

This formula can also improve bone density for patients who suffer from severe pain in the joints and spine, muscle spasms and stiffness, and poor circulation. Furthermore, Geng Nian Le also aids in hair loss, skin dryness, wrinkles, and poor memory and concentration.

For patients who suffer from infertility or miscarriage due to low estrogen or progesterone levels or high FSH levels, Geng Nian Le has been shown to improve their chances of having a successful pregnancy.

Suggested Clinical Dosage

Geng Nian Le comes in pill and powder form. Patients take 6 pills (9 grams) of the formula twice a day for the first 3 weeks. For maintenance, patients may reduce their dosage after consulting with an herbalist. We suggest taking the herbal formula with warm water, half an hour after meals. Ice, shellfish, spicy foods, alcohol, caffeine are prohibited when taking this formula.

Purity and Safety Advisory

This formula is a powerful mixture of 100% natural herbs that has been used to successfully relieve symptoms as well as balance the internal condition. It is approved for import by the FDA as a food supplement and is produced by pharmaceutical factories in the US which surpass international heavy metal and microbiological standards.

Above statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Zhi Hang Ling : Hotflex

What Is This Formula For?

Hotflex formula is specially designed to treat perspiration, hot flashes, and night sweats for women undergoing menopause. Contrary to Menopex, Hotflex formula does not stimulate the ovary to produce hormones. Clinically, it can also be used along with hormone therapy for patients who have ovarian, breast, uterine, or prostate cancer.

Formula Source and Description

This formula was created by Shanghai University of TCM for cancer patients who suffer from hot flashes due to hormone therapy.

Ingredients

Huang Qi (Astragalus Root), Fu Xiao Mai (Wheat Seed), Dang Sheng (Codonopsis Root), Sheng Di Huang (Rehmannia Unprocessed Root Tuber), Shu Di Huang (Rehmannia Cured Root Tuber), Yin Yang Huo (Epimedium Aboveground Parts), Mai Dong (Ophiopogon Root Tuber), Huang Qing (Chinese Skullcap Root), Huang Bao (Phellodendron Stem Bark), Huang Liang (Coptis Rhizome), Wu Wei Zi (Schisandra Fruit)

How Does It Work

Hotflex formula balances the sympathetic and parasympathetic nervous systems as well as body chemicals that regulate body temperature.

Clinical Use Data and Guide

For women go through menopause, Hotflex may be taken along with Menopex to relieve very severe hot flashes. As soon as the perspiration is under control, they should change it to Menopex for long-term use. For cancer patients going through hormone therapy, they can take Hotflex along with their medications after consulting with their oncologist. Usually, it's best to take herbal formulas at least half an hour apart from their prescribed medication.

Suggested Clinical Dosage

The regular dose is 6 tablets of Hotflex and 3 tablets of Menopex twice a day for the first 3 weeks. For maintenance, patients may reduce the dosage after consulting with an herbalist. We suggest taking the herbal formula with warm water, a half an hour after eating. Ice, shellfish, spicy foods, alcohol, caffeine are prohibited while taking the formula.

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- Geng Nian Le (Menopex) is a great herbal formula to help ease the menopause syndromes...

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1. WHAT IS MENOPAUSE?

Menopause is a period of a woman's life wherein certain levels of hormone such as estrogen, progesterone, and testosterone begin to decline. This is a normal part of a woman's aging process and begins two to five years before her last menstrual period. It is usually complete when one or more years have passed since the last menstrual cycle.

2. WHAT CAUSES MENOPAUSE?

Menopause is caused by the decline of the hormonal levels. Hysterectomy, a surgery to remove the ovaries, can also contribute to menopause. Other factors for early menopause may include heavy smoking, removal of pituitary gland, chemotherapy, and eating disorders such as anorexia and bulimia.

3. WHAT ARE THE SYMPTOMS OF MENOPAUSE?

Some symptoms of menopause include changes to the menstrual cycle, hot flashes, mood swings, insomnia, heart palpitations, joint pain, headaches, vaginal dryness, skin, hair and urinary changes.

4. WHAT ARE THE LONG-TERM HEALTH EFFECTS OF MENOPAUSE?

Due to the decline of estrogen, women undergoing menopause are at a higher risk for osteoporosis, vaginal dryness and itching, vaginal infections, pain during sexual intercourse, uncontrollable leakage of urine, urinary tract infection, atherosclerosis, high cholesterol, hypertension, stroke, and weight gain.

