

Women's Health & Acupuncture

Thoughtful care for changing needs, from menstrual wellness to midlife transitions.

Women's health is not one condition or one stage of life. At Reishi Wellness Center, our approach begins with listening to your symptoms, your health history, and what matters most to you. We offer individualized acupuncture as a supportive option alongside appropriate medical care.

Care built around your life stage

Our women's health focus includes menstrual discomfort and premenstrual symptoms, reproductive wellness support, perimenopause and menopause, and stress-related sleep concerns. Treatment goals are specific to the individual rather than based on a one-size-fits-all protocol.

What makes this approach different

We look for patterns over time: when symptoms occur, how they affect daily life, what has already been tried, and which changes are meaningful to you. We discuss the limitations of acupuncture evidence openly and coordinate with your physician when medical evaluation is needed.

A supportive service, not a substitute for gynecologic, fertility, or primary medical care.

Your Care Journey

A women's health pathway that begins with the right questions.

01 Listen & understand

Discuss your main concerns, health history, medications, pregnancy possibility, prior diagnoses, and current medical care.

02 Map cycles & symptoms

When relevant, review cycle timing, cramping, bleeding patterns, headache or mood changes, hot flashes, sleep, and symptom triggers. A simple symptom diary can be useful.

03 Agree on realistic goals

Choose measurable goals such as fewer days disrupted by cramps, improved sleep, or better day-to-day comfort. Clarify what acupuncture may and may not address.

04 Provide individualized care

Select acupuncture points and visit frequency according to your presentation, comfort, and safety considerations. Any additional therapies are discussed before use.

05 Review, adjust & refer

Reassess symptoms over time. Modify the plan if needed and recommend gynecologic, reproductive, or other medical assessment for concerning or persistent symptoms.

Focused Women's Health Support

Four distinct areas of care, with honest expectations.

Menstrual comfort & PMS

Acupuncture may be considered for some menstrual pain symptoms, although evidence varies in quality. We discuss timing, severity, functional impact, and signs that warrant assessment for causes such as endometriosis or fibroids. Severe or worsening pain should not be dismissed as routine.

Fertility & reproductive wellness

For patients trying to conceive or undergoing fertility treatment, acupuncture may be used for relaxation and general well-being. It has not been established as a way to improve IVF live-birth rates. We do not delay fertility evaluation or replace specialist care.

Perimenopause & menopause

Hot flashes, night sweats, sleep disruption, and changes in mood can affect quality of life. We help patients track symptom burden and discuss supportive strategies. Acupuncture should not be presented as a proven way to correct hormone levels or as a replacement for evidence-based menopause treatment.

Stress, sleep & whole-person well-being

We explore how sleep, stress, work, caregiving, and physical symptoms interact. Acupuncture can be discussed as one component of a broader self-care plan, with referral for persistent insomnia, anxiety, or other concerns when appropriate.

Our Methods & Strengths

Care that is individualized, measured, and integrated.

A personalized acupuncture plan

Licensed acupuncture care uses fine, sterile, single-use needles. Treatment selection is based on an individualized assessment, safety screening, and your preferences. A session may include a short check-in and time to rest during needle placement.

Symptom-informed follow-up

Instead of relying on vague promises of “hormonal balance,” we track outcomes patients can describe: symptom frequency, intensity, sleep quality, missed activities, and comfort. Progress is reviewed regularly; results vary.

Coordination with conventional care

We encourage continued routine screening and medical care. Depending on symptoms, we may suggest consultation with an OB-GYN, primary care clinician, fertility specialist, or mental health professional. Acupuncture is complementary, not a replacement for indicated testing or treatment.

Clear safety conversations

Tell your practitioner if you are pregnant or may be pregnant, take blood-thinning medication, have a bleeding disorder, or have a medical device or other significant condition. Temporary soreness, minor bruising, or lightheadedness may occur; serious complications are uncommon when treatment is performed appropriately.

Clinical claims and specific services should be reviewed by the treating licensed practitioner before public publication.

Questions & Next Steps

Practical answers before your first appointment.

Can acupuncture regulate my hormones?

Acupuncture should not be described as reliably correcting hormone levels. We focus on symptoms and quality-of-life goals, while medical testing and treatment remain with the appropriate clinician.

Can it help me get pregnant?

There is insufficient evidence that acupuncture increases IVF live-birth rates. Patients may choose it for supportive care, but it should not replace fertility evaluation or treatment.

How many visits will I need?

There is no universal schedule. Your practitioner will discuss a reasonable trial of care and review whether your symptoms are changing.

What should I bring?

Bring a medication list, relevant diagnoses, recent test information if available, and a short record of your symptoms or menstrual cycle.

When should I seek medical care promptly?

Seek urgent assessment for severe pelvic pain, very heavy bleeding, fainting, or possible pregnancy with pain or bleeding. Postmenopausal bleeding should be evaluated by a medical clinician.

Start with a conversation

Schedule a women's health consultation with Reishi Wellness Center to discuss your concerns, goals, and whether acupuncture is appropriate for you.

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