



# Women's health

A woman's health is best judged by their monthly cycle. Ever had a cycle so painful or heavy that you can't get out of bed? How about kicking off the blanket in the middle of winter because of a menopausal hot flush?

## **We can help:**

Here at Eastern Vitality we see women from the first day they get their period to menopause.

We help by regulating the cycles, improving the quality of the bleed, easing pain and discomfort, overall improving the quality of life and fertility.

Here are some of the many conditions we treat:

- **Painful, irregular, heavy periods, endometriosis**
- **Cycle regulation post oral contraceptive pill**
- **PMS (premenstrual syndrome/ tension)**
- **Menopausal hot flushes and night sweats**



## Our treatments:

- **Acupuncture**

Acupuncture is an alternative form of treatment that involves the insertion and manipulation of fine needles into the body. All needles used are sterile, single-use only needles.

- **Chinese medicine**

This involves mixing a few teaspoons of the prepared herbs with hot water, stir well and drink.

Almost all of the herbs are plant-based and only a very small portion is of animal origin. Other options involve having it in capsule or pill form.

Please let us know if you have specific dietary requirements.

## Simple tips that can help:

- No alcohol, spicy food or cold drinks during the time of bleeding
- No vigorous exercise during the time of bleeding
- Always try to maintain a healthy protein and blood-building based diet.



**Eastern Vitality**

Acupuncture & Chinese Medicine

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*natural harmony care*

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