

One of the things I love the most is to help students and new practitioners grasp TCM and have fun with it. Recently, I did a mentoring session with a naturopathic doctor from Texas who is going to take her boards to become also a licensed acupuncturist. Her questions were so enlightening, and I was really trying to help her out. I figured I should share this conversation with you so you can benefit from such insightful questions she had.

So, we talked about, of course, easy ways to make a diagnosis, specifically including preparation for exams, studying techniques, diagnosis of specific conditions, particularly pain and skin problems. But we also talked about how to utilize the four vital substances, the Zang-fu organs, and the eight principles in order to make the best diagnosis possible.

And we also dove into the TCM view on fasting because fasting is such a big topic around the world right now, and so many of our patients are doing intermittent fasting. This episode is full of tips and tricks and nuggets, and I truly hope you benefit from it.

Let's rock it.

Welcome to Acupro, a show dedicated to making Chinese medicine and acupuncture easy to grasp and fun to learn. Hi, I'm your host, Clara Cohen. I support practitioners and students like you in changing the world one patient at a time. My goal is to share my passion for TCM and empower you to achieve superior patient care.

I love to showcase the amazing benefits of acupuncture because, after all, acupuncture rocks!

What is it you're trying to get out of this session?

**Student:** I loved coming to your classes and I felt like I learned so much just with your style of teaching, and so now I'm preparing for some entrance exams and then eventually hopefully next year for boards. Would love to have any of your thoughts on the best way to put the information together to study because there's so much in Chinese medicine, which is wonderful. At the same time, it's also crazy, and when you don't speak Pin Yin it's hard to put some of that information together. I feel like I'm just memorizing.

**Clara:** One of the things that I would say is know your foundation well because it's really important to understand the eight principles like your Yin Yang, Yin excess, Yin

deficiency, Yang excess, Yang deficiency. Knowing the function of the Zang-fu organs. Even if you have to memorize them, you should know them by heart.

I would say Yin Yang theory, vital substances, and Zang-fu organ should be your main focus first because here's how it goes.

Understanding the foundational principles of TCM, such as the relationships between organs and their functions, is crucial for making accurate diagnoses and developing effective treatment plans. When you recognize the interconnections between organs and their corresponding functions, it provides valuable clues for understanding and addressing various health conditions.

For example, knowing that the spleen is responsible for transforming and transporting food nutrients to nourish the body, as well as its association with muscles, helps in diagnosing conditions related to muscle tension, fatigue, or fibromyalgia. When you encounter symptoms like muscle pain, fatigue, and overthinking, you can immediately consider the possibility of spleen qi deficiency, given its role in governing muscles and the digestive system.

Similarly, understanding the principles of excess and deficiency allows you to quickly assess a patient's condition based on their symptoms. By identifying whether a case presents with excess or deficiency patterns, you can narrow down your diagnostic focus and consider which organs may be involved. This can be particularly useful in exam scenarios where you're presented with mini-cases and need to make rapid assessments.

Furthermore, knowing the four vital substances (qi, blood, body fluids, and essence) and their roles in maintaining health helps to further refine your diagnosis. By considering which vital substance may be deficient or imbalanced, you can pinpoint the underlying causes of the patient's condition and tailor your treatment approach accordingly.

Breaking down the process of diagnosis into manageable chunks can make it much more approachable and effective. By starting with the broad categories of excess and deficiency, you can quickly determine the overall pattern and then narrow down your focus to specific pathogens or stagnations.

Using a systematic approach to differentiate between excess pathogens and stagnation helps simplify the diagnostic process. For excess pathogens, you can consider factors

such as the patient's symptoms, tongue appearance, and pulse quality to identify the type of excess (e.g., heat, dampness, phlegm) and the affected organ system.

Once you've identified the general pattern of excess, you can then further refine your diagnosis by considering the specific symptoms and manifestations associated with the affected organ. This targeted approach allows you to make more accurate assessments and tailor your treatment plan accordingly.

Utilizing the process of elimination can be a valuable strategy when faced with multiple-choice questions or challenging differential diagnoses. By systematically ruling out unlikely options based on the patient's presentation and symptoms, you can narrow down the possibilities and arrive at the most appropriate diagnosis.

