CC: I've done a couple of episodes that everyone really enjoyed where I had students asking me questions. For the third time today, I have a student who just finished and is going to practice asking me questions that are so insightful.

He asked me how to go about a consultation to get the best out of the patients. We talked about hypersensitive patients and how do we needle them or approach those patients when they can barely be touched, so I hope you enjoy the episode today and it totally helps you because maybe you had the same question as my guest today. So let's go!

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!

Okay. You've been busy, which is good.

C: Yes, I finished with the first stage of my degree, the three years, and now I'm starting my specialty which is another three years, that's how the school offers I'm in a different stage right now we see patients, that's all the things that we do. Tell me what I can do for you today.

So many questions. As you were a student at one point and then you're a teacher and then you see the knowledge of how they teach at the different schools, but they don't teach you key things, how to set up a business.

And that's something really important. When you get a new patient, try to do the questionnaire, ask them questions and everything.

And that's where my questions are right now. Should I send it to them or should I talk to them when we're sitting in front of each other and then I realized if I do, it's going to take forever.

But if I give it to them sometimes they don't understand my question and then they, they don't understand why I'm asking those questions. And so that's my first question for you. What would you suggest?

CC: It's a really, really good question because when I first started practicing, there was no internet thing. I couldn't send a, a questionnaire or a consultation for people to fill out all the questions that I would want to ask. So they actually had to do it when they got there.

So what I did is just ask them for the basic thing, their name, their address, all this stuff. And the only thing that was related to the consultation was, what's the reason for your visit today, right? And they would say it's because dysmenorrhea or headaches or whatever it is. But that was it.

That's the only information I had. And then I would do the full consultation and yes, it took more time. You're absolutely right. Now, because we can pre-screen this and have it sent to patients who can look at it, answer it the best of their ability,

and then we can look at it. You can do this because it will save you time. However, there's a bit of a caveat because when they come in, you absolutely nailed it when you said do they answer it? Because let's say you say, do you have headaches? And they don't check that because they're thinking it's like once a month.

So I don't need to bother because it's not bothering me. It's not every day. So they might not check that yet. They still get headaches. So you want to know that. A thing you could do is, okay, so let's say someone didn't check anything for sleep.

You're like, how's your sleep? Is it good? , yes, it's good. Okay, so you could leave it. However, what's good for them may not be good for us in TCM, right? So even if they haven't checked this is bad or this is what I'm experiencing. You could say, Oh, I see that you sleep pretty well.

That's great. So you fall asleep easily. You stay asleep. You never wake up and you wake up refreshed in the morning and you don't have nightmares. And if they say yes, then you can move on. But if they say, oh, it takes me like half an hour to fall asleep, but then I'm good. Or yeah, I wake up every night, maybe for half an hour, but I fall back asleep.

Okay, now you can go, when do you wake up between one and three? Okay, this is a liver issue. Give them what's normal, as in what's healthy, what's balanced, because in their mind, they might not know, because they always wake up, but they fall back asleep, so big deal, right? They're not tired. It's going a little bit more in depth, even for the things they didn't check.

That's how I would go about it. So you can give it to them in advance but don't forget to ask questions, even on the thing they didn't check. Just literally say, oh, great, you don't have headaches ever, like never, right?

Once a month, then you can go and ask more questions, right? Just reinforce that they don't have that problem. Don't just let it go, and it's always good to know.

So that's how I would go about the consultation. Send it to them, but still confirm that this is their normal.

C: I was thinking, should I do it? Should I not? Or should I sit down, with the papers and ask them? Because in school they give you like five questions, six questions.

And that's something also that I've learned with you. How to translate from Chinese into Occidental., I'm still working on that because there are a lot of things that I'm learning but that's so important for me to teach them, okay, this is what it means, because if not, I start talking in Chinese and they look at me, it's okay, what do you mean, that you have an indeficiency, you how to translate when I ask questions?

CC: You don't have to translate for them and give them a diagnosis that's TCM because you're right. They won't understand it, so what you could do is , when you communicate with your patients, and the problem is they have fatigue. They're really tired all the time, and their immune system is really low because they catch all the cold and the flu and all the infection, and it takes them three weeks to recover.

Okay, so you ask all your questions about this, and you did your consultation, at the end, what I do is I go, okay. The main concern is the immune system that's depleted, and it's the fatigue. I'm not going to say, oh, you have lung and spleen qi deficiency, because that doesn't mean anything to them.

