

**Acupuncture Iowa City - Clinic Eight, LLC**  
**325 E. Washington St.**  
**Iowa City, IA 52240**

# Men's Health - Chinese Medicine

---

Dr. Rob Weingeist, DACM, LAc.

*Doctor of Acupuncture and Chinese Medicine. Licensed Acupuncturist.*

**Save Time - Schedule Online**

Web: [www.clinic-eight.com](http://www.clinic-eight.com) - Email: [info@clinic-eight.com](mailto:info@clinic-eight.com) - Phone or Text: 319-331-9312

How does  
Acupuncture and  
Chinese Medicine  
help men?

# Regulate Sex Organs and Hormone Production



# Male Sperm Disorders

Account for 35% of failed pregnancies

- Regulate Endocrine System
  - Balance Hormones
  - Promote Blood circulation
  - Improve quality of sperm
-

# Procedure

1. Acupuncture and herbal medicine to increase production of testosterone.
2. Stimulate reproductive system and increase weight of testicles and improve peripheral blood circulation.
3. Aphrodisiac properties to affect sexual behavior, increase erection, performance, and desire for frequency.



Ancient Chinese Emperors had 3000 wives

# Desire and Arousal



# Sexual Dysfunction

Interference with interest or inability to engage in sexual intercourse

- Increase sexual activity
  - Increase sperm production
  - Stimulate sensory nerves
  - Promote blood circulation, and prolong stamina
-

# Procedure

1. Acupuncture and herbal medicine to increase sexual prowess and strengthen sexual energy by changing the underlying constitution.
2. Increase libido and erectile stamina.
3. Increase ability to ejaculate and experience stronger orgasms.
4. Decrease stress, anxiety, depression, and circulatory disorders.





# Lifestyle



# Avoid

1. Cigarettes, alcohol, and marijuana.
2. Excessive vigorous exercise, hot tubs, saunas, and tight underwear lead to increased temperature in the testicles and reduce sperm count.
3. Sex when hungry, full, drunk, emotionally unstable, or recovering from chronic illness.
4. Pornography



# Nutrition



# Food Therapy

1. Eat more clams, oysters, and lamb.
2. Drink tea from walnuts, lotus seeds, pearl barley, black dates and goji berries.
3. Reduce intake of dairy and sweets.
4. Consume adequate amounts of selenium (200-400 mcg/day), vitamin C (2000-6000 mg/day), vitamin E (200-400 IU/day), Zinc (80 mg/day)



# What to Expect



# Western medicine vs Eastern Medicine

Western medicine focuses and excels in crisis management. Chinese medicine emphasizes and shines in holistic and preventative treatments.

In emergencies, such as gunshot wounds or surgery, Western medicine should be the treatment of choice.

Treatment of chronic idiopathic illness of unknown origins, where all lab tests are normal and clear diagnosis cannot be made, Chinese medicine is distinctly superior.

## **Drugs vs Acupuncture and Herbs**

- Both are effective
- Drugs have a quick onset, but only have one specific indication.
- Herbs have a graduate onset, but may be used to treat a wide variety of sexual disorders.

# Conclusion

Chinese Medicine and Acupuncture have been shown to treat various sexual and reproductive disorders, including, but not limited to, decreased sexual desire and arousal, impotence, erectile dysfunction, and absence of or diminished organs.

Reproductive disorders are best treated with integration of Western and Chinese medicine. Herbal therapy has been found to be exceptionally effective for male infertility to increase sperm quantity and quality.

Acupuncture has been shown to increase vasodilation, and blood flow to the extremities.