Breaking down the diagnostic process into manageable steps and utilizing systematic strategies can help streamline your approach, enhance your diagnostic accuracy, and ultimately improve patient outcomes.

When someone comes in with pain. I just remember a long time ago that I was told, you have to look at it.

So when it comes to acute pain, let's say someone fell. They fell in the snow, they broke a bone, maybe they woke up one day and they're like, "Oh my God, I'm in so much pain. I don't know what happened." Sometimes you don't even know how it happened, but you are in a lot of pain.

That is always blood stasis because it's acute, strong stabbing pain. If it's trauma injury, right? If it's an injury or something that is really strong and stabbing, it's always a stagnation of blood because the blood is pooled there and you are in so much pain in that area. Stabbing pain in an area where the pain is, which is called fixed stabbing pain is always blood stasis.

Now, that's an acute pain. If you have someone come in and they're like during my menstruation, I have acute pain of menstruation, cramp, right? It's like I'm then in half in my bed. That's a blood stasis, right? Because of course when she's here, it is not acute right now 'cause she doesn't have a period. But she's telling you that when the period comes, it is acute and it is painful.

So that's a blood stasis. So when the pain is strong and it's acute, most of the time, if it's trauma injury, there's inflammation. Which is excess heat. There's blood stasis, which is that pain stuff. And then sometimes if the trauma just happened, it could be swelling. So there, there's dampness. 'Cause it's swelling, right?

But if there's no swelling, no matter what, it's blood stagnation. So that's for your acute pain. When it comes to chronic pain, yes, the basics will be either is Qi stagnation or blood stasis for excess because there's chronic pain that's deficient.

**Student:** Okay.

**Clara:** When there is chronic pain that is Qi stagnation, the pain comes and goes. It's not always there, or it may move. So I'll give you an example. The pain that is Qi stagnation could be that someone has elbow pain. It's oof. But it's not there. The next day, oh, it's gone. Two days later it came back. Oh. So it comes and goes. And then there's the traveling pain. So if we keep the same example, it would be, ugh, today, all day, my joint and my elbow bugged me. And then three days later, oh, now it's my knee. My knee joints hurt me.

So obviously with rheumatoid arthritis, for example, people have the Qi stagnation pain where it's definitely hurting in different areas if they have more joints than just one that's affected. So that's one example. Another example would be if you have a headache that starts here in the occipital region and then because you were stressed, which is this Qi stagnation coming up from the shoulder and the traps being tight probably, and then it traveled to the temporal headache and by the end of the day, it's above my eye and it's really bothering me.

So now it's a traveling, it's a moving headache. Moving is always a Qi stagnation, if it doesn't change place, I always have a migraine right there on the right side of my temple. It's so bad. That's blood stasis. It doesn't move. It's always there. It's strong. It's constant, right? Or like the acute injury where the pain is constant so that's the difference for the excess, for the Qi and blood.

However, there is also pain that feels hot. As in if you put a cold compress, it feels better. So now there could be Qi stagnation for the pain or blood stasis for the pain, but there's also heat. So now you have two things, two excess, right? So then you put a cold compress and the person says, oh, it feels much better.

If a hot pad feels better, then now we know it's either blood stasis or Qi stagnation with cold. Usually when there is pain, if you have blood stasis, let's say you have women with menstruation cramps, that is stabbing during the period. And then they'll say, oh, when I put a heating pad on it, it feels so much better. So now you know it's blood stasis and cold. Or if someone comes in and has sciatica and they're like, oh, I'm in so much pain.

My lower back and my glutes are really killing me. But when I put a heat pad, oh, I feel so much better when I take a hot bath.

It feels better now. It's blood stasis. And it's cold, right? So it gives you the clues of opposite. This is your yin yang again, cold and heat, right? It's the yin yang. Now that was for excess. You can also have pain that is swollen like rheumatoid arthritis, right? Where I said my elbow joint hurts, and it's so swollen and it's throbbing. So when there's swelling involved, it's often associated with dampness. So you have Qi stagnation or blood stasis causing pain, and then you have dampness causing swelling. So now you have a combination of excess patterns contributing to the pain.

On the other hand, chronic pain that's deficient is usually dull and achy. It's not sharp or stabbing like in excess conditions. And it's often worse with cold or damp weather. So if someone comes in and says, "Oh, my joints ache more when it's cold and damp outside," that's usually a sign of deficiency.

