



## **Menopause and Perimenopause Management at Cascade Acupuncture Center**

The goals of an alternative approach to perimenopause and menopause are to provide relief from common peri- and menopausal symptoms and to help prevent osteoporosis, heart disease, cognition problems, and other diseases of aging.

The Licensed Acupuncturists at Cascade Acupuncture Center are able to help evaluate, assess, and treat individual peri- and menopause symptoms with acupuncture, herbs, and lifestyle recommendations as well as help with some basic assessment of risks for more serious future diseases.

The latter ultimately requires a more comprehensive health history, use of tests to assess risks for osteoporosis, heart disease, and breast cancer, and assessments for the need for medications or hormone replacement therapy. Therefore, a practitioner who has an understanding of the whole spectrum of options from the most natural to the most conventional is in the ideal position to properly assess, advise, and prescribe a treatment and prevention plan. Gynecologists, Naturopathic Physicians, and Holistic Medical Doctors are currently the most ideal primary health care providers trained in many of the most suitable options (and with whom you can discuss natural progesterone options, for example).

However, there are researched, **safe**, and accessible options to help manage the very common symptoms of menopause, which will quite commonly be adequate for most women who are at low risk for osteoporosis and heart disease. When these are not adequate, then women should seek the advice of the previously mentioned health care providers.

General strategies for treating common symptoms and disease prevention include diet changes, aerobic and weight-bearing exercise, nutritional supplementation, and botanical therapies.

- Dietary focuses:
  - Reduce total fats and animal fats, refined grains and sugars, sodas, alcohol, and dairy products.
  - Increase dark leafy green vegetables, legumes and especially soy, whole grains, cold-water fish, nuts, seeds, **bone broth (see separate handout)**, and olive oil
  - Soy foods and drinks (1-2 cups of soy food or beverage per day)
  - Ground flaxseed: 2 tablespoons per day (use as a topping on all kinds of foods)



- Nutritional supplementation:
  - Bioflavonoids (rutin, hesperidin, quercitin) with Vitamin C: 1000 mg bioflavonoids + 1000 mg/day of Vitamin C helps to reduce hot flashes.
  - Vitamin B6: 100 mg/day to help with mood swings and insomnia.
  - Evening Primrose Oil: 1500-3000 mg/day provides less help with hot flashes, but helps with breast pain in perimenopause from hormone fluctuations.
  - **Vitamin E (must be mixed tocopherols): 400 IU 2x/day is very effective for decreasing hot flashes (see separate handout).**
- Botanical Medicines that help with hot flashes, night sweats, anxiety, depression, vaginal tissue changes, irregular bleeding, memory, and libido:
  - Black Cohosh, Chaste tree, Dong quai, Wild yam, Panax Ginseng, Licorice, Ginkgo, Red clover, to name a few.
  - **And of course our Custom Herbal Formulas will contain blends of these herbs and more!**

Example of an effective hot flash protocol:

- **Menopause Support by “Vital Nutrients”:** 2 caps 2x/day, contains a blend of the above botanical medicines (120 caps offered at \$38.20, lasts 1 month)
- **Vit. E by “Vital Nutrients” (see separate handout):** 400 IU twice per day (100 gelcaps offered at 23.80, lasts 1.5 months)
- Contrast hydrotherapy to end your shower: turn shower to cold water to spray the chest, back, top of head, then turn back to warm water to warm the body, then turn back to cold cycle, and repeat for 4-6 cycles.

This has been known to work clinically for up to 95% of women!

Example of an osteoporosis prevention protocol:

- Begin early - prevention is much cheaper than cure
- Weight-bearing exercise
- Good food
- Adequate absorbable calcium (dark green leafy veggies), **Vitamin D (see separate handout)**, **Magnesium (see separate handout)**; manganese, vitamin K, silica, strontium.

**Please ask us for these handouts:**

- Menopause Support - Vitamin E - Bone Broth
- Magnesium - Vitamin D