

What Are the Energy Alterations Involved in A Woman with Premature Menopause That We Need to Know?

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The author will write this article based on the principles of Hippocrates (460 bce - 375 bce), father of Medicine, who says that we must follow ancient medical traditions prior to the knowledge we have in our current medicine. [1]

Therefore, the author will explain the problems involved in women with early menopause, from the perspective of traditional Chinese medicine that has existed for more than 5,000 years. [2]

According to Western medicine, early menopause is related to lowering hormone balance. According to the article written by Shuster (2009) entitled *Premature menopause or early menopause: long-term health consequences*, they are saying that the adverse outcomes could be prevented by estrogen treatment and this medication alone, cannot prevent long term consequences and more mechanisms are involved in all these process of premature menopause. They define as premature menopause when there is menopause before the age of 40 years and early menopause when the symptoms begin between 40 and 45 years. There is an increased risk of mortality and neurological, cardiovascular, psychiatric diseases and osteoporosis, among other symptoms. [3]

From the point of view of Chinese medicine, the early stop of menstrual flow is related to energy deficiency, in this case mainly Blood deficiency. To understand how this happens, we must understand that the menstrual process occurs due to the overflow of excess Blood that the patient produces every month. [4]

If the patient is not menstruating, it is because she does not have enough Blood to overflow. [4]

Blood is closely related to the relationship of *Yin*, *Yang* and *Qi*, which are the energies that must be in balance for a woman to menstruate monthly. Sometimes, excessive menstruation can also be due to a symptom of lack of energy, as per the article written by me (2021) entitled *Energies Alterations and Chakras' Energies Deficiencies as One Cause of Abnormal Uterine Bleeding in Women*. In this article, I am demonstrating through three cases reports that all patients that had abnormal uterine bleeding have chakras' energy centers deficient in energy and the treatment replenishing the chakras' energy centers using highly diluted medications, such as homeopathies, according to the theory *Constitutional Homeopathy of the Five Elements Based on Traditional*

Chinese Medicine and associating other tools such as Chinese dietary counseling and apex ear bloodletting and systemic acupuncture and auricular acupuncture, are very effective in normalizing the abnormal flow of Blood during periods. [5, 6]

The lack of Blood production can come from the deficiency of the Spleen-pancreas energy meridian (fifth chakra), due to ingestion of foods rich in cow's milk and dairy products, many raw foods and ingestion of Cold water and sweets. Furthermore, the emotion that can unbalance the Spleen-pancreas meridian is an excessive worry in the mind. [5, 7]

Another cause for insufficient production of *Yin*, *Yang* is due to Kidney deficiency caused by chronic ingestion of coffee, matte tea and soft drinks. An additional factor that leads to Kidney deficiency can also be sleeping late, where there is a reduction in the time needed to replenish the energy in the Kidney. And people who have insomnia, excessive sexual activity, overwork with little rest, also tend to have Kidney energy deficiency. [8]

Another factor that can cause Kidney energy deficiency, could be that the Kidney energy inherited by the parents, was already deficient, since the formation of the fetus and leading to decreased the ancestral *Qi*. [9]

The other factor that is involved in lowering Kidney's energy is the low water intake as water is the main source of Kidney's energy, very well described in the article written by me (2020) entitled *Why Patients with Knee Pain Still Have Symptoms Despite the Use of Anti-inflammatory Medications*. [8]

Deficient *Qi* can come from people who have deficiency in *Yin*, *Yang*, and Blood, that are not enough for the formation of this *Qi*. [10]

Therefore, in the author's daily clinical practice, she encounters with women with early menopause, and she has been treating all her patients for these energy deficiencies, as many of them want to become pregnant and cannot, because they cannot menstruate anymore. [2]

What I notes, is that these patients who have early menopause, also have energy deficiency in all chakras' energy centers, that are responsible for the production of *Yin*, *Yang*, *Qi* and Blood, as I demonstrated in an article entitled *Chakra's Energy Deficiency as One of the Cause of Menopause Symptoms in Women*. [2]

In my daily practice, in addition to changing the diet to increase Blood production, normally advises the patient to avoid ingesting raw foods, such as leaves and fruits, and to drink warm water, to avoid cow's milk and all dairy products, and also sweet foods. [7]

In addition, to increasing the production of *Yin* and *Yang* energy, I normally advises the patients to suspend the ingestion of coffee, matte tea and soda, to do no harm to the Kidney's energy (second chakra). [7]

The third group of foods that I usually talks about is to avoid the ingestion of fried foods, eggs, chocolate, honey, coconut, alcoholic beverages and melted cheese, as these foods increase the formation of internal Heat and can cause other energy imbalances. [11, 12]

To balance the production of *Yin*, *Yang*, *Qi* and Blood, the author commonly uses auricular acupuncture with apex ear bloodletting and also, using moxibustion, which is a technique in traditional Chinese medicine to transmit energy to patients who are energy deficient. [13]

In addition, it is important to replenish the energy of all these internal organs (Liver, Heart, Spleen, Lungs and Kidney), that are very deficient in energy, before the Blood production occurs. [6]

Therefore, in patients with early menopause, it is necessary to have a holistic treatment of it and not only focusing on the reproductive system, as this symptom is only a reflection of an internal systemic energy imbalance and systemic treatment is very important to restore Blood production, and the production of *Yin*, *Yang*, and *Qi* energy, necessary for this patient's normal life. [2]

To find out how to diagnose the patient's energy deficiencies, describing the questions the doctor should ask to assess whether or not the patient is deficient in these five energies (*Yin*, *Yang*, *Qi*, Blood and Internal Heat), all these questions are described in the article written by me (2019) entitled *Why Are Diabetic Patients Still Having Hyperglycemia Despite Diet Regulation, Antglycemic Medication and Insulin?* [11]

According Hippocrates (460 bce - 375 bce), *we need to treat the patient and not the disease*. Another quote from him is *Natural forces within us are the true healers of the diseases*. [1]

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