But what I'm going to say is, let's look at the root cause of the problem. The root cause is, you have been so stressed, and stress depletes the immune system. , all those years of stress.

And then the other thing is, It's really important that you feed your digestive system really good nutrients in order to get all the probiotics and prebiotics to fight those bacterias.

So we need to strengthen that immune system we could do this with acupuncture, releasing the stress, but we also need to address diet and strengthen the gut as well.

And when you say that to people, instead of saying you have spleen qi and lung qi deficiency due to liver qi stagnation, they're not going to understand.

But if you say stress is the cause which created the immune system to be depleted and the fact that you're not nourishing your gut with good food. Then that's also depleting your immune system. So let's look at this from removing the cause or addressing or managing the cause. We'll manage distress with acupuncture, we'll boost the immune system with acupuncture, and with diet.

So those three things, and of course, if you use herbs you can do that too is how we're going to treat you. And if you tell people the root cause, Everyone gets it. Everybody gets it. So that's where you want to communicate with your patients. So when you ask questions about the digestive system and you could see they have spleen sheet deficiency, you don't have to mention that.

You just have to say, Oh, okay. So your digestive system is not really good. Okay. What's your diet like? This is why you're not feeding the digestive system. which in turn doesn't feed the immune system and people get that. That's the best way to explain. And when you ask certain questions. That are very specific, just tell them the more specific, the more detail I get, the better for me to put the puzzle together. So the better I can select the best treatment for you because people always say,

Am I giving you too much detail? I'm like, no, give me the detail. The more detail, the better geared the treatment plan for you. And then they get that. Then they'll give you all the details as well.

C: Those details that you sometimes you don't think it's important.

But I wanted, to know more in details how can I approach it? And I will work on that and I will keep you posted.

I'm working on that. I'll get better. I'll get there. And all the podcasts and things that you do, it helps so much.

Thank you for doing those things for us.

CC: We always look at people ahead of us and think we should know all this stuff, but we don't. And I always say to people, when we come out of school, we have all this knowledge. However, our patients are going to teach us everything because

they're going to challenge us every day and that's how we're going to learn. Like you said, let's say there are 365 points in the body and you know, in school you used maybe 60 of them.

How are you going to remember where, gallbladder 37 was once you never use it. It's not possible. There's two things that's going to make you better is your patience. And for me, particularly, it was also teaching. Because when you teach, you repeat things so much when I first started teaching, I had my notes.

I was following my notes. Now I just walk in and I teach it's stuck to me because I repeated so many times, being a teacher or sharing the knowledge and educating people, let's say online, creating videos or whatever. That makes you a better practitioner as well. So those two things are going to help you.

But you have to be giving yourself grace and allow yourself to know that there's no way you can know it all right now. It's not possible.

C: You, you help a lot, with things that, details and things that you do, even, you know, the shorts that you do, it's one point. Oh, that's a good one, and the way that you do it. And so that's why I'm a big fan of Clara.

CC: Thank you. You're so sweet.

C: Now I can ask you another question a little bit more in details because in one of the videos, that you spoke about the LUO points.

Do you always use them in pairs or do you use them separate?

CC: I will start with stomach 40. Stomach 4. So stomach 40, LUO connecting point, spleen 4, LUO connecting point. Both of them are really good when there are digestive system issue affecting both stomach and spleen. So let's say someone has, heartburn, acid reflux, nausea, but at the same time they have cravings, bloating, loose stools, fatigue, maybe blood sugar issue that combo together. Stomach 40 and spleen 4 perfect because both stomach and spleen are affected. So that's how I would use them together. However, heart 5 and small intestine 7. Heart 5, LUO connecting point to small intestine is fantastic to use when there is interstitial cystitis, so inflammation of the urethra with burning urination, but no infection,

I would use heart five because it's really good at connecting the heart to the small intestine. Plus this is a heart fire moving down to the small intestine pattern, so it's

perfect. I don't need small intestine seven at all for this because it's a great point for the mind and anxiety and calming the mind.

I don't need it. Sometimes if they're both really needed, then I'll put them both like stomach 40 and spleen 4, but sometimes absolutely not. Like liver, liver 5 as a Lua connecting point, I use it All the time, because the lower collateral starts from liver five, goes up and wraps around the external genitalia, that's the collateral of the liver.

