I'm so happy and excited and grateful that you are here for my very first interview on the AcuPro Show podcast. I have invited a great friend of mine and colleague who has been practicing as long as I have because we went to school together. Her name is Dr. Jeda Boughton, and today we are talking about thyroid health because this is the focus of her practice because she's lived it.

That's a story that you're going to hear today, and we talked about acupuncture points and herbs and lifestyle change, and how to assess the thyroid when it comes to Chinese medicine in your practice.

My first interview, I was very, very nervous about it, but because it's my friend and colleague, Jeda, it made it so much easier. I hope you really truly enjoy this episode.

Welcome to the AcuPro Show. I'm Clara, your host, and if it's your first time here, I create Chinese medicine and acupuncture content for students and practitioners trying to make this medicine easy to grasp and specially fun to learn.

So enjoy the show and please share it with people that you think can benefit from it as well. Let's go.

Navigating Thyroid Disorders Podcast

Clara

I'm so excited that you are here with me today. My first guest on this podcast. I'm nervous because I've never done this, so this is gonna be a lot of fun. This is why I wanted you to be my first guest. It's because you are my friend, and I know it's going to be easier because we know each other. So I am excited to introduce to everyone, Dr. Jeda Boughton, a really good friend of mine.

We met back in Chinese Medicine College when we attended the five-year program that we did together. Not only that, but we studied together. We actually, at one point lived together, worked together, so we became really good friends. So this is why I feel much more comfortable to have Jada here as my first guest, because I don't know what I'm doing. She has so much to share, and I'm excited to share her journey and what she knows with everyone. So before we start, welcome!

Jeda

I'm so excited too because it feels like this has been in the making for so many years. And now that it's actually happening, Clara said to me, "I'm going to start a podcast." And I said, "Oh my God, it's actually going to happen." So I'm so excited, Clara, and I'm so happy to be your first guest.

Clara

Thank you, and you're right, we talked about this for years. We're like, "we should start a podcast!" and It is a big journey and it's new and we'll see where it'll take us. But I'm so happy you're here.

I just wanted to introduce everyone to Jeda. She's been **practicing for over 20 years**. She's a Chinese medicine doctor in Vancouver.

So I have to share this. We would study together and yet I would be on the couch and she would be falling asleep and she would say, "Continue to ask me the question and to tell me about it because it'll get in my subconscious and I know tomorrow I'll be ready."

Jeda has done a lot

First of all, if you're taking your license exam in Vancouver, in BC, Canada, she is one of the examiners. She'd be there looking at you sweating. That's what she would do because basically she is part of the CTCMA, which is our college or regulatory college in Vancouver or in BC in British Columbia, Canada.

She's also a fellow of the American Board of Oriental Reproductive Medicine. This is when practitioners want to narrow down their knowledge when it comes to fertility and they have to go through rigorous, continuing education to be part of the ABORM. So check it out. If you've never heard of it, it is a fantastic association that can help you narrow down your fertility journey or your learning to help women's health and conception.

We're gonna talk today specifically about thyroid health and Chinese medicine. I want to narrow into it. But before we do, I want to ask you, because I think for most of us Chinese medicine is not the first career, and for me it was the second career. As I was in the fitness industry before for 15 years, and then I went into TCM when we met in school.

What did you do before and why did you decide to go into TCM?

Jeda

I did a BA in Criminology and Sociology. When I met you, I was actually working at a maximum security men's prison in Agassiz, BC. Do you remember that?

Clara

Oh, I so remember that. Because you were working night shifts and going to school during the day and I was like, "How are you gonna do this for all those years?"

Jeda

I was so positive about it, I was like, "I can do it." That I think I lasted like maybe a couple weeks. Then shifting over into Chinese medicine, I thought, you know what, I'm just gonna dive in. You gave me a job at the fitness club, so that was perfect. That was the introduction basically to our becoming good friends for so many years.

Clara

A lot of people I think--depends on who you are and how your lifestyle is--but for both of us, **we needed to make a living on the side** to be able to provide for ourselves, while going to school.

So it was great that we connected.

Why did you go back to TCM?

Jeda

It was a big transition going from Criminology and Sociology into Chinese medicine. I grew up with a mom who's a nurse and she'd always groomed me to go into medicine because she knew I was so interested in it. She'd find me on the floor in the living room looking at her nursing books and studying the skeletons and all the muscles.

