



How Acupuncture can help:

menopausal & perimenopause - Very effective for treating menopausal symptoms including hot flashes, night sweats, vaginal dryness, heart palpitations, anxiety, and insomnia.

Menopause is when your periods stop due to lower hormone levels. This usually happens between the ages of 45 and 55, but may start naturally or medical.

Perimenopause is when you have symptoms before your periods have stopped. You reach menopause when you have not had a period for 12 months.

Menopause and perimenopause can cause symptoms like anxiety, mood swings, brain fog, hot flushes and irregular periods. These symptoms can start years before your periods stop and carry on afterwards.

• Acupuncture has been found to be very effective for treating menopausal/perimenopause symptoms including brain fog, hot flashes, night sweats, vaginal dryness, heart palpitations, anxiety and insomnia.

IVF - Treats the adverse effects of medication, supports emotional wellbeing, continues to address the underlying problem with infertility, assists implantation rates and provides excellent support for patients undergoing assisted reproductive treatments such as IVF. Acupuncture can also help with male infertility by improving the quality of sperm.

Menstruation - Beneficial in regulating the menstrual cycles and alleviating cramps, headaches, and other pains often associated with menstruation. It increases the blood flow to the uterus and the ovaries, and reduces stress.

A period is the part of the menstrual cycle when a woman bleeds from her vagina for a few days. For most women this happens every 28 days or so, but it's common for periods to be more or less frequent than this, ranging from day 21 to day 40 of their menstrual cycle. The average age periods start is 9.9 years of age.

PMS (premenstrual syndrome) - is the name for the symptoms women can experience in the weeks before their period. Each woman's symptoms are different and can vary from month to month. The most common symptoms of PMS include:

- mood swings
- feeling upset, anxious or irritable
- tiredness or trouble sleeping
- bloating or tummy pain
- breast tenderness
- headaches
- spotty skin
- greasy hair
- changes in appetite and sex drive

Endometriosis - Helps with Endometriosis by reducing heavy bleeding, backache, severe cramping, and abdominal pain and swelling that often accompanies endometriosis.

Endometriosis is estimated that around 1.5 million Women are currently living with this condition, affecting women of any age between puberty and menopause due to the condition reacting with Oestrogen. It affects the reproductive system as the lining of the uterus (called the Endometrium) grows outside of it.

Acupuncture can help by managing the symptoms of this condition: reducing heavy bleeding, backache, severe cramping, and abdominal pain and swelling that often accompanies endometriosis.

Polycystic Ovary Syndrome - Polycystic Ovary Syndrome (PCOS) It's difficult to know exactly how many women have PCOS, but it's thought to be very common, affecting about 1 in every 10 women in the UK. If you have signs and symptoms of PCOS, they'll usually become apparent during your late teens or early 20s.

Acupuncture can help by managing the symptoms of this condition:

irregular periods or no periods at all, difficulty getting pregnant as a result of irregular ovulation or failure to ovulate, excessive hair growth (hirsutism) - usually on the face, chest, back or buttocks, weight gain, thinning hair and hair loss from the head, oily skin or acne.

PCOS is also associated with an increased risk of developing health problems in later life, such as type 2 diabetes and high cholesterol levels.

Fibroids - are non-cancerous growths that develop in or around the womb (uterus).

The growths are made up of muscle and fibrous tissue, and vary in size. They're sometimes known as uterine myomas or leiomyomas.

Many women are unaware they have fibroids because they do not have any symptoms.

Women who do have symptoms (around 1 in 3) may experience:

- heavy periods or painful periods
- tummy (abdominal) pain
- lower back pain
- a frequent need to urinate
- constipation
- pain or discomfort during sex



Other

Can relieve the lower back and pelvic discomfort associated with pregnancy, as well as the morning sickness. After delivery, many women find acupuncture treatments essential for rebuilding their Qi and blood, increasing milk supply, and dealing with postpartum depression

• Fertility and Infertility

- Endometriosis
- Vaginismus
- Menopause
- Vulvodynia
 - POCs
 - Fibroids
- Menstruation
- Incontinence
- Amenorrhea (absence of periods)
- Dysmenorrhoea (painful periods)
 - Menorrhagia (heavy)
 - Irregular periods
- Scanty (light periods/spotting)
 - PMS
- C-section/Hysterectomy scars



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