lipid marker that increases in a fed state

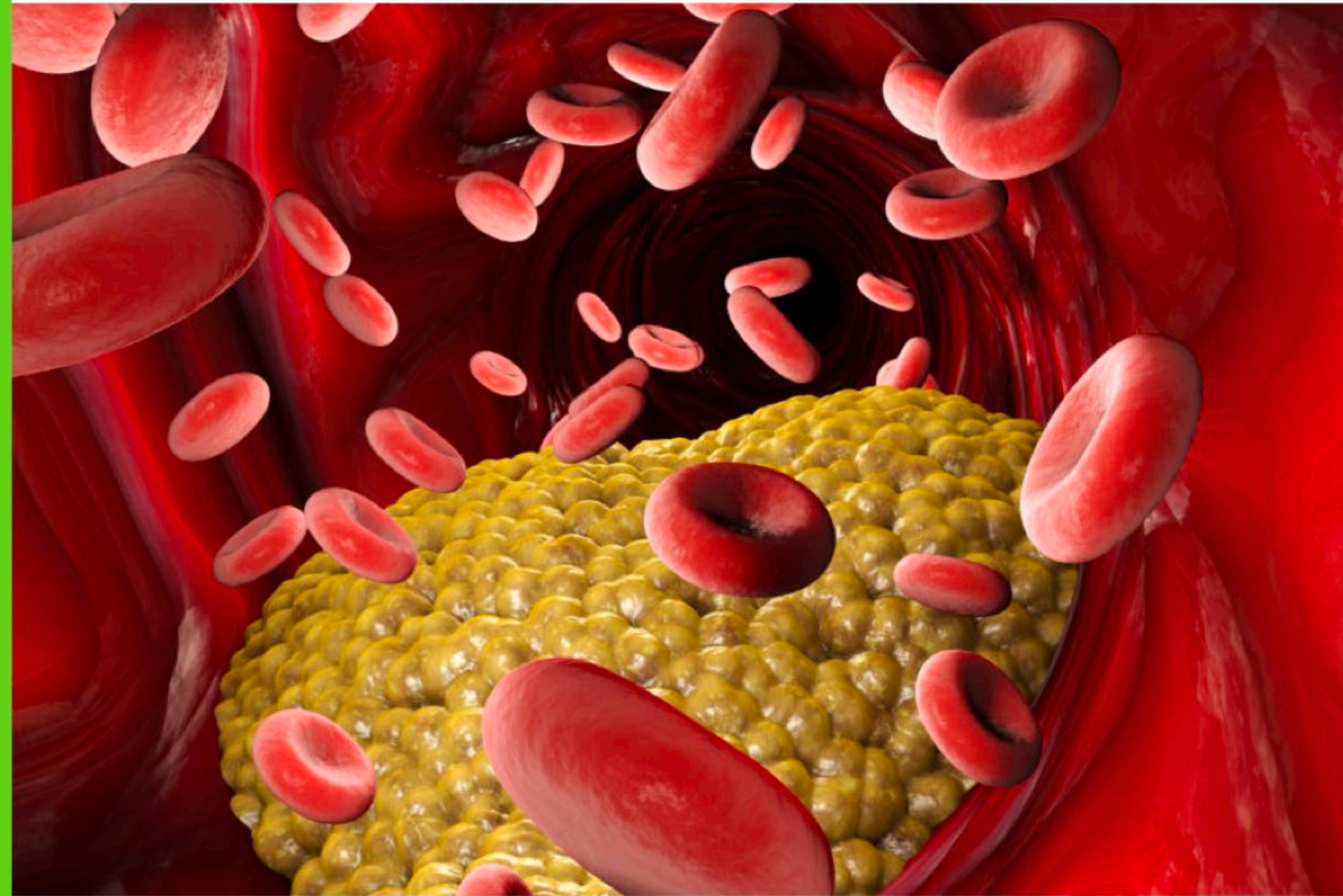
High = Damp, Damp Heat

Uncontrolled blood glucose, hypothyroidism, high GI diet, alcohol intake, carnitine deficiency

Low = Yin xu, Dryness, Blood dryness

Gut dysbiosis, intestinal inflammation

Ideal <1.0 mmol/L



LDL



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PYERS

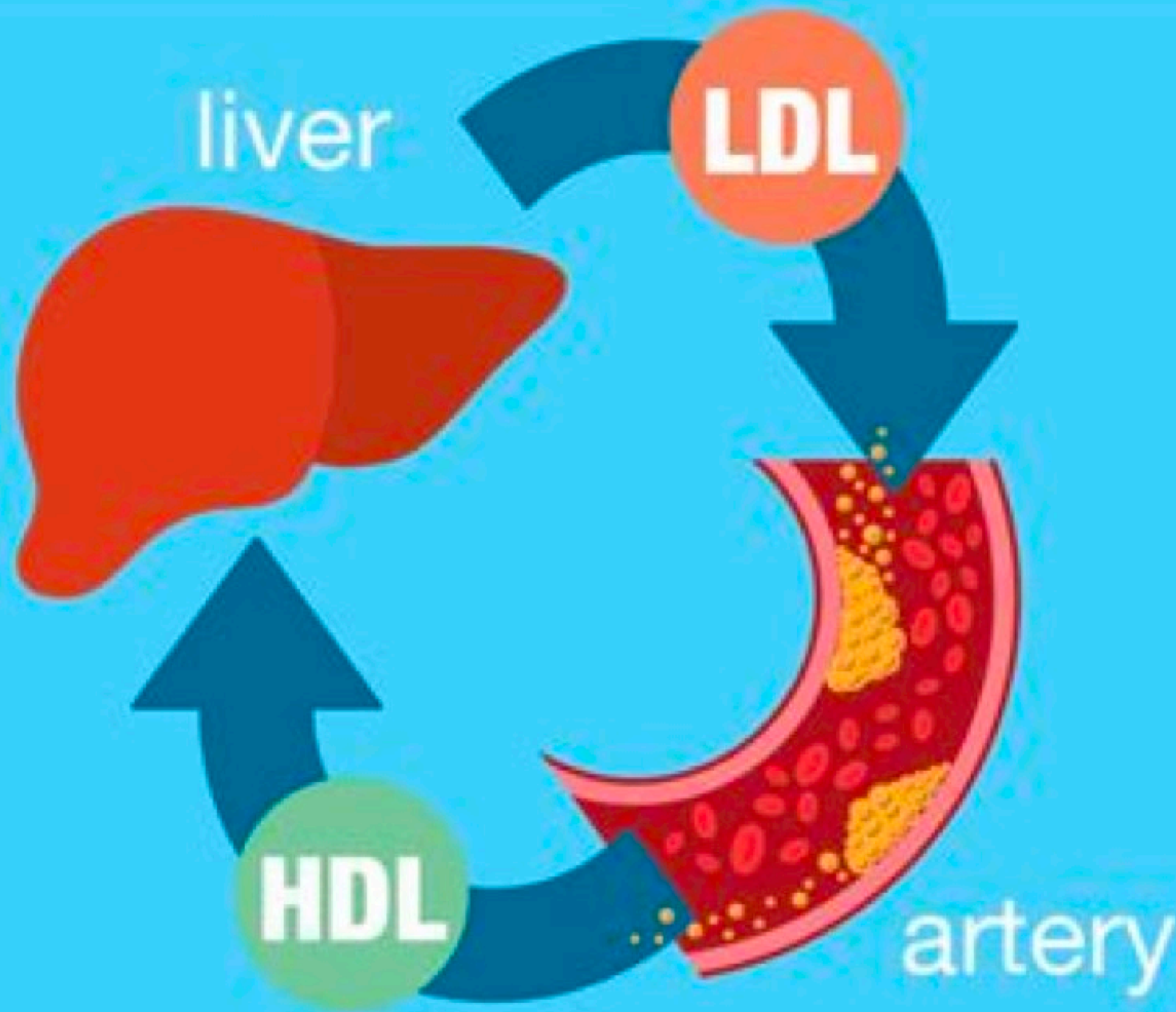
Delivers cholesterol to cells, for the production of hormones, making and repair of cell membranes, vitamin D production, production of bile acids.

Can collect along artery walls to create atherosclerosis.

High: substantial Phlegm, Qi Stagnation, Blood Stasis, Dampness
subclinical hypothyroidism, mycotoxins, insulin resistance, heavy metals

Low: Spleen Qi deficiency, dispersed Qi
impaired liver function, impaired glucose metabolism, heavy metal toxicity, pesticide exposure

