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Yin Healing Ways

by Shoshanna Katzman

Chinese medicine offers a way for women of all ages to maintain energetic balance, gynecological health, and a life filled with vitality and inner happiness.



At various times this may require incorporating a series of acupuncture and Chinese herbal medicine treatments. Many women have found the regular practice of the gentle qi-enhancing exercises of Tai Chi and Qigong have spurred their bodies into a healthier place.

Healthy dietary and lifestyle habits are essential for procuring a strong body and mind. Maintaining a balanced emotional and energetic state helps a woman withstand high levels of daily stress and navigate their life with greater ease. Ability to release mental tension, curb overwork and overexercise, make time to rest and relax, and get adequate sleep are good ways to establish a more harmonious existence.

Chinese medicine advocates a “free and easy” way of being to support the liver’s ability to spread qi and maintain its smooth and unobstructed flow. Otherwise, a woman runs the risk of developing “constrained liver qi” – a common constitutional imbalance at the

root of many unwanted symptoms. When liver qi becomes constrained it can lead to secondary effects on other vital organs.

A Chinese medicine practitioner may recommend a traditional herbal formula known as “Free and Easy Wanderer” or in Chinese “Xiao Yao San” to establish free and unobstructed flow of qi and blood by dredging the liver, benefitting the spleen, and strengthening the blood. This keeps qi and blood flowing freely and abundantly throughout the body – precisely how this ancient paradigm embodies a preventative holistic approach to women’s health.

Information gained from evaluating the menstrual cycle provides an indicator of the systemic balance of a woman’s body.



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This makes sense in light of Chinese medicine's classification of the female body as predominantly "yin" which represents blood and fluid. Yin's cooling and calming effects are key for nourishing tissues and maintaining a healthy reproductive system.

Having adequate levels of yin serves to balance the warming and stimulating "yang" energy of the body. If a woman were to complain of scanty periods, dry skin, insomnia, and night sweats one might suspect a constitutional imbalance known as "yin and blood deficiency". In this case, her body has insufficient yin and blood to quell the yang which becomes like a fire, explaining heat and dryness symptoms.

A Chinese medicine practitioner typically recommends a Chinese herbal combination for nourishing blood and yin along with foods such as dark leafy greens, black sesame seeds, beets, and cherries. While cooling foods such as cucumber, watermelon, pears, and steamed leafy greens such as spinach or bok choy would be recommended to reduce heat symptoms caused by deficiency.

Many acupuncture points nourish yin and blood such as the combined treatment of Stomach 36 near the knees and Spleen 6 on the inner legs near the ankles. Other point combinations quell fire such as Large Intestine 11 at the elbows and Large Intestine 4 on the hands. The experience of acupuncture is deeply relaxing and healing. It provides a way for a woman to take time out from her busy life, reconnect with herself, and access her innate healing capability.

Viewing the physical and energetic aspects of your body from the lens of Chinese medicine provides insight into a whole new way to manifest health and healing. This ancient holistic paradigm has so much to offer a woman to help her yin energy blossom in all its glory -- producing profound healing results that last a lifetime. There is no better time than now to avow yourself of its multitude of positive effects.

Shoshanna Katzman, L.Ac., M.S. has been director of Red Bank Acupuncture & Wellness Center (www.healing4u.com) for 35 years in Shrewsbury, NJ providing acupuncture, Chinese herbal consultation along with Taiji and Qigong private and group classes. She is author of "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy", co-author of "Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness" and "Center of Power: Life Mastery through Taiji" a comprehensive online curriculum (www.yourcenterofpower.com). For more information call or text 732.758.1800.

At 75 years old,
I'm always asked,
"What's your secret?"

It's Taiji!

-Shoshanna Katzman, MS, LAc
Taiji instructor for over 50 years



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