She had these really cool cellophane books that I was obsessed with that you could look at the layers of the body. And she used to take me into the hospital with her and she'd say, "Go hang out with the candy strippers for the day, or go hang out with the physio or the occupational therapist." She'd take me and show me around and introduce me to everybody.

I was just fascinated, I loved it. And then I basically decided to take a year off and then I moved out to BC. and I decided I was going to take some courses and I went down this track that was completely different. I went into my third year of taking Criminology and Sociology and Psychology and Law and Philosophy. This was not really what I want to do. But I decided to finish.

I knew that when I was done, I was going into some kind of medicine.

I didn't know a lot about Chinese medicine, but I knew about naturopathic medicine and I knew about acupuncture.

My stepfather, he's a GP and he was an emergency room doctor, and he had started to study acupuncture and was doing it on me. Together we were studying herbs and my mom had taught me a lot about herbs and nutrition. **I was really mostly interested in the preventative and natural side of medicine**.

I was looking into going into naturopathic medicine, but there was no college in BC and I really didn't want to leave BC. And I was mainly interested in the acupuncture and the herbology part of things. I didn't know much about the Chinese medicine. I had this friend we used to get together every Friday night and do meditation. We were chatting about it and she suggested,

"Why don't you check out Chinese medicine?"

We started looking into it and I went and did some interviews at the colleges here. And I chose ICTCMV, which is now Tzu Chi College. I had no idea who was going be there, what the classes would be like, where people would be from, what kind of backgrounds they would have.

Amazingly to me, the diverse backgrounds of people and the different types of personalities that were taking Chinese medicine. After three months I just loved it. Especially meeting you and starting to study with you. That was so much fun.

Clara

We had a good group going and you are right. It was so many different people, there was people from 24 years old to 50 years old. There were people coming from different countries and different cultures. It was so fun and I didn't know what to expect neither.

I hadn't been in school since my twenties and **I was in my mid thirties when I went back for the TCM program**. At the same time, I had never been in school in English. I was so worried that I would not be able to have the right grammar and create essays. When you go into Chinese medicine, you realize that you don't need to have great English. You totally don't. So like you, I fell in love with it within a few weeks.

Today we're going to talk about thyroid health. Do you want to share a little bit about your story? Because I think that when people are going to focus on a specific subject in their practice I think it's either in something they love or something they lived.

I love women's health and I went into focusing a lot of my practice into mental health and women's health, because those were really something I was passionate about. But a lot of practitioners will focus in something that they lived, and you are one of them.

Can you share a bit your thyroid story?

Jeda

For me, **I had Graves' Disease in my early twenties**, but I lived with it for several years before knowing exactly what was wrong with me. I can think back to when I was in my early teens when I had symptoms of it, but had no idea. It wasn't until later, until I understood what it was and what it felt like, that I could recognize that I actually had it for many years.

Going through that and being really sick by the end before it was actually discovered. And the amount of times that I went to see different doctors and just **nobody really knew what was wrong with me**. This was before I even went into Chinese medicine, so I didn't know much about what to do or how it was treated, and I learned so much going through that myself.

Then unfortunately, I did go through the radioactive iodine ablation of my thyroid. **I got to feel what it was like to be extremely hyperthyroid and then extremely hypothyroid a**nd the contrast between the two in following the Western system, which I think is valuable. It's just not the only system.

I wish I had a support system outside of that when I was going through it.

I feel that when I started on the Synthroid, it didn't work that well for me, so it took me a little bit of time to figure out how I was going manage this. And I ended up do, taking the natural thyroid, and it's not for everyone, but I took the natural thyroid.

But it's still a condition that once you have it, you manage it for life and Western medicine's not going to do that. If you find a good functional medicine doctor, they'll have the tools to do that, but a lot of them just don't have the time or the resources.

Finding a good alternative or naturopathic doctor or Chinese medicine doctor or some kind of functional medicine doctor that is knowledgeable to help you manage.

Clara

Yeah, I think you're right. I mean it's not an easy way to manage, but I think it's in the silver lining. It's great that you went through both, being so hypo when I met you, you were definitely more on the hypo side. Because I know, I remember you getting tired so fast, right? Falling asleep on the couch and so I didn't meet you when you were hyper, but you have been both.