Ideal 1.5-3.0



HDL

Second most common lipoprotein. Smallest and densest of lipoprotein

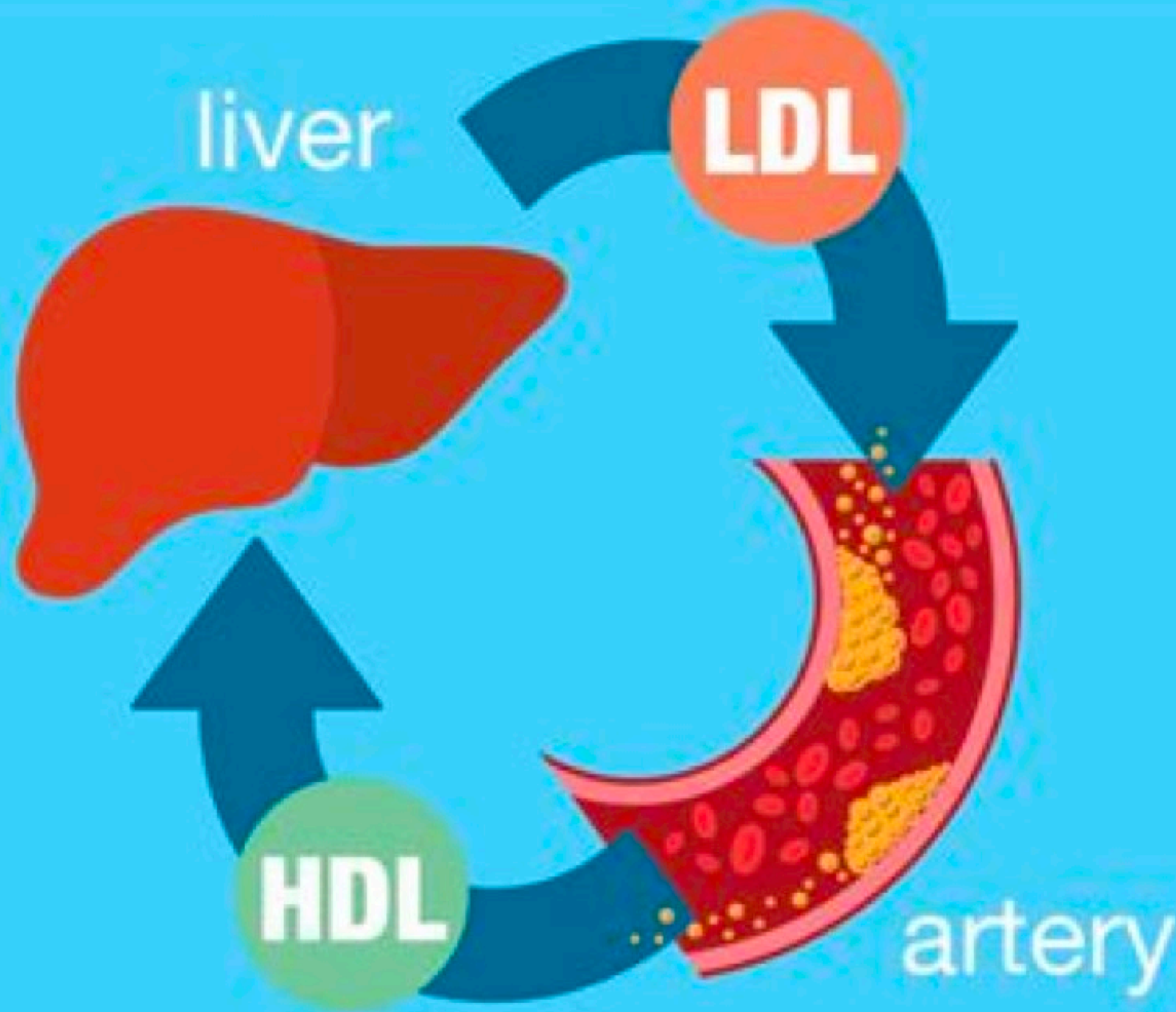
Picks up used cholesterol from endothelium and non-hepatic tissue and takes it back to the liver.

Associated with reduced risk for cardiovascular disease due to ability to remove fat from artery walls and reduce inflammation due to macrophage accumulation

Produced primarily in the liver. Excretion of cholesterol via bile and bowel.

Levels not affected by eating.

Ideal $>1.5\text{mmol/L}$



Glucose Markers

Glucose

Provides fuel for the cells, body's primary and preferred fuel source.

Should be tested in a fasted state

Absorbed from dietary intake, can also be made via gluconeogenesis using fat or protein as fuel source.

High = Spleen Qi xu, Impaired Spleen T&T, Qi Stagnation, Dampness, Heat and/or Phlegm

Low = Liver Yang Deficiency. Liver Qi Deficiency, Kidney Yang Deficiency, Jing Deficiency or Spleen Qi Deficiency

Ideal 4.3-4.9 mmol/L

Insulin

Produced in pancreatic beta cells

Insulin transports glucose into cells by making cell membrane permeable to glucose.

Directs liver to store excess glucose as glycogen

Promotes synthesis of fat.

High: Dampness, Phlegm, Heat or Qi Stagnation
Insulin resistance, fructose intolerance, obesity,
Cushing's disease, corticosteroid use

Low (with high glucose): Spleen Yang deficiency
Beta cell failure due to diabetes.

Low (with normal glucose): Healthy functioning
Spleen and Liver Qi

Ideal <4mIU/L





HbA₁C

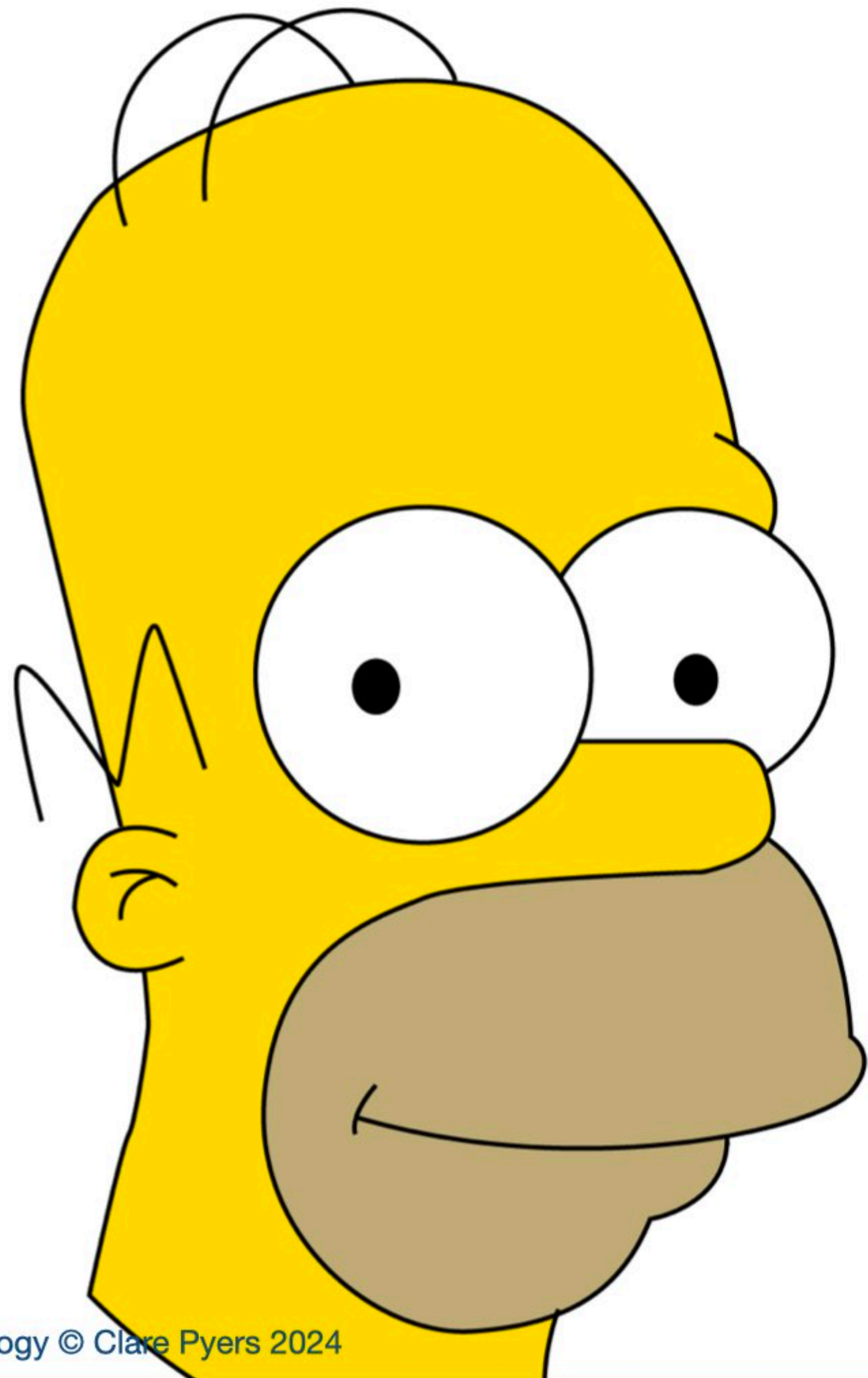
Glucose and haemoglobin joined together to form glycohemoglobin. The amount of glycohemoglobin represents average blood glucose over the lifespan of the red blood cell (90-120 days).

Iron deficiency anaemia can falsely elevate HbA₁C result due to lower production of RBC.

High HbA₁C: Spleen Qi xu, Heat, Damp Heat, Liver Qi stagnation.
Insulin resistance, diabetes, lead toxicity.
alcohol use, anaemia.

Low HbA₁C: Qi and Blood def, Kidney Qi def, Liver Yang def, Liver Qi def
Haemorrhage, blood donation, autoimmune haemolytic anaemia.

Ideal 20–40 mmol/mol (4%–5.7%).



HOMA-IR

Homeostatic Model Assessment of Insulin Resistance

Use an online calculator:
<https://www.omnicalculator.com/health/homa-ir>

OR

US units: fasting glucose X fasting insulin / 405

SI units: fasting glucose X fasting insulin / 22.5

Results significance:

<1 = Insulin sensitive. Ideal

>2 = Early stage insulin resistance

>3 = Significant insulin resistance

Glucose Tolerance Test

Measures glucose handling after taking a solution containing a 100g dose of sugar.

Glucose is measured at baseline, 1, 2 and 3 hours after drinking the solution.

Fasting ideal <4.9 mmol/L

1 hour ideal <10 mmol/L

2 hour ideal <8.6 mmol/L

3 hour ideal <7.8 mmol/L

Elevated results can indicate impaired glucose handling. 2 or more elevated results can indicate gestational diabetes/insulin resistance.

MENORRHAGIA

Heavy bleeding, flooding. Filling menstrual products in under 2 hours, sometimes in under 30 minutes

Priority 1: stop bleeding. Priority 2: Resolve underlying disharmony.

Leading to Depletion of Resources over Time

- Blood xu
- Yang xu
- Yin xu + heat in the blood
- Blood stasis
- Spleen qi sinking

MENORRHAGIA

Spleen Qi sinking

- Bu Zhong yi qi tang / Gui pi tang
- “Stop” Shan Zhu Yu, Long Gu, Mu Li, Bai Zhu, Huang Qi, Bai Shao, Hai Piao Xiao, Zong Lu Tan, Qian Cao
- Moxa sp1, Sp4-PC6, Du20, St36+LI10, Hrt3, Moxa St36,
- Cup navel + moxa

Blood Xu/Yang Xu

Gui Pi Tang / Shi Quan Da Bu Wan / You Gui Wan

- Moxa sp1, Lu7-Kd6, Du20, Bl23, Hrt3, Lr8, Kd27
- Cup navel + moxa
- Consolidating dai mai

MENORRHAGIA

Blood stasis with underlying blood and qi xu or yang xu - must clear clotting and tonify -

Wen Jing Tang / 'Flo' / Tao hong si wu tang plus:

Gui Pi Tang / Shi Quan Da Bu Wan / You Gui Wan

Sp10, Sp8, Hrt5, Du20, Ren4, St36, Sp4-PC6, Lu7-Kd6, Sp1

Yin xu heat can also cause heat in the blood - Liang Di Tang.

Lu7-Kd6, Sp10, Kd2, Sp1, Hrt3

Must clear clotting - Dang Gui tincture, Wu Jin Wan (Alchemy Smooth)

Tien Chi tablets to dissolve stasis and moderate heavy bleeding

LIBIDO, SEXUAL FUNCTION & VAGINAL HEALTH

For symptoms of dryness, low libido, cramping, reduced sensation, difficulty reaching orgasm, vaginismus, anxiety during sexual intimacy and infertility.

