

## Acupuncture may assist with:

- ☐ Irregular menses
- ☐ Menopause
- ☐ Side effects of hormone therapy
- ☐ Perimenopause
- ☐ Endometriosis
- ☐ Surgery preparations and recovery:
  - Hysterectomy
  - Gender confirmation
  - Oophorectomy
  - Genital reconstruction
  - Fibroid removal
- ☐ Stress and anxiety reduction
- ☐ Fertility
- ☐ Pregnancy
- ☐ Labor induction
- ☐ Breech babies
- ☐ Postpartum support
- ☐ PMS
- ☐ Infertility
- ☐ Pelvic pain
- ☐ Interstitial cystitis
- ☐ Uterine fibroids
- ☐ Ovarian cysts
- ☐ Vaginitis
- ☐ PCOS
- ☐ Vulvodynia
- ☐ Cycle regulation
- ☐ Dysmenorrhea

## Testimonials

*"Since shortly after the time I began menstruating...I have had very painful periods and PMS: debilitating pain during menses, extreme abdominal bloating, mood swings, gastric disorders such as constipation and diarrhea, and radiating pain throughout my abdomen, back, and legs during my period...Twelve weeks into [acupuncture] and I am happy to report that ALL my symptoms have lessened considerably. I now feel that my cycles are more manageable as well as feeling a deeper sense of hope about my overall health."*

-Jack/Marie

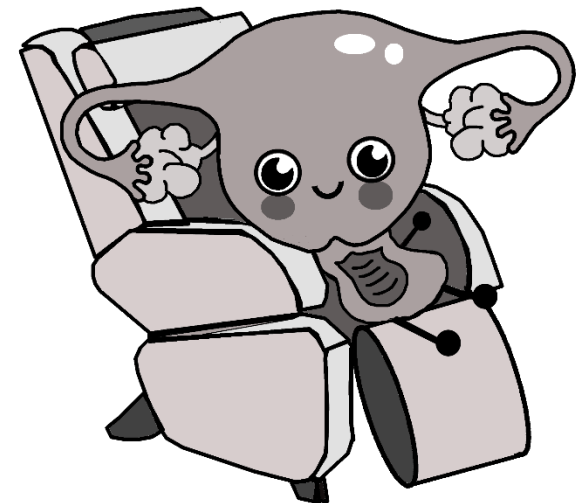
*"I am a licensed midwife at In Tandem Midwifery. I recommend acupuncture for almost every client we have and love having such a great resource so close in our community. I have seen the benefits of acupuncture for a variety of fertility and pregnancy related issues: help getting pregnant, headaches, low iron/anemia, hypertension, blood sugars, nausea/vomiting, fatigue, anxiety, sleep disturbances, muscles cramps, depression, milk supply, energy levels, labor induction, optimal fetal position/flipping breech babies, increasing labor contractions...and more. Acupuncture is helpful in regulating cycles, which can help people conceive. I find that people who receive regular acupuncture in the 3<sup>rd</sup> trimester of their pregnancy have more efficient labor patterns with babies who are in better positions for an easier birth. I have seen acupuncture help tremendously with increasing milk supply as well as helping with emotional and hormonal imbalance postpartum."*

-Taylor Hamil, LM, CPM



# Acupuncture For Lifelong Gynecological Health

For all ages, Bodies, and Gender  
Identities



## Acupuncture: A brief Overview

The practice of Acupuncture is a part of traditional Chinese medicine and is several thousand years old.

Acupuncture is based upon the philosophy of Qi, which is the vital energy of all living things. Qi flows through vessels in the body known as channels. Illness results when the flow of Qi through the channels is blocked or out of balance.

Acupuncture is the practice of placing very thin needles through the skin in specific locations of the body to unblock and balance Qi for healing and relief of symptoms. Acupuncture can help with a variety of issues in a noninvasive way with minimal side effects.

*"I've been on a hormonal roller coaster for the entirety of my adulthood – irregular, prolonged cycles, premenstrual symptoms that often start weeks before my period, moodiness, and just an overall discomfort that ranged from irritating to incapacitating. With regular acupuncture, my last two cycles have been 28 days on the dot, and my [premenstrual] symptoms seem to be lessening each month...My body is finally doing the things it's supposed to do for a change, and I could not be more thankful."*

-Chelsea

## Lifelong Gynecological Support

Acupuncture can help many gynecological issues, including:

### PMS

Acupuncture can help regulate your menstrual cycle, decrease menstrual cramps, irritability, mood swings, breast tenderness, bloating, and cravings. We recommend coming in twice per week, for 3 full menstrual cycles to help regulate your cycle.

### Fertility

Acupuncture can help support your reproductive health by regulating your cycle, decreasing stress and anxiety, and balancing your hormones. We recommend coming in at minimum, once per week, for 3 full menstrual cycles to support conception. Consult with your OB/GYN to optimize results.

### Pregnancy

First Trimester: Acupuncture can help relieve morning sickness and boost energy during the critical early stages. It can also

help support your body's ligaments and soft tissues as it accommodates your growing baby.

Labor Preparation: Regular acupuncture throughout pregnancy can be used to help labor proceed more efficiently when the time arrives. Labor induction may begin as early as 39.5 weeks with consent from both patient and their primary care provider.

Postpartum: Acupuncture can help breast milk production, postpartum hormone regulation, C-section recovery, and postpartum depression. For all postpartum concerns, consult with your OB/GYN or midwife.

### (Peri) Menopause and Beyond

Hormonal changes and fluctuations with the cessation of menstruation are normal, but suffering is not. Acupuncture can help with hot flashes, night sweats, weight fluctuations, vaginal dryness, mood swings, and more. Regular treatment for those who have shifted into their wisdom and leadership as elders can help reduce stress, regulate mood, support sleep and digestion, and optimize energy levels.