ADD TO CREDENTIALS LIST

Fertility Mentorship Program 2022

Maternity Acupuncture Mentorship Program – 2023

SERVICES PAGE – Acupuncture Blurb

Acupuncture is used as a treatment for many women’s health conditions including PMS, fertility, menopause, headaches and menstrual pain. Acupuncture is often combined with other treatments like massage, physical therapy, counseling, fertility medicine and general medical care.

HORMONE BALANCE INFO

Hormone Balancing

Hormonal imbalance is at the root of many women’s health issues. Women’s bodies are regulated by the release of hormones that regulate our cycles and facilitate key internal changes. Hormonal issues can be ongoing, as in the case of PMS, cyclical pain or emotional distress that follows the menstrual cycle or they can arise at key transition times in a woman’s life, like when she becomes pregnant or goes through menopause. At Balance, we rely on the assessment and tools of Chinese medicine to calm the nervous system, alleviate internal tension and help ease hormonal transitions, both throughout the monthly cycle and throughout the life cycle of the women that we treat.

Wellness Consultations

Nutritional Planning

Supplement Review

Mindfulness

Balance Wellness consultations are tailored to your individual needs. Insight and strategies from traditional medicine, including diet, herbs, exercise and lifestyle choices are provided to help you learn how to best support your health. We make strategic plans with action steps to allow you to make real change in your health. Fertility optimization plans, Stress management plans and Wellness Upgrades are some of the most common objectives for wellness consultations.

EDIT Condition blurbs

From Scratch:

Difficult periods – many women suffer needlessly from painful, heavy or irregular periods. When the menstrual cycle is out of balance, it can reverberate throughout your life – affecting your mood, sleep, eating patterns and the ability to maintain your focus. Acupuncture helps your body to regulate itself. We do not assume that cyclical pain is a natural part of being female. Acupuncture theory provides a way of understanding your cycle, tools to alleviate pain and to feel better throughout all four phases of your cycle.

IVF support – Research shows that IVF outcomes can be improved with the addition of acupuncture. In addition, working with an acupuncturist while you are trying to conceive will give you the tools that you need to understand and optimize your fertility.

Ovulation issues – Acupuncture can help your body to regulate ovulation and support your fertility. It can be used in cases of PCOS or irregular ovulation. Working with an acupuncturist while you are trying to conceive gives you the tools that you need to understand and optimize your fertility.

Fatigue – The first step to alleviating fatigue is to identify the underlying cause of the issue. Acupuncture theory offers a way to understand what is out of balance that is causing you to feel tired. Through a combination of acupuncture, food and lifestyle choices, you can find the solution to improving your energy and feeling like yourself again.

Joint Pain – Acupuncture is a front-line treatment for joint pain. Research shows consistent improvement in painful joints with acupuncture therapy.

Midlife, Menopause, Mature Woman case studies need another case

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