



Yin/Yang... balance for women *a chinese medical perspective*

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The basic premise of Chinese Medicine is Balance of Yin and Yang. Yin is the vital substances of the body where as Yang is the activities that function within the body. Yin is the cool moisture that lubricates all functions which activities are governed by Yang. In one analogy; Yang would be the fire beneath the cauldron and Yin would be the water inside the cauldron. Chinese Medicine's underlying goal is to balance these two aspects of the body.

As a practitioner of Chinese Medicine, the bulk of my female patients present with yin deficient symptoms, translating as, a deficiency of moisture and coolness within the body.

Chinese medical view of menopause is a deficiency of Yin in the body, leading to the common symptoms of feeling hot, dry and agitated. The Theory is that as we age, we lose Yin (moisture) over time. For instance a baby is born with abundant yin moisture as their skin

is moist and dewy. As we age, our skin starts to dry out as we are losing our precious yin. Once menopause starts our bodies undergo a drastic drop in yin as our hormones drop, leaving us with an internal dryness and the resulting symptoms.

Chinese Medicine has addressed this transition in life with modalities to "preserve yin" such as herbal formulas that clear internal heat via nourishing and moistening and acupuncture point prescriptions that "call forth yin" or balance hormones. One of the most exciting aspects of treating yin deficiency in my female clients is the anti-aging affects it provides. A typical case would be a woman coming in for bothersome hotflashes night sweat, insomnia and anxiety. After introducing her to yin nourishing formulas and a series of acupuncture, she not only can sleep better due to less frequent hot flashes and night sweats, but she is also very pleased that her skin has become more hydrated and youthful as her yin energy has been restored into balance.

The following table will illustrate the difference between Yin and Yang aspects of the body and the symptoms experienced if either are deficient:

Yin	Yang	Yin Deficiency Symptoms	Yang Deficiency Symptoms
cool	warm	warm body temperature	cool body temperature
female	male	flushed cheeks	pale face
soft	firm	hot flashes	cold hands and feet
moist	dry	night sweats	swollen body – retention of water
quiet	active	insomnia	always sleepy
calm	excited	anxiety and restlessness	tired and fatigued, low motivation
rest and relaxation mode *	fight or flight mode **	dryness	moist
		thirst	no thirst
		rapid pulse	Slow pulse
		menopause, hyperthyroid, anxiety, type A ***	hypothyroid, depression ***

* Parasympathetic Nervous System

** Sympathetic Nervous System

*** Western Medicine Dx: