

C: Today's show is a little different. I have a third-year TCM student asking me questions, kind of like a little reverse interview. You are going to love her insightful questions, and I truly hope my answers benefit you as much as they benefited her. What did we talk about? We looked at how TCM views emotional trauma. We discussed how to approach and support patients who have experienced emotional trauma, including sexual abuse. This is a sensitive subject. So be warned that it might not be for everyone.

We also talked about treatment, including the three best ghost points for those who have experienced emotional trauma.

This episode is packed with great advice you can apply in your practice today.

By the way, if you haven't signed up yet to my free TCM and mental health online course, the link will be in the show notes for you right below. Make sure to enroll and watch it. It's completely free and you'll benefit from it immensely.

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 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.

So have you been?

H: I am pretty good. I'm still in school doing a traditional Chinese medicine. Something that I wanna focus more on in the future is, women's health, but especially people who experience trauma. My first question is from a traditional Chinese medicine perspective, how does trauma, especially sexual trauma, affect people reproductive health, whether for women or men?

C: That's a great question. In TCM, it's been said that 70% of all chronic disorders come from longstanding emotional stress or emotions. And those emotions could come from trauma, right? It could come from intergenerational trauma as well. And that's been proven more and more.

Emotions when they've been there for a long time, they can literally change the body at the cellular level. So people that have experienced trauma and not processed it it is going to stay inside the body and fester.

Change the body at the cellular level, unfortunately. So now when it's affecting the reproductive system, let's say sexual trauma for a woman, as a child, for example. When we were children years are the eight vessels. We look at the eight vessel externally vessels as each seven years.

Each part of our growth from birth to our first seven years, second seven years, and third one until we're 21. And then after that adult, it really relates to the vessels. So the vessels which connect to essence and essence connects to kidney and kidney, connects to fear and shock and trauma. Will get affected.

So, shock trauma, repetitive fear of being abused again. Let's say it's years of abuse or weeks or months of abuse, or fear of being abused again because it happened that one time. That will affect the kidney and it will definitely deplete the kidney. And the kidney in TCM is really connected to the reproductive system,

So that is always going to affect essence. Kidney reproductive system. If the reproductive system was the one that had experienced a trauma, it will affect it. So for women, it could be irregular menstruation, amenorrhea, it could be dysmenorrhea, it could be fertility issue, as well as breast area as well, because it's also part of the reproductive system, specifically for women because they do breastfeed and it's part of the system as well. And the Chong vessel relates and crosses the stomach meridian, which, goes to Stomach 17, which is the nipple.

And so those areas get affected as well by emotional stress and emotional trauma. For a man. If that's the case, it will affect more their lower Jiao For women, it's also obviously the lower Jiao, the uterus and all this. But for men is going to be kidney as well, because trauma again is shock.

It's fear, right? So kidney as well, for sure. Essence will be affected, but for men it's gonna be the lower jiao. So they may have issue with the prostate. Reproductive system, anything that has to do with genitals, but also with the rectal area, so maybe, rectum or large intestine or some bowel issue.

If it's sexual trauma. For men, it's gonna affect more than just their genital. It's also gonna affect the organs around it. So it's a little bit different than the women. Women

could have some issue with large intestine, but it will affect their reproductive system a little bit more just because it's such a big system and it gets affected.

Obviously there's other traumas that are not sexual related, that can happen to people. Like for example, you give birth to a baby and that baby dies within a few hours.

That's a shock. That's a trauma. That's a big trauma 'cause you lose your baby that you thought you were going to, you know, have a great life with. That is going to be a shock and again, depletes the kidney and create fear now because can you get pregnant again and have a baby that next pregnancy?

You're gonna be in fear all the time. So it might, you know, be a self-preservation where your body just doesn't wanna get pregnant anymore, so it makes it a little bit more difficult the second time around.

Acupuncture can be very useful to release all this. But also counseling is really important as well because people need help processing, they can't do it on their own.

It's very difficult, right? So, so often that's really important to have. And you know when you explain that to patients and you say, you know, if it's not physical, it's emotional. And sometimes people don't know what it's because. They don't remember, maybe because they blocked it.

H: I also understand that this is very sensitive topic. It's my first time visiting your clinic and it's very difficult to talk to about trauma right away. How should we approach our patients so we can treat them well?

