

Can Acupuncture Get Rid of My PMS?

For More information or
to book an appointment
Please call

Eran Even Dr. TCM, R.Ac
Doctor of Chinese
Medicine
Registered Acupuncturist



Rocky Point Acupuncture
3-3130 St. Johns St
Port Moody, BC
778-355-9777

Yes.

In fact, gynecological conditions are some of the most successfully treated problems by Acupuncture or Traditional Chinese Medicine (TCM).

Premenstrual Syndrome covers a broad spectrum of symptoms before a period. Symptoms may be emotional, such as depression, irritability, sadness, anxiety, or poor concentration. PMS may also involve physical symptoms, such as breast tenderness, a change in bowel habits, acne, or loss of libido. Symptoms can vary widely in terms of severity, and may change from month to month.

Within the framework of modern medicine, problems associated with PMS are treated as any other disease. Its "symptoms" are treated with over-the-counter or prescription drugs or hormones.

In Chinese medicine, severe PMS is considered an indicator that an underlying imbalance exists. Treatment is focused on correcting the imbalance, or the source of the problem, not just treating outward "symptoms".

For most women, PMS arises from a stagnation of Liver energy. In Chinese medicine, the Liver is an organ system that is responsible for the smooth flow of substances, such as energy or blood, within the body. Imbalances can arise from a variety of factors, including poor diet, too much work, physical or emotional trauma, constitutionally weak Qi (energy) or stress. These imbalances ultimately cause a blockage of Qi or blood in one of the body's organs or energy pathways. When Qi and blood become blocked, they stagnate and are unable to properly nourish the body. This stagnation frequently manifests in women in the form of PMS.

Your practitioner may use a variety of modalities to treat your PMS. Depending on your specific imbalance, he/she may use Acupuncture, Chinese herbs, dietary therapy, bodywork and lifestyle changes. When performed by a Registered Acupuncturist or Doctor of TCM, Acupuncture is a safe, natural, drug-free, and effective way to treat PMS.