

CC: I really, truly want to learn the balance method acupuncture. Clara, do you have any course on this?

And I did not. But now I do, because my friend and colleague, Dr. Sonia Tan, has agreed to provide everyone that can travel and meet her and come and talk to her. Learn from her directly a course that's now online on Acupro Academy. So today I asked Dr. Tan to come in and first of all, explain to us exactly what is the balance system?

And how do we use it in clinical practice? Plus we went into talking a little bit about the eaching, which is the book of change. And if you don't know the eaching, this is when you're going to learn a lot more. So there's a lot Packed in this show you absolutely gonna have a blast because I always do every time Sonia comes on the show and that's the second time she's here.

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!

It's a beautiful fall day in Vancouver, Canada right now. And I have for the first time on the AccuPro show, a guest that's here for the second time.

ST: Yay!

Sonia was on once before to talk about astrology, specifically Chinese astrology. So that's another episode.

But today I invited Dr. Tan back in because we're going to talk about something that everyone on social media asked me about all the time, which is the balance of time. And Sonia knows this very, very well because she teaches it. So today I'm going to do a quick introduction to let you know who Sonia is.

She is a doctor of TCM. She's also teaches astrology, feng shui. She's in all metaphysics stuff, which I love as well. Face reading. You know, those things that we really love. All enjoy so much, but today specifically, we're going to talk about the balance method because we have been connected through Dr.

Richard Tan years ago, because you, Sonia brought Dr. Tan to Vancouver to come when he was still alive to teach the balance method. And this is how I discovered it at the time. So first of all, welcome back to the show, Ms. Sonia

ST: Thank you for having me. It's always a pleasure. I know we always have a good time. Our friendship goes way back as well. So I know it's a good time.

CC: I mean, you've been practicing since 2006. And I feel like we've met in 2008,

ST: Yeah. Soon. Soon after. Yeah. Yeah.

CC: Yeah, when you were in your first clinic. So I remember that. But today I want you to explain to people that are not quite sure how does the balanced method work and where does it come from. Give us a little bit of history and how it ended up in Dr. Tan balanced method. Give us a bit of a history behind it.

ST: Okay, so a little bit of the history, and there's something I touch on a lot here. Every time I teach it, when I teach it the first time, when they get the first level, the foundations, because the history is very important. So I'm going to go a little further back in history, where we look at Chinese medicine has a 2000, 3000 year history.

And so with that, there was developments over time, but also there was different schools and different styles. And then you fast forward into the 1960s and the government in China at that time decided to unify or homogenize and create one way of us to practice Chinese medicine. Well, specifically acupuncture was really changed.

So then it became TCM, traditional Chinese medicine. And so. What they did is they asked the herbalist to really translate the books, that's why you see a lot of the Zongfu diagnosis of actions and indications in the books, whereas the books didn't originally have that. They had, you know, indications of why it used, but the way that acupuncture was used historically prior to the 60s was Channel theory.

So some people may hear that out there. Channel theory or they might hear classical Chinese medicine. And that's all that body of work that's outside of that redevelopment in the 1960s to becoming what's called now is traditional Chinese medicine, TCM. So there is a distinction between TCM or Zongfu acupuncture and channel theory acupuncture.

So balance method or balance system falls into channel theory acupuncture, classical Chinese medicine. So again, outside the 1960s. When you practice this, you are using the method that the way it was originally intended in terms of how they talked about it in the classics. So they talked about one concept specifically.

It's called Li Gan Jian Ying. It's in the Huang Ni Jing, but it's specifically first occurred in this text called the San Cong Qi. It's one of the oldest, oldest textbooks. And it speaks about when you practice this medicine and metaphysics. You should have instant results, , I'm just short cutting the phrase in the book, which I have on my shelf, but with the longer version of the phrase, and yes, I speak about that in my own book here.

The longer phrase talks about when you are practicing metaphysics and Chinese medicine correctly, you align heaven and earth. , and that's a beautiful statement in itself, you're aligning heaven and earth. You're creating the beauty of the balance of the world in the body. And when you stand a pole in the ground, you immediately see its shadow.