So for me, I use that point a lot for people to have external genitalia issue, like herpes outbreak , but you don't need to use the gallbladder LUO point for that. So it depends. That's the answer we have to see for everything. It depends.

C: Perfect. That's clear. That's what I needed to know because I was thinking, Oh, should I use them all the time together? I wasn't sure. So that's a perfect thing. And the other question, it wasn't clear in my classes about the extraordinary vessels, but then they were teaching us all the others points in between, which they match with the points. Of the channels. So do we use them as the channel or use them as extraordinary vessels?

CC: So I'm going to pick the Chong, the Chong vessel doesn't have its own point, so it crosses points of the main meridian. Specifically spleen point, stomach point, kidney point, all that. The chong vessels function is the sea of blood. It's related to blood. So that's why also, Connects to spleen because spleen produces blood and stomach. Let's say the chong vessel passes through stomach 17, which is at the nipple, so we don't needle that point, but you get the idea is stomach 17 is where a woman will breastfeed a baby.

And breast milk in TCM perspective, we call this, it's life blood, right? Because it's like you're giving blood to your baby. You're giving life to your baby with the best food possible, which is coming from your body. So breast milk is literally part of blood. Actually when there is. breast milk lacking, we say there's a blood deficiency. The Chong meridian is not able to carry essence and blood to stomach 17 in order for having enough breast milk. So the idea is we use this meridian, or the connecting point of this meridian, like spleen 4 for to promote blood production so this woman gets more milk for her baby.

So the idea about the extra vessel that crosses the main meridian points is those points are going to have two functions. Their normal main meridian function, but also the connection that they are on the pathway of the vessel. So they have extra function that

relate to that vessel. Like for the chong would be Obviously, to look at blood for the Dai vessel because it's the one that's connecting to the gallbladder.

Those gallbladder connecting point or crossing point are going to be really good when there is pelvic floor issue or issue in the girdle, which is the pelvic floor. So we use that for that reason, although those points can be used for other things because they're. Their own entity, but once they're crossing the die, they also have that extra function that's connected to that vessel.

Does that make sense?

C: Yes, totally. Yeah. Now it makes sense so perfect.

CC: You don't have to remember all the points it crosses, but you have to know What main meridian it crosses. It's oh, it crosses the gallbladder. Okay, that's the connection there.

All those things are going to connect eventually. So you don't have to remember all the points, but remember what main meridian points they cross and that will help you.

C: And it's interesting, because talking to you right now, I think most of my, teachers they don't use it in class, or they don't mention them basically at all. Even when we see patients, they don't say it, but in acutonics, they do., We have a class specific, course for vessels, the extraordinary vessels because of that, because they know that because we don't put needles just with a tuning forks, this kind of work with the waves.

And so I gonna get, like a powerful thing around the, the channel. So it's marvelous.

But yes, thank you. Thank you for clarifying that.

CC: You're welcome. And I think tuning forks are such a powerful tool. I love that you went and took that.

C: The acutonics is so good because vibration therapy put people in a parasympathetic state very quickly.

CC: And then you can needle them and that's such a powerful combo. I love that.

C: One of my teachers, she was an Ayurvedic practitioner and TCM doctor. And she actually took a class of acutonics. And so when she introduced part of the different

healings, she introduced that. And for me, when those tuning forks touched me, it was from heaven.

Literally, it was from another universe and I said to her after we finished the session, I want to learn that.

AD: Did you know I created three books to support your TCM journey? Often I'm asked, Clara, what's the difference between all three? Well, they all have fun, colorful visuals to make them much more easy to grasp and understand each concept. They're definitely not your TCM typical boring dry books. They are available in hard copy and they ship all over the world.

But if you'd rather the digital version, they all come with video links to complement them and can be downloaded on any device. My first book, Acupoint Made Easy, this is the orange one, covers all acupuncture points function, location, depth, and angle of insertion, including special points, categories, extra point cupping moxa, and all my clinical pearls.

My second book, Chinese Medicine Made Easy, which is my green book, covers all TCM foundation. Diagnosis, yes, including tongue and pulse, but lots of colorful visual to help you grasp specifically observation, right? Case studies and my digital fillable intake form for you to use with your patients. My third book.

