

I wasn't finished. That's what my husband says to me all the time when I tell him that I was 10 weeks premature. The reason I think I was 10 weeks premature born is because my French mother in the 60s smoked two packs of cigarettes Every single day. This was the thing to do. Nobody told her not to do that.

I think I came out 10 weeks early because I needed to breathe fresh air because I was probably smoking it up in utero. When I came out at 10 weeks early, I was in an incubator and then I had asthma as a child, my whole childhood. I also had scoliosis, so my spine wasn't straight. It's all in an S shape.

My teeth didn't grow straight and my single mother of three didn't have the money to pay for braces. when I first started Acupro Academy, I was so worried about going on camera and talking on camera first, because I had a French accent. Second, because I didn't have straight teeth.

And I thought, Oh my God, who's going to want to listen to me? I don't look great. But then my husband had a great point. He's the best support. He's a Yin to my Yang. He said, if you want to impact people and help people, who cares what you look like? It's all about how you help people. And I let that go, then I didn't care.

I went online and nobody's ever said to me, Oh, your teeth are not straight, blah, blah, blah. Nobody cares because I'm here to share everything about Chinese medicine. So I wasn't born with great kidney essence. So Jing, according to Chinese medicine. And so today we're going to talk about the four vital substances and why they are so vital.

We need them to stay alive. Qi, Blood, body fluid and of course, Essence.

Welcome to Acupuncture, 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!

Before we start with the four vital substances, which are Qi, blood, body fluid, and essence, I want to preface this by saYing that some text in TCM, because this is what I love about TCM, is some text will be different.

Some texts will not agree on some Yin and Yang or five elements theory. Everybody's going to have different school of thoughts. We know that this part of TCM and that's what I think is challenging, but fun. Some texts or ancient texts will say there's five substances. The fifth one being the mind, the Shen, the spirit.

Other texts will say that the, three treasures or Qi, Essence and the mind. Text will say four vital substances are all related to the mind, which I connect with the best. We're gonna stick to the four vital substances according to TCM Foundation in a way that's very classical.

But we will talk about the mind because it is really connected to all four vital substances. So if we compare them all and use the Yin Yang theory, Qi is much more Yang because it's movement, it's change, it's growth it's always constantly moving.

So it's much more Yang than let's say blood, which is matter, right? So it would be more Yin because it is matter, right? So if you compare two entities, we talk about this in the Yin Yang theory, it's always comparing two things that actually are comparable. You always have to compare to something.

So Qi would be more Yang, and blood would be more Yin, for example. Because it's more matter. Fluid is matter as well, and essence is matter. So they're more on the Yin side compared to Qi but then you can compare them with each other, and that may change as well. Make sense? Okay.

Let's start the four vital substances with Qi. Before I talk about, how is Qi formed, whether it's the function of Qi, let's talk about Qi in general.

When I talk about Qi in class to students or to patients who ask me questions about Qi, I like to keep it called Qi, not energy, not translated. It's the same as when we talked about Yin and Yang. Yin and Yang are Chinese words or concepts, so we can't translate them.

Qi is the same thing. It's a concept. You can't really translate it. You can explain it, but you can't translate it with the word energy. Yes, energy is Qi, but Qi is not just energy. Make sense?

I like to keep the word Qi and keep it Chinese. Qi, first of all, is everywhere. It's anything that's moving, that's constantly changing, that is part of our body, for example, physiology, the way our body digests food, our breathing ability, everything that is physiology in our body is part of Qi right?

And there's lots of subcategories of chi. Chi is everywhere. In this cupboard, in this table, there's chi. There's chi going through the camera. Within you and me, right? We are connected through energy. And so that Qi often I tell patients, I said, it's something that is everywhere surrounding us.

It's part of nature. It's our connection to nature. It's our connection to people. When you walk into a room and there's someone and then you start talking to them and right away you have a connection, even though you know nothing about them, but you feel that connection, right away. That's a feeling, that's chi.

That's that positive chi. Now, chi can be positive, negative. It can have any form.

I always say to people, because you can't see something, it doesn't mean it's not there, right? So when we have two magnets that attract or repel, we can't see anything between the magnets. However, there is chi there that is pushing. We can feel it or pulling. We feel that, right? We also feel chi when there is a feeling of something is not right.

This is what I call our gut. Chi or sixth sense chi are a feeling that tells us something We don't always listen to it, but tells us something's all right, or we don't feel quite It's right or the opposite. We feel that energy or like this is right. This is it I know I feel it in my gut so that energy is all chi so chi assumes many form All around us, the planet, everything, our connection to everything, to earth, to nature, and everything. Qi is everywhere.

The simple way is, I always say, take two magnets, and then they attract and repel. You can't see what's in between, but you can feel it. Think of Qi as something you can feel, and something you can't always see, but something that is constantly in movement. And so we can adapt it to the body.

If we adapt it to the body, Qi is our physiological aspect. It's every function that's happening for me to move my arms. I need a central nervous system. That's firing all day long. Those firing nerves and neurons are part of Qi right? They're constantly doing something.

Now let's talk about Chi within the bOdy.. When it comes to chi in general in Chinese medicine, we look at how is it formed? How do we get chi? So we have the congenital chi. Congenital chi is called Yuan chi. Y U A N. We're going to talk about that in a little bit.

Congenital chi is the chi that was given to us by our parents. So when I started today, I talked about the fact that I was born 10 weeks premature, I had scoliosis, I had asthma as a kid, I was sick all the time, I didn't have my teeth growing straight etc. That was given to me as a genetic background from my parents.

My mom, who wasn't healthy during the pregnancy, who smoked prior and during pregnancy both my parents, Drank quite a lot of wine, they're very French both smoked a lot, so that energy that comes together is given to me, right? And that comes at the time of conception, there's lots of chi there, right?

It's conception time, lots of energy, lots of passion. And then we conceive. Now, after that, there's more Yuan or Yuan Qi that is being given to the child from the mother during the pregnancy as well. So it puts a little bit more pressure on the mother's health than the father after conception, right?

And so congenital chi was given to us by our parents we're going to talk about essence versus congenital Qi which is more Yuan Qi versus essence. Congenital chi is more the physiological aspect. What essence is more the color of your hair, the color of your eyes, the fact that I had scoliosis or someone is born with.

Missing a limb or something that's completely genetic in that perspective of anatomy. However, with Yuan Qi or congenital qi, it's more your physiological aspect. So more something that is going to be in your family. For example, a lot of people have high blood pressure or Crohn's disease or diverticulitis.

A lot of people will have disorders that are family genetically embedded in them, right? So they can develop them or not, but it's embedded. It's given. So that's congenital chi that comes from the parents and it resides in the kidney with essence within the TCM kidneys. Okay. Now that's life. We were given life.

We were given birth. Yay. Someone, two people give us birth. The birth parents. Give us life. Now, once we came out, we needed two things to survive. Only two things to survive. We needed food and drinks, right? Breast milk, if obviously that was an option, which has both nutrients, food and drinks, right?

We needed fresh air, or we needed to be able to breathe and to have air, right? Those are the only two things we need to survive nowadays. If we don't go without breathing or air or oxygen for so many minutes, We can't survive. If we are, this is why it's vital, right? It's really something we need to survive.

If we don't get food for, let's say, weeks and weeks, we perish slowly, and we may die. So food, drinks, I put that in the same category, and air, those are the two things that are postnatal Qi. It's after we were born, we need those two things to continue to live. So how is chi formed?

First, it's given birth by our parents, that's congenital, and we can't change that. And then the second part is post natal Qi and that's food, drinks, and air. This is why it's really important to feed our body well, to drink well, to breathe deeply, because this is what gives us life and good chi.

Make sense? Okay, so that's how it's formed. The second thing is to look at what is the function of chi in the body. And like I said earlier, it's every physiological function in your body. It warms us through regulating temperature through the Ming Men fire. So the Ming Men fire is found in the kidneys for libido for energy for feeling, full of energy.

So we can move around, we can run around. So it raises energy as well. Specifically, Qi is in charge of raising and keeping our energy up.

We need chi and energy and we need the physiological aspect in order for our body to grow, to become from, A baby to a child to an adult, also to grow bones, to grow hair, to grow anything that needs to be grown, or a brain function to grow, right?

This is part of Qi. It's also in charge of holding our body up. It's in charge of defensive, right? It's a defense system. It's in charge of our immune system to fight invaders the best it can. All our system is going to be part of Qi and the physiological aspect. But what's interesting It's just everything is chi.

It's all connected. There's no, Oh, this is the chi of the Yuan Qi to help us breathe. As a whole, it's just really one Qi. If you listen to Bruce, Dr. Bruce Lipton or any physicist, they absolutely concur that there is an energetic field all around us.

And that's chi. They absolutely agree with this, which I think is great, because it's science meeting ancient medicine, and that is the best outcome for people to understand that this medicine is amazing, and they have discovered this a long time ago. Great segue to talking about, chi being everywhere,

we understand the function. We understand how it's formed. let's talk about classification of chi. Like I said, there's only one Qi but there's subforms to it, so we can understand how TCM looks at Qi and how we utilize them, or these subforms, in clinical practice.

First of all, we talked about Yuan Qi right? Yuan Chi is the source Qi is the chi that is congenital. That's the one that was given to us by our parents and helps us grow, develop as human beings. Now, the Yuan source acupuncture points, is what you will needle when you need to access Yuan Qi.

Also, the San Jiao meridian accesses Yuan Qi point as well. So those are really powerful and useful in clinical practice. How do you use them? For example, LI4 is the Yuan Qi point, or the source Qi Yuan source Yuan point of the large intestine. So let's say in the family of the patients, there is a lot of IBS. There's irritable bowel syndrome that's been passed on from generation and you found that out. Large intestine 4 is where you're going to access. That Yuan Qi of the large intestine. This is a really good point to do for people that have IBS, for example, does that make sense? So it's looking at from that perspective.

Heart seven is the Yuan source point of the heart. If people have tendency to have cardiovascular disease in the family, you want to use heart seven as a preventative measure because you want to access the Yuan source Qi of the heart. Make sense?

the second sub form of Qi is Z, so Z-Z-O-N-G is the chest Qi the gathering.

Often it's translated as chest or gathering qi and it's the Qi of the upper jowl, which really encompassed. The lung and heart. So this qi is the one that allows us breathing ability, right? Breathing in and breathing out, which we said is key to staying alive, right? It's vital. So the Zong Qi is the heart and lung function together.

And they are functioning together because as I breathe in oxygen through the lung that oxygen is going to go into my blood vessels and my circulatory system, right? It's going through the heart and then comes back out as CO2 when I exhale. And I do this in less than three seconds, breathing in, breathing out.

And my body's going through my whole circulatory system. I bring oxygen to the blood cells. It's fantastic. So Zong qi is really the chest breathing ability and connection from

the heart and lung. The other that sounds almost the same but is not, which is zhōng qǐ, zhōng versus zōng and don't quote me on my Mandarin pronunciation.

So z h o n g, which means middle, it means middle in Chinese, so z h o n g or zhōng qǐ is the middle qǐ. And that is our digestive system. It's the spleen and stomach function in TCM, but it's the digestive system in the middle of our body. And that's in charge of transforming and transporting food into nutrients. Which is what we need in order to survive, right?

We need to eat and drink in order to survive because we get the nutrients in order for our body to function. So the digestive system, the zhong Qi, really is going to benefit a lot from, for example, spleen 3. Spleen 3 is Two things, it's the yuan source point of spleen, so any digestive system issue that is deep seeded or hereditary, we should use spleen 3.

And spleen 3 is also the point that helps the body assimilate, absorb, and transform and transport nutrients into energy. That is a point we have to do to access Zhong Qi but also Yuan Qi of the spleen. See if someone has IBS, for example, and we said we have to use the Yuan Qi of large intestine, LI4, because that is going to go, if it's Hereditary, it's going to help the person.

However, spleen three should also be there, right? This is how we're gonna slowly put our treatment plan. Make sense? So those are the main subcategories. Then we have Zhen Qi, so Z H EN. Zhen Qi is true Qi. Vital Qi and that's the Qi that circulates within the meridians. When we learn about all the meridians and we say meridians circulate Qi in blood, this is the Qi that circulates in the meridian.

That's the true Qi, the Zhen Qi. Now, We have two sub forms of Qi, or sub categories of Qi within that true Qi, that Zhen Qi that circulates in the meridian. It is wei Qi and Yin Qi. So the wei Qi is the defensive Qi. It's the one that circulates mostly on the skin, muscle, and external part of our body to try to defend our body or guard our body, right?

That's our defense system. And that is More on the external part. Now, Yin Qi is the nutritive Qi. It's more everything that's happening within, inside our body. Our organ function, our brain function. Those two are connected through acupuncture needles. So when we put a needle on the skin to activate a point and to activate a minute nerve to send signal to the brain to self regulate, to self heal, to bring more endorphin or

more parasympathetic state into the body, we are going through the Wei Qi and it's going to reach the Yin Qi which is inside and trYing to really balance the inside of our

body. So when we needle, we are activating Yin Qi through Wei Qi and that is called Zhen Qi or the Qi that circulates all over the meridian.

Hopefully that makes sense. Let's look at the pathology of Qi.

Only four things can happen with Qi. If it's not working properly, either it's stagnated, rebelling, deficient, or sinking. Easy. Stagnated or rebelling are excess patterns. In Chinese medicine, we either have an excess pattern or a deficiency pattern. And often students will say, well, how do I know if it's excess or deficiency?

And I'll say, well, if it says deficiency, you got it, right? And if it says sinking Pretty much, you're sinking it's a deficiency. However, anything else is excess. If there's excess Yin, blood stasis, liver qi stagnation, rebelling, that's excess. If it says deficiency or sinking, that's a deficiency.

That's how we know if it's excess or deficiency.

Stagnation, pretty much the only organ that can be qi stagnated is liver, because liver is in charge of moving qi all over the body for better flow and relaxation. And when we're stressed, Then qi stagnates. Symptoms are going to be tension in the shoulders, temporal headache at the end of the day, especially if we've had a stressful day, irritability, frustration, anger, right?

Tension in the body. Not always in the shoulders. Sometimes it's in the jaw, right? People clench a lot. It could be that as well. It could be in different places, depending how much stress and tension. For women specifically at prior to period, women will have tendency to have breast tenderness, bloating have tendency to have constipation, things that are moving very well.

And once they get the period, those things move better, right? So that also give us a clue. Other things that we don't think about all the time is cold hands and cold feet are usually a liver qi stagnation. Qi is not moving blood properly and there's not enough circulation. Now I can lead to blood stasis where it's really bad and you can have Reynaud's, but at the beginning it's a liver qi stagnation for cold hand and feet.

That's often the case. Also something we don't always think about, clumsiness, like you bump into things or you drop things easily. That's a liver Qi stagnation. It means stress, you'reS thinking of 20 million things at once and your body is not paYing attention.



o that's another sign. And then one more that I see patients do all the time is this. The sighing, right? Sighing is a sign of liver qi stagnation because it's a sign of stress. You're finally releasing that breath because you've been go and so stressed all day long. Make sense? Okay, so liver qi stagnation is the only organ that's going to have a qi stagnation.

And the best point for that is liver 3. I would say that you can add up LI 4 if you wanted to, and gallbladder 34. Those are great to move the qi in the body. Second thing is to do also massage, to exercise, to move your Qi right? I always say to students, you're going to be in school for, hours.

Or patients will sit at their desk for hours. It's really important that every time we have a break , stand up, start moving around. Even if it's to go to the bathroom, stretch your body, move! Because otherwise qi stagnates, right?

Now the second one is rebelling, it's not happy, right? When qi rebels, it can happen to only a few organs. The most common one, I think would be the stomach. That's the easiest thing. Stomach qi goes down as a normal entity, right?

Stomach energy goes down. You eat the food and stomach transform it and then bring it down to the duodenum and the small intestine. However, when it's not working properly, it rebels up. So stomach qi rebelling means instead of going down, it's going up and we're going to have acid reflux.

Heartburn acid regurgitation, maybe nausea, vomiting, right? That's all stomach chi rebelling. It's going the wrong way. It's rebelling. It's going the opposite way. So obviously that's when we want to address, look at what the root cause is. We always have to look at the root cause of all those things, right?

Like it could be morning sickness, due to pregnancy. It could be that the person is, not eating enough or overeating or the digestive issues. Maybe it's stress and anxiety that's causing it. We always have to look for the cause. That's a different story. But once that happens, you want to make sure that you can bring the rebellious qi down.

So REN 17 would be your local point and the distal point would be pericardium six, for example, which is really good when. Stomach qi reveals. Stomach 36 is a good one as well because it's the commander point of the digestive system. Those are the basic points.

The second one is the Long qi Direction in a good state when we're healthy goes down. This is why when we breathe in good oxygen, we breathe it in and it goes down to the kidneys and the kidneys grasp that qi for more oxygen, right? That's why it's really important to breathe all the way to the belly button, not just shallow breathing.

We're breathing in all the way to the belly button that expands our oxygen and brings Good Qi, good oxygen to our blood cells. Now, after that, we expel CO2. That's part of in and out. However, the good part, the good oxygen has to go down. So when lung Qi doesn't function properly, we have rebelling lung Qi, which means we cough, right?

There's a lot of cough happening. We could cough dry, phlegm, chronic, acute, but that's cough. The best point to bring down lung qi for cough is Lung 5. That is the best point for that. Now you can add up other points depending if the person is coughing phlegm, like stomach 40, or it's chronic, acute, etc.,

looking at the cause. But lung 5 has to be there. The last rebelling qi is liver. So how does liver qi rebel? Liver is in charge of moving qi all over the body, so if it doesn't move it, it gets stagnated. That's the beginning.

It's stagnant. It's not moving. However, this person is stressed, and then more stress is put upon this person. Maybe more things happen in their life, more overwhelm, more pressure. And suddenly, There's like a little boiling pot here, they're so tense, so stressed, and it's ready to explode like a volcano.

And that's liver Yang rising, which means it's liver Qi rebelling up, right? It's just too much, and the person lets out the explosion. I call it the volcano because volcano is heat, right? And so what happens is liver Yang comes from liver Qi stagnation and rises up. And so we get temporal headache at the end of the day that feels better maybe with a cool compress.

We also feel like really angry or irritable. We can't sleep at night, we're going to be up between 1 and 3 a. m. Liver time, for example. High blood pressure, red eyes, red face. All this will come up and rise up. That's liver yang rising or liver Qi rebelling. Liver 2 is the best point to bring the liver yang down. Now if you want to bring more energy down, you can do kidney 1. There's other points to add, but liver 2 is the best one. Yes? Okay, so those are two excess patterns.

Let's look at the deficiency pattern. This is easy. Qi deficiency, main symptoms is fatigue, weak pulse. Pale tongue, easy. Fatigue, weak pulse, pale tongue. That is a basic Qi deficiency symptom.

Now it can affect different organs. The main Yin organ, for example, if it is Lung Qi deficiency, we have still weak pulse, pale tongue, and fatigue. However, we also have weak immune system and we get sick a lot and it's very hard for us to recover. We catch cold and flu all the time. If it's heart Qi deficiency, it's tendency to be anxious and sweat easily.

without being hot, right? It's just anxiety leading to sweat because heart is in charge of controlling sweat. So heart qi deficiency main symptoms is anxiety, palpitation leading to sweat without feeling hot plus fatigue, weak falls, pale tongue. If it's a spleen qi deficiency we're going to have loose stools.

Poor appetite, those are going to be your main one adding up to it. If it's kidney qi deficiency, we may have incontinence we may have seminal emission and have tendency to obviously be fatigued as well, right? Those because kidney is in charge of the lower gates, opening and closing the lower gate.

When it's deficient, it doesn't have that ability. So we have incontinence, seminal emission, et cetera. That's how we look at it. Basic qi Deficiency Points would be Stomach 36, Spleen 6, Ren 6. And DU 20.

Those are the best to be as a basic to raise Qi when it's deficient. After that, you can add up depending if it's affecting the heart, the lung, the spleen, the kidney, what organ it's affecting. And then you can go more in depth depending on each patient and the symptoms.

The last one is spleen qi sinking.

I think we all know that's the easiest one to understand. It's past spleen qi deficiency. It's now sinking. The only organ that can sink is spleen, because spleen is in charge of raising qi. Because Spleen is in charge of raising qi energy.

We are going to be very fatigued, but past qi deficiency. Qi sinking is exhaustion, like you're really exhausted. It's not even fatigue, it's exhaustion, right? It's chronic fatigue syndrome, very hard to even get out of bed. And then we may have prolapse of organs. So a bearing down sensation in the abdominal region.

And prolapse of organs can be transverse colon that's prolapsing bladder, it could be uterus, right? It could be rectum, so that's prolapse coming down. It could also be drooping of the eyelids, because remember? The upper eyelid are connected to spleen in Chinese medicine. And so when they're drooping, that's a spleen qi sinking as well.

The best combo for that is spleen six, ren six and du 20. Lift that energy and then you can add up more point depending, and also formulas depending on what we wanna do. For that, I have a great video on adrenal fatigue. In my YouTube channel that you're welcome to go and watch, and I explain everything about Adrenal Fatigue treatment and everything else, so it's a good, it's a good video to to see as well.

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 foundation, Yin Yang Theory, Five Elements, Zong Fu Organ, all of it.

All diagnosis, of course, including tongue and pulse. Practice case studies to help you improve your skills, as well as give you access to my online fillable intake form to 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 like to read a real book, the hard copy ships on. all over the world. Before you invest in this book, you can download a sample of it to make sure that the format of the book is everything you were looking for, because I want to make sure that you are absolutely benefiting from it.

Listen t 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 information is super organized with great pictures, makes memorizing a lot easier. This book will definitely make my learning a lot more productive. Yay!

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 do what I've been doing with Acupro Academy for quite a few years now. To support everyone, check out the links in the show notes below, or go to my website, [acuproacademy.com](http://acuproacademy.com) and click the shop tab on the menu bar and get your copy today.

We spent all this time on Qi because it's a big subject. This one's going to be a little bit more easy. I think blood, body fluid, and essence are a little bit faster to talk about. Blood in TCM, or xue, is obviously material. It's a matter, right? It's blood.

We know what blood is. Now, how is it formed? It's the same idea as Qi and blood. We have what was given to us, which is our congenital blood, which is found in kidney essence and kidney, right? And that blood is our blood type. So if you're blood type A or B or AB or O, minus, negative, positive, whatever is your blood type, that cannot be changed.

That's part of what was given by your parents, so that is the first thing. You were given blood at birth, right? And that doesn't change. If you have a blood disorder like hemophilia, that's a birth blood disorder. That was passed on. Make sense? Okay, so that's formation of Pre congenital blood that's formed and now by the kidneys.

However, then we have post congenital, just like with qi. And how do we get blood? We get blood that is produced by spleen and stomach, or the digestive system, right? Because blood is all minerals. So for women, for example, and I'll say women because they have way more tendency to be anemic than men because they lose blood every month.

Women have a tendency to be low in ferritin magnesium, zinc. All of us can be low in mineral and that's affecting our blood, right? So we need to have all the nutrients that give us enough ferritin and magnesium and zinc and all the minerals so our blood is of good quality and we produce more blood with those nutrients.

through the spleen and stomach, or the Zhong Qi, the digestive system. Okay? So that's how we produce post natal blood. In general, it is formed in the heart, because the heart is in charge of blood circulation. Heart moves blood through Qi, because Qi moves blood. But heart is in charge of blood circulation.

we have the blood that is, activated by the heart. It is produced by the spleen and stomach. It is also at the core from the kidney, right? So all those are going to be involved when there is blood issue in Chinese medicine perspective. The function of blood is easy. It moisten and nourish the body.

That's a basic one because blood is part of body fluids, so it nourishes the body through, like I said, ferritin and zinc and magnesium and all the minerals that are found in our

blood. It moistens with oxygen that we breathe in that goes into our cells, our blood cells, right? So it's really important that blood that we have, right?

It's vital. Without blood, we can't survive, right? Hemorrhage. So that's the function, the main function, the second main function, which is different and very specific to Chinese medicine is blood is the material basis of the mind. So in Chinese medicine, blood is part of what is going to dictate or how mind function.

That's why it's really important to understand that. When we talk about the heart in TCM, and we always say, oh, the heart is in charge of the mind, and, if you have anxiety, the heart is affected. If you can't sleep at night, the heart is affected. That's because the heart is in charge of blood circulation.

It is really going to bring a lot of blood cells and oxygen to the brain . So what's interesting about this is that it's really important to know that if there is any mental health issue, being anxiety, being something really far like, Alzheimer's, something like depression, something like any kind of mental health that's going to affect the mind, It is related to the blood in TCM. And this is why we have a lot of points in chinese medicine that nourish blood that allows to calm the mind.

For example, spleen 6. Spleen 6 is one of the best points to calm the mind, and it's really good for blood purposes. So is spleen 4. Spleen 4 is really good for anxiety, and it's connected to the chong meridian, or the chong vessel, which is the sea of blood. So connected to blood as well, right? So it's really important to know that anything in the mind, blood is going to be connected to it.

Okay. So when it comes to blood pathology what pathology we can have, it's either blood deficiency, blood stasis, or blood heat. When we talk about blood deficiency, It's a deficiency, of course. Blood stasis and blood heat will be excess, because it doesn't say deficiency.

So blood deficiency for me is super easy. It's P and P. Pale and poor. Pale lips, pale face, pale tongue, pale everything, pale nails. And it's poor. Poor sleep. What kind of poor sleep is blood deficiency? It's when you cannot fall asleep. It's not when you wake up later. It's when you cannot fall asleep.

It takes you two to three hours to fall asleep. That's blood deficiency. Poor energy. Fatigue, of course. Poor vision. So when there's blood deficiency, there's floaters, there's

spots, there's blurred vision, night blindness, people that don't see very well at night. That is a blood deficiency. Dizziness can also be a blood deficiency.