That's natural law. So that's where it's speaking about instant results. So in effect, when you're using classical medicine and channel theory, you should be getting quick, instant results. So, that concept got a bit lost in T. C. M. Zung, who I'm sure because it didn't look at channels. It looked at, well, what's a missing action indication because herbalists at the time were more revered.

So then we fast forward to, well, if you think about the history of migration in China, everyone would know that people migrated out of China. And so you would go into places like Taiwan, Vietnam, Japan.

And in Japan, they always talk about China. Um, meridian therapy, they're following what the channels go, their techniques are different.

So there's where we get into the history, of classical Chinese medicine in Taiwan, because a lot of the, the three people that really developed balanced method or balance system to where it is, is Richard Tan, Grandmaster Richard Tan. I always have to give, uh, credit to Dr. Chow Chin.

And he is the one that first discovered how the I Ching is connected to acupuncture. He found that in the classics and he wrote about it first and first published his book in the 70s. When you start to learn about acupuncture, you'll see how the itching and the energetics of the gauze and itching are connected to acupuncture and how you can even connect that at advanced levels into creating that energy in the channels.

So Chao Chen was the first one that discovered that. He's a Taiwanese descent. And then I think many people know Master Dong's work, who is a Taiwanese practitioner, and a lot of Master Dong's work can be explained, or they use a lot of holography. And micro imaging or holography, it comes from the classics also.

And Weiqi Yang, who is a student of Master Dong. published a lot of articles where he found holography written about in the classics. There's an infusion of all three of those works. And of course, Dasha Richard Tan, he knew about that because he was raised in, born and raised in Taiwan, and , had Chinese medicine practice in his family as well.

And he is credited for really Putting together these systems and, and making it an easy way for us to understand in a logical, systematic fashion, instead of, you know, taking all these classes, it's getting all muddled, but he was brilliant in trying, in creating a really nice systematic way .

And then he created pre designed strategies within it. So that's what I talk about in level two and beyond. That we bring us to today and he really, with his charisma and his evolution of the way he developed his teaching, spread it around the world and popularized it.

And I was lucky enough to, discover him, or maybe the universe aligned us in 2004. And because I had studied teaching, uh, since a young age and in my early twenties. As soon as I saw him talk about how the I Ching is connected to acupuncture, I was already hooked. I said, wow, I need to follow this master.

At the time, I also met Geoffrey Ewan and I'm like, oh, I want to follow this master too. But the I Ching really called to me. , and then 20 years later, here we are. I became one of his gold level students, which is certifying someone with a lot, a lot of practice. He had certain parameters.

You need 10 years. You need to take all of his courses at least twice. He also tested you as well.

And then I also became one of his senior students that. Which is different than Gold Level, it's just a group of students that went through all of the latest advanced levels of courses, and then we finished them all together, and we became a nice group of brother and sister energy, and, uh, I still They're good friends to this day.

I still chat with them and a lot of them, like at least three of them, gave me full support of teaching this after he passed away, so I feel very blessed. And you can see that some of them have written comments, in the book as well. And that was really, uh, it's just a labor of love to have that with their support and that collaboration.

CC: I remember him as a short, funny, full of zest kind of man. He was a small person, but he was a small person with a big personality.

ST: Yes. And I think that's what really made, him so attractive to people wanting to learn. It was always very kind of cheeky and charismatic. So he just poured it out in his classes.

CC: And fair enough. So, now, You went on to write a book, which you did in French as well, which I'm always impressed because, you know, I speak French. So, but, uh, yeah, this is the book that you wrote for people that are watching on YouTube. Then they can see the book for people that are listening to the podcast.

We will have the link in the show notes below, but it is the foundation acupuncture of the balance , can you tell me first, how does your balance method differs? Did you refine it in a way? Obviously, you learned a lot from me. You're welcome.

Your knowledge of the I Ching, meeting Dr. Tan, your practice, and eventually it formed into this beautiful practice. Can you explain that, how did that came about?

ST: Yeah. Okay. First of all, I'm very excited to say that a Spanish book is coming out soon.

CC: Woohoo!

ST: Yes, very, very soon so you can look for all of that. You know, something that spoke to me that Jeffrey Ewing said is, is he said, before you start teaching it, you should evolve it. You should make it your own.