Then you can relate to both. Patients that have Graves disease or Hashimoto, and you can go both ways and understand what they're feeling and help them manage it with the tools you have at your disposal. That's a great way to segue to ask you:

How prevalent in clinical practice is thyroid disorders, both hypo and hyper that you see in general, or how prevalent is it in North America, for example?

Jeda

It is very prevalent in society. Regardless of what the stats are, a lot of people have suboptimal thyroid functioning and don't even know it, and there are a lot of other diseases that can affect the thyroid. And then the thyroid affects many functions within our body.

In my practice, because I have seen for many years a lot of thyroid patients and I have a specialty or a focus on thyroid. I see a lot of it. And the other piece of the puzzle is that I do a lot of fertility work. So **a lot of fertility work is about optimizing the thyroid**. Even if a patient doesn't have a lot of clinical signs of the thyroid being off, there's often a piece of the fertility puzzle that is related to the thyroid.

So optimizing the thyroid even if you're not necessarily using thyroid medication, but just helping manage the body in general and helping optimize the thyroid can help with fertility. So for me, I'm seeing a lot of thyroid patients.

Do you see a lot more hypo or hyper or a lot more women versus men, or do you not see any difference?

I see a lot more women and a lot more hypo.

Clara

Yeah, that's what I thought and because I do see a lot more of Hashimoto's and hypothyroidism.

Can you explain the relationship, like what disorders or are connected to the thyroid that, influence each other in general?

Jeda

I always explain to my patients that the thyroid is like the thermostat in your body. So let's say you're sitting in a room and the thermostat's not working, and all of a sudden it turns on and it gets really hot. Then it turns off and it gets really cold, and you can't get this thermostat to stay on any one temperature.

So when we look at **hyperthyroid, it's making the metabolism go faster**. So it's almost like the room is getting hot. The room being, your body is getting super hot. Cells are going really fast, dividing really fast and it's gonna affect everything. All your functions, your digestion, your energy, your sleep, even the way you think weight gain or loss.

How your cells divide, how strong they are, how strong, hair growth, nail growth, it basically everything. If you were living in a room that was too hot all the time, it's like you're running a marathon all day long, even while you're sleeping.

Then the opposite is true for the hypo. You're in a room that's cold all the time, so things are sluggish and just not moving the way they should. Cells aren't growing or dividing the way they should.

Everything's affected by the thyroid.

When you look at hormones in general, and our adrenals and ovaries, and how our adrenals and our pituitary and our thyroid interact with each other. **A lot of times things like adrenal fatigue will lead to thyroid issues.** Then there's the autoimmune components of it.

Sometimes it's hard to know what came first though, the chicken or the egg, because so many things are affected by it, and so many things affect the thyroid. When I'm looking at triggers for affecting the thyroid, sometimes it can be a **high stress or traumatic event**.

I find a lot of people who work night shifts or are off of the circadian rhythm and we look at in Chinese medicine about being right with time and sleeping when the sun is asleep, being awake when the sun is awake. When we go against that for too long, it can affect that thermostat.

I see that a lot. People who do weird shifts, overwork are in high stress environments. Even someone who's been in, say, had whiplash, that can be a triggering environment. Just even trauma to that area, to the neck, to the throat, or trauma in general because think about how trauma or stress of affects the adrenals and then the adrenals can't support the thyroid.

Clara

This is exactly what I was thinking about. When you said there's a lot of **stress, then it depletes the adrenal, and of course the endocrine system is all related**, right? We look at the body as a whole, but the endocrine system is the reproductive hormone, the adrenal, the thyroid, like all those hormones are going to play a role with each other. If one of them is out of line, then the other ones are gonna get affected.

I see this too a lot of patients that are PCOS (or polycystic ovarian syndrome) also have some issue with either adrenal or thyroid, right. Specifically hypo, do you see that as well?

Jeda

Oh yeah, for sure. When you think about PCOS as being a metabolic disorder, and in a lot of ways the thyroid is a metabolic disorder, so yeah.

When you have a patient that comes in, how do you assess or diagnose the thyroid disorder?

Clara

Of course they probably told you that they are, if sometimes they don't because they don't know, like you said before. Sometimes they come in and they don't even know because they haven't been diagnosed.

But if they've been diagnosed with hypo or hypothyroidism how do you assess it in TCM? What are the main patterns in patients when it comes to hyper and when it comes to hypo?