For gynecology patterns with dryness, blood deficiency, yin deficiency, estrogen deficiency, jing deficiency, or blood stagnation.

APPLY by melting one piece on the exterior of your genitals. Vaginas may experience more natural dewy response with regular use (1-3 x per week).



LIBIDO, SEXUAL FUNCTION & VAGINAL HEALTH

Confounding factors for sexual function

Positive: resilience, positive attitude, social support, feeling connected, normal BMI, mediterranean diet

Negative: metabolic syndrome, obesity, high triglycerides, cardiovascular disease, diabetes, religious beliefs, upbringing, previous trauma, vulvovaginal atrophy “genitourinary syndrome of menopause”





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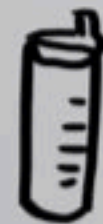
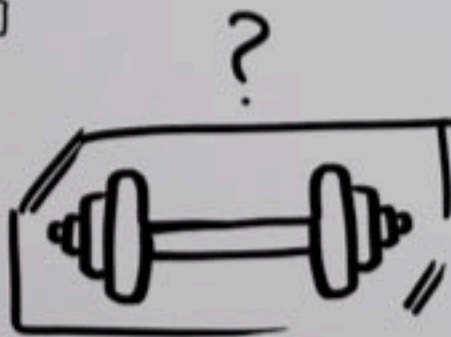
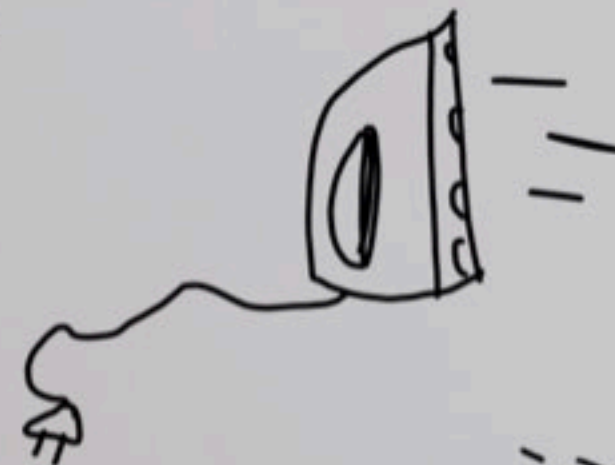
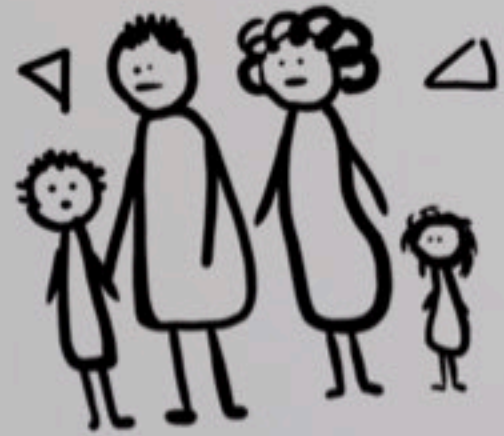
Normal Menopause Transition

- Periods become lighter and less regular and then eventually stop
- Less lubrication from urogenital glands
- No associated symptoms
- Tian gui is exhausted
- End of 7th 7 year cycle

Normal Menopause Transition

- Body is being resourceful and clever
- Preservation of yin and blood which can now nourish the Heart. Conserve remaining resources for themselves.
- Menopause is a natural, physiological process (but can become a pathology if woman is already depleted).
- Perimenopausal transition - can be some upheaval as the body moves from cyclic changes of menstruation to the “conservation mode” of menopause, any imbalances amplified

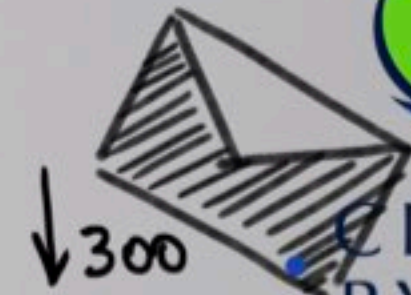
FAMILY



GYM



\$



WORK!



HOME



EARLY MENOPAUSE

- Periods stop 45yo or more
- FSH is >20
- Need to differentiate between amenorrhea and early menopause
- Very often periods will come back with treatment
- Patients usually come in with another concern
 - Eg hair loss, insomnia
 - Non-responders for IVF egg collection cycle
- Profound depletion of yang ming resources > tian gui exhausted
- Treat same as amenorrhea (nourish blood and tonify kidneys)
 - Er Xian tang
 - Ba zhen tang
 - You gui wan
 - +/- Gui pi tang or Suan zao ren tang
 - Acupuncture to build blood and tonify kidneys



CLARE
PYERS

Burnout is **NOT** a personal failure

It's a **SOCIETAL** failure

PERIMENOPAUSE

Heavy flooding Periods,

Irregular Bleeding

Estrogen levels fluctuating, progesterone fluctuating due to anovulatory cycles.

- Uterine polyps
- Fibroids
- Low progesterone
- Low iron
- Depletion/exhaustion (mitochondrial dysfunction)

Support Kidneys, and Mediumship of Yin, Qi and Blood

- Er Xian tang
- Ba zhen tang
- You gui wan
- +/- Gui pi tang or Suan zao ren tang
- Acupuncture to build blood and yin and tonify kidneys

MENOPAUSE

Vasomotor symptoms = episodes of intense heat + flushing and/or sweating

Fluctuating estrogen levels affect hypothalamus - “narrowed thermoneutral zone”.

Small increase in temperature

- hypothalamus increases blood flow to skin
- heat, sweating
- lowers core body temperature.

Neurotransmitter changes also affect hypothalamus in perimenopause.

MENOPAUSE

Almost any pattern can cause hot flashes!

KI water (yin) + HT fire (yang) imbalance, Ministerial fire flaring

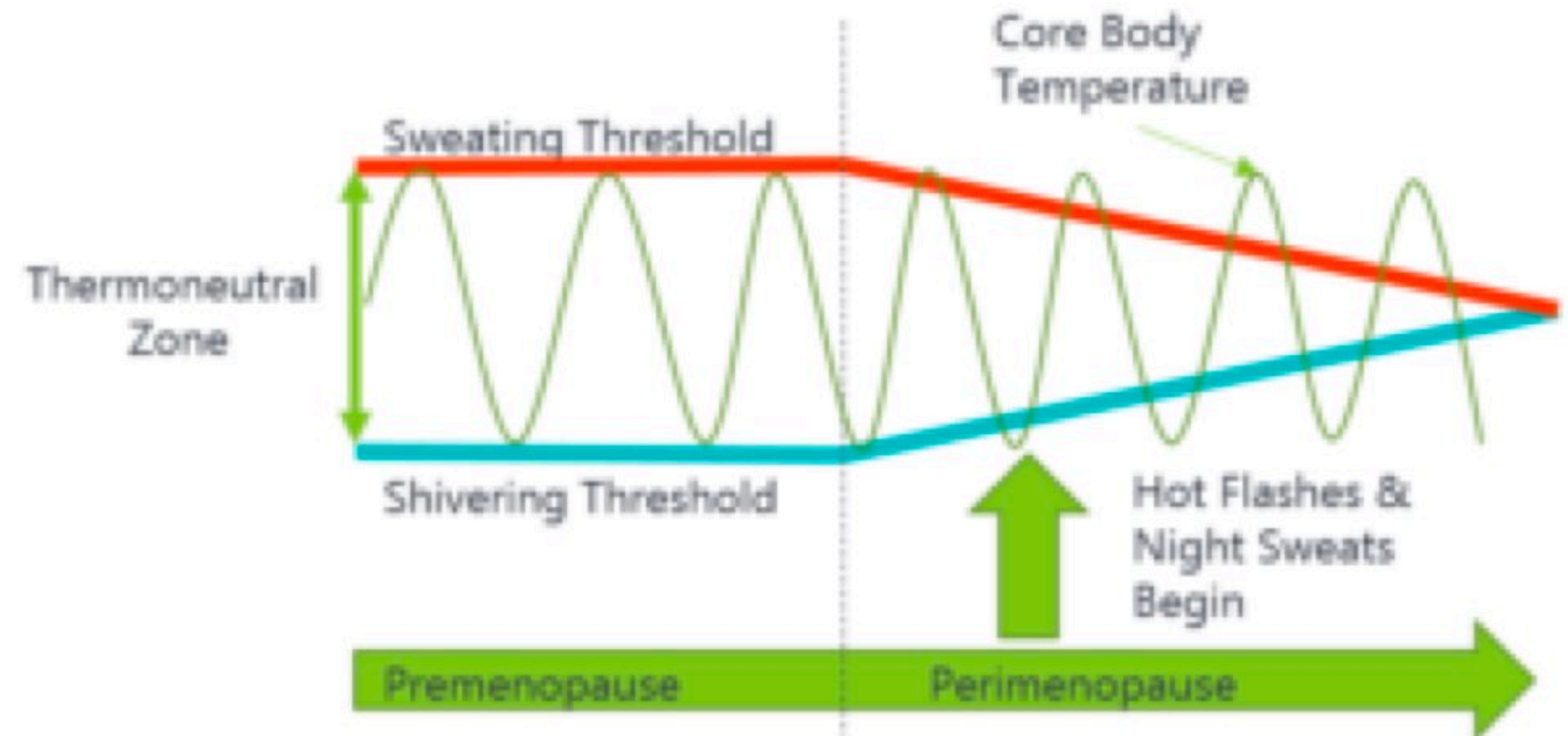
Blood xu background

Blood stasis

Damp + Heat

Qi xu

Qi stagnation



Menopause Treatment Protocols

- **Kidney Yin Xu**

- Herbal formulas: Zhi Bai Di Huang Wan, Zuo Gui Wan, Gui Shao Di Huang Tang (yin + blood xu), Tian Wang Bu Xin Dan
- Acupuncture: KI2, 6 + 10, HT3, CV17, CV4. 4th divergent confluence - HT (Bl1, Gb22, Hrt1, CV17, CV22, CV23, CV4)
- Lifestyle: Gentle exercise - weights rather than cardio. Ensure adequate sleep and rest - get to bed before 11pm. Low histamine diet for 3-4 weeks to reset.

