

Yin & Yang in Menopause & Women's Health 🌀



The theory of Yin and Yang in relation with life, natural transformation, physical and emotional health for women.

Yin	Yang
Water	Fire
Moon	Sun
Night	Day
Cold	Hot
Moist	Dryness
Blood	Qi
Oestrogen	Progesterone
Ovum /FSH	LH
Ovulation	Fertilisation
Egg	Corpus luteum

The theory of Yin & Yang reveals the beauty of dualism, interdependency, interaction of two opposites of one whole - there is no day without night, no warmth without cold, no sun without moon - the nature within us, the magic of transformation of Qi in the body and mind.

Traditional Chinese Medicine (TCM) aims to balance Yin and Yang to create a beautiful flow through different phases of menstrual cycle and also the phases of puberty, maturity, peri menopause and menopause. Yin is the cooling and calming energy while the Yang is a warming, outward, and high intensity energy within our bodies. Hormonal balance occurs when Yin and Yang interchange smoothly making room for this transformation to appear. These symbolic dance of Yin and Yang refers to the hormonal balance of Oestrogen & Progesterone- two opposing yet complimenting hormones that governs women's physical and emotional well-being.

Just like Yin energy, the oestrogen nourishes the egg to mature, provides lubrication and softens the cervix, while Progesterone with its Yang energy ensures fertilisation, implantation and development of a new life.

When either one is decreasing or increasing , imbalance occurs and may manifest in variety of symptoms like mood swings, weight gain or loss, digestive problems, menstrual irregularities, fertility issues, headaches, insomnia, anxiety, loss of libido or purpose in life.

The Traditional Chinese medical view of menopause is the natural decline of Qi (vital energy), Blood (our female nourishment) and Jing (essence). This may disturb the balance of Yin and Yang hence the key of healthy transformation from menstruating to menopause is the significance of keeping the two energies (2 main female hormones) in a graceful flow and balanced relationship.

The harmony of Yin and Yang in the body can be achieved through balancing the energetic system of the Kidneys. According to TCM, the Kidneys are the foundation for the body's reproduction and development. As we age, the Essence or Jing (constitutional strength) stored in the Kidneys decreases, disrupting the dynamic equilibrium between Yin and Yang, which is basically the balanced ratio of oestrogen and progesterone.

As we already know in TCM, oestrogen is considered a yin hormone associated with moist and cooling down energy. Yin is the Water that opposes the Fire of Yang. When during menopause, oestrogen (Yin) levels decrease relative excess of Yang (hot & dry energy) appears causing hot sensations, red face, headaches, night sweating, loss of natural lubrication in the whole body, loss of bone density and dream disturbed sleep.

How acupuncture can support a smooth, joyful & soulful transition from the years of menstruation to years of celebration 🎉

Acupuncture/acupressure points to support the natural transformation.

Points	Location	Benefits
<i>Du 20</i>	Top of the head, midway between the ears	It rebalances the Yin and Yang energies
<i>Kidney 1</i>	On the sole of the foot, in a slight depression created when the foot is pointed downward, about 1/3 of the distance between the tips of the toes and the heel.	It is well known for its calming effect and is commonly used to quieten the mind, and for menopausal symptoms such as hot flushes and night sweats.

Kidney 3

In the the depression between the inside ankle bone and the Achilles tendon, level with the tip of the ankle bone.

Nourishes kidney system and regulates the energy in the uterus.

Kidney 7

Located approximately 2 fingers breadth above Kidney 3

It is used to treat hot flashes and night sweats.

Spleen 6

Located about 4 fingers breadth above the tip of the inside ankle bone in a depression

One of the most influential points for women's health. It promotes the smooth flow of Qi, strengthens the kidneys, nourishes blood and yin, regulates uterus, cools blood, calms the mind.

<i>Stomach 36</i>	It is located 4 fingers below the kneecap, between the two bones of the lower leg on the outer side of the leg.	It boost energy and relive symptoms of fatigue, anxiety and depression.
<i>Large Intestine 4</i>	On the upper side of hand between the thumb and index finger. When these two are pressed together, LI4 would be located at the peak spot next to the thumb at the end of the formed crease.	Relieving pain, headaches, regulating elimination, and clearing out HEAT symptoms in the head and face.

Massage these points for a minute few times a day to experience the benefits of the natural balancing of the mind, spirit and body.

Yin nourishing foods to support the balance of Yin and Yang in peri menopause & menopause:

Some of the most Yin tonic foods and herbs are:

- Sweet potato and other root vegetables such as carrots, parsnips
- Nuts & seeds
- kidney beans, black beans, soy beans & organic soy products
- Avocados
- Coconut oil
- Barley & millet

- Fish & fish oil
- Seaweeds (spirulina)
- Dark and goji berries
- Aloe juice

All the consumed food has to be prepared with care and enthusiasm and eaten with love and pleasure ❤️

Essential oils to support the hormonal balance throughout the menopause and scent your life with Health & Joy

Essential Oil	Therapeutic use	Symptoms	How to apply
<i>Clary Sage</i>	balance oestrogen; regulates hormones & menstrual cycle; uterine tonic; strengthens the bones	Benefits hot flushes; Alleviates depression; Prevents osteoporosis;	Add 5 drops of Clary sage in 10ml carrier oil and massage it into the back of the neck and the soles of your feet.

<i>Peppermint</i>	Cools off hot sensation; Alleviates pain	Relieve cramps; Benefits hot flushes; Helps with migraines and headache	Put few drops on the palm of your hands, then inhale deeply few time and gently massage the back of the neck and the feet
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<i>Lavender</i>	helps balance hormones; soothes perineal discomfort; promote feelings of relaxation; helps improve the quality of sleep	Benefits hot flushes; Improves low moods and stress, Insomnia and dream disturbed sleep	You may wish to few drops in diffuser and let it run for 30min. Also 5 drops/ 10ml carrier oil apply on the upper back as well as the sole of the feet.
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<i>Geranium</i>	Balance hormones; Promoted positive thoughts	Helps hormonal Imbalance; Nourishes dry skin; Alleviates feeling of stress and depression	Inhale few drops from the palm of your hands or/and add few drops to your bath oil.
<i>Basil</i>	Increases oestrogen levels; help improve your mood;	Helps with: Hot flushes Depression Low moods	Diluted 3 drops/10ml carrier oil and massage lower abdomen and the sole of the feet

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