Jeda

I think it's really important to stick to what you know in Chinese medicine. For me, any information that a patient brings in, whether it's a blood test or radioactive iodine scan or an ultrasound, all that information. When patients bring it to me, I look at it, I put it in their file, and it's important, but it's not necessary.

Because what we're doing is from a Chinese medicine perspective. If someone comes in and says, "Oh look, my TSH is really high. I'm hypothyroid and my antibodies are high, I'm I have Hashimoto's."

You validate that, but what you really wanna do is stick to your Chinese medicine diagnosis.

For me, what I am doing is I'm assessing their body and all the patterns that are happening in their body. The areas where things aren't working very well, when we look at say hypothyroidism, and a lot of my patients come in to see me, they don't tell me that they're hyper or hypothyroid.

A lot of them barely even know what thyroid is the reason for that is because I do so much fertility work and a lot of times I am the first people have gone through this whole . They're trying to get pregnant for say a year and a half.

They go see their GP and then they find me, someone refers them to me or they find me wherever. Then I'm their first step before they want to go on to see like a reproductive endocrinologist or an OBGYN. I see people at many different stages, but a lot of times I might be their first step. 'cause nobody really wants to go through assisted reproductive medicine.

So I might see somebody and go,

"What are the energies in Chinese medicine?"

We look at Yin and Yang and separation of Yin and Yang, and we go, "Is this person too hot? Is this person too cold? Is this person too dry? Are they too damp? Is there stagnation?"

Looking from those types of perspectives but keeping it within the Chinese medicine realm. Once you've gotten through the Western medicine realm and when you're assessing those things, you're looking at their digestion. Right from the top of the digestion to the bottom of the digestion, is it moving as it should?

How is their appetite, how do they feel after they eat, how are things moving through them? Are they getting gas, bloating?

We like to have hard and fast rules, but there's not always hard and fast rules.

It's more about thinking through. What's actually happening in the body. So usually in hypothyroidism you're going to see constipation. Usually in hyperthyroidism, you're gonna see loose stool. And like I said, it's not a hard and fast rule, it's just a commonality.

If you see things are moving quickly in somebody. Like loose stool, rapid heartbeat. They're hot, they're hungry, they're thirsty, they're anxious, they're short of breath. Then I'll often think, okay, maybe they might be hyperthyroid, but really it doesn't matter. And if they haven't had a TSH test or T3 T4, I may suggest to them to ask their GP for that.

I might ask one of our naturopaths do some testing, maybe test their Ferritin, just see where their iron's at. But really it doesn't matter because

When you do your Chinese medicine diagnosis, you can treat them without having to know what the Western medical diagnosis is.

Clara

I love that because my very first patient when I first started practicing, when they filled up the intake form, it said, what's the reason for your visit today? And she had written down Hashimoto's. I didn't know what that was because in school we did not learn that specific word.

We learned hyper and hypo, but we didn't learn exactly like Hashimoto, Graves or we didn't learn all the disorders. And I remember thinking, "Oh my gosh, I don't know what that is. But then exactly like you said, I thought, "I'm just gonna use Chinese medicine because it doesn't matter what your disorder is, I'm treating you as a whole."

So I'm going to look at what does it manifest like for you? When she told me, fatigue and all the symptoms. In the end, it was a Spleen Qi deficiency that was very specific. And I'm like, okay, now I know where I'm going with this, and then later on I can go and research it.

But that's the beauty of Chinese medicine is we are treating the person as a whole.

So even though they tell us they have a disorder, it doesn't matter because somebody else with the same disorder may not have the same pattern.

Do you see a lot of Spleen deficiency for hypo, what do you see most pattern coming, like I know it's not a fast rule, but the most common pattern for hypo and hyper?

Jeda

I would say one of the mistakes people make are thinking that hyperthyroid is excess and hypothyroid is deficiency. And like I said, it's not a hard and fast rule, but more than anything I

see deficiency. And when I see deficiency, it's often in the Shao Yin. So it's often heart and kidney.

Even with hyperthyroid, I often see that. So that doesn't mean that I don't see some liver, gallbladder, some spleen, some stomach, but I'd say the majority if I had to. I haven't really done statistics on it, but I'd say the majority of it is what I, in classical Chinese medicine call a Fuzi Pattern.

So something's going on with the communication with the heart and the kidney.