- **Kidney Yang Xu**

- Herbal formulas: Zhen Wu Tang, You gui wan, Er Xian tang, Fu gui ba wei wan
- Acupuncture: Du4, Sacral holes, Bl23, Kid10, GB39. Moxa. Warm needles. Cup on navel and Moxa ren 8
- Supplements: Deer velvet (lu rong), VitD, Tribulus, iodine
- Lifestyle: Gentle exercise - weights rather than cardio. Ensure adequate sleep and rest. Stay warm. Add extra salt to diet, focus on cooked foods and warming spices. liver, bone broth, organ meats, slow cooked meals. Spend extra on your heating bills instead of consults with me. Nothing cold in, on or near your body. Moxa at home. More carbs.

Menopause Treatment Protocols

- **Dual Kidney Yin and Yang Xu**

- Herbal formulas: er xian tang, wu zi yang zong wan, fu gui ba wei wan, you gui wan + liu wei di huang wan
- Acupuncture: Kid3,6,7. Ren4,6. Moxa. Hrt3, 7. Kid16, 21. Yinwei.
- Supplements: Deer velvet (lu rong), VitD, Tribulus
- Lifestyle: Gentle exercise - weights rather than cardio. Ensure adequate sleep and rest. Stay warm- Spend extra on your heating bills instead of consults with me. Nothing cold in, on or near your body. Moxa at home. Add extra salt to diet, focus on cooked foods and warming spices. More carbs. liver, bone broth, organ meats, slow cooked meals

Menopause Treatment Protocols

- **Liver Yin and Blood Xu**

- Herbal formulas: Gui Shao Di Huang Tang, Yi Guan Jian, Suan Zao Ren Tang,
- Acupuncture: Liver Blood: Liv8, Liv13, Pc7, Pc3. Consolidating Dai mai: GB41RHS, GV4, BL23, GB26, Kd16. 2nd divergent confluence DSD - GB1, CV2, LR5
- Supplements: Melatonin, Maca, Iron, Multi mineral, 5-HTP, Glutathione, Vitamin A, Folinic Acid, Selenium, TMG (Betaine)
- Lifestyle: no tech before bed. Guided meditation/hypnosis to help get to sleep. Stress management/anxiety reducing (worry is financed by blood).

- **Heart Blood Xu**

- Herbal formulas: Ba zhen tang, Si wu tang, Gui Pi Tang
- Acupuncture: Support earth element Sp6, Sp3, St36, St25. Liver Blood Liv8, Liv13, Pc7, Pc3. Heart blood Hrt3, Hrt7, Kid7, Kid3/10. Previous eating disorders Kid16,21, Ren17, Ren15.
- Supplements: Melatonin, Maca, Iron, Multi mineral, 5-HTP, Glutathione, Vitamin A, Folinic Acid, Selenium
- Lifestyle: Ensure adequate calories and nutrients in the diet. Hydration and “wet foods”. Reduce emotional stress and worry. Regular movement during the day but avoid strenuous exercise (HIIT, endurance cardio).

Menopause Treatment Protocols

- **Qi Deficiency**

- Patent Herbal formulas: Bu Zhong yi qi tang, Gui pi tang, Si Jun Zi Tang
- Acupuncture: Sp3, Sp6, Ren6, Ren 12, St36, St8, St30, Sp4, PC6
- Supplements: B complex, CoQ10, HydroxoB12, Vitamin K, Vitamin A, NAC, Zinc
- Lifestyle: avoid raw or rich and damp foods, keep emotions and politics away from eating time. Ensure to sit whilst eating. Regular movement during the day. Weight-lifting exercise with low-medium weights only (15+ reps). Encourage singing and meditation.

- **Liver Qi Stagnation**

- Patent Herbal formulas: Jia Wei Xiao Yao san, Xiao Yao San, Chai Hu Shu Gan San, Si Ni San
- Acupuncture: Lr13, Lr3, LI4 GB24, PC6, Sacral holes, Bl23, GB30, GB34
- Supplements: Magnesium, Acetyl L-Carnitine, MethylB12
- Lifestyle: Regular exercise and stretching. Meditation and diaphragmatic breathing. Minimise snacking - eat 3 meals per day.

Menopause Treatment Protocols

- **Blood Stasis**

- Herbal formulas: Wu jin wan, Xue Fu Zhu Yu Tang, Shao fu zhu yu tang, Wen jing tang, di dang wan, tao hong si wu tang, dang gui shao Yao san.
- Acupuncture: Chong mai Sp4, Kid9, Pc6, Kid16. Bleed Luo vessels. Xi cleft Sp8, Hrt5, Kid9, Kid8, Kid5. Du1. Cup navel and Moxa ren8. Warm needle on back shu points especially Bl23 and Du4.
- Supplements: Choline, 5-MTHF, PEA, CoQ10 (ubiquinol), fish oil, Castor oil (topically), Evening Primrose
- Lifestyle: Regulate emotions, speak up - don't hold your emotions in/internalise your emotions. Regulate appetite. Avoid all processed foods, focus on fresh fruit and vegetables, fish and white meat. lots of pungent/strong tasting foods. Regular exercise and movement is essential. Vigorous exercise is applicable: HIIT, spin, heavy weights.

Menopause Treatment Protocols

- **Damp + Heat with Sp/Kd Qi Xu:**

- Herbal formulas: - follow with SP +/- KI tonic formula e.g. Bu Zhong Yi Qi Tang, Shen Ling Bai Zhu San, Jin Gui Shen Qi Wan
- Acupuncture: Sp3, Sp9 + Lu5, LI11. Daimai - GB41, ST25, SP15
- Lifestyle: Keep dietary fat intake to a minimum. Use lactase tablets/lactose free milk. Low fat milk or lactose free milk is usually fine. Goat/sheep dairy if needed.

- **Blood Xu, Cold, Blood Stasis**

- Herbal formulas: Wen Jing Tang, You Gui Wan + Tao Hong Si Wu Tang
- Acupuncture: Bleed luo vessels + moxa. Chong mai, Ren 4 BL32, BL23 + moxa
- Supplements: VitD, Tribulus, iodine
- Lifestyle: Gentle exercise - weights rather than cardio. Ensure adequate sleep and rest. Stay warm. Add extra salt to diet, focus on cooked foods and warming spices.

Menopause Treatment Protocols

- **Stomach Fire:**

- Patent Herbal formulas: Qing Wei San, Zhu Ye Shi Gao Tang (granules)
- Acupuncture: LI11, CV12, ST44, SJ6. Bleed ST Luo.
- Lifestyle: Move your bowels every day. Avoid anything that causes constipation. Strictly no coffee or chilli. Lots of hydration with drinks and “wet foods”.

- **Shao Yang Heat:**

- Patent Herbal formulas: Xiao Chai Hu Tang, Chai Hu Jia Long Gu Mu Li Tang, Womb Gu formula.
- Acupuncture: SJ5, GB34, Liv3. Sinew treatment according to pulse. Luos if indicated by visual inspection

Menopause Acupuncture Research

- 2021 literature review -
- comparing efficacy of acupuncture with sham acupuncture, and with placebo pills, and nonhormonal drugs
- Conclusions: The efficacy of TA&EA (merged) was higher than that of sham acupuncture and significantly higher than that of placebo pills.
- The efficacy of electro-acupuncture was higher than that of traditional acupuncture, significantly higher than that of sham acupuncture, and comparable to that of SSRIs, SNRIs and neuroleptic agents.

Li T, Zhang Y, Cheng Q, Hou M, Zheng X, Zheng Q, Li L. Quantitative study on the efficacy of acupuncture in the treatment of menopausal hot flashes and its comparison with nonhormonal drugs. *Menopause*. 2021 Mar 15;28(5):564-572. doi: 10.1097/GME.0000000000001767. PMID: 33739313.

Menopause Acupuncture Research

- ACOM study (2019).
- Patients allocated to acupuncture or control group, no pattern differentiation, needling CV3, CV4, LR8, SP6, SP9, weekly for 5 weeks.
- Results - fast and clinically relevant reduction in moderate-to-severe menopausal symptoms (hot flashes, night sweats, emotional issues, skin and hair).

Lund KS et al. Efficacy of a standardised acupuncture approach for women with bothersome menopausal symptoms: a pragmatic randomised study in primary care (the ACOM study). *BMJ Open* 2019;9:e023637. doi:10.1136/bmjopen-2018-023637 <https://bmjopen.bmj.com/content/bmjopen/9/1/e023637.full.pdf>

Common Menopause Co-Morbidities.

