

CONTENTS

| | |
|---|----------------|
| Table of Contents | I |
| About the Authors | III |
| Foreword | VI |
| Menopause: More Than an Evolutionary Quirk? | VII |
| SECTION 1 - Introduction | 3 |
| Table of Contents | 3 |
| 1.1. Preface | 5 |
| 1.2. Introduction: Your Role as a Clinician | 6 |
| 1.3. Terminology, Stages, and Definitions | 8 |
| SECTION 2 - The Biology of Menopause | 13 |
| Table of Contents | 13 |
| 2.1. Female Anatomy and Physiology | 17 |
| 2.2. Female Reproductive Hormones | 22 |
| 2.3. Menopausal Hormone Therapy | 30 |
| 2.4. Genetics and Epigenetics | 35 |
| 2.5. Medical and Surgical Menopause | 40 |
| 2.6. Premature Ovarian Insufficiency | 45 |
| 2.7. Breast Health | 47 |
| SECTION 3 - Menopause in TCEAM | 53 |
| Table of Contents | 53 |
| 3.1. Traditional Chinese and East Asian Medicine Perspectives | 57 |
| 3.2. <i>Jing</i> (Essence) and Menopause | 61 |
| 3.3. The Gates of Life | 66 |
| 3.4. Body Type | 75 |
| 3.5. Complexion, Skin, and Hair | 81 |
| 3.6. Five Elements, Five Phases | 89 |
| SECTION 4 - Symptoms and Treatment | 103 |
| Table of Contents | 103 |
| 4.1. Vasomotor Symptoms | 109 |
| 4.2. Mood Disorders | 123 |
| 4.3. Insomnia and Sleep Disorders | 137 |
| 4.4. Urogenital Symptoms | 146 |
| 4.5. Uterine Bleeding | 154 |
| 4.6. Libido and Sexual Dysfunction | 160 |
| 4.7. Musculoskeletal Pain | 168 |
| 4.8. Osteopenia, Osteoporosis, and Hyperkyphosis | 184 |
| 4.9. Metabolic Syndrome, Diabetes, and Cardiovascular Disease | 192 |
| 4.10. Cognitive Decline | 198 |

| | |
|--|------------|
| SECTION 5 - Lifestyle | 211 |
| Table of Contents | 211 |
| 5.1. Metabolism, Weight Management, and Exercise | 215 |
| 5.2. Stress, Trauma, and Stress Resistance | 225 |
| 5.3. Sleep, Energy, and Fatigue | 234 |
| 5.4. Sexual Activity | 243 |
| 5.5. Alcohol, Tobacco, and Other Drugs | 250 |
| SECTION 6 - Diet and Nutrition | 267 |
| Table of Contents | 267 |
| 6.1. Factors Influencing Digestion, Absorption, and Elimination | 273 |
| 6.2. Micronutrients, Minerals, and Vitamins | 284 |
| 6.3. Diet, Lifestyle, and Disease Prevention | 292 |
| 6.4. Herbs and Botanicals | 306 |
| SECTION 7 - Self-Care | 321 |
| Table of Contents | 321 |
| 7.1. Yang Sheng: The Ancient Art of Self-Care | 327 |
| 7.2. Tea and Infusions | 338 |
| 7.3. Foot Soaks | 357 |
| SECTION 8 - Appendices | 365 |
| Table of Contents | 365 |
| 8.1. Appendix 1. Case Study by Brian Grosam | 367 |
| 8.2. Appendix 2. A Practitioner's Toolkit for Managing Menopause | 369 |
| 8.3. Appendix 3. EBA Evidence Summary: Menopausal Symptoms | 375 |
| 8.4. Appendix 4. Evidence Based Acupuncture Protocols | 383 |
| 8.5. Appendix 5. TCEAM Formulas | 389 |
| 8.6. Appendix 6. Glossary of Traditional Chinese Medicine Terms | 418 |
| Index | 421 |

SECTION 1 - Introduction

| | |
|---|-----------|
| 1.1 Preface | 5 |
| 1.2 Menopause: Your Role as a Clinician | 6 |
| References | 7 |
| 1.3 Terminology, Stages, and Definitions | 8 |
| Terminology | 8 |
| Adolescence | 8 |
| Puberty | 8 |
| Pre-menopause | 8 |
| Perimenopause | 8 |
| Menopause | 8 |
| Early Menopause | 8 |
| Post-menopause | 8 |
| Climacteric | 8 |
| Climacteric Syndrome | 8 |
| Induced or Iatrogenic ‘Medical Menopause’ | 8 |
| Surgical Menopause | 8 |
| Premature Ovarian Insufficiency | 8 |
| The Stages of Menopause | 9 |
| Definitions | 10 |
| References | 10 |

SECTION 2 - The Biology of Menopause

| | |
|---|-----------|
| 2.1 Female Anatomy and Physiology | 17 |
| Internal Genitalia | 17 |
| Ovaries | 17 |
| Fallopian Tubes | 17 |
| Uterus | 17 |
| Cervix | 17 |
| Vagina | 17 |
| External Genitalia | 18 |
| Vulva | 18 |
| Mons Pubis | 18 |
| Labia Majora | 18 |
| Labia Minora | 18 |
| Clitoris | 19 |
| Bartholin Glands | 19 |
| Urethra | 19 |
| Skene's Glands | 19 |
| The Pelvic Floor Muscles | 20 |
| Summary | 21 |
| References | 21 |
| | |
| 2.2 Female Reproductive Hormones | 22 |
| Steroid Hormones | 22 |
| Estrogen | 22 |
| Progesterone | 22 |
| Androgens | 22 |
| Sex hormone biosynthesis pathway | 23 |
| Other Hormones | 24 |
| Luteinising Hormone | 24 |
| Follicle Stimulating Hormone | 24 |
| Inhibin B | 24 |
| Anti-Mullerian Hormone | 24 |
| Stages of the Aging Process | 25 |
| Hormones and the Stages of Menopause | 26 |
| Late Reproductive Phase | 27 |
| Menopausal Transition | 27 |
| Early Perimenopause | 27 |
| Late Perimenopause | 27 |
| Final Menstrual Period | 27 |
| Post Menopausal | 27 |
| The Pathophysiology of Menopause | 28 |
| Summary | 29 |
| References | 29 |

| | |
|--|-----------|
| 2.3 Menopausal Hormone Therapy | 30 |
| Safety | 31 |
| Types of MHT | 31 |
| Oral Estrogen | 32 |
| Transdermal Estradiol (Patches or Gel) | 32 |
| Progestogen | 32 |
| Side Effects of MHT | 33 |
| Bioidentical Hormones | 33 |
| Other Pharmaceutical Treatments | 33 |
| Summary | 34 |
| References | 34 |
| 2.4 Genetics and Epigenetics | 35 |
| Genetics | 35 |
| Epigenetics | 35 |
| DNA Methylation | 36 |
| Summary | 38 |
| References | 39 |
| 2.5 Medical and Surgical Menopause | 40 |
| Definitions | 40 |
| Surgical Menopause | 40 |
| Medical Menopause | 40 |
| Surgical Menopause | 41 |
| Medical Menopause and Cancer | 42 |
| Aromatase Inhibitors | 42 |
| Tamoxifen | 43 |
| Gender Affirming Hormone Therapy | 43 |
| Summary | 43 |
| References | 44 |
| 2.6 Premature Ovarian Insufficiency | 45 |
| Pathophysiology | 45 |
| Risk Factors | 45 |
| Genetics | 45 |
| Early Puberty | 45 |
| Infections | 45 |
| Autoimmune Disorders | 45 |
| Exposure to Environmental Toxins | 45 |
| Diagnosis and Treatment | 46 |
| Summary | 46 |
| References | 46 |

| | |
|------------------------------|-----------|
| 2.7 Breast Health | 47 |
| Breast Anatomy | 47 |
| Benign Breast Lesions | 48 |
| Breast Cancer | 48 |
| Pathophysiology | 48 |
| Risk Factors | 49 |
| Gender | 49 |
| Age | 49 |
| Genetics | 49 |
| Breast Density | 49 |
| Breast Lesions | 49 |
| Estrogen Exposure | 49 |
| Body Mass Index | 49 |
| Lifestyle Factors | 49 |
| Radiation | 49 |
| Breast Cancer and MHT | 50 |
| Checking the Breasts | 50 |
| Summary | 51 |
| References | 51 |

SECTION 3 - Menopause in Traditional Chinese and East Asian Medicine

| | |
|--|-----------|
| 3.1 TCEAM Perspectives | 57 |
| The Role of the Zang Organs | 58 |
| Etiological Factors | 59 |
| Emotional stress | 59 |
| Overwork | 59 |
| Sexual Activity and Childbearing | 59 |
| Smoking | 59 |
| Irregular diet | 59 |
| Summary | 60 |
| References | 60 |
| 3.2 Jing (Essence) and Menopause | 61 |
| Seven-Year Cycles of Jing | 61 |
| Commentary | 62 |
| Jing Deficiency: Premature Ovarian Insufficiency | 62 |
| Childhood Illnesses Reoccurring in Menopause | 63 |
| Lingering Pathogenic Factors | 63 |
| Thick Phlegm | 64 |
| Damp Phlegm in the Liver and Gallbladder | 64 |
| Summary | 65 |
| References | 65 |
| 3.3 The Gates of Life | 66 |
| The Gates of Life Theory | 66 |
| Puberty | 66 |
| Physiology | 66 |
| TCEAM Viewpoint | 67 |
| Risks and Opportunities | 67 |
| Pregnancy/Childbirth | 68 |
| Pregnancy | 68 |
| Physiology | 69 |
| TCEAM Viewpoint | 69 |
| Childbirth | 69 |
| Physiology | 69 |
| Postpartum Depression (PPD) | 70 |
| TCEAM Viewpoint | 70 |
| Risks and Opportunities | 70 |
| Menopause | 70 |
| Physiology | 70 |
| TCEAM Viewpoint | 71 |
| Risks and Opportunities | 71 |
| A Word About Contraception and Assisted Reproductive Therapy (ART) | 71 |
| Summary | 72 |
| References | 73 |

| | |
|--|------------|
| 3.4 Body Type | 75 |
| Body Types | 76 |
| Shaoyang Mesopmorph | 76 |
| Shaoyin Ectomorph | 76 |
| Taiyang Apple-shaped Endomorph | 76 |
| Taiyin Pear-shaped Endomorph | 76 |
| Summary | 80 |
| References | 80 |
| 3.5 Skin, Complexion, and Hair | 81 |
| Skin Conditions | 81 |
| Facial Complexion | 84 |
| TCEAM Viewpoint | 84 |
| Complexion and Pathogenic Factors | 85 |
| Face Reading | 86 |
| Hair | 87 |
| TCEAM Viewpoint | 87 |
| Summary | 88 |
| References | 88 |
| 3.6 Five Elements, Five Phases | 89 |
| The Five Phases of Feminine Life | 89 |
| Elemental Types and Imbalances | 90 |
| Five Element Treatment and Protocols | 91 |
| Wood | 92 |
| Fire | 93 |
| Earth | 94 |
| Metal | 95 |
| Water | 96 |
| Five Element Acupuncture Treatment Approaches | 97 |
| Aggressive Energy | 97 |
| Protocol | 97 |
| Internal and External Dragons | 98 |
| Internal Dragons Protocol | 98 |
| External Dragons Protocol | 98 |
| Husband-Wife Imbalance | 99 |
| Protocol 1 | 99 |
| Protocol 2 | 99 |
| Five Element Spirit Points | 100 |
| Summary | 101 |
| References | 101 |

SECTION 4 - Symptoms and Treatment

| | |
|---|------------|
| 4.1 Vasomotor Symptoms | 109 |
| Pathophysiology | 109 |
| Risk Factors | 110 |
| Ethnicity | 110 |
| Obesity | 110 |
| Smoking | 110 |
| Negative Mood | 110 |
| Diet and Exercise | 110 |
| TCEAM Viewpoint | 111 |
| Pattern Differentiation | 111 |
| Rebellious Qi in the Penetrating Vessel (Chongmai) | 112 |
| 1. Predominance of Kidney Yin Deficiency | 113 |
| 2. Predominance of Kidney Yang Deficiency | 114 |
| 3. Kidney and Liver Yin Deficiency with Liver Yang Rising | 115 |
| 4. Kidney and Heart Not Harmonized | 116 |
| 5. Yin and Blood Deficiency | 117 |
| 6. Spleen and Stomach Qi Deficiency | 118 |
| 7. Yangming Repletion | 119 |
| 8. Summer-Heat Invasion | 120 |
| 9. Blood Stasis | 121 |
| Patient Advice | 122 |
| References | 122 |
| 4.2 Mood Disorders | 123 |
| Mood and Menopause | 123 |
| Depression | 124 |
| Pathophysiology | 124 |
| Risk Factors | 126 |
| Vasomotor Symptoms | 126 |
| Ethnicity | 126 |
| Smoking | 126 |
| Body Mass Index | 126 |
| Socioeconomic Factors | 126 |
| History of Depression | 126 |
| TCEAM Viewpoint | 126 |
| Pattern Differentiation | 126 |
| 1. Liver Qi Stagnation | 127 |
| 2. Predominance of Kidney Yin Deficiency | 128 |
| 3. Predominance of Kidney Yang Deficiency | 129 |
| 4. Phlegm | 130 |
| Anxiety | 131 |
| Pathophysiology | 131 |
| Risk Factors | 131 |

| | |
|---|------------|
| TCEAM Viewpoint | 132 |
| Pattern Differentiation | 132 |
| 1. Predominance of Kidney Yin Deficiency | 132 |
| 2. Kidney and Liver Yin Deficiency with Liver Yang Rising | 133 |
| 3. Kidney and Heart Not Harmonized | 134 |
| Patient Advice | 135 |
| References | 136 |
| 4.3 Insomnia and Sleep Disorders | 137 |
| Pathophysiology | 137 |
| Fluctuating Hormone Levels | 137 |
| Circadian Rhythm Disruptions | 137 |
| Risk Factors | 138 |
| Vasomotor Symptoms | 138 |
| Mood Disorders | 138 |
| Comorbidities | 138 |
| TCEAM Viewpoint | 138 |
| Pattern Differentiation | 138 |
| 1. Kidney and Heart Not Harmonized | 139 |
| 2. Liver Blood and Kidney Yin Deficiency | 140 |
| 3. Heart Blood and Spleen Qi Deficiency | 141 |
| 4. Heart Yin and Blood Deficiency | 142 |
| 5. Phlegm-Fire Harassing the Heart | 143 |
| 6. Blood stasis | 144 |
| Patient Advice | 145 |
| References | 145 |
| 4.4 Urogenital Symptoms | 146 |
| Vulvodynia | 146 |
| Pathophysiology | 147 |
| Risk Factors | 147 |
| TCEAM Viewpoint | 147 |
| Pattern Differentiation | 147 |
| 1. Kidney Yin Deficiency | 148 |
| 2. Kidney Qi Not Firm | 149 |
| 3. Kidney and Liver Yin Deficiency | 150 |
| 4. Blood Deficiency | 151 |
| 5. Body Fluid Deficiency | 152 |
| Patient Advice | 153 |
| How To Do Kegel Exercises | 153 |
| References | 153 |

| | |
|--|------------|
| 4.5 Uterine Bleeding | 154 |
| Pathophysiology | 154 |
| Risk Factors | 154 |
| TCEAM Viewpoint | 154 |
| Pattern Differentiation | 154 |
| 1. Blood Heat | 155 |
| 2. Spleen Qi Deficiency | 156 |
| 3. Blood Stasis | 157 |
| A Word on Feminine Hygiene Products | 157 |
| Summary | 159 |
| References | 159 |
| | |
| 4.6 Low Libido and Sexual Dysfunction | 160 |
| Sexual Dysfunction | 160 |
| Hypoactive Sexual Desire Disorder | 160 |
| Sexual Aversion Disorder | 160 |
| Sexual Arousal Disorder | 160 |
| Orgasmic Disorder | 160 |
| Sexual Pain Disorders | 161 |
| Pathophysiology | 161 |
| Hormonal | 161 |
| Physical | 161 |
| Psychological | 162 |
| Medical | 162 |
| Risk Factors | 162 |
| Surgical Menopause | 162 |
| Menopause Symptoms | 162 |
| Mood Disorders | 162 |
| Relationship Discord | 162 |
| Availability of a Sexual Partner | 163 |
| History of Sexual Abuse | 163 |
| TCEAM Viewpoint | 163 |
| Pattern Differentiation | 163 |
| 1. Kidney Yang Deficiency | 164 |
| 2. Liver Qi Stagnation | 165 |
| 3. Blood Heat | 166 |
| Patient Advice | 167 |
| References | 167 |

| | |
|--|------------|
| 4.7 Musculoskeletal Pain | 168 |
| Pathophysiology | 168 |
| Risk Factors | 169 |
| Genetics | 169 |
| Body Mass Index | 169 |
| Exercise | 169 |
| Mood Disorders | 169 |
| Smoking | 169 |
| TCEAM Viewpoint | 169 |
| Pattern Differentiation | 169 |
| 1. Kidney Yin Deficiency | 170 |
| 2. Kidney Yang Deficiency with Exterior Syndromes | 172 |
| 2.1. Bi Syndrome | 173 |
| Tissues in TCEAM | 173 |
| Healing Rates | 174 |
| Local Points | 175 |
| Upper Limb | 176 |
| Lower Limb | 176 |
| 2.1.i. Damp Bi | 177 |
| 2.1.ii. Wind Bi | 178 |
| 2.1.iii. Cold Bi | 179 |
| 2.1.iv. Heat Bi | 180 |
| 2.1.v. Blood Stasis Bi | 181 |
| 3. Liver Blood Deficiency | 182 |
| Patient Advice | 183 |
| References | 183 |
| 4.8 Osteopenia, Osteoporosis, and Hyperkyphosis | 184 |
| Osteopenia and Osteoporosis | 184 |
| Pathophysiology | 184 |
| Risk Factors | 185 |
| Age of Menopause | 185 |
| Ethnicity and Genetics | 185 |
| Reproductive Status | 185 |
| Medical Conditions | 185 |
| Medication | 185 |
| Lifestyle Factors | 185 |
| Hyperkyphosis (Dowager's Hump) | 186 |
| Pathophysiology | 187 |
| Risk Factors | 187 |
| Bone Mineral Density | 187 |
| Degenerative Disc Disease | 187 |
| Muscle Weakness | 187 |
| TCEAM Viewpoint | 187 |
| Pattern | 187 |
| 1. Kidney Jing Deficiency | 188 |

| | |
|---|------------|
| Patient Advice | 189 |
| Key Nutrients for Bone Health | 190 |
| References | 191 |
| | |
| 4.9 Metabolic Syndrome, Diabetes, and Cardiovascular Disease | 192 |
| Pathophysiology | 192 |
| Risk Factors | 192 |
| Age of Menarche | 192 |
| Age of Menopause | 192 |
| Family History | 193 |
| Body Weight and Fat Distribution | 193 |
| Physical Activity | 193 |
| Diet | 193 |
| TCEAM Viewpoint | 193 |
| Diabetes | 194 |
| Hypertension | 195 |
| Cardiovascular Disease | 195 |
| Patient Advice | 195 |
| References | 196 |
| | |
| 4.10 Cognitive Decline | 198 |
| Pathophysiology | 198 |
| Risk Factors | 199 |
| Body Mass Index | 199 |
| Metabolic Syndrome | 199 |
| Physical Activity | 199 |
| Diet | 199 |
| Smoking | 199 |
| TCEAM Viewpoint | 199 |
| Somnolence | 200 |
| Pattern Differentiation | 200 |
| 1. Dampness Encumbering the Spleen | 200 |
| 2. Phlegm Obstruction | 201 |
| 3. Blood Stasis | 202 |
| 4. Spleen Qi (and Blood) Deficiency | 203 |
| 5. Spleen and Kidney Yang Deficiency | 204 |
| Forgetfulness | 205 |
| 1. Heart Blood and Spleen Qi Deficiency | 205 |
| 2. Heart and Kidney Yin Deficiency | 206 |
| 3. Kidney Jing Deficiency | 207 |
| 4. Blood Stasis and Phlegm Stagnation | 208 |
| Patient Advice | 208 |
| References | 209 |

SECTION 5 - Lifestyle

| | |
|---|------------|
| 5.1 Metabolism, Weight Management, and Exercise | 215 |
| Metabolism | 215 |
| Body Mass and Composition | 215 |
| Gender | 215 |
| Age | 215 |
| Food Processing (Thermogenesis) | 215 |
| Physical Activity | 216 |
| Types of Exercise | 216 |
| 1. Aerobic (cardio) | 216 |
| TCEAM Viewpoint | 217 |
| 2. Endurance Training | 217 |
| TCEAM Viewpoint | 217 |
| 3. Strength Building | 218 |
| TCEAM Viewpoint | 219 |
| 4. Flexibility and Stretching | 219 |
| Static Stretching | 220 |
| Dynamic Stretching | 220 |
| Proprioceptive Neuromuscular Facilitation (PNF) Stretching | 220 |
| TCEAM Viewpoint | 220 |
| 5. Balance Training | 220 |
| TCEAM Viewpoint | 221 |
| Exercise Considerations for Menopausal Women | 221 |
| Cautions and Contraindications | 222 |
| Osteoporosis | 222 |
| Cardiovascular disorders | 222 |
| Summary | 223 |
| References | 223 |
| | |
| 5.2 Stress, Trauma, and Stress Resistance | 225 |
| The Impact of Chronic Stress on Health and Hormones | 225 |
| Trauma and Menopause | 227 |
| Domestic Abuse, Intimate Partner Violence (IPV), and Sexual Assault | 227 |
| Childhood Abuse or Neglect | 227 |
| Post Traumatic Stress Disorder (PTSD) | 227 |
| Divorce | 227 |
| Poverty | 228 |
| Reducing Stress and Increasing Resilience | 228 |
| Relaxation | 228 |
| Meditation, Mindfulness, and Breathing | 228 |
| Yoga, Tai Chi, and Qi Gong | 229 |
| Exercise and Movement | 230 |
| Acupuncture, Massage, and Other Therapies | 230 |

| | |
|---|------------|
| Nutrition | 231 |
| Adaptogens | 231 |
| Summary | 231 |
| References | 231 |
| | |
| 5.3 Sleep, Energy, and Fatigue | 234 |
| Sleep Cycles | 234 |
| Non-REM Activity | 234 |
| REM Activity | 235 |
| The Anatomy of Sleep | 235 |
| The Hypothalamus | 235 |
| The Pineal Gland | 235 |
| The Brain Stem | 235 |
| The Thalamus | 235 |
| The Basal Forebrain | 235 |
| The Midbrain | 235 |
| The Amygdala | 235 |
| Sleep and Hormones | 236 |
| Melatonin | 236 |
| Cortisol | 236 |
| Ghrelin and Leptin | 236 |
| Women and Sleep | 237 |
| Snoring and Obstructive Sleep Apnea | 237 |
| Improving Sleep Quality | 239 |
| Sleep Hygiene | 239 |
| Stimulants | 239 |
| Alcohol | 239 |
| Blood Sugar | 239 |
| Improving Energy and Reducing Fatigue | 239 |
| Regulating Blood Sugar | 239 |
| Circulation | 240 |
| Iron | 240 |
| Mitochondrial health | 240 |
| Hormesis | 240 |
| Summary | 241 |
| References | 241 |
| | |
| 5.4 Sexual Activity and Sexual Function | 243 |
| Sexual Activity in Older Women: Benefits | 243 |
| The Grandmother Hypothesis | 243 |
| Sexual Activity in Older Women: Challenges | 244 |
| Silicon Versus Water-Based Lubricants | 244 |
| Contraception and Menopause | 244 |
| Female Anatomy and Sexual Pleasure | 245 |
| Masturbation | 246 |
| TCEAM Viewpoint | 247 |
| Sexual Tonics and Aphrodisiacs | 247 |
| References | 247 |

| | |
|--|------------|
| 5.5 Alcohol, Tobacco and Other Drugs | 250 |
| Key terms | 250 |
| Tolerance | 250 |
| Withdrawal | 250 |
| Drug Dependence and Substance Use Disorders | 250 |
| Drug Classifications | 251 |
| 1. Central Nervous System (CNS) Stimulants | 251 |
| Nicotine in Tobacco (Cigarette Smoking) | 251 |
| Nicotine and Menopause | 252 |
| Caffeine | 252 |
| Caffeine and Menopause | 252 |
| Cocaine | 252 |
| Cocaine and Menopause | 253 |
| Amphetamine Type Substances | 253 |
| Amphetamines and Menopause | 253 |
| 2. CNS Depressants | 254 |
| Alcohol | 254 |
| Long-Term Use | 254 |
| Absorption | 254 |
| Excretion | 255 |
| Alcohol and Menopause | 255 |
| Benzodiazepines | 255 |
| Benzodiazepines and Menopause | 255 |
| Opioid Analgesics | 256 |
| Opioids and Menopause | 256 |
| 3. Psychedelics | 257 |
| Cannabis | 257 |
| Substance | 257 |
| Set | 258 |
| Setting | 258 |
| Immediate Effects | 258 |
| Longer-Term Use | 258 |
| Cannabis and Menopause | 259 |
| Hallucinogens and Dissociative Anesthetics | 259 |
| Hallucinogens and Dissociative Anesthetics and Menopause | 260 |
| Motivating Behavioral Change | 262 |
| Changing Behavior | 262 |
| Drug Use Assessment | 263 |
| Summary | 263 |
| References | 263 |

SECTION 6 - Diet and Nutrition

| | |
|---|------------|
| 6.1 Digestion, Absorption, and Elimination | 273 |
| Factors Influencing Digestion, Absorption, and Elimination | 273 |
| Bone and Muscle Mass | 273 |
| Basal Metabolic Rate | 273 |
| Metabolic Dysregulation | 273 |
| Absorption of Nutrients | 273 |
| Sleep Quality | 273 |
| Energy and Fatigue | 274 |
| Stressors and Stress Resistance | 274 |
| Environmental Toxin Exposure | 274 |
| Genetics | 274 |
| Methylation | 274 |
| Chronic Health Issues | 274 |
| Gut Health | 276 |
| Advantages of a Healthy Gut Microbiota | 276 |
| Dysbiosis | 276 |
| Improving Gut Health | 277 |
| Prebiotics | 277 |
| Sources of Prebiotics | 277 |
| Probiotics | 277 |
| Sources of Probiotics | 277 |
| Bone broth | 278 |
| Hormonal Balance | 278 |
| Cholesterol | 278 |
| High-Density Lipoprotein (HDL) Cholesterol | 278 |
| Low-Density Lipoprotein (LDL) Cholesterol | 278 |
| Low-Fat Sources of Cholesterol | 278 |
| High-Fat Sources of Cholesterol | 278 |
| Improving Hormonal Clearance | 279 |
| Enhancing Liver Function | 279 |
| Glutathione Synthesis | 279 |
| Calcium-D-Glucarate | 279 |
| Sources of Glucaric Acid | 279 |
| Increase Elimination | 279 |
| Excretion | 279 |
| Sources of Fiber | 280 |
| Other Excretion Pathways | 280 |
| Biotransformation | 280 |
| Hormonal Imbalances | 280 |
| Summary | 281 |
| References | 281 |

| | |
|--|------------|
| 6.2 Vitamins, Minerals, and Micronutrients | 284 |
| Essential Micronutrients for Menopause | 284 |
| Vitamin A | 284 |
| B Vitamins | 284 |
| Vitamin D | 284 |
| Vitamin K | 284 |
| Choline | 285 |
| <i>Sources of Choline</i> | 285 |
| Essential Nutrients: Functions and Sources | 286 |
| Beneficial Micronutrients | 286 |
| Minerals | 288 |
| Water-Soluble Vitamins | 289 |
| Fat-Soluble Vitamins | 290 |
| Summary | 290 |
| References | 291 |
| 6.3 Diet, Lifestyle, and Disease Prevention | 292 |
| Body Weight | 292 |
| Weight Loss | 292 |
| <i>Diet</i> | 292 |
| <i>Fasting</i> | 293 |
| <i>Physical Activity</i> | 293 |
| <i>Stress and Sleep</i> | 293 |
| Weight Gain | 293 |
| Heart Health | 294 |
| Reduce “Bad” Fats and Increase “Good” Fats | 294 |
| “Good” Fats Examples | 294 |
| <i>Monounsaturated Fats (MUFAs)</i> | 294 |
| <i>Sources of MUFAs</i> | 294 |
| <i>Polyunsaturated Fats (PUFAs)</i> | 294 |
| <i>Omega-3 and 6</i> | 294 |
| <i>Sources of Omega-3</i> | 295 |
| <i>Sources of Omega-6</i> | 295 |
| “Bad” Fats Examples | 295 |
| <i>Trans Fats</i> | 295 |
| <i>Sources of Trans Fat</i> | 295 |
| <i>Saturated Fats</i> | 295 |
| <i>Sources of Saturated Fats</i> | 295 |
| Control Blood Sugar and Insulin | 295 |
| Control Blood Pressure | 296 |
| <i>DASH Eating Plan</i> | 296 |
| Manage Chronic Inflammation | 296 |
| Bone Health | 297 |
| Nutrients | 297 |
| Exercise | 297 |

| | |
|--|----------------|
| Brain Health | 298 |
| Manage Mood | 298 |
| <i>Gut Health</i> | 298 |
| <i>Blood Sugar</i> | 298 |
| <i>Inflammation</i> | 298 |
| Diet | 298 |
| Toxins | 300 |
| Sleep | 300 |
| Exercise | 300 |
| Mental Stimulation | 300 |
| Cancer Prevention | 301 |
| Prevent Obesity | 301 |
| Decrease HCAs and PAHs | 301 |
| Alcohol and Smoking | 301 |
| Advice for Specific Menopause Symptoms and Risk Factors | 302 |
| Summary | 304 |
| References | 304 |
| 6.4 Herbs and Botanicals | 306 |
| Soy Isoflavones | 306 |
| Active compounds | 306 |
| Proposed mechanisms | 306 |
| Efficacy | 306 |
| Adverse effects | 306 |
| Red Clover (<i>Trifolium pratense</i>) | 307 |
| Active compounds | 307 |
| Proposed mechanisms | 307 |
| Efficacy | 307 |
| Adverse effects | 307 |
| Chaste Tree/Chaste Berry (<i>Vitex agnus-castus</i>) | 307 |
| Active compounds | 307 |
| Proposed mechanisms | 307 |
| Efficacy | 307 |
| Adverse effects | 307 |
| Maca Root (<i>Lepidium meyenii</i>) | 308 |
| Active Compounds | 308 |
| Proposed Mechanisms | 308 |
| Efficacy | 308 |
| Adverse Effects | 308 |
| Black Cohosh (<i>Cimicifuga racemosa</i>) | 308 |
| Active compounds | 308 |
| Proposed mechanisms | 308 |
| Efficacy | 309 |
| Adverse effects | 309 |

| | |
|--|------------|
| Ginseng (<i>Panax ginseng</i>) | 309 |
| Active Compounds | 309 |
| Proposed Mechanisms | 309 |
| Efficacy | 309 |
| Adverse Effects | 309 |
| Dong Quai (<i>Angelica sinensis</i>) | 310 |
| Active compounds | 310 |
| Proposed mechanisms | 310 |
| Efficacy | 310 |
| Adverse effects | 310 |
| Evening Primrose Oil (<i>Oenothera biennis</i>) | 310 |
| Active compounds | 310 |
| Proposed mechanisms | 310 |
| Efficacy | 311 |
| Adverse effects | 311 |
| St. John's Wort (<i>Hypericum perforatum</i>) | 311 |
| Active compounds | 311 |
| Proposed mechanisms | 311 |
| Efficacy | 311 |
| Adverse effects | 311 |
| Valerian (<i>Valeriana officinalis</i>) | 312 |
| Active compounds | 312 |
| Proposed mechanisms | 312 |
| Efficacy | 312 |
| Adverse effects | 312 |
| Ginkgo (<i>Ginkgo biloba</i>) | 312 |
| Active compounds | 312 |
| Proposed mechanisms | 312 |
| Efficacy | 313 |
| Adverse effects | 313 |
| Turmeric (<i>Curcuma longa</i>) | 313 |
| Active compounds | 313 |
| Proposed mechanisms | 313 |
| Efficacy | 313 |
| Adverse effects | 313 |
| CBD (<i>Cannabidiol</i>) | 314 |
| Active compounds | 314 |
| Proposed mechanisms | 314 |
| Efficacy | 314 |
| Adverse effects | 314 |
| Summary | 315 |
| Reference | 315 |

SECTION 7 - Self-care

| | |
|---|------------|
| 7.1 Yangsheng: The Ancient Art of Self-Care | 327 |
| The Four Legs of a Chair | 328 |
| Cultivating the Mind and Emotions | 328 |
| Diet and Eating Habits | 329 |
| How to Eat | 329 |
| How Much to Eat | 329 |
| When to Eat | 329 |
| What to Eat | 329 |
| Exercise, Physical Activity, and Breathing | 331 |
| Breathing and Free Flow | 331 |
| Tai Chi and Qi Gong | 333 |
| Sleep | 333 |
| Healthy and Fulfilling Sex Life | 333 |
| Enjoying Nature, Music, Dance, and Art | 334 |
| Living in Harmony With Nature and the Seasons | 334 |
| Spring | 334 |
| Summer | 334 |
| Fall | 334 |
| Winter | 335 |
| The Moon Cycle | 335 |
| Music, Dance, and Art | 335 |
| Lifestyle During Pregnancy and Following Childbirth | 335 |
| Caring for Children Wisely | 335 |
| Managing the Aging Process | 336 |
| Summary | 336 |
| References | 337 |
| | |
| 7.2 Teas and Infusions | 338 |
| Teas and TCEAM | 338 |
| Benefits of Tea | 340 |
| Stimulant Effects | 340 |
| Relaxant Effects | 340 |
| Role in Weight Management | 340 |
| Role in Diabetes Management | 340 |
| Cardioprotective Properties | 340 |
| Neuroprotective Properties | 340 |
| Bone Health Maintenance | 340 |
| Anticarcinogenic Properties | 341 |
| Nutritional Properties | 341 |
| Other Benefits of Tea | 341 |
| Precautions | 341 |
| Herbal and Flower Infusions | 342 |