And that kind of encouragement really helped me because I was kind of already doing that with my own experience in clinical practice. , my own lens on how I thought through things, but also gaps that I was seeing on how to think about it and apply it the way he taught it. You know, everybody has a different mind.

And that's why people resonate with different teachers, then I had an academic teaching background. I also have an academic background. Well, how can I make this better so that people can retain it better? They can understand it better and they can have more confidence.

It's not like people didn't leave his conferences with confidence, but there was definitely people that he would confide in me and like, why are some people not grasping it and, really understanding and then going with it. I gave him certain things that of my opinion, I said, one of the things I think it's a lot of content in a short amount of time.

And I think it's maybe some things are too fast. Right. So that's when he started to, to spread it out over four days. I just figured out ways to say it differently, present it differently. I added two steps to specifically help people's outcomes better because he had a three step thing and I added two steps and I really think that's really how people have a proper feedback loop.

There are certain strategies that I present that way he presented it was great, but it also became like, whoo. So I would change the way it's presented and how you would memorize things so that people understand how those, those pairings or those groupings work together. , and that's really why I started, I've started to call it balanced system acupuncture because it really is a body of work of valid body of systems working together.

And it's really also a way for me to just identify it's just the way I've taught it. And the book came about because when I was teaching my first cohort in the mentorship program. I only had these little handouts, and there was no really nice, concise book where all the foundations were together, even Dasha Tan, he, he didn't have a lot out there in terms of book, and even the books he had out there, people were saying, there isn't a lot of content there for us to kind of understand, .

I decided to create basically a textbook for the first two levels of balance, so that people would have a reference of good notes, you know, , the correct notes in terms of like, these are the clinical favorites, these are the patterns.

CC: You know, as a teacher, you can say things, but people may not write down exactly what you say because it has to go through their brain, it has to go through their filters, it has to go

through their attention span, and does it actually land on the page exactly the way you've said it? At the end of the day, I wanted to improve people's outcomes, and that means trying to give them the correct or clear notes for them to go by.

And so creating a textbook, it's more of a reference, it's not instructional. It doesn't say how we came about it because that's what you take the class for, for the context, but it's, it's a reference to go back to say, did I take those notes down correctly?

You teach it in the way that makes it simple for people to really understand and be able to apply.

And so I love that because I know you're a great teacher because we used to teach together.

ST: Yeah.

CC: The same college together for so long. I like that you did that. So now this course that you have been teaching for a long time. Last year, I said, Hey, excuse me, but what about us?

ST: Yeah.

CC: What about my community who've been wanting to learn this forever?

And a lot of people, unfortunately, cannot travel, right? They don't have the means or they can't travel far to come to a live conference or a live teaching so I wanted to be able to give everyone in the world the opportunity to learn the way you teach, because if anybody has ever bought Dr. Tan, Sonia Tan, Scalp Acupuncture from Acupuncture Academy, you know how great of a teacher she is, because it's such a great, perfect course to introduce kind of like that holography method kind of. You know, course. And then now, because I've asked, you decided, sure, okay, let's do this. So now we actually have the opportunity to have you teaching your balance system on our platform for our TCM community, the AccuPro community.

So first of all, Thank you for doing this, because I'm like, yeah, but you can kind of benefit from it. And what I wanted to ask you is, how is the course structured? And then once you explain this for people that are not quite familiar, exactly what is the balance system?

Can you explain that as well? So people really understand how amazing and effective it is. And not just for pain, by the way.

ST: Oh, yeah, definitely not just for pain. And I will say that this recording is the latest version of me teaching these foundational levels. I've found. So, the foundational levels are levels one and two and I'll get into what those two differences are. , even though there might be other other webinar versions out there which are like at least five years old.

Every time you teach, you know this Clara, you're refining it, you're making a little bit, you're changing something different. When you get the latest version, you get the latest refined

version of it, and I think, I think it just gets better over time, right? First of all, Bound System is channel theory.

You're looking at how channels flow. You don't need to think about Zang Fu, you look at where a channel is blocked, and you'll learn about what channels to block. Balance or heal the block or sick channel. There are five different strategies on how you can balance a sick channel. So in the very first level, you're learning about those five strategies to balance one sick channel.