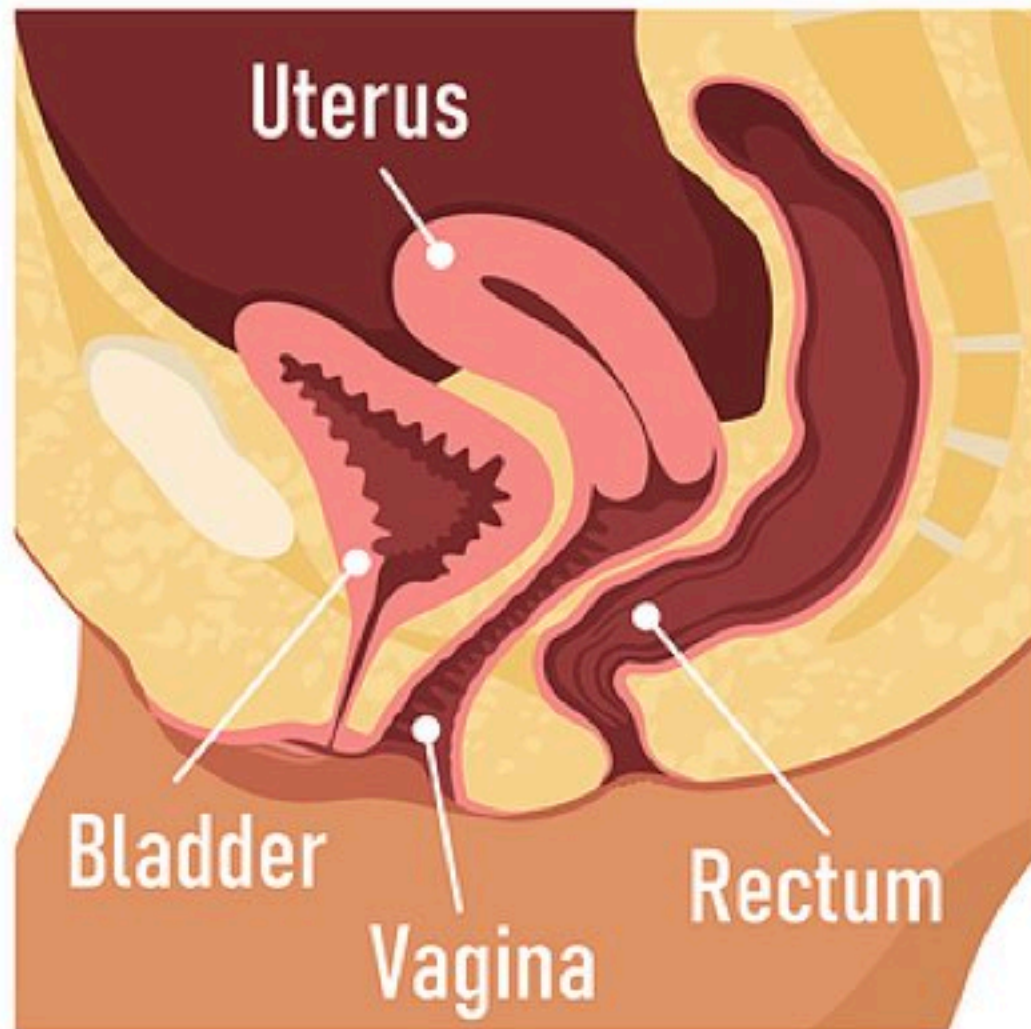


- Insulin resistance & Obesity -
- Gall bladder disease - <https://www.clarepyers.com/blog/gall-bladder-flush>
- Osteopenia/Osteoporosis - 1200mg calcium, 600mg magnesium, D3, K2. Exercise. Kidney tonic herbs.
- Increased risk of cardiovascular disease after menopause - exercise. Mediterranean diet.
- Cognitive decline - exercise. Mediterranean diet

