



# **Acupuncture and Chinese Herbal Medicine for Women's Health: Bridging the Gap Between Western and Eastern Medicine**

*Dr Kathleen Albertson PhD*

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Educates readers about Traditional Chinese Medicine (TCM), ( acupuncture and Chinese herbal medicine), and how women's health problems are effectively treated holistically versus the typical Western, compartmentalized approach. Acquire a basic understanding of TCM - what it is and how it works - as well as its benefits, risks and potential for treatment. Potential benefits of using TCM decrease the discouragement and futility felt by many women who cope with chronic health problems like menstrual irregularities, infertility, insomnia, pregnancy related issues and menopause. Women do not usually consider TCM as a treatment alternative until after receiving failed Western treatment. TCM can be a primary part of health care. Information and knowledge about TCM is lacking. TCM can help many women overcome and resolve health concerns. TCM's potential for early detection, strengthening of the immune system, reversal of symptoms and prevention of disease unfortunately remains unnoticed. \* Broadens understanding of how TCM and western medicine differ in diagnosis and treatment. A holistic versus compartmentalized approach. \* Explains how acupuncture systems work in easy-to-understand language. \* Outlines gynecological, reproductive, and menopausal disorders more naturally and completely. \* Approaches disorders including PMS, painful, heavy, irregular menstruation, PCOS, infertility, and pregnancy-related issues from a TCM perspective. \* Shares nutritional, lifestyle factors and tips to help you make better, more informed choices about your health. \* Discusses other health issues including insomnia, incontinence, vaginal itching, heart disease, and headaches. \* Explains how TCM considers the impact of lifestyle, diet and nutritional choices and discusses these as part of the treatment plan. .

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