So these are some of the clues we look for when assessing pain in Chinese medicine. We consider not just the location and quality of the pain, but also how it behaves over time, whether it moves or stays in one place, and how it responds to temperature and weather changes.

It worsens when it's raining outside. This is why many people prefer going to places like Texas or Arizona where there's less rain, right? So the dampness exacerbates the situation. Now, you might think, "Oh, dampness worsens my arthritis," especially when it's raining and cold outside. My pain becomes unbearable. Now, it's attributed to Qi stagnation because it affects different areas.

And then, it's exacerbated by the cold, which makes it worse. And then it's exacerbated by excess dampness because there's swelling, and it's damp and rainy outside, further worsening the condition.

So that's excess. Deficiency is not as common when it comes to pain. Most pain due to deficiency tends to be blood deficient. So we might experience dull pain or an ache because of deficiency. It's very different from a stabbing migraine, which indicates excess, like blood stasis. But if someone complains of a dull, constant headache that's been there all day, but it's not severe, maybe just a two out of ten, that suggests deficiency. If it's severe, like a twelve out of ten, it's definitely blood stasis. So that's how you can differentiate between the two.

Again, it depends on whether it's acute or chronic, right? So we need to look at it from that perspective as well. Does that help?

**Student:** Very helpful. Yes. I was just writing so fast to make sure I capture all these pearls of wisdom. And then sometimes my mind gets confused about which comes first, the Qi or the blood.

**Clara:** That's always tough. But that again goes back to foundation because if you remember the Zang-Fu organ function, if you know that the spleen produces Qi from nutrients and our diet, and then produces blood from there, in order for the spleen to produce blood, it needs energy, which it gets from food. So food comes first. Think of it like your digestive system, right? We used to say, "You are what you eat." Then it changed to "You are what you absorb." That evolved a bit. So Chinese medicine says, "Okay, we put the nutrients in, and if the spleen's Qi is strong, it can take those nutrients and produce blood." That's the absorption process. But if the spleen Qi is weak, blood isn't produced because there isn't enough energy to facilitate production.

So if there's blood deficiency, then we have to say it started with spleen Qi deficiency. And of course, it could stem from various reasons, maybe overwork, worry, overthinking, a lot of stress, etc. Or from years of diet that weakened the spleen Qi because it couldn't keep up with processed food and all that, leading to depletion.

When you look back at the foundation of the spleen's function, the only things detrimental to the spleen are diet, because it's the digestive system, and worry and overthinking. And the last one is dampness because the spleen doesn't like dampness. So if you live in a damp environment—I had a patient who came to see me years ago and she said, "I don't know, I'm tired all the time. I feel like my legs weigh 200 pounds. I have postnasal drip. My hair is greasy, and since I moved to BC from Saskatchewan, my health has been terrible." And I asked her, "Where do you live?"

And she goes, "I live in a basement suite." So her basement suite was really damp. Not only that, but she went and checked it out, 'cause I asked her to; there was mold in there, which is very damp. And then she comes from a climate that's very dry, and she moved to a place where it rains every frigging day.

**Student:** Yeah, that's a big change.

**Clara:** But that was the dampness that depleted her Spleen Qi. That's why she was fatigued and she had all these damp symptoms. So again, which one came first?

So the spleen, if you know from foundation, gets affected by dampness and is in charge of nutrition and is connected to worry and overthinking. If you see any of those things happening, then you're like, "Okay, the spleen is involved somewhere."

That's going back to foundation always. Someone can have a very bad immune system. They get colds, flus, it takes them three weeks to a month to get rid of it, and they still feel so tired.

"It's taking me forever to heal, and I catch everything under the sun." So you know, the lung Qi is deficient because the lung is in charge of the immune system. That's going back to foundation. So you're like, "Okay, lung Qi deficiency." But at the same time, they have loose stool and bloating, and they have poor appetite, and they eat really badly, and they have a job that's very stressful, and they worry constantly about finance.

And you're like, "Okay, now there's spleen Qi deficiency. You're not eating well. You know it's feeding your spleen good food, and you're stressed and worrying about finance, and you have loose stools." That's a spleen Qi deficiency. So now you have Lung and Spleen Qi deficiency. What's interesting is in the five elements, the spleen is the mother of lung, which means the immune system is depleted because this person's not feeding their body properly and the spleen is deficient, right?