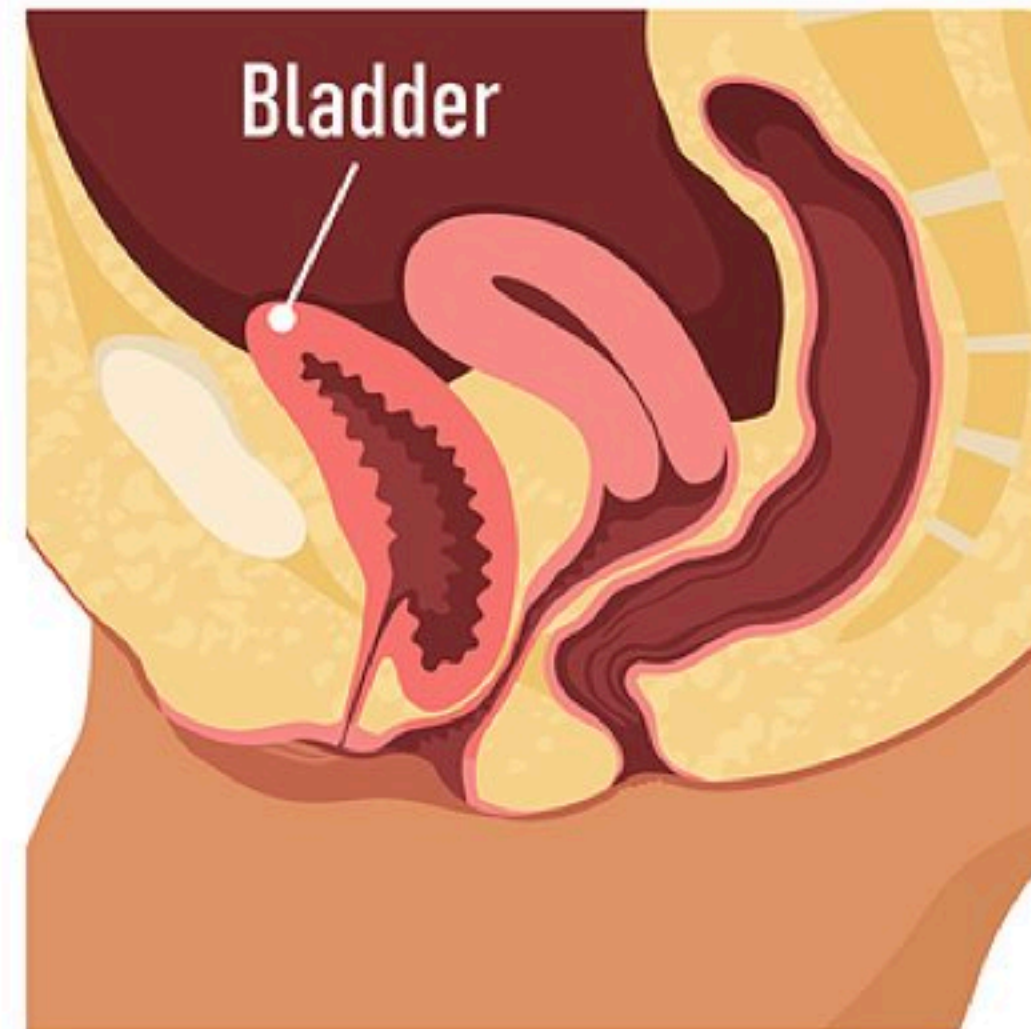


TYPES OF PELVIC ORGAN PROLAPSE

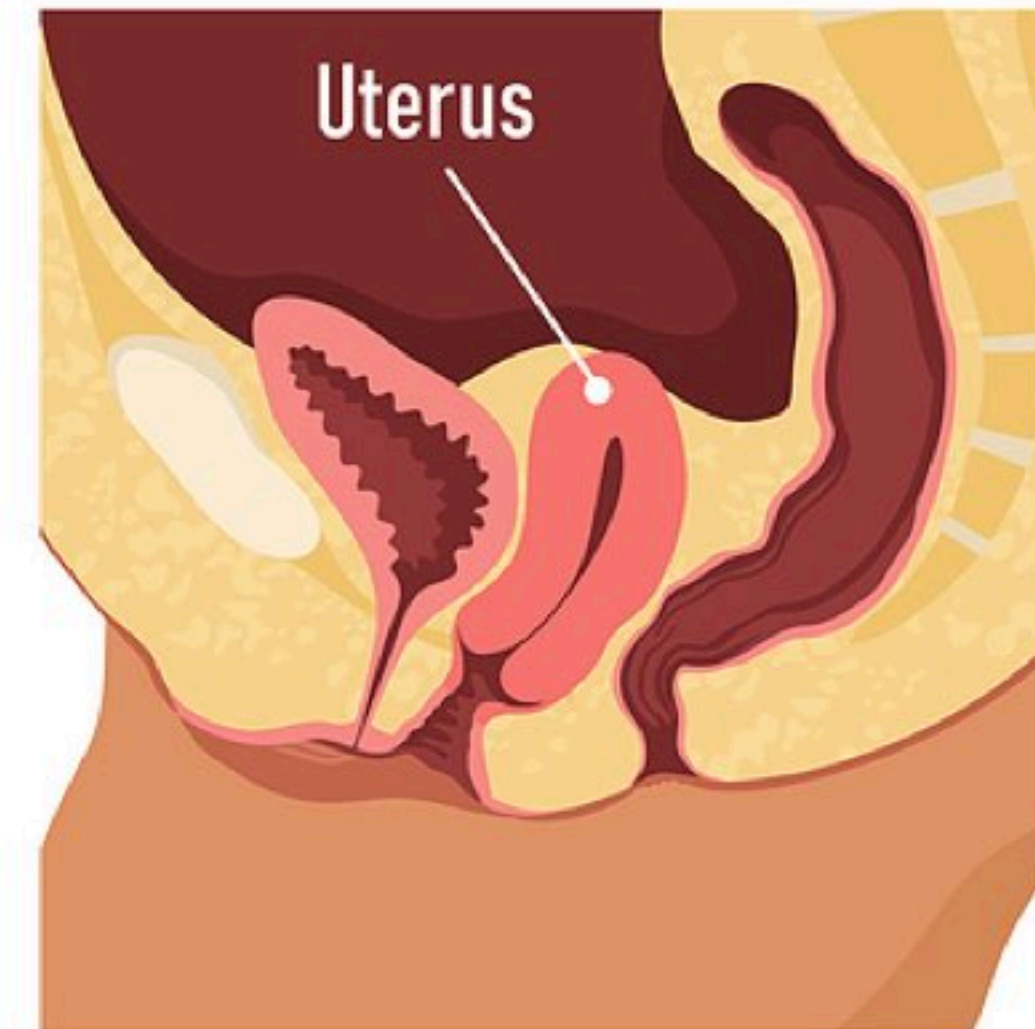
Normal Anatomy



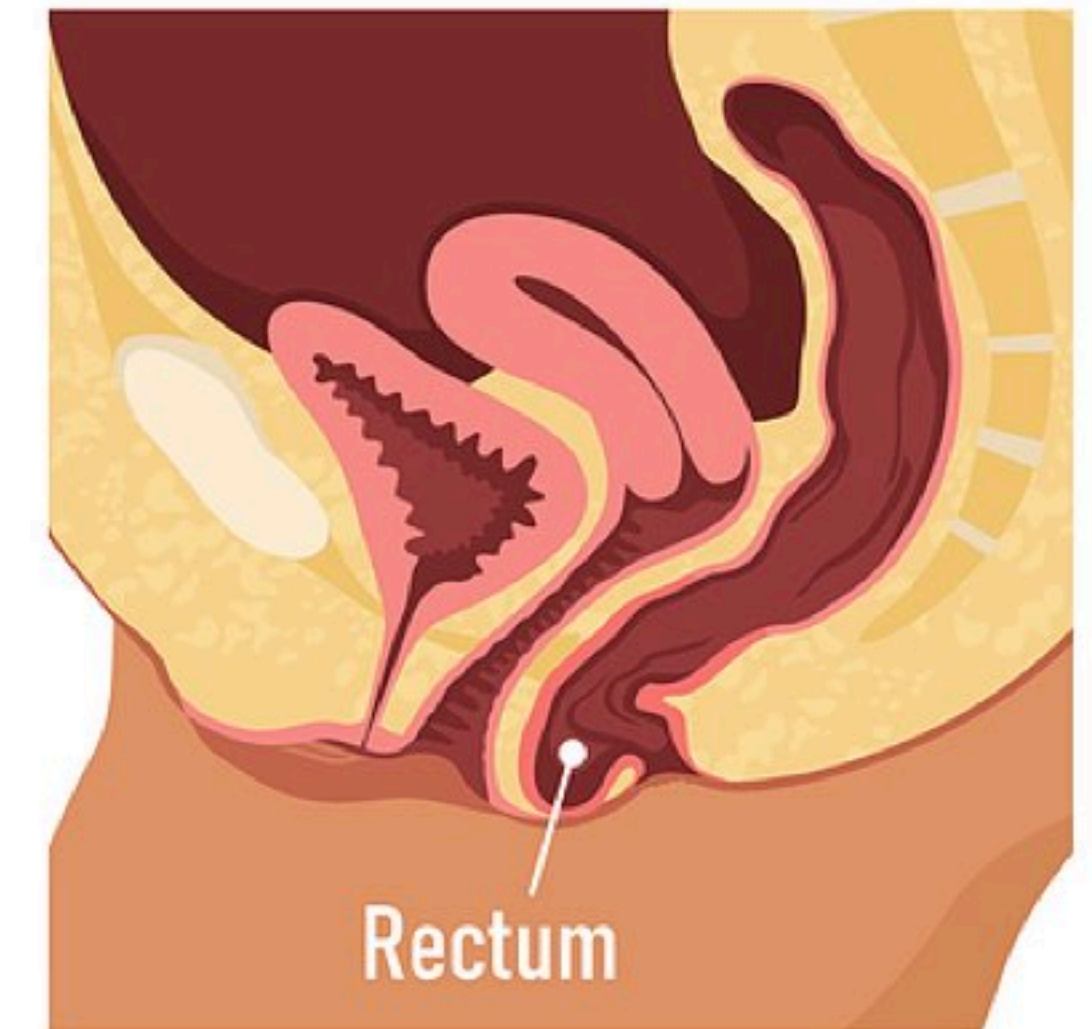
Cystocele



Uterine Prolapse



Rectocele



Which other blood tests are relevant?

Inflammation Markers



CRP

C-Reactive Protein

Acute phase protein that rises in response to inflammation. (Non-specific)

First response team - rises within hours of injury/inflammation/infection

Needs to be read in conjunction with other lab results and in context of patient's signs and symptoms.

High = Blood Heat. Toxic Heat. Damp heat.
Yin xu. Blood Stasis. Blood xu.
Inflammation. Autoimmune disease. Poor diet.

Low = NA

Ideal <1

Platelets



2 primary roles: Immune system and Blood clotting

Immune system: First responder to injury/infection - even before any white cells

Can create immune compounds on demand. (5HT, histamine, TGFb and others)

Blood: help with clotting. Thrombopoietin stimulates platelet production via IL-6 in presence of inflammation or iron deficiency

High = Blood Stasis, Qi Stagnation, Yin xu, Internal Heat, Toxic Heat

Thrombocytosis, chronic inflammation, magnesium deficiency

Low = Spleen Qi xu, Blood xu, Gu Syndrome, Wei Syndrome

B12 or folate deficiency, leukaemia, idiopathic thrombocytopenia

Ideal 200-250



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Ferritin

Protein that stores iron.

Is an acute phase reactant, increases in response to inflammation, infection.

High = Blood Stasis, Blood Heat
Infection, cancer, parasites, chronic inflammation, haemochromatosis, autoimmune disease

Low = Blood xu, Liver Blood xu
Iron deficiency,

Ideal 50-150

Liver Function



BLOOD CHEMISTRY

☒ ALT (SGPT)
☒ AST (SGOT)

☐ Creatinine

ALT

Alanine Transaminase

ALT is required for the breakdown of alanine into alpha-ketoglutarate - a key step in the Krebs cycle (aerobic energy production).

Similar to AST - but more specific to the liver.

High = Qi or Yang xu due to overexertion.
Liver Qi xu. Liver Blood xu.
liver damage. Diabetes. Viral hepatitis.
Strenuous exercise.

Low = Liver Blood xu.
B6 deficiency. Fatigue.

Ideal 12-30



AST

Aspartate Transaminase

Involved in bi-directional conversion of aspartate and alpha-ketoglutarate into glutamate and oxaloacetate.

Similar to ALT, except AST is found throughout the body and isn't specific to the liver.

High = Damp heat. Heat in Liver. Yang xu with empty Heat.

Low = Liver Blood xu. Qi deficiency. Yin Xu with Empty Heat. Hun not anchored. Shen not nourished.

Poor concentration, memory issues, restlessness, insomnia.

Ideal 15-30



GGT

Gamma Glutamyltransferase

Transport of amino acids into cells

Required for glutathione synthesis.

Rises acutely in response to liver damage or biliary obstruction.

High = Liver Heat, Blood Heat, Liver Qi Stagnation

alcohol toxicity, gallstones, non-specific liver damage, mercury toxicity

Low = Liver Blood deficiency
Deficiencies of: Zn, Mg, B6, A. Chronic inflammation. Benign recurrent intrahepatic cholestasis. Itching.

Ideal 15-30



Protein

Represents the total of albumin and globulin in the blood.

Provides general overview of kidney and liver function, and overall nutritional status.

High = Toxic Heat, Damp heat, Internal heat, Liver Fire, Gu Syndrome, Qi Stagnation chronic inflammation or infection, multiple myeloma.

Low = Spleen Qi xu, Kidney Qi xu, Impaired Spleen T&T.
haemorrhage, extensive burns, malabsorption, malnutrition, kidney disease.

Ideal 70-74



Albumin

Synthesised in the liver.

Transports many compounds in the blood:
bilirubin, calcium, hormones, medications.

Helps to keep fluid in the blood from leaking
into the tissues.

Has an anti-oxidant effect and helps buffer
against metabolic acidosis.

High = Toxic Heat, Damp Heat, Liver Fire,
Internal heat

Dehydration, Acute or Chronic inflammation

Low = Yin xu, Internal Heat, Spleen Qi xu,
Spleen Qi not holding

Ideal 40-46

Globulin Blood Test



Globulin(s)

A class of proteins that form a major part of the immune system

- IgG - major antibody class, memory for the immune system (includes CRP)
- IgA - first line border defence
- IgM - first line viral defence
- Fibrinogen - clotting factor
- Complement C3 - Complement cascade

Synthesised in response to inflammation, toxins and infections, required to make antibodies

High: toxic heat, damp heat, internal heat, liver fire acute or chronic inflammation, bacterial infection, toxins, mercury exposure, carcinogens, liver disease, allergic reaction

Low: MJ obstruction, gu syndrome, impaired spleen T&T, liver qi deficiency, constrained heat in MJ, kidney qi deficiency.

Ideal 22-28

Hormone Markers



TSH

Thyroid Stimulating Hormone

Gynecology © Clare Pyers 2024

Hormone released from anterior pituitary gland in response to low levels of thyroid hormone.

Stimulates the thyroid to produce thyroid hormone.

High: Spleen Yang xu, Heart Yang xu, Blood xu, Qi xu.

Hashimoto's disease, hypothyroidism, thyroiditis, pituitary disease.

Low: Internal Heat, Yin xu, Empty Heat, Heart Fire, Wasting of Qi, Yang and Fluids
Grave's disease, Hyperthyroidism, thyroiditis, pituitary disease

Ideal 0.5-2.0



fT₄
Free thyroxine

Thyroxine is the main form of thyroid hormone produced in the thyroid gland.

Tyrosine and four iodine molecules are joined together in thyroglobulin (the protein that provides the location for T₄ production) to form thyroxine

Thyroid hormones act to increase the basal metabolic rate, assist cells with protein uptake and increase the sensitivity of the cells to adrenaline

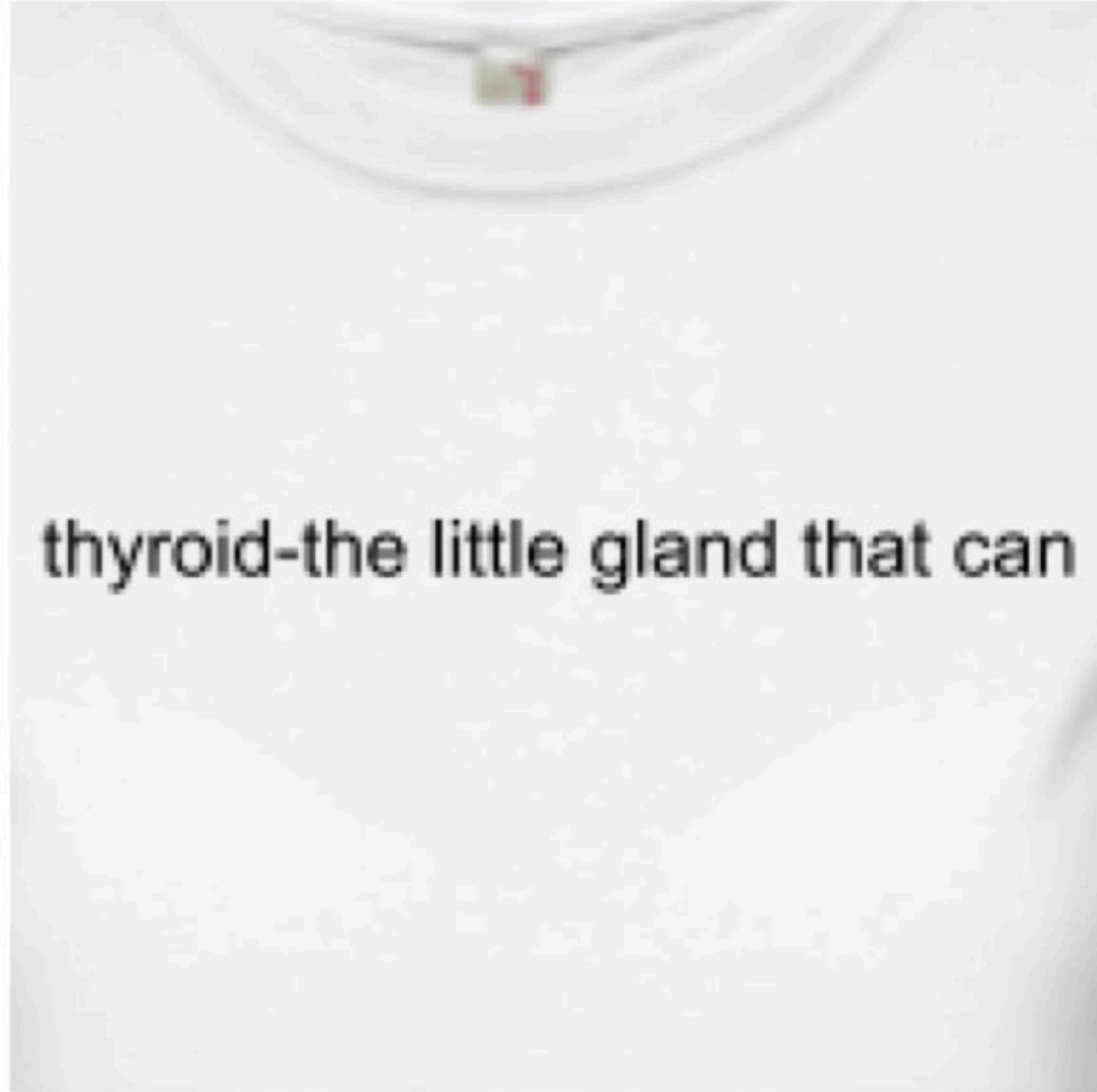
High: Heart Yin xu, Heart Fire, Heat in the Heart, Yang Rising.

