



Menopausal Syndrome: What To Do

(A Sequel to the last volume)

In the last volume, I talked about how to categorize menopausal syndrome and they were divided into 2 types, that is, hyperthyroidism type and hypothyroidism type. In Eastern Medicine, hyperthyroidism type has hyper activity of Heart energy and Liver energy, and hypothyroidism type has weakness of Liver and Spleen energy. This time I will talk about what to do for each type of menopausal syndrome.

Hyperthyroidism type:

First, let's look at **hyper activity of the Heart energy** caused by hyperthyroidism. Hyper activity of the Heart energy can be controlled by strengthening Kidney Energy because Heart energy and Kidney energy balance each other. Heart energy is Fire and Kidney energy is Water, strong Yang and Yin energy in Eastern Medicine. So if we increase Water, we can calm down Fire.

Then what should you do to increase Water, that is, to **strengthen Kidney energy**? To strengthen Kidney energy, please eat root vegetables and beans, and I especially recommend eating burdock root, Kabocha squash and Adzuki beans. Burdock root excretes toxins and encourages urination. Kabocha squash and Adzuki beans encourage urination, and the combination of these two is very famous as an effective recipe for diabetes, which is closely related to the weakness of Kidney energy. Why is it necessary to encourage urination? The heat caused by the hyper activity of the Heart goes out of the body together with urination. Also please try to avoid cold beverage and sweets which weaken Kidney energy.

How about **hyper activity of Liver energy**? In acupuncture treatment, the same protocol as controlling Heart energy is applied, but as a home remedy, the most important thing is **reducing the quantity of eating** because if you eat a lot of foods, the Liver has to work hard to detoxify them and generate more heat. Please give some rest to the Liver. Since the hyper activity of Liver energy affects the blood flow, it is good to eat Umeboshi plum which makes the blood flow smoothly. Umeboshi Concentrates is stronger than Umeboshi plum to improve the blood flow.

Hypothyroidism type:

In Eastern Medicine, **weakness of Liver and Spleen energy** is the condition that the blood is insufficient. It is necessary to increase the blood. What food becomes the blood? That is grain. Please **eat grains with chewing well**. If possible, it is the best to eat brown rice. Brown rice is not only a very good material of the blood and also excretes toxins.

Ume-Sho-Bancha is highly recommended for both Hyperthyroidism type and Hypothyroidism type. Ume-Sho-Bancha consists of Umeboshi plum, ginger, soy sauce and Bancha tea (Roasted twig tea).

Umeboshi plum and ginger encourage appetite and also make your blood flow smoothly. Salt in Ume plum and soy sauce encourage excretion of digestive juice in the stomach. Enzyme in soy sauce harmonizes the stomach. Bancha (Roasted Twig Tea) neutralizes the oxidized body and cleanses the blood. Also Bancha doesn't have an effect to make the body cold like coffee, green tea and black tea so it is good to drink every day regardless of your body constitution.

This is applied to both types. Please reduce the amount to take the following foods with the limits of your life style.

Foods making your body cold: sugar, fruit, spices, alcohol

Foods tending to accumulate waste in the body and break the hormone balance: meat, fish, egg, milk, oil, dairy products

Recipe of Ume-Sho-Bancha:

Umeboshi plum----- 1 piece

Soy sauce----- 1 table spoon

Grated ginger----- 10% of Umeboshi

Bancha (Roasted twig tea)----- 1 cup

Crush Umeboshi in a cup, put shoyu and grated ginger, and pour boiled roasted twig tea. Drink it hot. But if you think the preparation is too much trouble, you can purchase **Ume-sho concentrates** from the following URL of Natural Import Company (As a matter of fact, I'm using it myself).

<http://naturalimport.com/inc/sdetail/7204>

Roasted Twig Tea:

http://naturalimport.com/shop_for_kukicha?b=1

Umeboshi Plum products:

http://naturalimport.com/shop_for_ume?b=1