Like they don't have good gut bacteria 'cause they're eating not good diet. It's looking at those clues that go back to the basics. "Oh, this is a deficiency for sure. This person's sick all the time. You know, the fatigue? It's a deficiency, ah, immune system.

Okay, it's lung, ah, digestive system. Okay, it's spleen. 'Cause I got two now. Now what deficiency is this? Let's look deeper. Is it Qi, blood, body fluid, essence, Yin or Yang? Those are your options. That's it.

**Student:** Yeah.

Chinese Medicine Made Easy Book

Diagnosis has to be the hardest part of Chinese medicine. We always say there is no wrong treatment in TCM, only the wrong diagnosis. This is why I created my second book, "Chinese Medicine Made Easy," to make it easy to grasp using a lot of colorful visuals. I have included all Chinese medicine foundations, Yin Yang Theory, Five Elements, Zong Fu Organ, all of it.

All diagnoses, of course, include tongue and pulse. Practice case studies can help you improve your skills, as well as provide you access to my online fillable intake form for use with your own patients. You can download the digital version on any device, and it comes with many video links to complement it.

Or, if like me, you prefer reading a physical book, the hard copy ships all over the world. Before you invest in this book, you can download a sample to ensure that the format meets your expectations because I want to ensure that you benefit from it completely. Listen to what people have to say about my green book, Chinese Medicine Made Easy.

The more I read, the more I like this book. It is simple to follow, all the information is super organized, and the great pictures make memorizing a lot easier. This book will definitely make my learning a lot more productive. Yeah. So happy to hear that you've done it again. You are amazing. I wish we had your resources 20 years ago, back in TCM school.

This also makes my day because this is why I have been doing what I do with Acupro Academy for quite a few years now - to support everyone. Check out the links in the show notes below, or visit my website, [acuproacademy.com](http://acuproacademy.com), and click on the shop tab on the menu bar to get your copy today.

**Student:** I understand what you're saying about the climate and the environment, in addition to being affected by diet and lifestyle, which leads me to my next question. I've been getting a lot of clients lately who are all about intermittent fasting, which is okay, but I was wondering, from a TCM perspective, how should we look at that?

**Clara:** It's very interesting because in TCM perspective, when you look at the 24-hour clock and every two hours representing different organs. From 5 to 7 AM is when we should be waking up, so closer to 5 or 6 in the summer and closer to 7 in the winter.

We want to always go with the season and the environment, right? The whole point is to be balanced with our environment. From 5 to 7 AM is the large intestine. We're supposed to wake up at that time and have a bowel movement to empty the body. The next period is from 7 to 9, and it's the stomach. At that time, between 7 and 9, according to TCM, we should slowly wake up the digestive system by having warm lemon water to open up the digestive tract, and then start eating whatever breakfast fits this person's pattern.



So that gives you from 7 to 9 AM. The night before, from 5 to 7 PM is kidney time. The kidney is related to conception, reproduction, growth, aging, and all that. So in TCM perspective, from 5 to 7, we should connect with our family. This is when we gather and have our meal together. Technically in TCM, by 7 o'clock, no more food should be consumed, and then you don't eat until 7 or 9 the next morning, depending, because it's between 7 and 9. So technically, you could do a 12 to 14-hour fast. And that is a TCM perspective, at least 12 hours for sure, because you're not supposed to eat from 7 to 9.

Because 7:00 to 9:00 is pericardium time. It's when you're supposed to start introspective, take care of your heart, meditate, calm down, read a book, do things that are going to be calming. From 9:00 to 11:00, you go to bed. During those hours, depending on if it's summer or winter. So from a lifestyle perspective, intermittent fasting that is done within that 12 to 14 hours, or if you eat at 5:00 and finish by 6:00, technically, that could be until 9:00 in the morning, you could have up to 16 hours. I think it depends on the person. If it's someone that's really excess, I think if they finish eating between 5:00 and 7:00 more towards the beginning, and then they eat in the morning more towards 9 o'clock and they get their 16 hours, I think it would be really good because of excess.

For deficient people, it probably would be shorter, like 12 hours, because they're deficient. From a TCM perspective, I think it works really well. It just has to be adapted to each individual.

