



CAYMAN MASSAGE & WELLNESS  
Integrative Wellness



# TCM ACUPUNCTURE

Women's Health & Hormonal Balance

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Many women experience hormonal imbalances at different stages of life — from fertility challenges and PCOS to perimenopause and menopause. Symptoms often affect energy, mood, sleep and digestion, not just the menstrual cycle.

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## TCM Perspective

Chinese Medicine views women's health as a dynamic balance between the nervous system, circulation and internal regulation. Hormonal symptoms are often influenced by stress, lifestyle and the body's ability to adapt to change

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## Supportive Care

Chinese Medicine can support women's health through acupuncture, therapeutic bodywork such as Tuina massage, gentle cupping when appropriate, and nutritional and lifestyle guidance based on Chinese Medicine principles. The focus is on supporting the body's natural regulatory capacity over time.

## What You Can Do at Home

- Eat regular, warm meals to support digestion and hormonal regulation
- Reduce excessive cold foods and drinks, especially around your cycle
- Prioritize rest and consistent sleep patterns

## Who It's For

- Fertility and preconception support
- PCOS support
- PMS and cycle irregularities
- Perimenopause and menopause symptoms

Chinese Medicine can be used on its own or alongside conventional care.

