

The first documentation of using Traditional Chinese Medicine (TCM) for women's health could be dated back to the first official classic Chinese medical text book "The Yellow Emperor's Internal Canon of Medicine (黄帝内经)" about 2500 years ago.

In Chinese medicine, healthy menstruation relies on the balance between different organs in the body. When organs are not functioning in their optimum state, women may experience irregular periods, excessive bleeding, cramps, mood swing, fatigue and acnes etc.



"Zhi Ben(治本)" meaning "to get to the root of a problem" is one of the fundamental concepts of Traditional Chinese Medicine. Besides symptomatic treatment, it is important to identify organs that are off balance, and then customize a treatment plan to restore its function.

For example, in Chinese medicine theory, Liver and Kidney are the organs commonly involved in women's health problems. Normal menstruation, fertility, pregnancy and child birth rely on organs working under a harmonious manner.



Acupuncture and herbal supplement are time-tested methods help regulate and enhance proper functions of the body.

Once the body is balanced, women no longer need to suffer from their monthly menstruation and can enjoy a happier and healthier life with their loved one.

