

Quality, Safety & Potency.

Only A grade herbs are used in the manufacture of Sun Herbal formulas.

All Sun Herbal medicines are produced to the most rigorous standards by an Australian GMP (Good Manufacturing Practice) certified manufacturer in China. This means that every step of production is subject to strict quality control.

All of these medicines must pass stringent tests for safety, purity and potency.



Experience the Sun Herbal difference now

Sun Herbal is the leading supplier of prepared Chinese medicines in Australia and New Zealand with ChinaMed® and Black Pearl® brands. You can be assured of getting safe and consistently reliable medicines made from the finest quality ingredients and concentrations.

Ask your healthcare practitioner how Sun Herbal can help you to manage your symptoms today!



Your healthcare practitioner

Disclaimer. The contents of this flyer (the 'Content') is intended only as a guideline on possible treatment strategies. The Content is not offered as medical advice and should not be considered to be medical advice under any circumstances. If you have a medical condition, you should always seek the advice of a qualified healthcare practitioner. Never disregard professional medical advice or delay in seeking it because of Content in this flyer. Your reliance on any information provided by the author in this flyer is solely at your own risk. Neither the author nor the publisher can be held responsible for the improper or inappropriate use or application of any of the Content of this flyer by any person.

Facing Menopause?

How Chinese herbal medicine can help



The Sun Herbal range of concentrated Chinese herbal formulas can help you manage 'Change of Life' effectively and naturally.

Our Traditional Chinese Medicine (TCM) brands include:



Understanding menopause

The menopause is a natural part of a woman's ageing process, involving changes in the reproductive system. The most striking of these changes is a severe drop in estrogen that occurs around this time. In many women this may cause a series of unpleasant symptoms, for which they seek medical help. These symptoms, referred to as the premenopausal syndrome or more simply, the menopausal syndrome, are characterized by hot flashes, vaginal dryness, mood swings, forgetfulness, etc.

Ancient Chinese medical theories and the menopause

According to the five elements of traditional Chinese medicine (TCM), a woman's reproductive cycle belongs to Water. This, in turn relates to the energies of the Kidney which follow a seven year cycle. In the TCM classics it is stated:

'the reproductive physiology of woman is such that at seven years of age her kidney energy becomes full, her permanent teeth come in, and her hair grows long. At fourteen years Menstruation begins, and conception is possible. At twenty-one years the kidney energy is strong and healthy, the wisdom teeth appear, and the body is vital and flourishing. At twenty-eight years the bones and tendons are well developed and the hair and secondary sex characteristics are complete. This is the height of female development. At thirty-five years ... the muscles begin to atrophy, facial wrinkles appear, and the hair begins to thin. At forty-two ... the entire face is wrinkled, and the hair begins to turn gray. At forty-nine years ... the flow of the menses ceases and the woman is no longer able to conceive.'

Menopausal syndrome in TCM

The declining energy of the Kidney system, along with the decline of other bodily systems, is responsible for the unpleasant symptoms of the menopause. In particular, as the Kidney is regarded as the 'root' of the body, it plays a major role in balancing the metabolism, regulating body temperature, maintaining normal mental functions, along with sexual and reproductive capacity. For these reasons traditional Chinese doctors recommend various lifestyle and dietary changes, together with special herbal formulations, in order to replenish the Kidney energies and slow their decline.

In most traditional cultures, including the Chinese, there has been a very low incidence of menopause related problems, due not only to social factors but also the traditional wisdom of following a suitable diet, work, and exercise program to ease the transition into menopause.

Chinese herbal medicine for menopausal syndrome

Chinese herbal medicine provides excellent support for a woman's unique needs at the time of menopause. There are many herbal combinations that have been developed over several millennia, which strengthen the Kidney and other bodily systems, balance the metabolism, restore mental function and bring harmony to the emotions.

Scientific studies have confirmed that many of these herbal combinations are able to improve the body's ability to make use of estrogen, so that even though there is less available, the system is still able to function normally. Other beneficial effects include moistening the skin and vagina, improving general energy levels and restoring libido.

When prescribed by a qualified healthcare professional, Chinese herbal medicine can help you with

- ✓ Hot flashes
- ✓ Night sweats
- ✓ Insomnia
- ✓ Irritability
- ✓ Poor memory and concentration
- ✓ Vaginal dryness
- ✓ Fatigue
- ✓ Headaches
- ✓ Sexual disinterest
- ✓ Weight gain

It is important to remember that as each person is a unique individual, so too each type of physical imbalance is also unique. A skilled professional is able to diagnose accurately and prescribe the best Chinese herbal medicines for your particular condition.