C: That is a great question because it's not easy and you are absolutely right. So when someone's gonna come and see you 99% of the time, they will never. Share their trauma with you because they don't know you. They don't know if they can trust you. They haven't built a relationship with you. Imagine that some people don't even share their trauma with their spouse or their best friend ever.

That's happened to me. One of my best friends, I never knew that she was sexually abused by her dad and brother, when she was growing up, and I had no clue until she told me that. Years into our friendship years, and so people don't share this easily. And I was her friend, imagine a practitioner, right?

They're never gonna share that on the first day. However, you can explain to them and start slow I always talk about emotions at the end when we spend a lot of time talking about other things.

Don't start with that 'cause that would be way too strong. But then I'll start with little things like, are you a warrior? Do you overthink? Do you like to be in control? Do you get irritable easily? Do you have anxiety? Right? Do you feel like blue or depressed sometimes? Tell me how you feel inside emotionally.

And people can share. They'll share. Oh yeah, I'm a worrier. I've worried all my life. So you could see there's some emotions and that's a first start, and then they come back the week after that's when you can educate and say, because your problem doesn't seem to be physical

Then if it's not physical, it's emotional. So you don't have to share with me, but look into what could be the cause that's. Something that you haven't either processed or you're not willing to go to yet, or something that really has been festering for years and you're just not dealing with it for many reasons.

Think of that because that could be the problem. Right? And sometimes people will say things to me oh. I have been literally fighting with my mother who doesn't understand me since I was a little girl.

This is years and years of her not feeling loved by her mother. If there is a problem with a parent. It always affects the sexual reproductive system because we come from the wound and when it's the mother. Yes. Specifically, if it's a girl and her mother.

Yeah, so her girl and a mother, the connection is very strong 'cause we both have the same organ. So there is going to be some issue with the reproductive system for the woman if there is, um, a lot of issue with connecting or loving from a mother-daughter relationship and that. Often will result in irregular menstruation, dysmenorrhea.

I see that in practice all the time and people are easy to share that 'cause it's not a trauma. It's more something that they're dealing with on a constant basis and so it's helping them going, okay, you either. Both can go to counseling together and try to mend this relationship, but you can't force someone.

If the mom doesn't think it is a problem and she doesn't wanna go, you can't force them. So then you will have to go and deal with the fact that, I'm loved by my partner and my friends and my family, everybody, not my mother. How can I handle this and feel still good enough? And a beautiful person, right?

So they have to do the work. At the same time, you can help them connect to their inner woman because that's the child in them, their inner child.

H: Amazing. Sorry to cut you off.

It's actually amazing how, how traditional Chinese medicine like can connect little, little things and. It can affect you, like your digestive system, and it can affect your emotional,

When we look at, in a conventional medicine, an example, you have AM amenorrhea and they will always say, oh, you have PCOS or you have endometriosis, but what's behind it?

It's just amazing that we are able to explain what is the root cause and how can we move forward or how can we change things.

C: There's always a cause. And TCM can always look for the root cause, no matter what the disorder is. Doesn't mean they can cure it, but there's always a cause. And so people really feel empowered when someone actually.

Show them that. Oh, okay. So that's the cause. 'cause you know, it's unknown. Nobody wants to be told it's unknown. . So you're absolutely right. For men, if there was, issues with the father. Not a connection, which is very common with men and their father, depending if the father was very strict or , hit them when they were younger or they never understood them or just treated them not. Love, , because that's a men thing too, right?

The men's gonna be strong. If you were a young boy and you cry and your dad told you, oh, just stop crying, boys don't cry. Then you're like, okay, well I can't cry. Right? So with men, if there's a disconnection with them and their father, usually it always results in, anger. It'll come out as anger and they'll come out as spine issues.

Low back pain, upper back pain, and anger, men have tendency to be more yang. Women are more yin, right? So anger is a yang emotion. Women have tendency to be more yin, more inside, like keep it inside. Doesn't mean that men don't do that. It's a

general idea. But a lot of time for men, if there's a disconnection with the same gender, their father, it's spine issue or back issue and anger.

H: What if the patient is untruthful about what they feel or what they are going through because it's, it's, you know, when we are doing diagnosis, it's very important. And what if they're very untruthful about it?

C: So you have to educate patients. 'Cause they don't always know, right? And they might not be truthful because they do have. Fear of judgment. Sometimes I see that, 'cause I'll ask patients and say just the physical stuff.

