

**Nawei's Acupuncture Clinic
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Acupuncture and Sexual Health

By Dr. Nawei Jiang

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How can acupuncture improve a lagging libido?

To understand how acupuncture can improve a lagging libido, you have to know the underlying factor that is causing the problem. Causes of waning sexual interest include emotional issues, post-childbirth, breastfeeding, onset of menopause, drug interactions, stress, weight gain, relationship conflicts, hormonal imbalances and physical responses, such as pain or inability to reach orgasm.

With Chinese medicine, a low libido is seen as an imbalance of Qi (energy) with the organ systems, specifically the Kidney and Heart system. Once the cause of the problem is discovered, specific points are stimulated to alter various biochemical and physiological conditions in order to strengthen both the mind and body to bring you back to prime sexual health. Chinese herbs are chosen that will enhance the treatment by increasing vaginal lubrication, calm the mind and regulate hormone imbalances. Ginseng, for instance, can balance the glandular system, which affects mood and sexual desire. Hormonal precursors, such as Horny Goat Weed, boost natural levels of testosterone to arouse sexual drive and libido. Other herbal extracts combine synergistically to awaken and enhance female sexual pleasure as well as increase orgasmic strength.

Are there any other benefits for sexual health that can be gained through acupuncture?

Acupuncture is not only for a lagging libido, it can be used for numerous sexual health conditions for both men and women. Here is a brief list of sexual health problems that Oriental Medicine and Acupuncture can help:

- Diminished Libido
- Vaginal Dryness
- Infertility
- Menopause
- Premature Ejaculation
- Low Sperm Count

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- Diminished Sperm Mobility
- Impotence
- Male Climacteric (men-opause)

How does acupuncture compare to conventional medicine in improving sexual health?

One of the most appealing qualities of acupuncture and Chinese Herbal Medicine is the risk of low adverse reaction or side effects. While conventional medicine may treat some of lowered libido, it can also increase the risk of certain types of cancer and have a number of significant side effects.

Another benefit is that acupuncture treatments work synergistically to treat the whole person. In Chinese Medicine, we are able to assess a person's whole constitution (the health of their whole body) and treat the root of a health concern along with a branch (the symptoms) of a health concern. It is in this way that we are able to treat a person's whole body and mind rather than just a symptom.