GYNECOLOGY & TCM PART 2

On line course provided by AcuPro Academy 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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