Clara

Heart and kidney disharmony makes sense. Because it's like the fire in the water. It's really the temperature, hot and cold that is trying to regulate itself. So I totally could see that. And for those that are not doing herbs, when Jeda talked about the Fuzi. It's F-U-Z-I and it's a herb in Chinese herbs.

Foods are kind of category. Can you explain that?

Jeda

Because it's a very warming herb, so even if you don't do herbs, to understand what that means. Obviously there's different herbs that we look at as and you can look at it from even from just an energetic or an acupuncture point of view. Think about like fire and water and they're just not communicating well. Or we could even think about Yin and Yang not communicating well and how Fuzi is like this foundational kidney tonic.

It's warming. I personally don't think it's as hot as, as long as it's prepared. Like you're not gonna be using raw, like unprepared foods for sure. I don't, but it's a very kidney nourishing,

When we call something a food's a pattern, it's more that the body is not grasping the Yang. What happens is the Yang starts to rise. So there's different reasons for the body or the Yang and the Yin to kind of separate or them not to play well together. But overall when we talk about foods of formula, there's generally a kidney and a heart component because the Yang often will insult the heart or invigorate the heart too much and there's not enough nourishment to keep it contained. I never want to crush somebody's Yang, but we want to help contain it. So we're not killing it because it's an important part of our, the functioning of our body.

But we want to help nourish the body so that it's able to utilize and control the Yang

When we're looking at things like people who are in, say, like Yang is flaring and say their heart, they're getting heart palpitations. Maybe anxiety could be like a lot of hot flashes or heat in the face. We don't necessarily want to drain that away if they're a deficient person. So you really want to assess if the person's in a deficiency in order to understand how to Manage that Yang flaring.

Let's say you had a big bonfire, but you didn't want to kill it, you might wanna put some peat moss on it or something. So that we can keep it going, but it doesn't burn too fast.

You can use acupuncture points to, to help with that too, like helping bring the Yang down. You'll get people that have a lot of heat in the upper and then cold in the lower, and then using acupuncture to help balance that out.

Okay, so share a couple of points on how to balance like upper heat and lower cold that you would use. I know obviously we do a treatment plan and selection of points for each patient, but is there points that you really like to use in clinical practice for this?

There's so many different kinds of acupuncture and ways to think about points, but a lot of the points that I using when there is an issue with the upper heat and lower cold are liver points. Then I'll use some stomach spleen nourishing points.

So I might use Liver 2, Stomach 36. I might use Spleen 6 and then using things like DU 20. I always think of DU 20 as like you're opening the straw to allow the heat to go down.

Imagine you had you had water say in a straw and you let your finger off and it comes down. I think of the heat that way too in the body, especially when it's starting to rise sometimes. Sometimes it, I know in the past it's been described to me like you, you're letting the heat out.

I like to think of it like you're helping the heat integrate.

Like balancing it out. The general points would be like Liver 2 to bring the heat down obviously. And Spleen 6 to balance that hot and cold and Stomach 36. Those three points I think is a great way to start with, and then you can add up obviously point selection for each patient.

Is there certain pattern, let's say if you see that heart and kidney disharmony is a specific point that you know for sure you're gonna add up as well?

I will use the heart points on the wrists. I love using kidney points on the abdomen, like Kidney 16. Even using REN points like REN 3, REN 4, kidney 3. Some of my favorites, Heart 7, PC 6. Sometimes I like using ears too.

I'll often use more calming to the nervous system. Point zero, Shen men, Sympathetic, sometimes endocrine. People love taking your points home. You can put the seeds in and sometimes you can get really fancy seeds for different people if you know they're going to like them and they love them. They can press on them when they're at home too, especially when they're feeling really anxious or even just. Feeling stressed or down.

It's such a great tool to have to put ear seeds on patients because it gives them a little bit of control of how to do something for themselves.

That's a great segue because I think 0ften when patients come and see us they want us to guide them and that's what we're doing. We're there to guide them, educate them, and help

them in their journey of healing. But they also have to walk the walk and we can't just do it for them. Obviously by putting ear seeds, they can stimulate the ear seeds when they need it.

What else do you recommend or educate your patients that they need to do when it comes to lifestyle? In order to compliment the treatment that you do for them.

Jeda

Like I mentioned before, I treat a lot of people who do night shifts, like nurses and police officers and bus drivers and taxi drivers.