Right? Oh, okay. So how's your bowel movement? You have bowel movements every day. Yeah.

So when they say, yeah, yeah, yeah, yeah. And there's no detail, I stop them and I go, that's great. Just so you know, the more detail I have, the better I can help you. So if you feel like most of the time your bowels are formed, not smelly, there is no sticky stool. It's finished no sticky stool.

It's formed bowel all the time. And they're like, well, no, it's sticky. I'm like, okay, that's great. Gimme more information. Right? The more I have, the better I can help. So I always make sure I educate the patients on that. And then the normal thing, when I say, oh, do you have headaches? Well, yeah, like everybody else, so if you have headaches once a month, is it around the period? If you have headaches once a week, what's going on? Let's look at it. So maybe you have it once a week for your last 10 years. So it is normal to you. However, it shows something is not quite right 'cause you shouldn't have.

So let's look at it. The more information I get, the better. So that's awesome. Please tell me all those things. And then they're like, oh, okay. And then they start sharing. They're like, is that too much? It's never too much. Gimme the information. And then they, open up a bit because you start with physical and it's easier than if you started with emotional.

'cause that would be harder to open up. Right? So educate the patient and tell them that the more you know. The better. And that normal to them may not be a sign of being balanced and healthy. So think of those symptoms and all the stuff you share with me that may feel normal. They're just little clues that your body's saying it is not quite there yet. You know, it's kinda like that little tick, tick, tick in the car, and you're like, I don't know where that tick comes from.

And you keep ignoring it until the car breaks down.

That's the same thing. So use those analogies. People totally get it.

If you still struggle to come up with the right treatment protocol for your patients, you are going to love my third book. By popular demand, I have created a guide for TCM treatments for over 160 common syndromes with acupuncture points, herbal formula, ear points, diet, and so much more, including many, many of my clinical pearls.

This is a game changer for acupuncture students and specifically for practitioners. You can download the digital version on any device and it comes with many video links to complement it or If you're like me and you'd rather have a hardcopy version, the publisher ships it all over the world.

But before you invest in my Chinese Medicine Treatments Made Easy, I want to make sure it's everything you were looking for, so you can download a sample of it. Listen to what people who invest in this book had to say. Thank you, Clara. This is exactly what I needed. I love how you organized this book.

It's truly helping me in my first year in practice. Yay! Hehehe. So excited! Bought it immediately. It will be a great resource for studying for boards. That's awesome! Oh my God! I immediately purchased this and it is such a bargain price that I almost feel ashamed for paying what I believe is worth much much more.

Even as an experienced practitioner for over 10 years, I like your stuff just as much and benefit from it. Yaaaaayy! All this is just so rewarding for me. So I hope you get your copy if you don't have one. The link is in the show notes below. Or you can go to my website, acuproacademy.com and click the shop tab on the menu bar.

You won't regret it. I put so much heart and soul in it. I hope you enjoy and benefit from it and in turn your patients do as well.

H: Going back to trauma. Can you please enlighten us in the traditional Chinese medicine perspective? How acupuncture and herbs affect people who have trauma.

C: So Acupuncture is going to release a lot of blockage. It's a really good tool for trauma. If you look at the ghost points, there are a lot of ghost points that are very specific to certain trauma since we were talking about sexual trauma. Bladder 62 for example, is the ghost points that address someone who has anxiety as an adult due to sexual trauma as a kid.

So it's not easy to use that point 'cause not everybody's gonna share that right with you. Oh, I had sexual trauma as a kid, but they will share the anxiety. So you're gonna start with your anxiety point. Maybe REN17, PC 6, Heart 7, whatever you wanna use for anxiety. And then eventually we can ask a bit more questions a few weeks into it.

So you've had anxiety since you were a child. Did something, bring it on. Just ask that. Right? And maybe they're ready to share. And now you could pick Bladder 62 because you know it comes from sexual trauma. I think acupuncture is really good in releasing. I've had patients crying for days when I've done some points and couldn't stop 'cause it needed to come out.

I think herbs are really good at addressing more physical than emotional. However, some herbs can calm the mind enough. Then you do acupuncture and the acupuncture help release whatever needs to be released because sometimes the mind is so clouded with years of, phlegm

and if you allow the herbs to help the anxiety, the phlegm in the mind and allow a clear mind, which some herbs are very good for that, and go to the root of the problem, let's say blood deficiency or whatever the problem was. Then your acupuncture is gonna help release it much faster. So it's kinda like hand in hand.

