



Symptoms of Menopause

- Hot flashes
- Night sweats
- Irregular periods
- Loss of libido
- Vaginal Dryness
- Mood Swings
- Fatigue
- Hair Loss/Thinning
- Sleep disturbance
- Difficulty concentrating
- Dizziness
- Weight gain
- Incontinence
- Bloating
- Brittle nails
- Depression
- Anxiety
- Irritability
- Panic disorders
- Headaches
- Joint Pain
- Digestive problems

Acupuncture can help!

Is it hot in here? No it's just you...



On average, women have approximately 450 menstrual cycles over the course of their life. If the average cycle lasts five days, that means women spend approximately 3,500 days menstruating, which is about 9.5 years of their lifetime. If you didn't think of yourself as a powerful, miraculous creature of nature, you should now.

When cycles start to dwindle and childbearing years near an end, the transition can be quite disruptive. The physical aspects of menopause can be difficult to adjust to, and the emotional components can be even worse.

Unfortunately the symptoms of menopause can last anywhere from 3.5 to 14 years. The great news is Acupuncture and herbal formulas can help subside menopausal symptoms by balancing hormones. In turn you will see a reduction in night sweats & hot flashes, more restful sleep and generally a calmer demeanor. You will feel the positive effects of the natural processes occurring in your body. It is what nature intended.

Change is an inevitable part of life. It is important to stay flexible and allow symptoms to come and go. Be an active participant in your health. By making certain lifestyle and nutritional changes along with regular

Acupuncture treatments you can ease the transition from baby bearing years to a newfound liberating phase in a life free of menstrual cycles.



Dr. Mena Rajan is board certified and accredited by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) and is licensed in both Pennsylvania and California. In addition, Mena is a member of the American Acupuncture Council (AAC) & Association for Professional Acupuncture in Pennsylvania (APA) and is certified in Facial Rejuvenation Acupuncture. Dr. Rajan specializes in psycho-emotional (stress, anxiety, depression) and digestive disorders. Dr. Rajan strives to help her patients reach their fullest potential by helping them manifest a happy, healthy life.