

## Core menopause texts for practitioners

- [Menopause: A Comprehensive Guide for Practitioners](#)
  - Brand-new, written by people who read research. Integrates biomedical menopause literature with CM differential diagnosis, acupuncture, and herbs. Evidence-aware, not stuck in Kidney-Yin-Deficiency-or-bust land.
- [Evidence-Based Clinical Chinese Medicine, Vol. 24: Menopause](#)
  - Whole-evidence review of menopausal symptom management with Chinese medicine: conventional overview, then CM conceptualization, then systematic reviews and trials (acupuncture + herbs). Very useful if you want hard numbers in your back pocket for number hungry.
- [Yin Yang Balance for Menopause](#)
  - More on the “Daoist process / life stage” side. Good if you want language to reframe menopause for patients beyond hot-flash triage.

## Broader CM gynecology & women’s health with strong menopause sections

- [Essential Woman: Female Health & Fertility in Classical Chinese](#)
  - Deep dive into Su Wen chapter 1, life cycles, Blood, and Jing; explicit material on menopause and transitions. Excellent for weaving classical language into a modern peri-/menopause frame.
  - Written by Elisabeth Rochat de la Vallée
- [Chinese Medical Gynecology: A Self-Help Guide to Women’s Health](#)
  - Written for lay readers but with solid CM underpinnings. Menopause is included along with PMS, fertility, postpartum, etc. Useful for thinking about how to de-jargon your explanations for patients.
- [The New Chinese Medicine Handbook](#)
  - General CM self-care book with sections on midlife, hormones, and menopause. Great for diet/lifestyle/Qigong-type language.

## Patient-facing TCM menopause books

- [Traditional Chinese Medicine: A Woman’s Guide to a Hormone-Free Menopause](#)
  - Focuses on menopause as an opportunity for transformation rather than pathology; emphasizes Qi, diet, and Qi Gong.
- [Balancing the Change: Traditional Chinese Medicine for Menopause](#)
  - Holistic guide using herbs, acupuncture, Qigong, diet. Patient-friendly but with enough structure to steal phrases from.
- [Second Spring: Dr. Mao’s Hundreds of Natural Secrets for Women to Revitalize and Regenerate at Any Age](#)
  - Not strictly a CM monograph, but strongly influenced by Chinese medicine. Big-picture lifestyle, herbs, and reframing of midlife as “second spring”.

## Journal of Chinese Medicine – menopause / perimenopause articles

- [The Great Transformation – Altering Attitudes Toward Menopause with Chinese Medicine](#)
- [Myths of Menopause in Chinese Medicine Practice](#)
- [Acupuncture for Menopause: Evidence Summary](#)