Right. So that's how I see it.

So my next question is like, what are the common pattern turn that we see with people with trauma,

With women with sexual trauma, there's gonna be some kidney issue. So kidney deficiency, because that's the shock and the fear, and it's affecting the reproductive system, which is all kidney. So there is gonna be to some kidney deficiency. It could be kidney, cheek, kidney, yang, kidney, yin. So it will affect the reproductive system because that's kidney, right? The second one is because our trust was broken.

We trusted that we were being safe and suddenly we were not safe because there was a trauma.

There is constant fear, so it affects the kidney because it's been there for so long. The heart mind is affected, so there is going to be either, it could be heart fire, heart blood deficiency. It could be phlegm in the heart mind. It could be phlegm fire. So no matter what, this gonna affect the heart in TCM. So there could be many patterns. So that's like

a heart and kidney disharmony. Your safety is your kidney. That's the root of who you are. That's your safe thing. And then your mind gets affected.

So the two disconnects. So there's definitely always a kidney and heart disharmony, . So that could create anxiety, insomnia, obsessive compulsive disorders, could create a lot of issue, but the heart's definitely affected with the kidney.

And then the last one is there's gonna be phlegm because if you haven't dealt with it, you are going to have clouded judgment. Let's say that person who abused you is gone. They're either in jail, dead, whatever.

They're not around. You still gonna have that fear. You still gonna have that clouded judgment where you still don't feel safe. Your brain knows this is safe, but your heart can't go to it. Right? So that's using the eight extra vessels, the eight extra vessels, specifically the die meridian or the die vessel is our, our belt. It holds all the other meridian in place. So when there is feeling of unsafe or we don't feel safe, we have to do Dai vessel points to get that back into safety net. So gallbladder 41, for example, is a really good point for that because it's the confluent point of the dye vessel.

That's very good explanation. Thank you.

Your education like basically really helps me to kind of understand it more and narrowly, like understand it better, like clearly.

I don't know if you know Yvonne Pharrell. She is the one that I learned everything. From the eight vessels, she's the eight vessel queen, and she actually has a book on the eight Vessel for emotional trauma.

You would love that book. She has courses on emotional trauma with the eight vessels, and those are the courses I've taken. So definitely look up Yvonne, Pharrell emotional trauma aid vessels. 'cause you're gonna love that.

H: That's, that's actually very nice. 'cause my next question will be what is your advice on like a current student like me, who wants to focus more on reproductive or fertility health?

C: So if you're going to go on the reproductive system, you wanna take all your continuing education.

On those subjects, fertility, gynecology, pregnancy, whatever you, you feel like, you know, really resonates with you and trauma because you are really focusing on that as well. That's the first thing. The second thing is. Read, watch YouTube videos on fertility. Really familiarize yourself with how the body conceives, what exactly happened. How many days does the sperm last in the uterus when someone has intercourse.

Because you can educate your patients and say, listen, if you guys are gonna have intercourse around ovulation every two days, it's better. Why? Because the sperm. Takes 48 hours to regenerate. So you would have semen but no sperm minute if you do it every day or twice a day. So do it every two days.

So you have stronger sperm. Right? So when you explain that to patients, and I don't think we learn all this in school, so it's good to really educate yourself and to. Understanding the reproductive system so you can in turn help your patient understand the basics of what the mechanism is when they're trying to conceive, for example.

Start also learning about reproductive therapy because some people are going to use it. Assisted reproductive therapy like IVF or IUI or egg donor.

All those, it's really important to understand because some patients will come and see you for them to trust you to help them, it's important that you know, what is IVF? Exactly. Really understand what happens, because that way when your patients go through it, you know exactly which stage they're in, what is occurring, and what you as a practitioner can do. Because supporting patients doing assisted reproductive therapy, acupuncture is fantastic.

We have such a big role in supporting patients and if they're gonna spend thousands of dollars in those therapies, adding a little bit more for acupuncture will really increase their chance of success so it's important that you know all that stuff so you can help your patient as well.

