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### Enuresis and Incontinence

~ The Chinese Medicine Perspective

The kidneys are often referred to as the “root of life” or “our root of heaven Qi“. This is because they store the essence from our parents which is established at our conception. These organs are in charge of many aspects of ourselves they rule our genes, brain, our hair on our head, our teeth and the associated emotion fear. Weak kidneys can lead to low back pain, knee pain, unhealthy teeth and bones and difficulty in holding our urine both day and night.

Enuresis, commonly known as bedwetting, is more common in boys than girls. Here are the statistics:

**30 % of children before the age of 4 years old.**

**10 % of children before the age of 6 years old.**

**3 % of children before the age of 12 years old.**

**1 % of children before the age of 18 years old.**

There are 4 main causes of bedwetting in children based on TCM. It may simply be weakened kidneys ( congenital and/or lifestyle, deficient spleen and/or lungs ( eg. if a cough or asthma present ) and/or sometimes an emotional hindrance. The main goal of the treatment is to strengthen the

weakness and drain or sedate the excess organs. Sometimes children only wet their beds when they are sick or have a cold. This usually indicates a slight imbalance which appears only when the body is overtaxed.

In adults the complaints are different. Incontinence (Bladder control problems) and urinary tract infections, frequent urination are commonly seen in the clinic. These arise from:

**1 weak constitution**

**2 lifestyles**

**3 old age**

**4 child birth**

**5 chronic coughs**

**6 weak bladders**

Traditionally the above representing symptoms are treated with a combination of herbs, acupuncture and moxibustion. Herbal formulas in this category are an excellent adjunct to the acupuncture treatment. Generally, the doctor takes into consideration your age, and health status when combining the variety of herbs. For example, in urinary tract infections herb are generally used to drain or sedate the heat out of the bladder. If you have any questions or other health concerns you wish to discuss call 604 264-9921 or

[info@healthtoday.ca](mailto:info@healthtoday.ca) .

### Reiki

**Change Through Personal Power**

By Sarina Kier

Reiki is an ancient art of healing using meditative touch. Reiki translates to Universal Life Energy. As its namesake implies it is both powerful and gentle. In its long history of use, Reiki has aided in healing virtually every known illness and injury.

September 2001 has seen our world as we know it shaken. Our comfort and safety zones shattered. Families and friends are in mourning, companies are facing collapse, and people are being fired up by politicians.

Many of us are feeling the stress and are wondering what can be done. What can we do to help heal not only what happened, but what can we do to help heal the source and the cause of it. We feel powerless and yet we have the greatest of power. We do not have to satisfy voters and investors with elegant speeches. We can create a great and resonant change.

Change occurs first within us and moves outward in strong concentric circles. You can liken it to dropping a pebble into water. Change moves outward in an infinite way. The pebble I use is Reiki. It is both simple and profound in its teachings and practices. Anyone can learn to do Reiki and at any age. The mere practicing of Reiki stills the mind, centers the body within itself, and sends out vibration after vibration of healing to those around us and to the world at large. **Continue →**



## Reiki / continued..

To take on the commitment of Reiki is in itself taking on the commitment of self healing and thus the healing of the planet. Done on a daily basis, Reiki regenerates your cells, rids you of stress, calms your anxieties, and rejuvenates your spirit. You can use Reiki to nurture your whole existence, energize your food and water, and aid your plants and animals.

Each and every day from a place of inner peace we can send out Reiki to those in need, politicians trying to make decisions, people in pain, and warriors poised to fight. With the power of many we can change the outcome of a tragedy. We can transform our destiny to one of solidarity and peace.

Sarina Kier has been a Reiki Master for 11 years. Her training includes various healing arts including Native Shamanic energy practices. To find out more about Reiki classes and session you can contact her at the Arbutus Clinic 604-264-9921.

## Menopause

~Our warm friend or persistent enemy?~

By Lynn Truong

### What is menopause?

Menopause is a transitional period marking the cessation of ovulation in a woman's body. This time of change may last a few months to many years. Symptoms vary from mild to severe, and are brought on as our bodies try to adapt to decreasing amounts of estrogen. Symptoms include hot flashes, night sweats, insomnia, fatigue, mood swings, memory loss, vaginal dryness, headaches, joint pain, and weight gain.

### Why do some women find it harder to go through than others?

In Chinese medicine, menopausal symptoms arise from a decline of kidney essence. The kidneys are considered the 'life batteries' of your body. The severity of your symptoms is highly related to how well you have taken care of your kidney essence prior to menopause. Emotional stress (anxiety, worry, fear), overworking, and having children close together are all factors that can cause the kidney energy to diminish. Women who smoke, and/or have a poor diet consisting of many processed foods, tend to have more severe symptoms as well.

### How come women in Asia seem to be immune to this?

Diet and lifestyle in Asia tend to be quite different from those of North Americans. Typically, Asian women eat more soy products, which nourish the kidney. They also engage in some form of Tai chi or Qi gong exercises, which strengthen and balance the energies of the body. Culturally, the aging process itself is less stressful because age and maturity are respected.

## What is Hormone Replacement Therapy?

Some women undergo Hormone Replacement Therapy (HRT). It works by tricking the body into believing it is still ovulating and producing estrogen. The results for this therapy are more immediate than with Chinese medicine in terms of reduction of symptoms. However, HRT does not nourish the kidneys, nor does it get to the root of why you may be having symptoms. These are synthetic hormones, much like the ones used in birth control pills, and have potential side effects such as breast and endometrial cancer, thrombolism, strokes, hypertension, Gall Bladder dysfunction, gallstones, water retention, and headaches. With this in mind, HRT is not an ideal long-term solution.

### How Can Chinese Medicine help with this?

For many, Chinese medicine is all that is needed to manage menopause. It works by gently nourishing the kidneys. This is achieved through acupuncture, herbs, and dietary recommendations. In more severe cases, Chinese medicine can be combined with HRT because each works through different mechanisms. Once the Chinese herbs kick in, (within about 2 months use), you can start to wean yourself off of the HRT. By combining these two modalities, the symptoms will be more manageable.

Chinese medicine will help you whether you are currently going through menopause, or are interested in seeking preventative means. Your Doctor of Traditional Chinese Medicine will be able to help you understand the changes that are occurring during this transitional period. For questions or a consultation, please call Lynn Truong at (604) 264-9921.