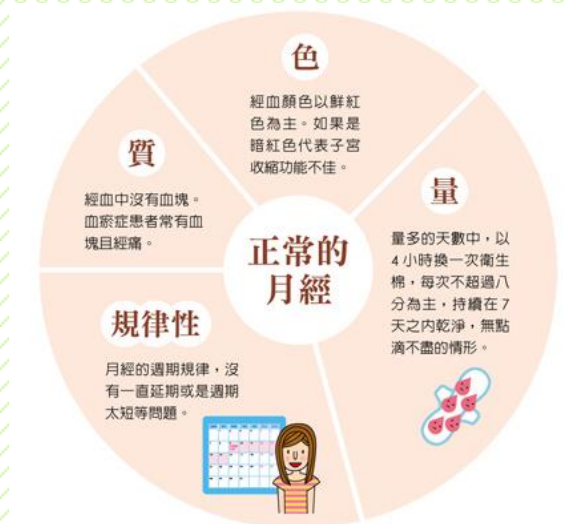


Normal Menstruation



1. Duration:

- Menstrual Cycle (28-30 days)
- Menstrual Period (5-7 days)

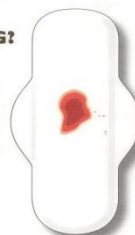


2. Menstrual bleed volume

- (50-80ml)

HOW MUCH AM I BLEEDING?

Scant amount
Blood only on tissue when wiped or less than one-inch stain on maxi pad within one hour.



Light amount
Less than four-inch stain on maxi pad within one hour.



Moderate amount
Less than six-inch stain on maxi pad within one hour.



Heavy amount
Saturated maxi pad within one hour.



3. Colour - Slightly dark red

4. Nature/Quality

- not dilute nor thick
- not curdle
- without blood clot



Pale Red & dilute texture
Spleen deficiency;
Qi deficiency
淡紅，質清稀 = 脾虛/氣虛
(西洋參/黨參/黃芪)



Light Red & dilute texture
Blood deficiency
淺紅，質稀 = 血虛
(紅棗，枸杞子)



Bright Red & thick texture
Kidney deficiency;
Heat due to deficiency
鮮紅，質稠 = 腎虛，陰虛
(黑芝麻，木耳，黑豆)



Crimson Red & thick texture
Excessive heat
深紅，質稠 = 熱
(菊花，夏枯草)



Dark Red with clots
Blood stagnation;
Excessive Cold
暗紅，有血塊 = 血瘀/寒
(生姜，杏仁)



Purple-red with clots
Liver Qi stagnation;
Qi stagnation
紫紅，有血塊 = 氣滯，肝郁
(玫瑰花茶，陳皮，川芎)



Dull red with clots
Cold due to deficiency
黯紫，有血塊 = 虛寒
(生薑，當歸，黃芪，高麗參)

Benefit of Normal Menstruation:

- Menstruation condition reflect body condition
- Assist the elimination of blood clot from the body
- Assist generation of “new blood cells”
- Ensure normal chances of pregnancy
- Reduce chances of abnormal growth in uterus or ovary
- Regulation of hormonal condition
- Reduce menopausal symptoms

Acupuncture and Herbs assist to:

- Regulate menstruation cycle by balancing Yin and Yang in the body
- Regulate menstrual period and volume by regulating Qi and Blood in the body
- Regulating colour and quality of menstrual blood by treating the excess and deficiency in the body
- Regulation of hormonal condition by regulating Liver and Kidney Qi
- Elimination of Blood clots by regulation of blood circulation
- Regulation of Spleen and Stomach to ensure generation of Qi and Blood