My next question is going back to like treating people with trauma. I know that, our treatment, especially in traditional medicine, is tailored to each person, but do you have any? Approach or step that you will do when you first see a patient, with trauma

so they actually came for that. That's their chief complaint. Okay. So if that's the case, I'm gonna start by obviously sitting them down and because they came for this, I'm gonna say, I'm gonna ask you a lot of questions. The more detail, the better for me.

Whatever you feel is right to share at this time as we go, if you wanna share more, totally.

Like you have to take the time to trust me and that's okay, right? But the more detail I have, the better I can help you. And not only that, but please ask me questions. How is this gonna help you? What is acupuncture gonna do actually, right? You really want this to be an exchange, not just a, I'm asking you question, you answer them.

It's like, there's an exchange. You can give me something, I can give you something unless exchange and educate the patient. So if they came and said, you know, I've had years of anxiety because, sexual trauma, when I was growing up for like two and a half years, I'll ask the question, have you had counseling?

Have you had support from your family? Were they supportive? Have you told people that you feel safe about? Are they there for you?

Like what kind of support do you have? 'cause it's really important that patients don't feel alone, right? And then it gives you clues as well. What's going on? What does that manifest with you? Are you able to sleep? I had a patient who was sexually abused when she was 16, and when she came to see me, she was 42.

And from 16 to 42 every night she wakes up with nightmares. Never went away. That's a long time of having nightmares and waking up every night. She's scared to go to sleep every night because she knows she's gonna get a nightmare. That's crazy how long this poor person could not sleep. Right. So you wanna know those things.

How does that manifest with you? Do you get a lot of anxiety? Do you feel like a pit in your stomach? Do you feel like you just need to eat your feelings what does that look like? Do you bite your nails all the time when you feel anxious or when you feel nervous, like do you feel safe?

Ask all those questions because patients will share. Right? How does that manifest physically inside of you?

Is this person still around? Are you worried about this person?

Does it make you sick to your stomach? Does it give you shivers? Does it give you a headache? And then ask all those question because that's gonna help. You figure out what are the physical reaction this person is going to have, and is it affecting the

digestive system because the pit of the stomach, the eating, whatever, is it affecting more their heart, the anxiety, the insomnia, the mind,

is it affecting their liver? Because they're constantly angry, but they're not showing it's repressed anger, which is even worse 'cause we're not expelling it. We're not expressing it. It could be the fact that this person has thyroid issue because they never voiced it, right? And it affected the thyroid because the thyroid is our voice box at the same area.

So thyroid things are usually people that did not voice what they needed to voice, right? Does that make sense?

It really validates people that you are here to help them, that you're trying to go to the root cause. That together, it's a journey. We're walking this journey together and the more support this person has, it's not something they're gonna forget ever, but the idea is to help them support so they don't get physically affected and they can enjoy the rest of their life because they're supposed to enjoy life.

H: Every time you're talking, I'm always like very amazed and when you try to connect every little things, it makes really sense. So it's actually really, really amazing. That's why I'm always like, whoa.

C: And that's the thing, it's good to have that foundation from school, but your patients are going to teach you everything. And the second thing is to follow your gut. Your intuition, even though you have all this knowledge, your gut and intuition will tell you a lot. And you know, a lot of practitioners will say.

Myself included, that your intention with each patient is more important than your point selection,

your intention is to help this patient process this trauma and release and cry, your point selection is gonna do that because your energy and your intention as you put the needle is gonna help that.

It is really important that you also protect yourself. Yes, being healthy is important, but it's also important to protect yourself. 'cause I am very sensitive person and I remember when I was in school and this woman came in and she had had colitis for 20 years, where to the point where even coming to the student clinic, she had to have her husband map out all the public bathroom.

That they could stop at every five minutes to make it to the school. So she could come to the school and she may have to stop 10 times because that's how often her in control diarrhea was happening. She had to stop working. This woman was completely depressed. Like it was so sad.

And her whole life was upside down. And I remember going home that night and crying. And crying 'cause it affected me so much. 'cause I felt so bad for her. Went back to my teacher in, in clinic the next day and saying, I don't know if this is something I should do. I don't think I'm cut for this.

I cried literally so much last night for this patient we had yesterday, and I don't know how to handle this because I wanna help, but it's just taking me down. And she made a really good point,

and she said, Clara, it's because you're focusing on the problem. Focus on the solution. You are like the detective. Yes, it's sad, but think, okay, how can I help this person? What can I do? What kind of point, what kind of herb? What could I educate this person with? Like, look for the solution. I'm like, oh yeah.

