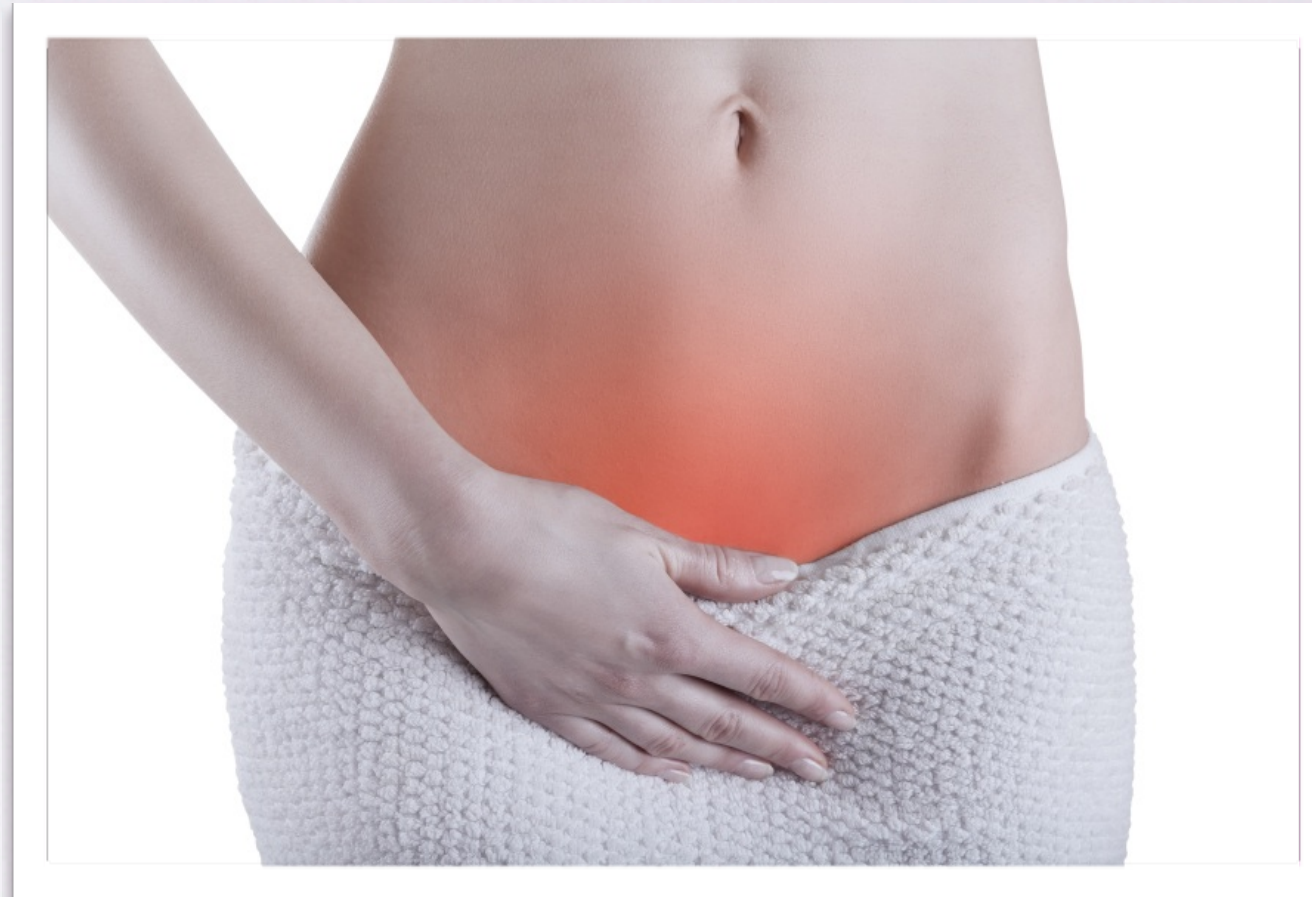


GYNECOLOGY & TCM PART 2

On line course provided by  Taught by Clara Cohen



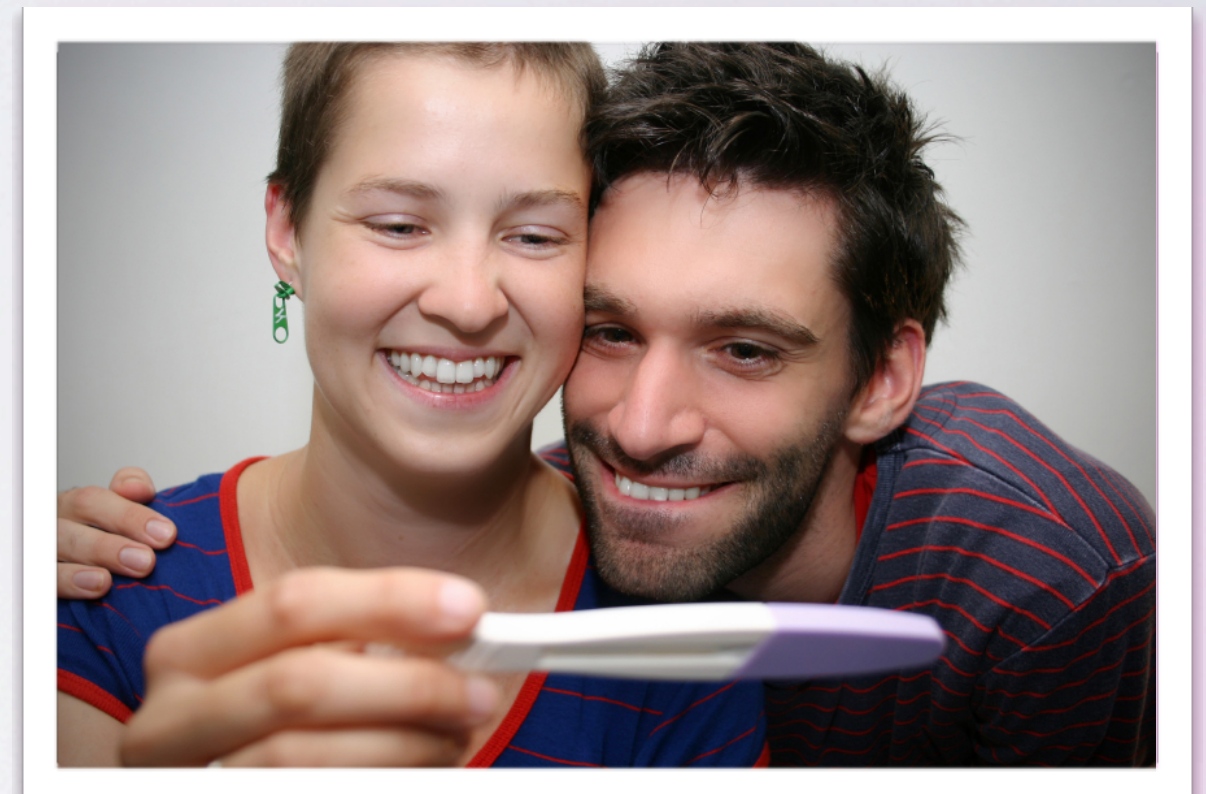
GYNECOLOGY & TCM

- CONCEPTION
- PREGNANCY
- MENOPAUSE
- CAUSES
- PREVENTION



Conception in TCM

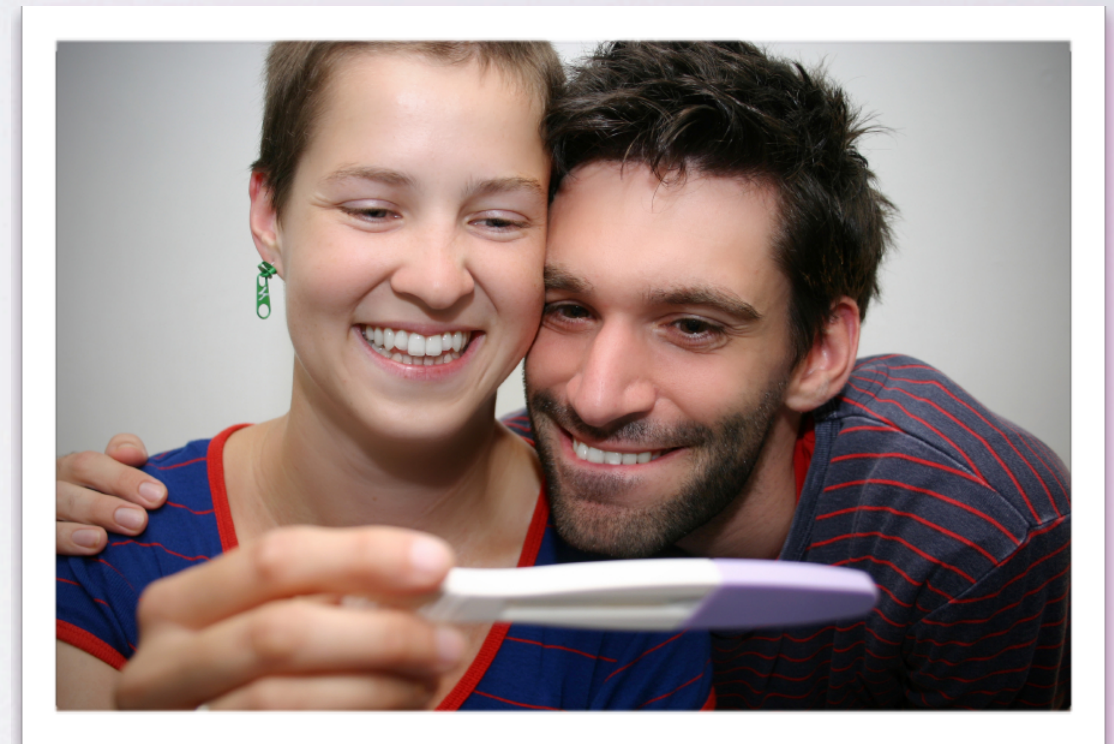
- **Future Mother:** conception depends on good Blood & Essence, strong KD & LV & healthy Ren & Chong meridians.
- **Future Father:** conception depends on good Essence.
- **Future parents:** Conception occurs between mother, father & the warm fire of Ming Men.



Fertility in TCM

The practitioner role

- Regulate the menses
- Always address the patient TCM patterns
- Regulate hormones: ask for test
- Support for IUI, IVF, egg donor..
- Nourish & move blood after the patient ceases the BCP
- Talk about lifestyle changes



Pregnancy in TCM

- Menstruation blood is transform into milk & nutrient to help nourish the mother & fetus.