We do have a big nursing population and a lot of nurses have to work nights and it's really hard to tell somebody to quit their job or get a different job. Some people will, they'll recognize, "Okay, I need to get a day job doing nursing." They'll, go work in community nursing or that type of thing.

But you can't always change everything about your lifestyle.

The number one thing is to be compassionate to people, to what they are able to do and willing to do and not adding stress with your treatments.

If I tell somebody, I normally treat people once a week to start or depending, PCOS, I like people to come in once or twice a week.

But if that's gonna add appointment fatigue to them and appointment stress to them, **the number 1 compassionate place for patients to feel like they can heal is not to put that kind of pressure on them.**

Even though I will give them lifestyle and dietary advice, I always preface it with that, that we do things as you are able to.

So rather than giving them 50 things to do by next week, I usually start slow.

They might need to hydrate more, need to actually eat more when they're at work. Sometimes they have busy lifestyles. They don't eat properly, so get them eating at certain times and then work on what they're eating. People that, eat whole foods, eat lots of protein. Some people don't eat any protein and some people only eat protein.

So we want to balance those things out. To me it's like the important thing is **eating lots of vegetables** and particularly cooked vegetables when it comes to hypothyroidism. Making sure that their **sleep schedule** and they have really good sleep hygiene in terms of going to bed at a

certain time and **not watching TV all nigh**t or from their bed or, and trying to rest for a certain amount of time a day.

Some people are gonna need more rest than others.

Some people are gonna have trouble falling asleep. So we talk about different ways of doing different kinds of visualizations in bed, especially if they're waking up in the middle of the night. A lot of people are like, "I can't meditate. 'and I'm like, "You don't have to meditate. Let's look at doing some visualizations while you're in bed."

It's better than getting up or watching TV. It's really good practice for people just to, be able to do some breathing, do some kind of introspective work thinking and just resting. Because sleep is a, is going to be a huge component of it.

Some people will be like, "I can sleep 12 hours a night!" and some people will be like, "I can barely fall asleep." It's different for everyone.

Clara

I like that you start slow, because I think you're right. You don't want to overwhelm a person that's already overwhelmed by the fact that they're probably tired or they don't feel good. They don't want more stress put on their plate because they probably got there because of the amount of stress already that they've had experience probably for many years.

I really like the fact that you're talking about eating at regular times. Another thing that I think is really key too, is to

Tell people to take the time to chew and pay attention to the eating and be mindful of eating instead of being in front of the phone or the TV or doing something else at their desk while they're working.

Just take the moment and the time to really be mindful about what you are eating specifically. Because you're right. When it comes to thyroid, because the digestive system takes so much energy to process, having cooked food takes less energy. Obviously it makes sense to recommend that to all patients.

So I thank you for sharing that as well.

Do you see great compliance from thyroid patients? Because compliancy is tough.

For me, it's very difficult to deal with because you try to help people and then you know it's hard for them. They don't always follow your advice and it makes the process much longer.

It takes longer to heal or to manage. So do you see compliancy with patients and do you, so that's the first question. The second question, which is has to do with compliancy.

Do you give Chinese herbs to every thyroid patient or it all depends?

So the compliance question. I would say, depending on where they're at. Sometimes they're really tired and it's hard for them to even want to get out of bed to come to see me. However, I do see some people by, I'll see them by Zoom if needed, and they do want to make changes. Then, like I said, I'll start with baby steps that's part of my assessment with people is thinking about how much is this person going to be able to do or want, even want to do, or how overwhelmed are they? Sometimes I'll even ask them that.

I'll say, "Are you interested in taking Chinese medicine? Here's what I think it can do for you." **I offer my patients herbs, all of them**. Not everybody wants to, and some people want to just start with one thing and then work into doing more things. Sometimes I'll use some supplements as well because they are fertility patients for whatever reason.

Compliance, is tenfold. The motivation is very high. In those cases I see a lot of compliance and I think sometimes when you come at things from a more compassionate point of view, people are more likely to want to keep doing what they know that they can do and just working within those parameters.

I think acupuncture is such a great tool to de-stress because it puts patients in a parasympathetic state and that allows the stress to calm down and the thyroid and the whole endocrine system needs to be in a parasympathetic state in order to heal and regulate and self-regulate.

