

# HORMONE BALANCING

When we think of hormonal imbalances, we often recall spotty teenagers and women in menopause. The truth is, people of all ages may experience them, often with symptoms becoming evident in their late twenties and throughout their forties. Many women also experience symptoms of hormonal changes during the premenstrual phase of their cycle.

Painful, heavy or irregular periods, PCOS, fertility challenges, PMS, mood swings, low libido, migraines and menopausal hot flashes are just some of the problems that can occur when hormones become imbalanced. Although hormone supplementation may be useful and warranted, conventional pharmaceuticals are not the only or necessarily best choice. These imbalances can be corrected with a personalised herbal formula or series of acupuncture treatments, and by following nutritional advice.

So, what does acupuncture do to your hormones in scientific terms? Current research shows that acupuncture treatment influences the production and circulation of hormones in the body. It also has an effect on endorphins, the 'happiness chemicals' in the brain. Because endorphins are strongly linked to hormones, mood changes at different times in our cycle or different phases of our lives, such as pregnancy and menopause. Acupuncture can help to regulate these changes.

Herbal medicine is an equally important component of Traditional Chinese Medicine. It is very effective in helping to resolve many hormonal and gynaecological complaints. A personalized formula based on objective evaluation of your health will have an elegant combination of several herbs. Your formula can be taken in a convenient pill form.

## HORMONE BALANCING WITH NATURAL MEDICINE

- **Infertility & PCOS**
- **PMS & Period Pain**
- **Headaches & Acne**
- **Fatigue & Depression**
- **Menopause & Low Libido**
- **Pregnancy Care**
- **Pre- & Post-natal Care**



**0208 540 3389 / 0208 543 5477**



**1-2 St. Andrews Close  
Wimbledon, London  
SW19 8NJ**

**[www.wimbledonclinic.co.uk](http://www.wimbledonclinic.co.uk)  
[info@wimbledonclinic.co.uk](mailto:info@wimbledonclinic.co.uk)**