So that's what we call single balance. You're bouncing one for one, one sick channel, which, how do I balance it? So the very first level is very focused on musculoskeletal pain or discomfort or range of motion or tightness, not just pain. So you need to learn how channels balance each other before we take you to functional medicine, which is level two.

Level two is functional medicine problems. In level two, we learn how to be more efficient with many channels being sick or if there's a functional medicine problem. So that's why, , it goes way beyond pain. Pain is just the rockstar area of what we can do without acupuncture because it's so quick, so effective, and you can really get those quick results. You can get quick results with functional. Obviously, sometimes you have to wait a bit, but at the same time, if people have bloating on the table, you can bring it down right away.

CC: So let me ask you something, because I think that's, that's really good when you talk about. The first level, is obviously more musculoskeletal, and then we go into internal medicine after. Let's say, just to kind of give people an idea of how you go about I come in and I have frozen shoulder.

Right. If that's my big chief complaint. How do you go about it using the balance system?

ST: Okay, so, we always have five steps. So, first step is, what are the block channels? So, I go through the shoulder and say, okay, there's one, two, three, four, five, there's six channels that are blocked.

Okay. Then step two is what are the balancing channels? So level one, you'll learn that for all six channels, there is at least five other balancing channels. Then the step three is I have to look at holography.

So holography is looking at an image. Or a mirror, a representation of that body part in another body part. why the translation means an echo correspondence. It's like an echoing image of what you're looking at. So, in Bounce Level 1, we're going to learn all these different maps. of different types of holography, different maps that we can look at, imaging maps.

Then with the balancing channel, I said, okay, at the shoulder, what area of this balancing channel will treat the shoulder? Okay. So I'm looking at the balancing channel, like this is the head. I got to go right here on the balancing channel because that's the location of holography of the shoulder, according to Classical Chinese medicine. Then I put the points into that

balancing channel at the holography of the shoulder at the balancing channel and step four, this is the step X extra one I added is you have to chase it, chase the pain or discomfort until at least 50 percent reduced. Cause when you have, it's at least 50 percent reduced, you have the proper feedback mechanism of Li Gan Jian Ying.

That means the incident results are happening. If you don't have that, that means you've gone, it's a cult user error. That means you misdiagnosed the sick channel, or you mischose the correct bounty channel, or you mislocated the correct holography location of the shoulder. So you go back. and retry. But if you have the 50 percent reduction, then you can go to step five.

Step five is really just a reminder to say, let it flow for at least 30 minutes so that circulation of qi and blood can go through a good amount of time to flow through that cycle so that's how we approach frozen shoulder. Now, frozen shoulder being six channels, that's quite a lot. I might move to a level two strategy where there's pre designed layouts.

Redesign layouts to know that you can be really efficient, attacking an area or , treating an area that has many channels.

AD: Are you ready to unlock the remarkable potential of a micro system that is so effective for pain disorders you cannot bypass it? This is what scalp acupuncture course taught by my friend and colleague Dr. Sonia Tan is all about. This is at your own pace and it focuses on treating pain and tightness including all the types of musculoskeletal pain and injury chronic and acute, as well as burning pain, tingling, and numbness.

This course contains what you need to know to start practicing scalp acupuncture immediately upon completion. Now, this course utilizes the balance method from Dr. Tan, which makes it such a very effective method. Listen to what people who invested in the scalp acupuncture course Have said, I want to thank Dr.

Sonia for doing an amazing job. By attending your course, I have learned the right technique to treat patients when it comes to balance method for acupuncture scalp. I have started to treat patients using the method and have received great feedbacks already. It has helped my patients body discomfort feel better.

It is very easy method to perform on patients. I really did enjoy learning about the system and would be interested in learning other systems. Best teacher I've ever had. Generous, inner teaching, and friendly. Very enthusiastic, clear, and articulate. Splendid, interesting, sharing knowledge in a fluid way.

Very passionate teacher. Animated. Sonia is alive. I love that. Definitely not a boring course. I could tell you that you'll receive continuing education hours and a certificate after you pass a multiple choice quiz, you have access to the course forever, so you can watch it over and over at your own time because it's prerecorded.