However, Not all dizziness a blood deficiency. I know that's the fun part, right? So that's a pale and poor, right? The pulse is gonna be very thin, right? We're gonna have pale and poor. Poor memory as well, that is going to come up. Poor focus, poor concentration, that is also a blood deficiency. So pale and poor is a blood deficiency.

That's easy to remember that way. And of course, we have to nourish blood. So yes, we can do points like spleen 4, spleen 6, right? Depending which organ is affected. Liver 8, if it's liver. For pale nails, vision issue, that's more liver. Numbness as well. So tingling in pins and needles are usually a blood deficiency.

There's not enough blood flow. And that is often stemming from stagnation. Okay, from blood stagnation. Blood stagnation can lead to blood deficiency. If that's the case, then we wanna move blood and we wanna nourish blood. However, if someone is really blood deficient in TCM, it doesn't mean they're anemic in the Western sense.

However, if someone is anemic, they are blood deficient in TCM. Okay, so it doesn't go both ways. But, acupuncture is going to help. However, if the person is anemic, and the blood deficiency is actually a western diagnosis, that's anemia, you can do all the acupuncture in the world. If you're not taking ferritin and having the ferritin level back up, acupuncture is not going to do it.

Blood stagnation is also P and P. But this one is purple and pain.

So purple and pain meaning purple lips, purple tongue, purple nails, purple bruise. Let's say someone, you bumped yourself into something and now you have a hematoma or you have a bad bruise and you're like, Wow, how did I do that? But if you fall, let's say you went biking and you fall and you have a big bruise, you know what happened.

And that is the purple. The pain when it comes to blood stasis is a fixed Stagnant pain. So it's fixed, meaning it's in one area. If you fall off your bike and you fall on your hip and the hematoma or the bruise is on your hip, that's where the pain is. Dysmenorrhea, having painful menstruation, the pain is fixed, it's in the uterus area.

If we're having a migraine that is on one side of the head and doesn't go anywhere, that is fixed. Stabbing pain. So not only that pain is fixed, but it's really strong. It's stabbing. It's so painful. That's a blood stasis. So it could be acute, like, you hurt yourself, like physical trauma to the body.

Or it could be chronic and keep coming back. We still have to look for the root cause. However, it's always purple and pain. Okay? Now, the best thing to do is to do large intestine 4 best point to move blood, unless the person is pregnant because it's contra indicated. Liver 3 and our Li4 are great to move Qi and blood. Because LV 3 moves Qi, Qi moves blood, and Li4 moves blood.

The four gates open the gate, let's move everything. After that, it's figure out where the pain is, and treating the pain itself. If it's dysmenorrhea, The best points are spleen 8 and kidney 5. They're really good for pain in the uterus, for example. It's looking at where the pain is and treating that and addressing that.

The last one, Is heat in the blood or blood heat. It's interchangeable, it depends on the translation of the book.

It means the same thing. So blood heat or heat in the blood.

Heat in the blood and spleen not holding the blood within the blood vessel, main symptoms is bleeding, or I should say abnormal bleeding, okay? When it is heat in the blood, we're going to have abnormal bleeding plus heat symptoms. Like rapid pulse, large and big. Like a red tongue with a yellow coat most of the time.

And then we're gonna feel hot, maybe there's fever if it's acute, or we're gonna have heat sign. For example, if there is abnormal rectal bleeding, it will be blood heat, or heat in the blood, if the bleeding is burning and it's painful. very smelly. When there are smelly stools, that is heat.

Okay? Now, if someone is rectal bleeding, and they're very fatigued after, and there is no smell to it, and it's pale blood, that's a spleen not holding the blood within the blood vessel. Okay? So that's the difference. It's the same with if there is heavy mennorrhagia is heavy flooding of menstruation.

If the flooding is, the person is very tired, very weak, very pale, they're spleen qi deficient. Not holding the blood within the blood vessel. That's a different story. But if they are heavy bleeding and the blood is quite smelly, like a metal smell to it. Also, the person's really overheated, they're very hot, they have a red tongue, the rapid pulse, that is heat in the blood.

And that happens often to liver or pericardium. Those are the two that are gonna have heat in the blood. And what do we do? We clear the heat. And what are the best point for



heat in the blood? Spleen 10 and bladder 40. Those are great to really calm that heat in the blood.

Those are your basics. After that, you can clear heat in general with large intestine 11, for example, and then go to which area is affected, right? If it's something that's affecting like flooding of menstruation versus rectal versus nosebleed, any kind of bleeding, you're going to have to go more in depth.

But your basics of spleen 10, bladder 40, and then LI 11 to clear the heat. Yes? Good! That is for blood. See how that was way faster than qi?

Body fluid and TCM very simple. How do we get body fluid? Well, that's easy. You have to drink and eat food that brings you body fluid. There is no other way, right?

When people say, oh, if someone's really body fluid deficient, what acupuncture point can you do? I'm like, none. There's no acupuncture point that's gonna give you more fluid. If you have no water in your tub! You need to put water in the tub. So we need to ingest the fluid and that's done through lubrication and hydration.

I'm going to talk about this in a minute. In Chinese medicine, the fluids are coming from outside, from drinking and food, right? The function of fluids, which are called jin and ye, are to nourish and moisten the body, which makes sense. If we have a nice, moistened skin, we have enough fluids, right?

