



**Isabelle Saint-Guily**  
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Dear Friends

I hope you all had a good Halloween. My two children have returned to school, Nathalie has started college in San Luis Obispo, and Antoine is a Junior at Justin. They are both doing well.

The weather is turning to Damp and Cold. Be sure to call me on the very first signs of catching a cold. It is easier to treat then. The first signs are: chills, neck ache, headache, sorethroat.

Although my letters tend, lately to be about Chinese Medicine, I am still offering massages. I believe acupuncture and massage do complement each other well. Do not hesitate to call me for an appointment.

Here is an outlook on menopause that might interest you. Chinese Medicine can be an alternative for those of you who have decided to stop hormone replacement therapy.

Have a warm and joyful Thanksgiving..... Isabelle.

## Chinese Medicine and Menopause

Menopause usually occurs between the ages of 48 and 55. Around that age, the woman's ovaries cease producing estrogen and progesterone despite hormonal stimulation from the pituitary gland. Ovulation becomes less frequent, and eventually stops. Estrogen blood levels fall below the point necessary to produce uterine bleeding so that periods slowly cease. It can take a while for the brain relay system to readjust itself to a new level of blood estrogen. For these women, this means about a year of hot flashes and other symptoms, although some women experience them for much shorter or longer periods of time, and some not at all.

**Menopause is not a disease, it is the normal physiological transition in a woman's life from a reproductive to a non-reproductive age; indeed, many women experience no 'symptoms' during this time.**

The main problems experienced with different degrees of severity are:

hot flashes, night sweats, vaginal dryness, headaches, tiredness, irritability, anxiety, depression, nervousness, insomnia.

### Kidney Qi, Essence & Blood

In Chinese theory, menopause is related to the weakening of the Kidney Qi (energy), the Essence, and the Sea of Blood. As we age, the Spleen is declining. Its function of engendering the Blood (which in turns makes up the Essence), is decreasing since the late 30s. This eventually leads to the debility of the Kidneys, and insufficiency of Essence in the late 40s. Not enough Blood/Essence is produced each 28 days to create excess which is discharged as the menses. The menses becomes irregular, the interval and quantities of blood becomes erratic, and eventually stop altogether.

### Yin & Yang

In Chinese medical theory, Yin and Yang must remain in balance. Blood and body fluids are Yin. Qi is Yang. As less Blood and body fluids are produced by the Spleen because of aging, the dynamic balance of Yin and Yang is affected: Yang becomes in excess in relation to Yin. This imbalance is responsible for most of the problems and diseases related to aging.

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Hot flashes

Hot flashes are due to the deficiency of Kidney and Liver Yin which therefore cannot control Yang. (Yin controls Yang). The Yang then rises and we have an upward movement of heat to the surface, and especially to the chest and head.

Night Sweats

The exterior Qi of the body, called "Wei Qi", or defensive Qi, is the most Yang aspect of Qi. It controls perspiration. At night, it withdraws into the core of the body to warm and protect the organs. Night is Yin. During that time, if Yin is abundant in the body, it will control and hold the Yang in. If Yin is vacuous, it will not hold Yang

which flushes to the surface, bringing with it body fluids in the form of sweat. When Yin and Yang are sufficient and in balance, night sweating does not occur.

Irritability and depression

These emotional symptoms are mostly due to Liver Qi stagnation transforming into Liver Fire over a long period of time. This is exacerbated by the dryness due to the deficiency of Yin typical in the aging years.

Osteoporosis

According to traditional Chinese Medicine, the bones, teeth and head hair are ruled by the Kidneys.

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Since the Kidneys are in a natural state of decline by the time of menopause, the bones will be also declining.

These are all fairly common patterns in Chinese Medicine, and the treatment will involve some acupuncture, and also the taking of herbal medicinals prescribed by your practitioner. You can also help yourself by eating a balanced diet, exercising regularly, including weight bearing exercises, doing activities which will reduce your stress level...

**So if you suffer from these symptoms, or if you have recently stopped taking hormone therapy, do contact me, and we will assess which treatment is right for you.**

**I am open Tuesday through Saturday.  
I also offer Acupuncture outcalls  
for those of you who cannot drive.**

Thanks for referring your friends and family to me.  
I appreciate your business, and enjoy meeting them. I will  
give you a free massage for every referral!!