

LOSE THE BLUSHES AND HOT FLUSHES – MEN TOO!

Acupuncture Relief For Hyperhidrosis, Vasomotor & Hormonal Imbalances.

St Valentine's Day is a time for flowers and poetry, with the blush on a fair cheek being compared to roses – but what about when hot flushes have become a thorny problem? Most of us know of at least one woman 'of a certain age', who valiantly jokes about her 'Power Surges'; but fewer people realise that men who have undergone hormone suppression treatment for prostate cancer suffer the same symptoms, and are often too embarrassed to even mention it to their consultant. Other diseases can affect hormonal levels and the vasomotor system resulting in excessive sweating, disturbed sleep, mental and physical fatigue and other similar symptoms and distress.

ACUPUNCTURE can offer significant relief for these symptoms, whether they are due to medical intervention or simply life's changes. Being a complimentary medicine, acupuncture can work alongside drug treatment protocols or H.R.T. as well as homeopathy and herbalism. Its benefits to the person suffering from stress, anxiety, fatigue, insomnia and depression are well documented, although there have been more studies on females than males. For example, a study of women with breast cancer who had had unsuccessful conventional treatment for hot flushes then assessed the effects of acupuncture. 8 out of 10 reported effective relief and all reported some reduction in symptoms. In another study, evaluating acupuncture in men with prostate cancer, 7 out of 10 demonstrated a significant decrease in hot flushes.

On average, three-quarters of perimenopausal women will have hot flushes, with about one in five suffering from severe disruption to their quality of life and sleep for up to five years or more. This is therefore not a minor problem, and apart from the personal suffering involved, many couples also find their relationship under stress, with tempers frayed and regularly disturbed sleep often leading to separate beds or bedrooms. It is not always advisable or desirable to take prescribed hormonal supplements, and while many women swear by phyto-oestrogens e.g. soy, linseed, black cohosh, agnus castus, dong quai or sage to help counteract the bodies falling natural oestrogen levels, these supplements may be dangerous in conjunction with other medications and should only be taken after consulting with a qualified herbalist and also your GP or consultant. Such supplements require regular ingestion for at least 3 months before their effect can be ascertained, whereas most acupuncture patients have reported a definite reduction in vasomotor symptoms (sweating, flushing etc) and also a decrease in feelings of stress, depression and fatigue after just one or two acupuncture treatments. The knowledge that symptoms can be minimised or banished is also a powerful boost to the person's self-confidence, which may have been eroded over several months of suffering in silence.

ElectroLotus has a fully insured and qualified Licentiate in Acupuncture, providing the options of classical needle acupuncture, 'no-needle' Acu-Laser, electro-acupuncture, auricular acupuncture and moxabustion. To discuss hormonal balancing acupuncture, treatment for any other health complaint, or to make an appointment, please ring 699603088 or visit www.electrolotus.com.