This is how it works. Now. What's interesting is we have jin and ye. So jin is the thin fluids and the thin fluids are going to moisten our skin. Anything that's clear fluid like saliva, tears. It's sweat and it's part of blood. Also that Jin circulates more in the external part, in the Wei Qi, in the defensive Qi.

That's what gives us a nice skin, or not. The Ye is the thick fluid. It's the gastric juice, it's the brain, it's the eyes, it's everything, the marrow, it's all the thick, heavy, dense fluid we have. And that's, that is going to be circulating. into our organ, or our Yin Qi, the nutritive Qi, right? It's nourishing the thick organs.

Make sense? We have two kinds of fluids. I call them the water fluid and the oil fluid, right? Think of it that way, right? The thick is oily, and the water is more like thin and fluid, right? Make sense? The only thing that can happen is we can have body fluid deficiency. Or body fluid excess. Those are the only two things that happen.

It's very simple. Body fluid deficiency, everything dries up. Dry eyes, dry mouth, dry skin, dry stool, dry hair. Everything is dry, right? So body fluid deficiency is going to cause dryness. However, other things will happen, like spasm. Charley horse or a really bad cramp in the back of your calf.

Nobody likes that. It's just so not a good feeling. And that's when we are Most of the time dehydrated, right? So often it's lack of potassium. Potassium comes from hydration, from food and drinks. So when someone is having a lot of cramps, we need to say, Okay, we need to hydrate. Now what's interesting also is that As someone is dehydrated, there is two root causes.

Either it's hydration from electrolyte, so maybe they're not drinking enough fluids, water, but also water, high water containing foods, like cucumbers got lots of water in it. Watermelon has lots of water in it, right? Really, electrolyte. Lemon has high electrolyte as well. We need hydration, but we also need lubrication.

For a lot of women in the fifties when they're hitting menopause or, they're all saying, my skin is drying. I feel like everything is dry. And often the doctors or the healthcare practitioner will recommend vitamin E. What is vitamin E? It's a fat soluble vitamin. Vitamin D is the same thing as well, right?

So we need food that is going to lubricate, right? We need what I call fatty lubricating food, which means seeds and nuts. Vitamin E is in almonds, right? Avocado is really good to lubricate as well. Anything that is going to give you good fat. Wild salmon is good for that as well.

Good, fatty, healthy nutrients food and hydrating high electrolyte food is going to help for body fluid deficiency. Acupuncture is not going to do it. Absolutely not. Now, other symptoms are going to be eye twitch. And the eye twitch comes from blood deficiency. So blood and body fluid are together.

Blood is a substance that has body fluid into it, right? This is why we have minerals into it. It comes from minerals. And often if we have eye twitch, it's a body fluid that comes from blood deficiency. Then we can nourish the blood, but also address the body fluid deficiency.

Make sense? Okay. The other option, if we don't have deficiency, is to have too much body fluid. And I think in North America, most people have too much body fluid, which is called excess dampness. We all have excess dampness often. So I'll start by saying, the

root cause of this could be many, one of the basic one is eating too much damp food, which means sugar processed food, dairy. This is really high in mucus, in forming dampness.

So I'm from France. I like cheese. I don't drink milk. I'm not a big dairy person for like milk and yogurt and all this, but I like cheese. So I have to step back if I feel like I'm mucousy or I have too much dampness, right? Because that's something that affects me, of course. So in general dairy is a big one.

Like I said, sugar, processed food will create more dampness in the body. And so we have different dampness again, right? We have the dampness that is going to be water retention, like edema. But we also have mucus like having constant postnasal drip, having greasy skin, having greasy scalp. Coughing phlegm.

Having water retention, like bloating or edema of the lower leg, feeling puffy, I should say. Being puffy in anywhere, that's water retention. Now, There's different things to be done with that. Sometimes we want to dry the dampness. And you could use food for that, like a ginger is very good to dry mucus, to dry the dampness, for example.

Or sometimes you want to eliminate the dampness by peeing it out. That's a diuretic way, right? So dandelion, for example, or asparagus are great to bring the dampness out in a way that we pee it out, right? So that if it's really edema, that works really well, for example, to have like dandelion salad or asparagus.

When we have a lot of water retention, and I see that a lot with pregnant women, of course, because that's, pregnant women have to intent to retain fluid. In general, you can use acupuncture. It is going to help. Spleen 9 is your best point. Gallbladder 34 is amazing. Stomach 40 if there's phlegm on top of it.

And there's lots of other points you can use to Clear the excess dampness, depending where it's located. However, it won't be enough. It's gonna feel good for a little while, but it won't last if the root cause is eating the food that creates dampness. Make sense? So we have to always address the food.

With the body fluid being excess or deficiency because that's the main cause most of the time.

And the last but not least, one of the most important, none of them are more important than the other, we need them all, but Essence, or jing in Chinese medicine.

To me, when I learned Chinese medicine, this resonated with me so much. I really grasped into essence. It made so much sense to me. I said when I first started, I wasn't blessed with great essence. Plus I was born 10 weeks early, so I wasn't finished. I didn't have all my essence to start with.

But what's interesting is essence is our congenital DNA. It's what's given to us by our parents, right? So when they came at the time of conception, they gave us their best health or worst health, depending, birth parents are going to give you your congenital DNA. That's essence, right? And that's called prenatal essence.