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Go to my website acuproacademy.com and click the TCM course tab on the menu bar or check out the link in the show notes below and invest in the scalp acupuncture course today. You won't regret it.

CC: It's really important to start with level one and get to practice it. So you feel comfortable, you feel confident, and you're starting to really apply it before you go into advanced. I love because I think Most grasshopper just want to know everything right away, you know, and it's like Star Wars.

It's like Yoda will tell you it's like one step at a time, just learn as you go. And then you build kind of like foundation, otherwise, if you want to learn everything at once, it's not going to work. So I totally get that. So let's say, the frozen shoulder, there's six channels, but you could see that the large intestine is the one that's really affected, right?

What's the corresponding holography mirroring channel that you would go and apply?

ST: So large intestine, the full name is Tan Yang Ming. System 1 in the classics is called Ming. Ming in Chinese actually means name. And it's named that way because the balancing channel is the channel of the same name. So that means I could use foot Yang Ming. It's channeled the same name to balance Tan Yang Ming. Now all I need to do is I need to go to the correct holographic location of the shoulder. So where we're showing you maps of the leg and show exactly where the shoulder would be corresponding on the leg. And I would go there. Now, in the case of frozen shoulder, being that large intestine is the worst, but the rest are sick.

I might use a level 2 magic strategy that has stomach within it. So that I know that I can do a lot of great work on the stomach channel to bring a bouncing healing response to back to hand yangming large intestine, but I have other channels I can work with also send a healing response to the other like secondary or tertiary channels that are blocked in the shoulder.

Then I can be a little more efficient at not just doing one for one because then the results will last longer because , we're building a strong foundation. We're creating great circulation. We're including a lot of new ones that are, that are involved.

It's interesting because I think sometimes we forget because we come out of school and we're so Zangfu theory and I got to do my, my Zangfu pattern and there's liver qi stagnation and spleen qi deficiency, but we forget that balance of channels. Like I love to see the correspondence of the heart and kidney because they're both showy meridians.

And so one's on their hand and one is on the foot. And I love that because if you look at the channel theory or the opposite, kidney and heart, they're also water and fire. They're also, you know, the mind and the root of the body. They, it doesn't matter if you look, you could see, the connection, right?

And, and to me that, that puts it all together, the channel, and then I can apply it knowing my classic TCM knowledge as well, the Zang Fu So to me, it makes so much sense.

CC: Yes. And as you get more into functional medicine, as we get into higher levels, I don't want to say Zangfu theory, but it is kind of Zangfu because there are some overlaps. Like for example, you know, liver is still a wood channel. There's still going to be wood pathology in it, but you have to just know, when you're looking at the channel and when you're just looking at Zangfu and when they overlap.

ST: And that's why those are for later levels. So start with the basics, then, build your building from there.

CC: Thank you for explaining all this. 'cause I think that's important for people to kind of see how you put it all together. I know you use this a lot in your practice. Do you use the balance method exclusively or you go out of it depending on what's going on, or you're just so loving its effects that that's what you do?

ST: Only.

I pretty much do this only I do channel theory only classical Chinese medicine only the other classical channel theory methods I use are the 8X or new vessels and complementary vessels, the Luo's divergence and the 8X at least the way that it's taught classically, not what's taught in schools.

They don't teach it very well in school. That's really what I do because it's why I'm, it's so effective. So I don't really want to use something that's not as effective or slower. I want to use something that gives really good, quick, efficient results because I want the best outcomes for my patients.

CC: You introduced me to Dr. Tan. Then you introduced me to one of my favorite people, which is Dr. Yvonne Farrell. I absolutely love her and she is for me what you talked about what you use in your practice as well, which is the eight extraordinary vessels, how to use them in specifically for, you know, emotional trauma and addiction and all the stuff that we've learned from her.

I don't know why, but I'm in awe of her. She's kind of like my, my idol. And I was like, when she agreed to come on the podcast, I was like, Oh my God. And then, Oh, it's just crazy. So she's coming in November. I recorded it, but it's coming November and everybody can listen to it.