And now when I have patients, even though they have really sad story and I feel it in my heart and I feel sad for them, my first thing is. The poor person, how can I help them and make them feel at least a little bit better? That's my job. Then it doesn't affect me as much and take me down. So because you're gonna deal with trauma a lot, you need to understand self-preservation, in order to give to your patient,

H: That's actually very nice. I, I understand that being empathetic to your patient is important, but I think setting boundaries to your emotions as well to protect yourself is also very important. So I really appreciate it.

Because I know you love Ghost Point. I watch your video, I read your books. Can we talk about more, Ghost Points when regards to treating trauma?

C: The ghost points in general they're very powerful. So I wouldn't put, I. Too many go points in one person. Usually one would be enough. If you wanna put two,

or three maximum, depending on how strong and weak the person is. If they're very deficient, one's enough, right? If they're excess and they're big and they're strong, you can put two or three. But it's always good to start with one, just to see what happens. That's my theory on that.

So because we are talking about bladder 62 earlier, which is one of the best point when there's anxiety as an adult due to sexual trauma as a young person. That is a really good point. , I've had patients seeing literally different lights in the room with this point, which I have never seen as an acupuncture point.

Yeah, I remember you told us before that you treated a patient and she saw a blue light

Yeah. I come back and she's like, do you think I'm crazy? I'm like, no, but there was a blue light the whole time. I'm like, there's no blue light. So she goes, I'm crazy. I'm like, no, you feeling such. an emotional release. It's coming out in colors. Like I've seen colors before, not with acupuncture, but with meditation.

So I know it's possible to see things. , and it's really cool actually, because it, it was a really good light. She loved it. She thought it was beautiful. Another point that I think is really important and key is pericardium seven, because it's for broken heart.

And we think of Broken Heart often as, someone broke up with us, like our romantic relationship and someone broke up and they broke our heart, or they cheated on us and they broke our heart. Absolutely. This is a great point for it. However, our heart can be broken because, someone really hurt us.

They were our best friend, and they said something really mean and walked away. That's a heartbroken from a friendship. It could be heartbroken because you were feeling safe with that person, and they literally betrayed you by abusing you, and then suddenly your heart got broken from the fact that you trusted this person and then they went and took that trust away.

They broke your heart. so we have to think at heartbroken, not just romantic heart, grief that is broken heart. If you lose someone, let's say you lose a child, that's a broken heart, pericardium Seven is very useful in clinical practice as well for broken heart. I love to use Stomach 40. Even though it's not a ghost point, but Stomach 40 is really good for anxiety and phlegm and phlegm in the mind. And if there is emotional trauma, there is phlegm

if someone has a lot of anger and they cannot let go of something large, intestine 11 is a really good point when you're so angry that it actually affects your bowel like you have diarrhea and a lot of anger due to the fact that you were abused, let's say.

Right. So that's a really good point as well to just kind of let go 'cause we're holding on large intestine. There's one that I like , which I've used over the years, which is, REN 24.

REN 24 is a ghost point for people that never, ever smile because it's right below the lips, where it's located, it's the smile point. When someone never laugh, never smile, and is consumed by dark thoughts, and that can happen again. If you've been through trauma, you lost your sense of joy completely.

You don't smile. Someone says jokes, and you might say, that's funny. You don't smile, you don't laugh. There's nothing. So bringing that joy back, that sense of. Laughter or smile REN 24. Fantastic ghost point for people that just have lost that.

H: Thank you so much, Clara, for your time and spending every details that you can tell me I really, really enjoyed talking to you. Like every time I talk to you, it's like a conversation, but I constantly learning. So I'm really, really happy. Like to follow you along in your videos and reading your books. 'cause your books is so amazing. Easy to digest, like easy to understand. I'm really, really grateful for having you.

C: Well, I'm grateful we met 'cause you're awesome.

I think you are going to be an amazing practitioner. You already want to help so many people and the field you're going into is gonna make such a difference for all your patients and you're gonna learn from them so much. It's gonna be such a great journey for you and your patients.

So I'm so glad you're going into this. You awesome. You rock.

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. I have tons of resources there with treatment protocols, case study, free courses, and so much more.

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