5. HOW CAN ACUPUNCTURE HELP MENOPAUSAL SYNDROME?

We offer various programs to help deal with the effects of menopausal syndrome, such as:

Hot Flash Treatment

Acupuncture treatment is approved for improving the ovarian function to produce estrogen naturally. Herbal formula Geng Nian Le has been used in China for over 2000 years in order to regulate hormone level and relieve hot flashes. It is also used as a daily anti-aging supplement since it can nourish women's essential energy.

Osteoporosis Prevention / Treatment

Moxibustion along with herbs applied along the spinal and hip areas are very effective in the prevention / treatment of osteoporosis. Herbal formula Jing Gu Bao has undergone clinical trial in China and is available on the market to treat osteoporosis.

Heart Condition Management

Women undergoing menopause are susceptible to high cholesterol, diabetes, and high blood pressure. Since these problems are closely related to hormonal changes, acupuncture and herbal treatment to balance the hormone will be helpful to manage a healthy heart. This treatment also eases the symptoms of insomnia, irregular heartbeat, palpitations, and panic attacks.



Dryness (hair, skin, vagina)

Da Bu Gao for women is very useful for hair loss, skin dryness, and burning, itching, and dry sensation in the vagina. It is also often used for facial and skin care, taken internally. Facial and body massage with herbal aromatherapy is also a great effective therapy to treat dryness symptoms.

Concentration and Memory Enhancement

Scalp acupuncture and acupressure are recommended for the menopausal patient to improve their concentration and memory. It is also effective for treating / preventing Alzheimer's disease. Furthermore, foot reflexology combined with herbal soaking proves highly beneficial for the enhancement of one's concentration and memory.

Over weight

Acupuncture and herbal therapy will help patient's loss weight through balancing hormone, controlling appetite, improving metabolism and internal detoxification. Ear acupuncture points are approved working effectively for obesity patients and fat burn herbal massage is commonly applied on the body for cellulite treatment.

HERBAL FORMULAS FOR MENOPAUSAL SYNDROME

Geng Nian Le: (Menopex)

What Is This Formula For?

This herbal formula is especially made for women experiencing menopausal syndromes such as hot flashes, night sweats, nervousness, anxiety, depression, and osteoporosis. It not only helps to balance the female hormones during the menopausal years but it also nourishes blood, yin, and jing to help those who suffer infertility due to low hormone level.

Formula Source and Description

Geng Nian Le is an advanced version of an herbal product that has been used by the Chinese since the 1950's. The original formula was developed by the Shanghai University of Traditional Chinese Medicine to help relieve discomfort for women over 45. That formula was later improved upon to create the formula Menopex and has been used by more than 5,000 women in the U.S since 1990.

Ingredients

Dong Gui (Dong Quai Root), Xian Mao (Curculigo Rhizome), Xian Ling Pi (Epimedium Aboveground Parts), He Sou Wu (Fo-Ti Root Tuber), Tu Si Zi (Chinese Dodder Seed), Zhi Mu (Anemarrhena Rhizome), Huang Bai (Phellodendron Stem Bark), Ba Ji Tian (Morinda Root), Gou Qi Zi (Lycium Root), Nu Zhen Zi (Ligustrum Fruit), Rou Cong Rong (Desert Broomrape Stem), and Fu Peng Zi (Palm-leaf Raspberry Fruit).

How Does It Work

Scientific research indicates that the formula, Geng Nian Le, gently stimulates the ovaries in hormones production, which can help women maintain the condition of their health and relieve the early symptoms of menopause. This formula is also commonly used in classical TCM theory as an anti-aging product called the women's treasure.

Clinical Use Data and Guide

Geng Nian can help relieve the symptoms of hot flashes, fatigue, and insomnia. It is also used for patients with irregular menstruation, depression, and anxiety. In TCM theory, menopause is diagnosed as "liver and kidney jing deficiency". When women go through menopause, yin deficiency may lead to vaginal dryness, itchiness, and frequent and night urination. Over time, Geng Nian Le can help relieve these symptoms. It may be prescribed either orally or as an externally applied bath sitting or douche.