

# BALANCE YOUR HORMONES NATURALLY



**A**cupuncture has long been used in Asia to address women's health issues, from heavy or painful periods, PMS, PCOS and fertility issues, to problems during pregnancy or menopause. It has a proven effect on the hypothalamus and the release of hormones throughout the body and therefore can be very effective to balance hormonal levels and regulate menstruation and ovulation.

SOCIETY MARBELLA talks to Emmie, a client of the acupuncturist Carole Dumenil, about her experience.

*"I have always had a problem with PMS, irregular cycles and painful periods but thinking this was 'normal' I pretty much ignored it until I was diagnosed with severe endometriosis and polycystic ovaries and told that it would be difficult, if not impossible, for me to conceive. While not in a hurry to start a family this was quite distressing news."*

## THE TREATMENT

*"Carole took a full and detailed history from me in order to do a diagnosis. Throughout the process she was so calm and gentle that I gradually relaxed as I was a worried about the 'needle' part. Afterwards I was so tired! When I spoke to her, Carole reassured me that it is quite normal as your body relaxes and 'processes' the work she had done."*

*Carole recommended a fairly intense course to begin with, one session per week for a few weeks. The gap was then extended as I started to feel better to once a month, arranged around my cycle. Now it's only when I think I 'need' her.*

*She also talked me through my diet and explained things that I could do to help, such as reducing my sugar intake and increasing my protein consumption, (mainly from wholegrains), which had a radical effect on my mood."*

## THE BENEFITS

*"According to my last gynaecological check-up, I no longer have endometriosis and while there is still the evidence of PCOS, the cysts are now so small they are almost insignificant - a clean bill of health. So clean in fact that I'm now four months pregnant."*

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