

From PMS to Menopause : Herb + Ohm Offers Personalized Women's Health Solutions in Chicago

CHICAGO, IL, UNITED STATES, November 25, 2025 /EINPresswire.com/ -- Herb + Ōhm, a premier luxury integrative medicine practice in downtown Chicago, is redefining women's health with a deeply personalized, holistic approach rooted in Traditional Chinese Medicine (TCM). Led by Dr. Amy Wolf, DACM, L.Ac., FABORM, one of the nation's most highly trained and credentialed acupuncturists, the practice provides comprehensive care for women at every stage of life, from PMS and [fertility](#) concerns to perimenopause, [menopause](#), and complex hormonal conditions.



With a mission to take the mystery out of Chinese medicine and make whole-body wellness accessible and understandable, Herb + Ōhm supports women through customized treatment plans that blend ancient wisdom with cutting-edge modern therapies.

Women today face a wide range of health concerns that can impact hormones, mood, energy, fertility, and overall quality of life. Herb + Ōhm addresses these challenges by combining acupuncture, herbal medicine, and advanced healing technologies with a collaborative, patient-centered philosophy. The practice provides natural, evidence-informed support for hormonal imbalances, painful or irregular menstrual cycles, PMS and PMDD, PCOS, fibroids, cysts, endometriosis, fertility optimization and reproductive support, perimenopause and menopause symptoms, autoimmune conditions, osteoporosis, arthritis, and chronic pain.

"Our goal is to empower women to better understand their bodies and feel supported through every phase of their health journey," says Dr. Amy Wolf, founder of Herb + Ōhm. "We create comprehensive, individualized treatment plans that not only address symptoms but uncover and treat the root cause."



Our goal is to empower women to better understand their bodies and feel supported through every phase of their health journey.”

Dr. Amy Wolf

A key differentiator of Herb + Õhm is Dr. Wolf’s advanced training and rare board certification as a Fellow of the Acupuncture and TCM Board of Reproductive Medicine (FABORM). This prestigious credential, held by only a small number of practitioners worldwide, requires extensive postgraduate study, advanced testing, and demonstrated excellence in collaborative reproductive care. Dr. Wolf’s FABORM fellowship allows her to work closely with OB/GYNs, reproductive endocrinologists, and fertility

clinics to support patients holistically through preconception, fertility treatments, pregnancy, postpartum care, and beyond.

Herb + Õhm is also the only acupuncture and integrative medicine clinic in Chicago to combine Traditional Chinese Medicine with advanced therapeutic technologies such as [Low-Level Light Laser Therapy](#) for fertility enhancement, ATP Resonance BioTherapy®, and Rapid Release Therapy®. These modalities are incorporated into individualized care plans to support cellular repair, blood flow, hormonal balance, inflammation reduction, and reproductive function—offering patients a truly unique and comprehensive treatment experience.

Recognizing that optimal healing requires time, education, and consistency, Herb + Õhm offers three- to six-month holistic treatment programs designed to deliver lasting improvements in women’s health. Each program integrates acupuncture, herbal medicine, lifestyle guidance, and advanced modalities, ensuring patients have the tools and support they need for meaningful, sustained change. The practice’s dozens of five-star reviews and testimonial videos highlight transformative outcomes in menstrual regulation, fertility success, improved energy, reduced pain, and renewed emotional well-being.

Dr. Wolf is a board-certified herbalist and Illinois-licensed acupuncturist who holds both a Doctorate of Acupuncture and Chinese Medicine (DACM) and a Master’s in Traditional Chinese Medicine (MSTOM). Formerly a CPA in the corporate world, she transitioned into integrative medicine to follow her lifelong passion for TCM and women’s health. Her doctoral training includes advanced study in evidence-informed practice, biomedical diagnosis, preventative medicine, collaborative case management, and Eastern and Western orthopedics. Dr. Wolf practices both Chinese and Japanese-style acupuncture and incorporates modalities such as cupping, moxibustion, gua sha, electrostimulation, infrared therapy, herbal medicine, and nutritional counseling.

Located at Randolph and Wells Streets in the heart of Chicago’s Loop, Herb + Õhm blends luxury, comfort, and clinical expertise in a serene wellness environment. Every visit is designed to support the mind, body, and spirit—reflecting the practice’s belief that true healing is multidimensional.

Dr. Amy Wolf
Herb + Ohm
+1 312-757-1882

[email us here](#)

Visit us on social media:

[Instagram](#)

[Facebook](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/870122298>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.