



The good life

# Acupuncture & Chinese Herbal Medicine



## Sharmaine Parsell

Chinese Medicine Practitioner  
B. Chinese Medicine (Acup. & Herbs)  
CMRB A/H 1409, ATMS 23589

Sharmaine brings her knowledge and clinical experience in Women's Health and Fertility to the Good Life Clinic. She also consults at an acupuncture IVF support clinic and a specialist women's health and fertility clinic.

She is also experienced in treating skin disorders, stress and anxiety disorders, fatigue and treats common (and not so common) ailments including common colds, compromised immunity, pain and weight management. Sharmaine works with and consults with other Health professionals and will refer as needed.

## Acupuncture

Acupuncture involves the insertion of fine needles into specific points along located on the body. It is a safe and effective and encourages the bodies natural processes to bring about health.

## Chinese Herbal Medicine

Chinese Herbal Medicine is used in conjunction with acupuncture to enhance and supplement acupuncture treatments. Sharmaine utilises modern advancements in herbal medicine and dispenses concentrated herbal granules. They offer high, predictable potency with each dose.

## Can Sharmaine help you?

If you're not sure if Acupuncture & Chinese Herbal medicine can help you and you would like to know more or have any questions please feel free to email

[sharmaine@goodlifeclinic.com.au](mailto:sharmaine@goodlifeclinic.com.au) or call Sharmaine directly on 0451513 899. She would be happy to talk to you about treatment options.

## Women's Health

- Menstrual irregularities:  
*Painful, Heavy, Absent, Irregular, Endometriosis*
- PMS
- PCOS & Ovulation disorders
- Fibroids
- Menopause

## Fertility Matters

### Natural Fertility & Pre-conception care for couples

3 month pre-conception care for couples to enhance natural fertility.

### IVF & Assisted Reproduction Support

#### Female Factors

- Hormonal Imbalances (ovulation disorders)
- Tubal patency (functional blockages)
- Egg quality
- Endometrial integrity & thickness
- Implantation problems
- Recurrent miscarriages
- Stress & Anxiety

#### Male Factors

- Low sperm count & Poor sperm motility
- Sperm abnormalities
- Anti-sperm antibodies
- DNA Fragmentation
- Functional blockages (incl. varicoles)
- Exposure to Chemical toxins

## Pregnancy

Growth & development of baby.

General health of Mum including Fatigue, constipation, and general discomfort, managing nausea, vomiting. Anxiety, sleep quality.

## Pre-Labour Preparation & Induction

- Breech (turn the baby around) – at least 34-36 weeks
- Emotional wellbeing for labour
- German studies show that weekly acupuncture from 34-36 weeks shortened labour, less complications and improved recovery.

## Post Natal Care

- Emotional wellbeing and post natal depression
- Compromised milk supply
- Reduce risk of mastitis