To me, I think the 12 hours is like a normal life, right? And I think in North America, we're like, oh, eat six meals a day. Even if you do small meals, it's not like you go over your caloric intake for the day. It's just you're not resting. You're constantly stimulating that digestive system. So they're like, oh yeah, but it's great because it speeds up your metabolism. I'm like, yeah, but it's depleting your whole digestive system because it's overworked.

So it may speed up your metabolism because you're working constantly. But it's the same as Olympic athletes, they're constantly exercising and working out, and then by the time they're 30, they're in pain and they can't do anything. That's why the lifespan of their career is very short. Of course you could do this to your stomach and spleen to speed up your metabolism, but it is not good for the health of it.

**Student:** Speaking of nutrition, is there doing the keto or the really high-fat diets, also adding it with intermittent fasting. What do you think from a TCM perspective?

**Clara:** From a TCM perspective, this is the thing that doesn't work in TCM at all. There's going to be different fads. There was the low-fat I remember in the eighties when I was younger, it was like literally the low fat, right? You can't have fat at all. And so they made everything.

No fat. They would advertise like, so you buy my product, it has no fat in it. And then there was the Atkins diet, which was, high fat high protein. Then there's the keto diet, which is a lot of more fat than protein in general.

And, no carbs or very low carbohydrates in general. So what's interesting to me is it's the same as western medicine. It's 'oh, you have insomnia. This is what you do. Oh, you have dysmenorrhea? Yeah, this is what you do. Oh, you have high blood pressure. This is what you do.' I'm sorry, but you and I may have insomnia, but we're completely different people.

So it's the same with the diet, right? A keto diet may work for someone for a little bit because they need a certain environment in order to heal, to decrease whatever is happening, inflammation in their body, and it might help them, but in the long run, it won't work because it's not as balanced, right? However.

There are definitely things that won't work for everybody. So when patients say, "oh, my friend is doing this and it's really helping her, so I'm gonna do that," I'm like, "oh, you are so spleen qi deficient and so blood deficient. If you do this, it's gonna get worse." So I can't tell her not to do it, but I'll explain and say your friend is not you. We are completely different. I would not treat your friend the way I treat you, right?

So it'd be a good idea to look at. For me, in my perspective, you need to eat really warm, nourishing food. That's really important because of the way your body is depleted, right? Let's say spleen qi and spleen blood deficient. So having broth and bone broth, for example, with lots of vegetables and having stews and sweet potatoes and salmon and things that are gonna nourish your body, but they're easy to digest.

I always tell people, spleen qi deficiency make sure to eat baby food because it gives your digestive system a rest. Cause people don't chew. When they eat, they don't chew. Nobody chews 30 times or 36 times. And so because they don't chew enough, it puts so much pressure on the digestive system and the spleen and stomach to break down that food, and that puts so much tiredness.

And when she's already spleen qi deficient and weak, I'm like, have baby food. What is baby food? Things that are easy to digest and don't need a lot of chewing, it'd be better to have almond butter versus chewing almond. 'cause you probably don't chew that almond more than twice. And it's massive pieces and it probably ends up in your stool and you see it in your toilet bowl.

So it's having things like salmon or fish because it's more brittle compared to meat, for example. Or maybe chicken. 'cause it's a little bit softer than, let's say beef if it was, a steak or something. Or lamb? Lamb is very hard. The hardest one is pork. Pork is very hard to digest. So that would be a big no-no.

But having things like sweet potatoes that are high in fiber or things that are just going to be very easy to eat, for example, have some greens, but they should be cooked, don't have raw broccoli, even though broccoli's great for you. And then you can guide them and then they can decide what they wanna do in the end, right?

Because it might work well for them for a little bit. Or make them feel like they have a little bit of a sense of control over this. Maybe they're trying to lose weight and that kind of thing. But it has to be sustainable and it has to adapt to each person.

**Student:** Yeah. The other thing, and I tend to do this I guess in the summer it's okay, I am not doing it right now, but I'll do smoothies just for that reason, right? I can take my vegetables and fruits and throw it in the mix. And it's good to go and it's easy, but then I feel like, oh, it's making me cold inside. It's always a challenge with TCM because you see the other side.