However, you know all the other things, like you said, **compassion** giving patients something they can do, being **ear seeds, diet, sleeping** better. Something to help them, having something to do on their own and then if they are willing doing herbs as well, or supplements.

Clara

This is what I love about TCM. It's very much holistic in a way that it's just not one thing, but we can use all our tools for patients. Last year, because--I know that this is your focus--and because you have so much knowledge when it comes to thyroid and 20 years of treating patients in, you know that area.

I asked you last year if you could teach a course for AcuPro Academy, so all the practitioners that want to really improve and level up those skills when it come to their thyroid patients could have a mentor that could teach them how to go about it.

The Complete Thyroid Disorders & TCM Treatments Course

You did this course for me, which is the Complete Thyroid Disorders and TCM treatments, which I love.

It allows people to get **continuing education** to improve those skills. You went really in depth into explaining everything, so

I want you to give the bullet point of what's in that course before we end today.

One of the things about teaching this course is I wanted to go through a lot of the Western concepts. Because I owned a wellness center, an integrative wellness center, I've worked with a lot of other types of practitioners, including naturopaths and other TCM practitioners and massage therapists.

I've learned how little we actually learn in school about the thyroid. So I really wanted to **make this course comprehensive**, and that's why it ended up being a little bit longer, but it was important to me to lay out all the Western concepts, Including what **kind of drugs are used**, what kind of **assessments** that **from a western point of view** that they're doing for the thyroid.

Then go through a lot of the symptoms and signs of thyroid disease sand what the different types of thyroid disease there are.

As well as how to recognize those and then going into the Chinese medicine perspective and how there are **different patterns** that are gonna be more prevalent, that you may see **different acupuncture prescriptions** that you can use for people. Then for people who are doing herbs, **how to assess the herbal formulas.**

We're still talking about Chinese medicine perspectives and patterns in, but within the herbal realm, and I think that the information is still really valuable. Then I talk about different **dietary, advice, lifestyle activity**.

Some of the naturopathic and more functional medicine perspectives. I've done a lot of training from a naturopathic point of view and functional medicine point of view, and I wanted to talk a lot about what naturopathic doctors are doing and what they're using for treating the thyroid as well.

Then you have a really good understanding of what's happening in the whole realm. Even though you may be sticking within your own, working within Chinese medicine. And I think that's really important if you're going to focus on a particular disease or diagnosis, is to understand it from other types of perspectives.

That doesn't mean that you have to know everything, but it's really helpful. Like I said earlier, it's helpful. All the information's helpful, it's just not always necessary for you to actually do your medicine. But I think that it really rounds out working with patients and gives them the confidence in you too.

Patients trust your ability to help them when you have knowledge, right?

Clara

That's important to them. That you can relate, you can understand where they're coming from and you have a knowledge behind it.

The feedback on the course has been amazing. You get six hours of continuing education after passing a quiz. Because you have to pass a quiz to show that you are actually assimilating the information.

And also it's prerecorded so it's at your own time. You can watch it as many times as you need to, rewatch it and you have access, **lifetime access to the course**. It's a really thorough course. So I really thank you for creating it for the AcuPro Academy, TCM rock stars and community.

So I really appreciate that and I really appreciate you coming in today, Jeda. I really appreciate that.

Jeda

Yes, I'm super excited and I can't wait to listen to all your other podcasts.

If people wanna know more about you or where would they go?

I have two websites: I have one called bodahealth.ca, and I have another website called, drjeda.com and that's my thyroid website. I do have an online form on my bodahealth.ca and I have a place where people can give me feedback, make inquiries, that kind of thing.

Clara

Perfect! We'll have the links in the show notes for everyone so you don't have to worry about how to spell anything. But Boda Health comes from Jeda Boughton, so it's the DA in Jeda and the BO in Boughton. So I love that you took the four letters, the two of your first name and last name.

Thank you again, Jeda. I'll see you soon.

Jeda

Okay. Can't wait.

Disclaimer

Thank you so much for spending your time with me today. I truly hope you benefited from this episode. I would love for you to share it with a friend that may benefit from it as well. Follow the show, leave a review, and if you want more, go to my website acuproacademy.com. I have tons of resources there with treatment protocols, case study, free courses, and so much more.

And connect with me on all social media @acuproacademy. I'm on YouTube, Instagram, Facebook. And no matter what, keep rocking it using TCM.

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