Chinese Medicine Treatments Made Easy, that's my purple book, covers all TCM treatments for 160 syndromes, including acupuncture points, herbal formulas, diet, ear acupuncture, and many other TCM tools. So you can have that book at your fingertips. Fingertips every day in clinic. It is a must for all practitioners.

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C: And my other question is I had a situation with a patient that she cannot tolerate any needles.

Every time that you touch her, she screams and it's really difficult. And I treat her with acutonics, but I need more because I need certain things for her. What do you do in those situations?

CC: So this is interesting because when people are hypersensitive, those people are usually the people that if you tickle, they're like, oh my God, don't tickle me. Don't tickle me. Very sensitive, right? To touch specifically. So it's great that you're doing acutonics and d you should continue because that'll calm her.

Obviously, I would start with ear seeds, do some ear seeds because that's non-invasive, right? Like you could do all the ear seeds.

C: She screams anyway.

CC: Even with the earseeds?

C: Oh, gosh, yes.

CC: So she's super sensitive. That means that there is some trauma, emotional trauma at the cellular level that's really affecting her.

So for her. Eight vessels points are probably the best, like eight vessels are going to be so powerful because they're really good for emotional trauma that happens like maybe the first seven years of your life or the first 14 years of your life or a long time ago that made you so sensitive, your skin and your body, then the constant state of fight or flight

so she needs to be put in a calm state. So meditation is important for her. Using the eight vessels is really important. Now, obviously, you could start with acupressure, I would do kidney one.

I would do acupressure points that are on the eight extra vessels that are very calming. So just going down to, kidney six, for example, because kidney six is also a really good point when there is fear and that fear may come from a long time ago. And that's, she's constant in fear. Like you can barely touch her.

So doing kidney six and doing acupressure and even showing her that she could do that herself as well. Start with acupressure because obviously, you don't want to make her even more stressed out. That's not the point, right? So it's showing her options, have a warm bath and before you go to bed, just massage this area and show her to massage kidney one and kidney six.

To start to see if there's progress with you when she comes in and then you do the acutonics and you can do ear seeds That'll start quite well. I think sometimes, for some people, like fibromyalgia patients, a lot of them is the same thing.

You can't touch them. Even if you go very gently, we have to start really slow, really slow. And that's why I think acupressure that you would do if you did to a baby, you would never press really hard on the baby. And then you do the same thing. You literally treat her like she's a baby.

So very gentle and show her that she can do it herself and see how much she can take herself. So she might press a little harder on her own because it's her own self. It's a trust thing as well. And so there is definitely emotional trauma. That is stuck there and you can explain that to her and say, you don't have to share this with me, but there's obviously some trauma that's coming out in your body and you're constantly having this fight or flight

C: Now that you're saying it, I know because, things that she shared with me. I can link to things that happened to her. A lot of trauma so that's the cause.

And I never thought about it, the other day. I was putting some needles, was trying to put a long 10, I couldn't do it. And so I said, okay, let's leave it here. But I felt frustrated. What am I doing wrong? Questioning things, so for clarifying that.

CC: You're welcome and really explain that to her that, she is such in a fight or flight all the time. We need to figure out ways that helps her calm down so you can treat her and be able to help her as well. She needs to start doing maybe try. guided meditation, 10 minutes, not a long time guided only.

So you're not with your thought, but someone's telling you to focus on something, is exercise coming you down when you go for a walk, when you get fresh air, does that calm you down? Does that make you feel more relaxed? , journaling your feelings. She needs to found a way to have a state where she's not like this all the time.

And it's normal to feel frustrated because we care and we wanna help people. And when we feel like we can't help, we feel helpless.

It's not a good feeling, however. That journey, we're doing it together. So she has to put some work into it. And we're there to support her the best that of our ability by educating her what she can do herself as well. And when people are sensitive like this, it's really important to diet. Is calming.

So no coffee, no stimulation because that's going to increase all this. So we need more calming food, like nuts and seeds are very calming. Beans and lentils are very calming.

So we don't want. Sugar and things that are going to stimulate so she also need to do that part.

And if you explain that then she can take action and, do some homework as well.

C: It was interesting because we're in a session and then suddenly the phone had an alarm and she said, that's my alarm for what to breathe. I said, for what? Yeah, to breathe. I have these alarm every certain time so I can breathe. So that's what I'm saying. I can read behind all the signs.