SECTION 8 - Appendices

| | |
|---|------------|
| Appendix 1. Case Study by Brian Grosam | 367 |
| Appendix 2. A Practitioner's Toolkit for Managing the Menopause | 369 |
| Appendix 3. EBA Evidence Summary: Menopausal Symptoms | 375 |
| Appendix 4. Evidence-Based Acupuncture Point Protocols | 383 |
| 1. A Comparison of Acupuncture and Oral Estradiol Treatment of Vasomotor Symptoms in Postmenopausal Women | 383 |
| 2. A Randomized Controlled Pilot Study of Acupuncture for Postmenopausal Hot Flashes: Effect on Nocturnal Hot Flashes and Sleep Quality | 384 |
| 3. Acupuncture in Managing Menopausal Symptoms: Hope or Mirage? | 386 |
| 4. A Pilot Randomized, Single-blind, Placebo-controlled Trial of Traditional Acupuncture for Vasomotor Symptoms and Mechanistic Pathways of Menopause | 387 |
| 5. Efficacy of a Standardised Acupuncture Approach for Women with Bothersome Menopausal Symptoms: A Pragmatic Randomised Study in Primary Care | 388 |
| Appendix 5. TCEAM Formulas | 389 |
| Wu Zhu Yu Tang | 389 |
| Zuo Jin Wan | 389 |
| Wen Dan Tang | 390 |
| Bao He Wan | 390 |
| Zhi Bai Di Huang Wan | 391 |
| Zuo Gui Wan | 391 |
| Jin Gui Shen Qi Wan | 392 |
| You Gui Wan | 392 |
| Tian Ma Gou Teng Yin | 393 |
| Huang Lian E Jiao Tang | 393 |
| Qing Gu San | 394 |
| Bu Zhong Yi Qi Tang | 394 |
| Da Cheng Qi Tang | 395 |
| Qing Shu Yi Qi Tang | 395 |
| Xue Fu Zhu Yu Tang | 396 |
| Shao Fu Zhu Yu Tang | 396 |
| Tao Hong Si Wu Tang | 397 |
| Wen Jing Tang | 397 |
| Xiao Yao San | 398 |
| Jia Wei Xiao Yao San | 398 |
| Yue Ju Wan | 399 |
| Chai Hu Shu Gan San | 399 |
| Liu Wei Di Huang Wan | 400 |
| Er Chen Tang | 400 |
| Tian Wang Bu Xin Dan | 401 |

| | |
|--|------------|
| Gan Mai Da Zao Tang | 401 |
| Suan Zao Ren Tang | 402 |
| Gui Pi Tang | 402 |
| Si Wu Tang | 403 |
| Sheng Tie Luo Yin | 403 |
| Long Dan Xie Gan Tang | 404 |
| Jin Suo Gu Jing Wan | 404 |
| Ba Zhen Tang | 405 |
| Zeng Ye Tang | 405 |
| Sha Shen Mai Men Dong Tang | 406 |
| Qing Jing San | 406 |
| Gu Jing Wan | 407 |
| Dang Gui Bu Xue Tang | 407 |
| Huang Lian Jie Du Tang | 408 |
| Gui Zhi Tang | 408 |
| Du Huo Ji Sheng Tang | 409 |
| Juan Bi Tang | 409 |
| Xiao Huo Luo Dan | 410 |
| Wu Ji San | 410 |
| Xuan Bi Tang | 411 |
| Gui Zhi Shao Yao Zhi Mu Tang | 411 |
| Shen Tong Zhu Yu Tang | 412 |
| Huo Luo Xiao Ling Dan | 412 |
| Gui Lu Er Xian Jiao | 413 |
| Shu Jing Huo Xue Tang | 413 |
| Ping Wei San | 414 |
| Di Tan Tang | 414 |
| Tong Qiao Huo Xue Tang | 415 |
| Xiang Sha Liu Jun Zi Tang | 415 |
| Fu Zi Li Zhong Wan | 416 |
| Ren Shen Yang Rong Tang | 416 |
| Shou Xing Wan | 417 |
| References | 417 |
| Appendix 6. Glossary of Traditional Chinese Medical Terms | 418 |
| References | 420 |