

Your practitioner's role to help your wellness

Your practitioner has been trained to recognise signs and symptoms of imbalance and whenever possible, to intervene early to prevent development of serious illness.

Thanks to our reproductive biology, we as women are very aware of life's different phases from puberty through pregnancy and childbirth to menopause and beyond. Transition through these phases may pose a variety of health issues.

Your practitioner can help you understand the difference between a normal physiological adjustment and an imbalance. Remember, it is important to take an active role to seek answers about any symptoms of pain or discomfort. Each woman requires a specific health program that is uniquely their own.

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.

Women's Health Recommendations

In addition to special herbal formulations, some general protocols are helpful to address unique health requirements for women.

1. Eat a balanced, nutritious diet with plenty of calcium, vitamins and minerals.
2. Avoid too many raw or cold foods that strain the digestive system.
3. Avoid deep fried foods and hydrogenated fats.
4. Maintain muscle tone with weights or impact exercise
5. Make time for aerobic exercise daily.
6. Get sufficient rest.
7. Restrict or reduce alcohol consumption.
8. Avoid stress and keep an optimistic outlook.

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!

ChinaMed

BLACK PEARL®

SunHerbal
Better Naturally

www.sunherbal.com

Your healthcare practitioner

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A focus on women's health with Chinese medicine



The Sun Herbal range of concentrated Chinese herbal formulas can help you manage your wellness and address female associated health issues.

Our Traditional Chinese Medicine (TCM) brands include:

ChinaMed

BLACK PEARL®

SunHerbal
Better Naturally

Find the balance: Yin and Yang

The concept of Yin & Yang runs throughout Chinese culture. Physiologically, **Yin** is represented by **substances** like blood, hormones, fat and tissues while **Yang** is represented by **activities** like circulation, heat production, movement and metabolism.

Traditional Chinese Medicine sees health as a balance of Yin & Yang. This balance is in a constant state of adjustment in response to internal and external influences and changes. When the body fails to return to a balanced state, this disharmony may lead to various health problems.

Women are especially prone to certain health issues at various stages of their lives and should pay particular attention to any imbalance in:

- **Digestive function:** constipation, indigestion, heartburn, bloating
- **Musculoskeletal:** joint pain and stiffness, loss of muscle mass, muscle aches
- **Circulatory:** cold hands and feet, breathlessness
- **Mental:** stress, irritability, insomnia, memory and concentration
- **Sexual:** menstruation, menopause, libido
- **Cosmetic:** dry skin, dry hair, skin blemishes, hair loss

Traditional Chinese Medicine (TCM) and women's health

Recognising the high value Chinese culture places on family, it is no surprise that TCM devotes a great deal of attention to issues surrounding women's health. In classic TCM literature, the topic of fertility appears in the opening chapter.

Chinese medical knowledge reflects over 5,000 years of scientific work and has grown to become the world's most advanced system of natural medicine. TCM aims to overcome disease and to restore and promote dynamic good health and well-being for people of all ages.

What sort of health problems can be treated with TCM?

TCM has a detailed and precise system of diagnosis and treatment for many types of women's disorders, including problems with reproduction, menstruation, menopause, and the skin.

TCM contains a wealth of knowledge about lifestyle and diet as health maintenance is top priority. TCM practitioners are trained in all aspects of preventative medicine so that they are able to detect minor imbalances and correct them before serious illness develops.

How are women's health problems treated?

Herbal medicines and acupuncture are used to correct imbalances and strengthen the body. TCM practitioners examine the tongue and pulse, and take detailed case history. Certain pressure points may be tested to assist diagnosis. Once underlying imbalances are identified, treatment can begin.

Herbal formulas to enhance women's health

Chinese medicine is rapidly gaining popularity in the west with a unique perspective on women's health issues. When your practitioner reviews your symptoms along with diet and lifestyle habits, a clear picture of your overall health emerges.

Chinese medicine diagnostics allow the practitioner to see through the pattern of symptoms to the underlying imbalance. The treatment approach, often herbal combinations, ideally relieves symptoms while addressing the root cause.

Chinese herbal medicine support and enhance women's functions of body and mind and address the symptoms and underlying causes of female associated disorders.

