



MALE HEALTH: Treatment of Shen Qi Xu, or Kidney Qi Deficiency, to Address Symptoms of Hypogonadism with Acupuncture and Chinese Medicine

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Do you have Low T? What is Hypogonadism?

This is very simply the low production of testosterone in the male body. Testosterone is the hormone which is vital in the development of male puberty and which may affect sperm levels as well. This is something one can be born with, or which may develop as a result of infection or injury after the person has matured. If your doctor has diagnosed you with hypogonadism, testosterone therapy may be suggested. Acupuncture and herbal medicine can be used as well, or as an adjunct to treatment received by your primary care physician.

How does Chinese medicine look at a low sperm count or a low sex drive?

In Chinese Medicine, low sperm count, lack of sexual desire (in both men and women) or low performance is viewed as merely a symptom of the whole body imbalance. What is common for folks with hypogonadism is to have an imbalance related to what is called the original Qi, or Jing. If Jing is weak, the patient may also experience additional symptoms which can be individually addressed using Chinese Medicine. These symptoms might include hair loss, weak teeth, and general disinterest in exercise. In addition to weak Jing, the patient may have various symptoms which manifest in particular patterns. For example, the man may be experiencing low back pain, feelings of being cold or tired, and very low sex drive. Another set of symptoms may appear in a very different pattern with night sweats, feeling warm in the afternoon, excessive thirst, heart palpitations, and a high sex drive.

How can Chinese Medicine including acupuncture help my T levels?

Often men report a substantial difference after the first treatment, but more typically three or four treatments will be necessary to “jump start” the Qi, and help the body on its way to getting the sperm active again and to increase desire overall. Chinese Medicine is especially beneficial because it takes the whole person into account. Typically a practitioner will spend a substantial amount of time during the first treatment asking many questions and observing the patient. This will show the practitioner the unique individual and what the pattern is which must be addressed. The treatment is then tailored to that person, to best realign and strengthen the Qi in the body. In this way, acupuncture is akin to physical therapy: it is important to keep reminding the body of the proper flow of Qi, or energy.

About the Practitioner...Atara Noiade, 703.488.0366

Dr. Atara Noiade, DAOM, LAc, is committed to providing excellence in healthcare via the centuries-old system of Chinese Medicine. The effectiveness of acupuncture is well- documented and is endorsed as a system of primary health care by the World Health Organization. Atara practices Chinese Medicine including Acupuncture and holds a DAOM (Doctor of Acupuncture and Oriental Medicine), M.BioSci. from Johns Hopkins in Biosciences/Regulatory Affairs. She is an NCCAOM Diplomate in Herbal Medicine and has served as Chair of the Herbal Medicine Committee of the American Association of Acupuncture and Oriental Medicine. She has been actively involved with promoting and protecting access to Chinese Medicine since 2001. She assisted the Washington State association by serving on their Executive Board of Directors in passing the law permitting East Asian Medicine Practitioners to recommend and treat using Chinese herbs. Formerly on Bainbridge Island, she now practices in the Del Rey neighborhood of Alexandria, bringing her expertise in Chinese Medicine to Alexandria. Call now to see Dr. Noiade 703.488.0366 Read more about her philosophy and practice at www.AcupunctureHerbMedAlexandria.com