- During pregnancy there is an abundance of Yin because there isn't blood loss any longer & there also is an increase in Fluids.
- KD Qi & Essence feed the fetus so there is strain on KD.



Basic Tx Principles During Pregnancy

Treatment

- Nourish Blood
- Tonify KD
- Move Qi gently
- Tonify SP
- Eliminate dampness

Contraindications

- **The 1st trimester:** don't needle lower abdomen or lower back.
- **The last 6 months:** do not needle the entire abdomen or lower back.
- **Do not use** these during the whole pregnancy: LI 4, St 12, Sp 6, Gb 21, Bl 31 to 34, Bl 60, and Bl 62.

Basic Tx Principles During Pregnancy

TCM monthly recommendation to help nourish the baby & affect the fetus positively

- **1st month:** Barley & easily digested cooked foods are best, stay calm & do not work too much, avoid fear-excess cold or heat.
- **2nd month:** Avoid the spicy hot foods, excessive exercise or sexual activity or again excess cold or hot temperatures.
- **3rd month:** eating meat & fish at this time is good, resting & meditating daily as well as good sleep is important.
- **4th month:** eating brown rice, fish but eating should be in moderation.

Basic Tx Principles During Pregnancy

TCM monthly recommendation to help nourish the baby & affect the fetus positively

- **5th month:** Sleeping long hours, taking naps, and staying warm, eating oat, and mix sweet & sour foods.
- **6th month:** fresh air and daily walks, eating wild game & root vegetables.
- **7th month:** eating bone soups, stretching, gentle Yoga.
- **8th month:** practice deep breathing, stay calm & avoid stress or anger.
- **9th month:** stay dry and avoid damp area, or eating sweets.
- **10th month:** avoid salty food, meditate with both hands on the Dan Tian area where the fetus is.

Basic Menopause Concept in TCM

Decline of KD essence
KD Qi
Body fluids
Blood
The strength of Ren & Chong



Basic Treatment Principles: Tonify KD Yin & KD Yang



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