She's giving me signs about what's going on, with her life. Those give me hints and that's now I'm clicking and putting all together, what's going on with her.

And she trusted me so much and she comes, and we have beautiful sessions, but I'm trying to help her more and more physically. She's having stomach issues and now she cannot digest and she doesn't know now she has an ulcer or something is going on because it's increasing.

CC: And that's interesting too, because obviously the anxiety is creating the ulcers and the worry and the overthinking. And that's why she needs a reminder of deep breathing, because of course she doesn't believe she has shallow breathing because she's anxious, which makes so much sense. And again, you're right with the Chong, because the Chong

that's cross the stomach and she has stomach issue as it is because of her mental discomfort and anxiety that's really good to continue to use the Chong. And it's good that you have in session because she trusts you.

She's reaching out for help. She needs help. She's trying. So she wants to get better. It's probably important that she also finds counseling and talk to someone that can also help her process whatever happened to her because that's important in order for her to also heal and go forward.

So that's good with those people. The only thing it's going to be slower and that's okay. The journey is going to be slower, but if it's been there for 20 years, it's not going to go in two days. Specifically, if it's emotional trauma, because it's deep seeded at the cellular level now.

C: I have to emotionally have to prepare myself so I can transmit that. Because the, one of the things that I like in my, when I practice, it's the Ayurvedic part of connecting to people.

CC: You said she's starting to have stomach issue and ulcers. And that's literally the chakra that's connected to your inner power and maybe whatever happened to her. She lost. Her own power, right? Like maybe that's what happened to her. And this is why now it's stuck in those

C: Oh yeah, because. We spoke about that, it's like you are a woman, empowered, you, you have control of your life and you're losing it right now, so I tried to encourage her to go back to the roots of how she survived this life basically, as a woman and a powerful woman.

Sometimes you're trying to get somewhere. And you try a different road and you get there and there's a bridge, but it's broken. You can't cross. You're like, okay I'm going to try to go around the mountain on that side.

Eventually there's a way to get to the top, but it just requires some time and not always. It's going to be like this super fast and super easy. And that's why I love TCM because it challenges us.

And the beauty of this conversation and these talks is someone is going through the same thing.

C: As you said, we go to the mountain in a different way, as you said.

CC: Yes.

C: You are one of my teachers, for me, you are my teacher.

CC: And I'm glad we met and we got to hug and there are so many people like this online that we connect to the love of TCM and then we just feel like we know each other that was so good that I got to meet you for real

C: Clara, those were all my questions. I hope help people and help with the podcast and to be interesting, hopefully like everything, but thank you for having the time for me.

CC: I'm always glad to help because, sometimes I don't know what people are thinking or what questions they have. So having people coming and actually asking questions,

just like you said, that other people are thinking the same thing, but I don't think that way because I've been practicing for 21 years.

So I don't remember what question I had exactly when I first finished school or when I was in school. So it's very useful to have people asking questions and it's interesting cause I did this with a few other people that came to the live event . And every one of you had completely different questions.

I love it. So different. It's so cool to see how everybody's perspective comes and every one of you was so insightful and had great questions. So I'm like, thank you.

C: Good, good. We're connected. So I'm a big fan. I listen to the videos. Thank you.

CC: You're very welcome.

C: I'm very interested in women's issue. I think it's fascinating I have, my female friends always asking me questions. I say I, I wish I had the answer. that would be one of the things that I would specialize, like Clara.

That would be a topic would be so interesting. Especially taught by you that you have so much knowledge on that. And you have so much passion about that. And so that helps a lot when you feel that and you understand women in different ways. So it's great.

That's what I need.

CC: I have a friend of mine who loves skin, but that's not my thing, and I don't have a lot of experience with it, so I would refer someone with deep seated skin issue, let's say rosacea, to him. It's not my passion, I haven't taken a lot of continuing education in it, so I'm not the best person to serve this patient, when it comes to fertility, or, women's health.

I'm like, come on in. Like you said, it's something you're passionate about. And if you really want to go deep into it, and specifically, cause I've seen it, how amazing TCM is when it comes to that, because women don't have a lot of options that are non invasive.

C: Thank you. We'll see you soon.

CC: Have a great day. Bye.

C: Bye

CC: 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 studies, free courses, and so much more.

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