**Clara:** It's so funny 'cause I like smoothies too and I run hot. I'm more on the heat side, so I won't do that in winter. But in the summer I'll have some smoothies. So I only do it when it's really hot day, and I sip. I don't just gulp it and take the time and stuff and have it maybe a couple of times a week because I'm excess heat.

However, if someone is very deficient, specific when I see fertility patients and they come in, they're like, "oh, I'm having lots of green smoothies 'cause it's great to decrease inflammation. I read that it's anti-inflammatory." It is anti-inflammatory, but this person's already cold all the time, right?

So I usually tell them, don't believe what I say. Have a smoothie. See how cold you feel after. And they come back and they go, "oh my God. Like I was sitting at my desk, my

hands were frozen. I had the heating pad on me." I'm like, see what I mean? So it's not a bad thing, it's just not the right thing for you at this stage.

I think when you explain it like that, it does help though, because like you said, they think they're doing something healthy for their body, which they are in theory. To be able to keep that middle warm, to nourish the baby's so important. And when they see it in their mind's eye of, 'oh, I do need to have that little warm place for my egg.'

Yeah. I always say, 'you can't grow a baby in a fridge. You can only grow a bun in the oven. That's just, and people click, they're like, you're right. I'm like, you need to be an oven, not a fridge.'

**Student:** That is so true. skin can be so challenging in TCM and I was wondering if you had a thought on the most common things like the eczema, psoriasis, we see that a lot. Do you have a certain way that you talk to patients?

'Cause most of the time I know in my heart, if we heal your gut, most of that's gonna go away. But from a TCM perspective, how do you normally approach it with that conversation?

**Clara:** Yeah. So when it comes to specifically, like you said, eczema or psoriasis, which are probably the most common one we see in practice 'cause a lot of people have, specifically eczema.

It is obviously going to be, again, the five element, right? The digestive system or earth generating a good immune system or a good long and large intestine, which are connected to skin. So this is all gut first. Stress as well. Stress is going to amplify it, make it worse.

Like we see that all the time with patients when there's stress, oh, the eczema comes up or the psoriasis flares up, when there's stress. So we need to address the liver. In TCM perspective, 'cause that's the first one that gets stressed. We need to address the gut and the healing and the diet.

Both psoriasis and eczema don't do good with damp food. So like dairy and sugar and processed food because it's gonna make it all worse. So we need to have a more of a clean diet, that's for sure. So I tell patients that because. I always explain your skin is your biggest detoxifying organ.

So if things come on the skin, that means they are not eliminated from inside the body. So there is inflammation in there that is not able to come out. We need to decrease the inflammation because the healthy skin reflects the healthy inside of your body.

So that's what we need to do. Now, depending on where it is located. It also gives us clues of what's going on.

I had a patient years ago he came with psoriasis and. When I looked at it, it was all on one side of the body, but the point was it was all on the back of the side of the neck, around the SCM, all the way along the traps.

And then he had a patch on his ribs on the lateral side, and then he had another patch just down above his knee on the IT band. And I was like, oh my God, this is all gallbladder meridian, so this is interesting. So when we do the full consultation and he's shy. He's very timid. He barely can look at me in the eyes when he's speaking and I can see his very gallbladder personality. No self-confidence. And he has a hard time answering my question. He's not sure what to say. And you could see that I'm like, oh my God, you're so gallbladder and your psoriasis is all on your gallbladder, meridian.

And this is, to me, this is so cool. 'cause it's a great way to look at it. when we did a full consultation, yes, we talked about, okay, let's look at the psoriasis that gets worse with stress and then the diet. And he's a young man, in early twenties, so his diet wasn't that great. Fair enough.

I said, 'stress makes it worse. Because obviously what stresses you out is reflecting here.' And I was very honest. I said, 'this whole area where everything is located for you in Chinese medicine, it corresponds to self-esteem, self-doubt, self-worth.' He's like, 'I have massive social anxiety. Even sitting in the front today, before you came to pick me up, when I was sitting there in the waiting area, there was another person there plus the receptionist, and I started like literally sweating and feeling anxious.

'cause there's two people there that I don't know.' So imagine the stress this person has with self-worth self-confidence. I said, 'we need to have counseling. You need to be able to work through this, and then what I'll do is I'll de-stress you, put you in a parasympathetic state.

