

Acu News

"A man grows most tired while standing still." - Chinese Proverb

MEN & their issues

Some men might not consider acupuncture as a first resort when wanting a health reset, but acupuncture can be a great way to deal with some of the issues that come with getting older. There are certainly more than five, but here are the top five ways acupuncture can improve men's health.

5 of the most prominent issues that men face today:

- Knee and/or lower back pain
- Baldness
- Depression, anxiety, confidence issues
- Prostatitis
- Impotence
- Low libido
- Premature ejaculation
- Infertility

Most issues pertaining particularly to men are related to the Kidneys, and the balance of Yin and Yang within the body. When the Kidney energy becomes weak they cannot support the whole body optimally. When one organ goes out of balance others follow like a domino effect. Yin and/or Yang can become deficient through poor lifestyle choices over a prolonged period of time, and through the ageing process. This is all treatable through acupuncture and the principles of Traditional Chinese Medicine (TCM).

Other patterns afflicting men are blood stagnation and the accumulation of phlegm. Accumulation of phlegm can often come first through suppression of emotion,

poor diet and possible drug use over prolonged periods. Phlegm accumulation leading to blockages in the qi flow throughout the system which can lead to Yin and Yang deficiencies and as one advances in age blood stagnation increases.

Mental health is an imperative priority for men, not to be overlooked. As the suppression of psycho-emotional suffering is often at the root of many men's physical issues. Acupuncturists make listening in the treatment room a main component of the treatment session. Simply being listened to, deeply, on a regular basis is extremely healing in itself. Patients can feel confident that what is shared in the treatment room is confidential.

Knee and/or Lower Back pain: There have been more studies done on acupuncture for knee and back pain than any other condition. It is what acupuncture is most commonly known for. The beauty of receiving acupuncture from a degree-level trained Chinese Medicine practitioner is that we treat you based on your individual constitution, not just a formula of points like they do in the double blind studies. Treatment focuses on balancing the Kidneys, increasing qi and nourishing your individual constitution.

Baldness: Baldness can creep in as the energy of the Kidneys declines with age. It can also be contributed to by lack of adequate blood supply to the scalp and hair follicles. Plum blossom needling is an excellent way of stimulating the blood flow to the scalp and re invigorating the hair follicles. This form of treatment may also be more desirable than drugs as this treatment directs the blood flow to one specific area, whereas the side effect of drugs can be additional hair growth in unwanted areas.

Depression, Anxiety and Confidence issues: The society we were brought up into and conditioned by hasn't favoured men authentically expressing emotions throughout history. This has led to an epidemic of men's mental health concerns which are coming to light more and more in the current time. TCM is ancient in its wisdom and has always had the balance of Yin and Yang - feminine and masculine energies - at its core. There is nothing personal about masculine and feminine energies, they are simply manifestations of the one true life-force. Men are predominantly Yang but this does not mean they should not have any Yin, and vice versa. Acupuncture treatment can harmonize these energies internally - it has nothing to do with becoming more 'feminine'.

Impotence, Low libido, Premature ejaculation, Infertility:

Kidney deficiency is the main cause of all of these symptoms, so acupuncture, herbs and rest - yin time - are the best medicine.

If you're concerned about anything addressed in this article, we might be able to help. Contact us today.

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