Which encompasses yuan Qi or prenatal Qi right? Physiological aspect, your parents give you your hair color, your eyes color, everything that, will say, people will say, Oh, I have my mother's thighs, or, I have my father's nose. That is essence. We can't change that. You could go through surgery and change things, but in reality we can't change that by just being right now.

The second one is post natal essence. And that's what we do with the life we were given. It's the lifestyle we do and have in order to preserve that. So I always say, there are I have actually a video on this and it's on explaining essence. It's on my YouTube channel on explaining with three glasses of water.

Essence, we have so much when we were born. So for me, if I'm comparing myself to someone, let's say with Down syndrome, their essence at birth was less than mine. So it was maybe a quarter of a glass. Mine was maybe half of a glass of essence. I had a little bit more.

Theirs was much lower and you can see that because essence is part of our aging system. It's going to predict a lot of how we're going to age and someone that has Down syndrome, most average age for Down syndrome is about 44 years old. There are some people that go to 60, but it's very rare. So their lifespan is limited because they have less essence.

Unfortunately, obviously, if they have a good lifestyle and good support from the family, they will definitely have a better life and longer shelf life. Same thing for me. I had half a glass, let's say, right? I had, didn't have great essence. However, if my lifestyle is really preserving that essence and I'm eating well, exercising, and there's a balance, right?

It's not about overexercising. It's about doing it right, sleeping enough, finding ways to de stress because stress is an aging, depleting essence kind of thing. I don't do drugs, right? I don't smoke. I don't do all those things. Then I'm preserving whatever I was given, that half a glass. And it is going to slowly diminish as I'm aging.

However, it will diminish much slower than if I did drugs, than if I partied all the time, than if I ate bad food, than I had so much more stress and trauma. Another thing is there's things we can control to preserve essence, which is our lifestyle. And there's things we can't control, which is Trauma.

If we have dealt with trauma, we understand that we'll age much faster. You guys know that if we get bad news, a parent loses a child, they can age overnight and go gray overnight. This is being documented. This is all over the world. We can gray overnight from the shock and the trauma.

Of an event, right? That ages us much faster. So trauma is out of our control. We can't do anything about it. But the lifestyle, we can try to preserve our essence. Now if someone is born with great essence, like they are healthy, they were born healthy, they never were sick as a child, they just had a few colds and flus, but nothing major, they grew to be this very strong, Person and adult, but then they go and make choices that are not going to preserve and support that great essence.

I always say that's a shame because you were born with more essence. You are, in a way, a little bit luckier. So preserve it, right? Do everything you can because you are at an advantage. Compared to someone that has a disadvantage, we're having to work a little bit harder to preserve that essence. So this is very much TCM.

The function of essence is to grow, develop, and keep us, aging properly. That's the function as in, pregnancy essence being good for development of the brain, of the body, child development, growth. pregnancy, conception, et cetera, et cetera. So that's what essence is in charge and it's found within the kidneys.

That's why your TCM kidneys are in charge of that whole growth aging system. That's why I always say it's connected to aging.

Essence cannot be excess.

It can only be deficiency, right? That's the only way. We're going to slowly diminish it, but some of us are going to diminish faster. So if I have a new patient that comes in, and they're 24 years old, and they have osteoporosis already, and they have gray hair already,

and I've had patients like this They have had miscarriages over and over like three, four, five, six, seven times.

Their body is essence deficient. It's going to give me clues, right? So if they wore braces as a child, there's less essence and someone has their teeth straight their whole life. So I ask patients, sorry, I'll ask patients that question. "Your teeth are beautiful. Were you born that way? Or did you have braces?"

That gives me clues. If a man is 24 years old and he's already lost half of the hair on his head, he's balding, that is an essence deficiency that's usually passed on and his dad probably the same thing happened, right? So it's looking at someone that's aging faster than The biological age when they were born, right?

There's always a level and a degree of essence deficiency. Fertility issue. If a man has low morphology, like zero morphology, meaning he can't conceive, that's an essence deficiency, right? Low count is less of a problem, but it's still a bit of an essence deficiency.

Low motility, the guys are not moving properly. That's a liver qi stagnation. That's not heart that's easy to treat. So we look at that, right? If a woman's has issue with fertility issue, we have to look, is this a blood deficiency or is this an essence deficiency? I'd rather it be a blood deficiency because we can treat that much easier than essence, right?

It's very hard to change. The essence is just preserving it. So how do we preserve essence? Well, the best way is lifestyle, right? With TCM perspective, you can obviously educate the patient and then you could use points to tonify or nourish the kidney and preserve the kidney. Like you could use kidney three, kidney six, right?

You could use kidney nine if the person is pregnant to give good essence to the baby. Kidney nine is called a beautiful baby point. It's really good for pregnancy. And so You know, we could do all that. We could do points to access essence. Essence circulates in the eight extra vessels. So we can use points to access essence, like lung seven, which access the ren vessel, right?

The conception vessel. So this is what we can do to help. However, lifestyle is going to be a huge impact, specifically stress. It's really important that the person found ways to de stress because stress is always going to be there. Make sense? So that's for. The kidney essence deficiency.

When it comes to the four vital substances, it's a lot to take.

It's a big lecture usually, but what we have to remember is there's a lot we can do to help patients. And number one is educate the patient and try to explain to them how we are a guide and we're here to educate and help them in their journey and support them. But they have to do the work as well. We can't do this just by ourselves.

They have to do that as well.

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.

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