Allow your body to learn to relax, and we're gonna do some breathing and meditation as we do this to teach you to calm yourself down when you have anxious. Time, like in the reception area, so at least you can handle, because you can't escape it, you're gonna

have to go outside.' And so I treated more the stress and the emotional aspect and then told him about, a few things about the diet and what to change.

it's explaining to people, it gives them an empowerment to understand. 'cause nobody, when they went to see dermatologist told them, oh you have low self-esteem. That's why you have all the psoriasis that's exacerbating when you're stressed.

No one's gonna say that to him.

**Student:** The other thing I just going back to thinking about like the person's constitution. 'cause from a naturopathic medicine side, that's how we look at it. In Chinese medicine, I'm not fast enough, I think. And so do you have tips or tricks on how to quickly without, staring the person down where they feel uncomfortable, how to determine what they are?

Like in naturopathic medicine, we'll look at the color of the eyes and the shape of the face. Like we have a couple of things that help us quickly do a constitution in addition to how they hold their body. But what do you think are some quick tips to do that for Chinese medicine?

**Clara:** So there's that first initial when they walk in, and that's practice, right? It is practicing on a lot of your friends and family members until you feel like, oh, you could see it right away. And so when someone walk in, there is a few things you could see. If it's a very thin, bony, skinny person, it's a wood type. So that tells you right away.

Now I'm talking about natural skinny, not someone that starved themselves so that's usually a wood type. If someone comes in is the apple shape, meaning the bigger on the top, but smaller at the waist and smaller at the hips, so that's a metal wider shoulder than your hips. That's a metal type. Your hips are smaller than your shoulder. Then let's reverse that.

So then you have the pear shape, right? The one that's heavy in the hips, heavy in the legs, but small at the shoulder, small at the top. That's an earth type. That's a Spleen type. So that's an earth type. And it is an earth type because we usually say in a lot of cultures, if you have big hips, you earthy your mother earth, you're gonna have lots of children, right?

Yeah they did a, there several studies, but I thought it was so interesting. They didn't put a face on any of the subjects. They just had body types and they just had the people

respond to it. Thousands and thousands of people and the men would always pick the women with bigger hips because in just DNA they know that's the way to procreate.

It's very interesting, that's often easy to see, wider shoulder or wider hips. So earth metal. And then the skinny wood. The water type is easy because when the person is sitting across from you, they have a round face, they look like a baby. You look at the, your sheet and they wrote down the birth date, and you thought.

That's not possible. They're 45, they look like they're 12. Like they look so young. They have that baby face. They're more roundish. I call them like they grew, but they're roundish baby, right? So that's the water type. And then and the round in general, like even their body is quite round and soft.

Very soft. And then the last one, that's the hardest one, I think is the fire. So the fire type usually has more of a heart shaped face. Think Ryan Gosling pointy chin, but wider at the top, at the forehead. So like a triangle shape with a thinner chin area.

So that's usually it. And then they are going to be thin, but not skinny. Because I said they're on fire, right? They move so much, so they're a little bit more jittery, right? They move really fast, they walk very fast. They're a little bit more restless looking and so they are quite thin, but they're not the wood skinny.

And of course, some people may have too, right? You may see someone and you're like, "Ooh, you look like you could be metal. You really have a small chin and wider forehead, like a triangle face." So then you are fire and metal, you could have someone that's really round, baby face with big hips. You're like, "oh, you're earth and water," right?

**Student:** Thank you so much. I've felt so knowledgeable now.

Thank you so much for spending your time with me today. I truly hope you benefited from this episode and 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](http://acuproacademy.com). I have tons of resources there with treatment protocols, case studies, free courses, and so much more.

And connect with me on all social media at [acuproacademy.com](http://acuproacademy.com). I'm on YouTube, Instagram, Facebook. And no matter what, keep rocking it using TCM.

Please listen to the disclaimer because the Acupro Show podcast and material shared through Acupro Academy, which is a subdivision of Natural Health Sense Incorporated,

are designed solely for educational and entertainment purposes. The utilization of information from this podcast or any associated material is at the user's discretion and risk. This content is not meant to replace the guidance of an acupuncturist, Chinese medicine doctor, medical doctor, physician, or any qualified professional, nor is it a substitute for proper diagnosis or treatment. Users are strongly advised not to ignore or postpone seeking medical advice for any existing medical condition with their healthcare professional regarding any health concerns.