Grave's disease, hyperthyroidism, thyroiditis

Low: Heart Blood xu, Heart Yin xu, Spleen Blood xu

Hashimoto's disease, hypothyroidism, thyroiditis

Ideal 15-19



fT₃

Free tri-iodothyronine

Triiodothyronine is produced by the thyroid gland, and by the deiodination of T₄ thyroxine in various organs and body tissues.

T₃ is the active form of thyroid hormone, and is the most biologically potent.

The “3” in T₃ refers to the three iodine molecules present in the hormone.

High: Heart Yin xu, Heart Fire, Heat in the Heart,
Yang Rising
Grave's disease, hyperthyroidism

Low: Heart Qi xu, Spleen Qi xu, Heart Yang xu,
Spleen Yang xu.

Hashimoto's disease, thyroiditis, liver disease,
kidney disease

Ideal 4.5-6.0

Sodium

atomic number

11

symbol

Na

electron configuration

[Ne]3s¹

name

sodium

22.98976928

atomic weight

●

acid-base properties of higher-valence oxides



crystal structure

—

physical state at 20 °C (68 °F)



Alkali metals

—

Solid



Body-centred cubic

●

Strongly basic

Sodium

- Most abundant electrolyte in the blood
- Levels are regulated by aldosterone
- Active transport of various compounds into cells
- Levels are regulated by Renin-angiotensin-aldosterone system
- Ideal 140-144

Vitamin D



When UVB light hits the skin, it converts cholesterol into vitamin D

Low Vit D associated with increased incidence of cancer, autoimmune disease and bone density issues

Unknown if this is causative or correlation

Low = Osteoporosis, osteopenia, autoimmune disease, cancer, hypercholesterolemia. Yang deficiency

High = Hypercalcemia, kidney disease, high blood pressure

Ideal 80-150 nmol/L

Where **else** to find evidence of Hormonal Imbalance

Antibodies (thyroid, ANA)

NK cells (uterine biopsy only) - esp if any signs or family history of autoimmune

Stool test

Saliva Hormone profile/Dutch test

Zinc deficiency (plasma zinc)

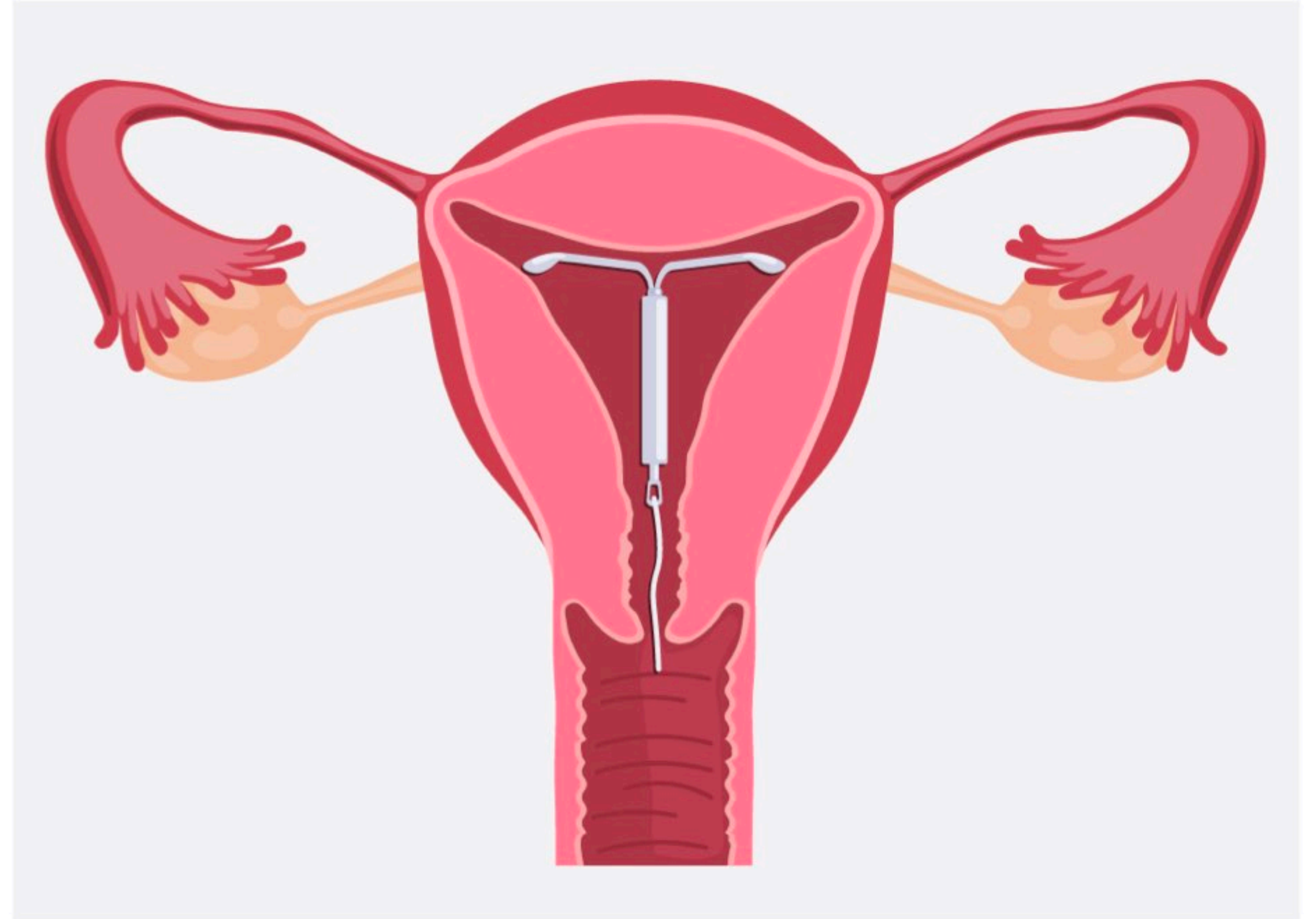
Excess copper (test caeruloplasm and serum copper)





IUD/MIRENA

- Device that secretes synthetic progestin
- Lifespan of 5yrs, up to 7rs
- Used for birth control
- Local delivery of progesterone
 - Endometriosis
 - Pelvic pain
 - Abnormal uterine bleeding



MHT/HRT

- Patches, gels and pills to replace hormones from peri-menopause onwards
- Combination of oestrogen, progesterone, testosterone
- Occasionally pregnenolone and DHEA also used
- Don't support cardiovascular disease lowering
- Improve bone density, protect against cognitive decline

ORAL CONTRACEPTIVES

- Combined estrogen and progestin
- If not taking break (withdrawal bleed) side effects get magnified
 - Melasma/pigmentation issues, acne
 - Stroke, blood clot and cancer risk
 - Insulin resistance
 - Fatigue, mood issues
 - Decreased libido
- Progestin only “minipill”



GNRH antagonists

- Women with endometriosis
- Same drugs as given to women on IVF



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NUTRITION & LIFESTYLE

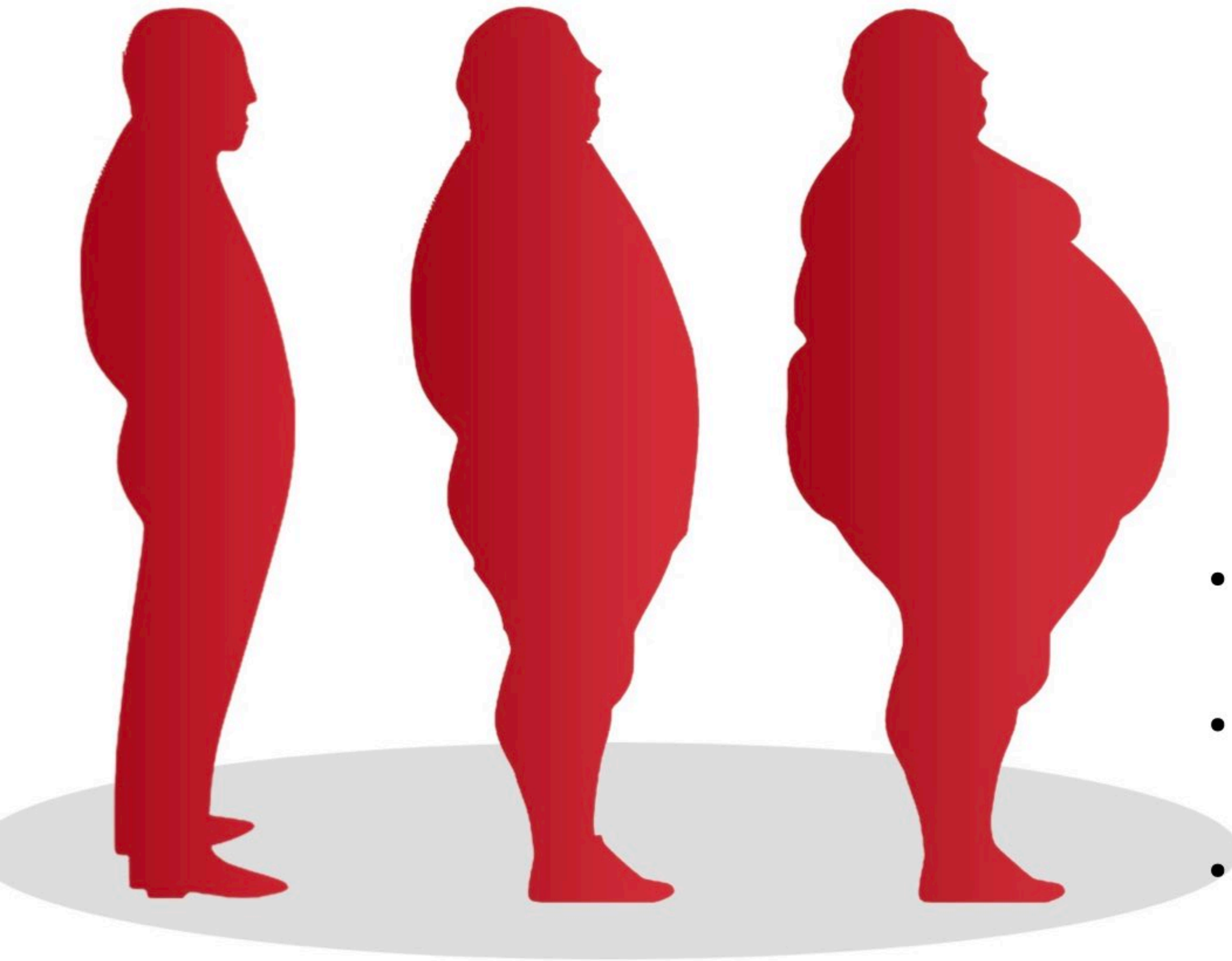


HORMONES

Treatment Strategies: Diet & Nutrition

Diet and Nutrition plays a huge role in managing hormone levels

- Fiber intake (soluble and insoluble)
- Total fat intake (polyunsaturated, monounsaturated and saturated)
- Processed food
- Energy balance
- Meeting nutrition requirements (vitamins, minerals, protein)
- Food intolerances/allergies and inflammatory reactions



