

## Managing the Menopause with Acupuncture

This one day course covers the main complaints and complications that women may face during the menopause. Commonly encountered symptoms are explained and explored in terms of TCM treatments with reference to both historical sources and contemporary research. This course is suitable for

- Third year students and recent graduates who do not yet have much experience of this area
- More experienced practitioners who may already be treating these issues but who would like to deepen their knowledge

**Venue:** The City College of Acupuncture, University House, 55 East Road, London N1 6AH  
• 5 minute walk from Old Street Tube Station

**Date:** Saturday October 26th 2019, 10.00am - 5pm

**Cost:** £95

### Course Outline

#### An Introduction to the Menopause

- Menopause Facts and Figures
- Western Medical Explanation of the Menopause
- Medically Induced Menopause
- Cultural Differences
- Hormone Replacement Therapy
  - The TCM of HRT

#### Underlying TCM Concepts

- TCM Aetiology and Pathology
- The Seven Year Cycles
- *Jing, Tian gui, Ren* and *Chong mai*
- Aetiology and Lifestyle Factors

#### Most Commonly Encountered TCM Patterns

- Differentiation and Treatment

#### Menopause Related Conditions

- Hot Flushes
- Interrupted Sleep and Night Sweats
- Anxiety, Depression and Altered Moods
- Urinary conditions
- Vaginal Atrophy, Vulvodynia
- Weight Gain
- Shoulder Pain
- Osteoporosis

Learning will be supported with case studies, research and, where possible, demonstrations.

#### Previous attendees to Paul's courses say:

- "Wonderful learning, very clearly presented, great notes - just do it!"
- "A relaxed and friendly deliverance of the material made it possible for people to contribute without feeling ignorant about the subject."
- "I particularly liked the discussions concerning experiences of the other course participants and additional information they added to the detailed course notes."

**Paul Johnson LicAc, MBAcC, LicOHM, MRCHM, BA (Hons), PGCertLTHE, AHEA, AFN** he has taught acupuncture for 18 years and has a special interest in treating women's health issues.

**Please email [pauljohnsonacupuncture@gmail.com](mailto:pauljohnsonacupuncture@gmail.com)  
to confirm your place, and then post the booking form below**

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Your name:

Your address:

Your email:

Mobile number (in case there is a problem on the day):

Please make your cheque payable to **Paul Johnson** and send it to

Paul Johnson  
Braefoot  
1 Woodside Close  
Chiddingfold  
Surrey GU8 4RH

***Alternatively, email me for bank transfer details***

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**Cancellation Policy:**

- Refunds: 100% up to 14 days prior to seminar. 50% thereafter
- I reserve the right to cancel the seminar, in which case you will receive a full refund within 3 weeks of notification of cancellation

**For more information, contact**

- Paul Johnson 01428 683 460
- [pauljohnsonacupuncture@gmail.com](mailto:pauljohnsonacupuncture@gmail.com)