

# Going with the Flow

by Shoshanna Katzman



goal is regulating blood and qi

## Follicular:

preparation for ovulation when ovaries are developing and maturing follicles, estrogen levels are rising, time for replenishing yin and blood, energy and activity is increasing, relates to yang energy of growth and expansion, treatment goal is rebuilding yin and blood along with supporting qi

## Ovulation:

when the mature follicle releases an egg that could become fertilized by a sperm, estrogen levels surge and a peak in vitality is reached, relates to a time when yin turns into yang energy, treatment goal is nourishing yin and blood along with regulating blood and qi

## Luteal:

when the cycle is almost complete and body is preparing for pregnancy or menstruation, progesterone levels rise while energy and activity decrease, uterine lining sheds and the cycle begins again if there is no pregnancy, time to prepare for the next cycle, relates to yang energy, treatment goal is supporting yang energy along with regulating blood and qi

A Chinese medicine practitioner assesses each person from a holistic perspective and chooses the most appropriate treatment modality based on individual needs. This may include acupuncture, Chinese herbal medicine, dietary therapy, bodywork, lifestyle changes, Taiji, or Qigong exercise. The goal of these modalities is to maximize the body's innate healing capability by reducing inflammation, balancing hormones, promoting blood flow, and calming the mind.

Acupuncture, Taiji, and Qigong promote deep relaxation, reduce stress, and support



**C**hinese (East Asian) medicine successfully treats many gynecological issues by addressing the body's health through the menstrual cycle. This ancient medical paradigm offers a comprehensive approach to diagnosing and treating menstrual problems, including Premenstrual Syndrome (PMS). Approximately 90% of women experience some form of physical and emotional PMS symptoms, which can vary in intensity, duration, and frequency. These symptoms include breast

tenderness, cramps, bloating, appetite variations, acne, sleep disturbances, and emotional changes such as irritability, mood swings, and anxiety.

Chinese medicine works to alleviate PMS symptoms by discovering and treating a woman's energetic imbalance, thereby resolving the root internal cause. The primary purpose is to restore balance and free flow of qi (vital energy) and blood throughout the body's energetic pathways. A practitioner assesses the pulse and existing symptoms to determine the root cause, often involving the liver, which governs smooth flow of qi and blood.

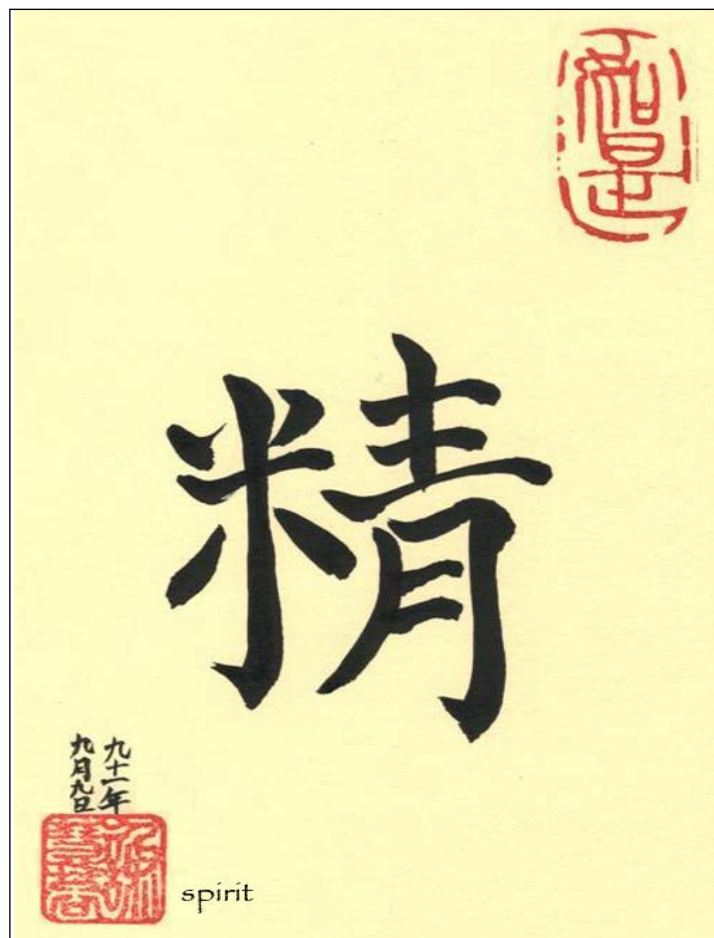
## Chinese medicine describes four phases of the menstrual cycle:

**Menstruation:** shedding of the uterine lining and expelling of blood, relates to yin energy, associated with "release and renewal", time to rest and build energy, treatment

overall well-being. Dietary recommendations include dark leafy greens, red meat, beans, salmon, flaxseed, and walnuts to nourish blood and promote hormone balance. Soups and stews are recommended to support blood circulation and healthy digestion. Additional recommendations include stress management, vitamin supplementation, relaxation techniques, and making self-care a priority.

Consider seeking help from a qualified Chinese medicine provider to receive safe and effective treatment. Be open to addressing underlying imbalances and receiving holistic support throughout your cycle to manifest a more balanced and healthier you!

*Shoshanna Katzman, L.Ac., M.S. has been director of Red Bank Acupuncture & Wellness Center ([www.healing4u.com](http://www.healing4u.com)) in Shrewsbury, NJ for thirty-five years. She provides acupuncture and Chinese herbal consultation along with her associates Kelly Van Sickell and Heather Quinlivan. Shoshanna also offers private and group classes through her Two Rivers Academy of Taiji & Qigong. 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 recently released "Center of Power: Life Mastery through Taiji" a comprehensive online curriculum ([www.yourcenterofpower.com](http://www.yourcenterofpower.com)). For more information call or text 732.758.1800.*



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