Body Fat, Energy Balance and Hormones

- Obesity (BMI above 30) is linked with hormonal dysregulation
- BMI 22 and lower linked with chronic pelvic pain and endometriosis
- Find the sweet spot!! Abundant nutrients and energy balance is key



FASTING



Humans have fasted for thousands of years, for health, spiritual and religious purposes.

In certain types of religious fasting, **for certain people only** - fasting can be beneficial.

Intermittent fasting of 12-14 hours per day can be beneficial and safe for many (but not all) people.

Be aware the same rules apply - maintain a healthy intake of nutrients - especially protein, fibre and antioxidants.

Fasting beyond 40 hours without close monitoring is not recommended.

Mediterranean Diet

Prioritizes high protein intake while limiting fat. Ideal for body recomposition, weight management and reducing congestion in the lymphatic system.

Focus on lean protein sources and nutrient-dense fruits, grains and vegetables.

Avoid processed low-fat products which often have added sugar.



Treatment Strategies: Diet & Nutrition

1. Balance Calorie Intake

- If weight control is required, consider calorie deficit of 10% and/or increase exercise. .

2. Moderate Fat Intake

- Fat promotes building oestrogen, moderate fat intake accordingly. Always <100g per day.

3. Identify Food Intolerances

- Reduce inflammation

4. Eat to support hormones

- Ensure adequate protein intake. 1.5-2g daily of protein per kg body weight. Beware that many animal sources of protein are high in fat - go for low fat dairy products, white fish and shellfish, lean cuts of chicken and beef.
- Ensure adequate carbohydrate intake, mainly from fruit and vegetables. Aim for 9 handfuls daily of fruit and vegetables
- Increase fibre intake - Fruit and vegetables. Nuts and seeds (beware of fat intake). Lentils and legumes (beware bloating or other digestive problems)

Supplements For Hormonal Health

SUPPLEMENTS FOR HORMONAL HEALTH

1. BLOOD STASIS

- Serrapeptase. PEA. Liposomal form of nutrients. Fish oil. Castor oil (topically), Evening Primrose, 5MTHF. VitE.

2. BLOOD DEFICIENCY

- Melatonin. 5HTP. Glycine.

3. DAMPNESS

- NAC. Vitex. VitA.

4. KIDNEY DEFICIENCY

- CoQ10 (ubiquinone form). DLPA. Iodine. VitD. B complex.

5. QI STAGNATION

- Magnesium. CoQ10 (ubiquinol form). DIM/I3C. VitC.

CHEAT SHEET: HERBS FOR HORMONAL HEALTH

Blood deficiency - ba zhen tang, si wu tang

Yin deficiency - liu wei di huang wan, zhi bai di huang wan, zuo gui wan, gui shao di huang wan

Blood stagnation - wen jing tang, shao fu zhu yu tang, di dang wan, tao hong si wu tang, dang gui shao Yao san. Alchemy 'Nikki'. Alchemy 'Flo'. Alchemy 'Smooth'

Stop bleeding - Alchemy 'Stop'

Qi stagnation - dang gui shao yao san, chai hu shu gan san, yue ju wan

Cold in uterus - Wen jing tang, Alchemy 'Smooth'

Damp in LJ (+/- heat) - gui zhi fu ling wan, ba zheng san, shen ling bai zhu san

Yang deficiency - you gui wan, shen qi wan, fu gui ba wei wan

Gu syndrome - gu formulas - alchemyherbs.com.au see also work done by Heiner Fruehauf

Jing deficiency - wu zi yang zong wan, fu gui ba wei wan, you gui wan, zuo gui wan

Heart-uterus not connected - gui pi tang, tian wang bu xin dan, suan zao ren tang

CHEAT SHEET: ACUPUNCTURE FOR HORMONAL HEALTH



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Blood deficiency - 4th divergent confluence. Consolidating Dai mai. Support earth element Sp6, Sp3, St36, St25. Liver Blood Liv8, Liv13, Pc7, Pc3. Heart blood Hrt3, Hrt7, Kid7, Kid3/10. Previous eating disorders Kid16,21, Ren17, Ren15.

Yin deficiency - Kid2, Kid6, Hrt7, Hrt3. Kd27

Blood stagnation - Chong mai Sp4, Kid9, Pc6, Kid16. Xi cleft Sp8, Hrt5, Kid9, Kid8, Kid5. Du1. Luo channels.

Cold in uterus - Cup navel and Moxa ren8. Warm needle on back shu points especially Bl23 and Du4. See work by Heather Bruce on navel cupping - youtube.

Damp in LJ (+/- heat) - Sp3, St36, Dai mai, Sacral holes, +/- Gb34, Liv2, Co11 +/-Moxa ren4, ren6

Yang deficiency - Cup on navel and Moxa ren 8. Moxa! Bl23, Du4, Du mai. Sj4

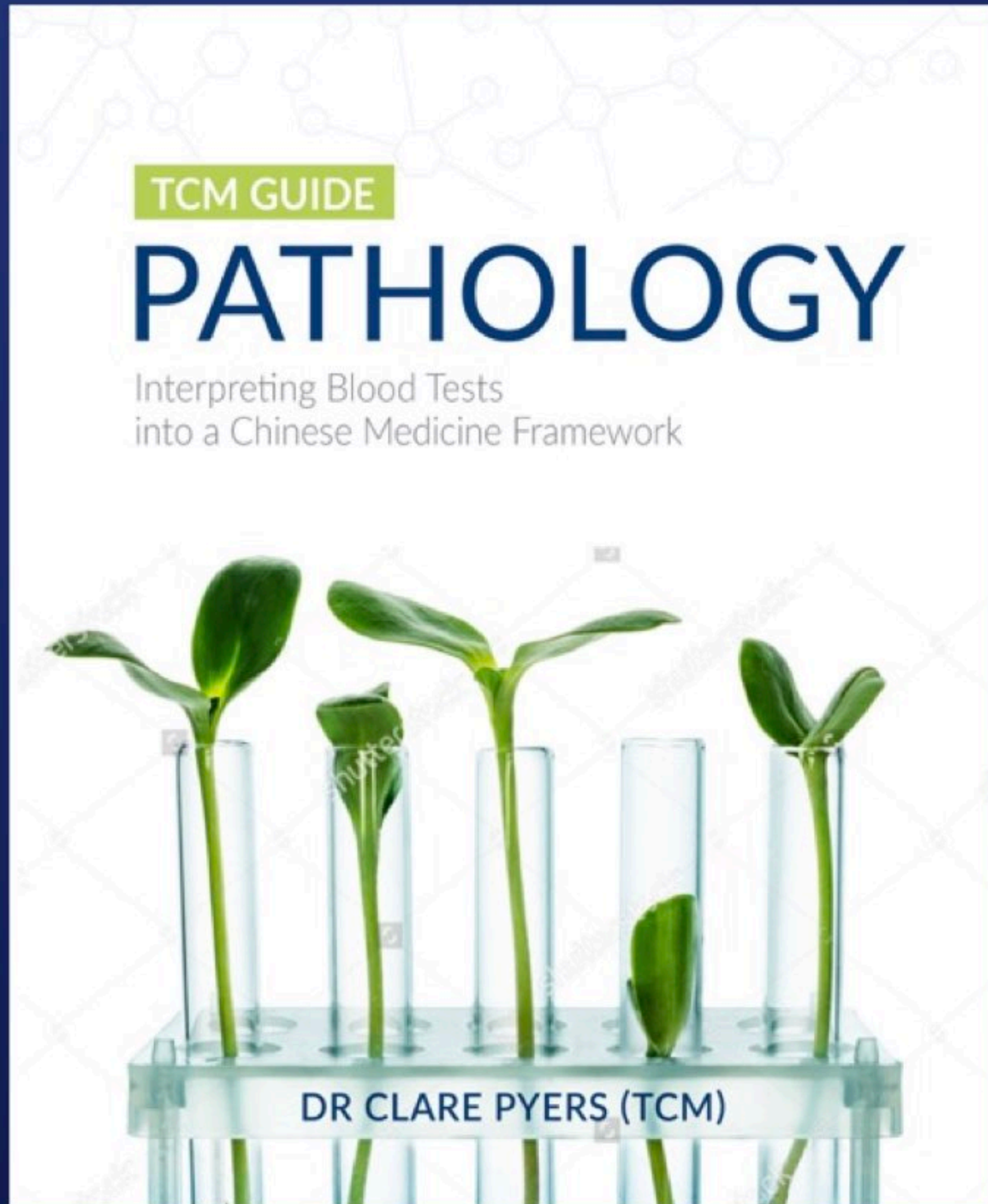
Gu syndrome - Ghost points. Shao yang points. Gb34+SJ5 if strong/robust. Gb39+SJ4 if deficient. Support wei qi. Ren17.

Jing deficiency - Kid3,6,7. Ren4,6. Moxa. Hrt3, 7. Kid16, 21.

Heart-uterus not connected - upper Kidney points - Kid24, 26, 27. Ren17. Ren4. Zi gong. Hrt3. Kid3. Ren mai.

When to get help





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Rothenburg International Chinese Medicine Conference (Germany)

- Thyroid and Stress and the impact on Fertility - Wednesday 8th May
- Interpreting Blood Tests for Fertility - Thursday 9th May 2024