

# Got Hot Flashes? Try Acupuncture

Posted on [June 1, 2012](#) by [Janet Muniz](#)



If you've ever browsed through a copy of [Natural Awakenings](#) before or after a class (you can find this locally produced magazine stacked on top of the cubbies in the hallway), you may have noticed an article in the May 2012 issue called "**Acupuncture Cools Hot Flashes.**" The story points out an intriguing study published in [Acupuncture in Medicine](#) (AiM), which found that traditional Chinese acupuncture helps curb the severity of hot flashes and other menopausal symptoms -such as night sweats, vaginal dryness, low libido, urinary tract infections and mood swings. The study indicates that acupuncture may be a relief alternative for those unwilling or unable to use hormone replacement therapy ... for post-menopausal women.

**Wait a minute, hold on - s l o w d o w n ...** acupuncture is absolutely helping *me* with night sweats, and I'm in the peri- to full-on menopausal stage of my life! My regular acupuncture sessions at Maya give me nothing but relief. So I asked my

acupuncturist, **Shirley Fung, L.Ac., MAcOM**, her opinion.

**Acupuncture and Herbs.** "I firmly believe that patients needn't suffer with the various symptoms that may come with menopause," she tells me. "It's a time of transition for the body, so what acupuncture and herbs can do is help with that transition." Shirley has seen good results with acupuncture for relief of hot flashes and night sweats as well as for the irritability and mood swings that may occur, or the restless sleep and feeling very warm at night.

In cases where acupuncture is not producing the kind of results expected all on its own, Shirley prescribes a *personalized Chinese herbal formula*, with an initial course of treatment for about five weeks. "About 95 percent of my patients who take the herbs see a huge decrease or complete resolution of these issues." She's also had good success treating vaginal dryness and lower libido with Chinese herbs.

**No Overnight Fix.** Shirley stresses that acupuncture and herbs are no overnight fix. "While symptoms will lessen greatly, herbal formulas may need to be taken for three to six months, and results vary greatly from one treatment to six months of treatment and herbs," she explains. "Usually, the patient sees results in one month - some patients don't see results until week four."

If a patient sees no results after taking herbs and acupuncture sessions for five weeks, the course of treatment is re-evaluated. "Patients who are regular with treatments and herbs usually get better."

*What about me?* I saw relief of nights sweats after just one acupuncture session -in about one month. Which makes me a believer!

Shirley Fung, L.Ac., MAcOM, Tripat Chawla, LAC and Denise R. Groothuizen MS EAMP offer acupuncture appointments at Maya throughout each week - so give us a call. We'll set you up. 425.271.0200.

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