She made me cry in the podcast. So it was, it was fun. It was a lot of fun. So thank you for introducing me. To someone that I just learned so much from, and like you said, you gravitated so much towards the balance method and it really spoke to you. For me, the eight extra vessels really spoke to as well.

So I think our intention and what we gravitate towards is how we all form our own practice because we all learn the basics, but then we're going to go and mold it like you molded yours into the best way possible.

ST: Yeah, well, it's a reflection of you as a practitioner, too. And then you'll be, you'll be attracting people that resonate with you. I would say that that was maybe one of the missing parts for balance acupuncture is that, it treats, functional.

It treats mental emotional. It can treat to a certain extent historical trauma, but there is some limits as to where it went. And so when I discovered the eight extras, the loa, the divergence with Dr. Farrell and with Jeffrey Ewing, I realized this was the last piece that I really felt I needed in my practice to address. People that are stuck in processing certain parts of their life and life journey, right?

The historical trauma The psychospiritual aspects that couldn't be addressed very well with what we had in balance system acupuncture or even like some of the other classical medicine. So and even I was speaking with a couple other balanced senior students and who have also studied with Jeffrey you and, and they said yeah that's why they follow Jeffrey you and innate extras because that's the missing piece is that psychospiritual part so I do.

Encourage people to to see that out as well.

CC: That's something I totally resonated with right away from the beginning and learn so much from her. So I appreciate that. , for everybody else listening, the course that Sonia has agreed to put on the Acupro Academy community is linked below. So you can go check it out.

I promise you, if you invest in it, you will not regret it. First of all, because it's so well presented. Cause that's Sonia, obviously. And she's such a good teacher, but because it is a game changer for your practice. It is going to completely switch around the way you do things in and the outcome is so effective. You absolutely going to love it. So now I have a question for you, because I think a lot of people. I've heard of the I Ching, the Book of Changes?

ST: Mm hmm.

CC: They kind of have a little bit of understanding or, but they've never read it or they've never pursued looking

ST: Mm hmm.

CC: And I think a lot of my audience is not sure what the I Ching is about. So can you talk a little bit about this and how it relates to the Balanced Method?

ST: Oh, my gosh, that could be a whole other podcast.

Okay, the I Ching Book of Changes. You see, you can see in Clara's background, these lines. Each of those lines is called a Yao line. Stacked on each other. What those lines represent is yin and yang. And what the ancients discovered in the world, they realized that there are boundaries. There are limits, and there are polarities that exist in the world. Yin and yang. Those lines represent yin and yang and with the way they understand it, how balance was created in the world.

They could use this representation in this binary fashion with these Yin Yang lines, creating these trigrams that represented energy or phenomenon in the world. And based on that, they discovered the eight, the basic first eight trigrams. And that represents heaven, earth, thunder, wind, mountain, lake, as an example.

And then from there, when their, their true trigrams are paired together and make a hexagram, it creates another different phenomena or representation of phenomenon in the world. So the book of changes. is 64 hexagrams that represents situations or phenomena of the world. When you read it, going through different phases of yin and yang and phenomena and energy and it's assigned five phases.

You can see the five phases were created based on the arrangement of the bakwa of the eight trigrams, and that's how the five phases came out. But it's a way for you to understand how to connect back to the universal energy and that universal knowing. The way that it, uh, is connected with acupuncture is because certain eras 2,000 years ago, and then in the Song dynasty, 1,000 years ago, they realized that the acupuncture channels had a resonance, or connection to certain trigrams.

So if you understand how to balance trigrams, what the laws of nature are that this trigram can be balanced by this trigram based on how it looks, basically, how yin and yang are supposed to be attracted to each other.

That is how acupuncture channels can be balanced by each other. So I guess that's probably the shortest version of how I can say how the I Ching. what it is. , it's really a great philosophical book that you can read, uh, besides oracle, besides looking at, phenomenon in the world, even phenomenon, if you know how to use it with acupuncture that you may want to create in the body.

Some things you would avoid because they're not very good energy other ones you would want to create because they're very good harmonious energy, You can actually read it from front to back and you can understand the way of the Tao A lot better and even understand Chinese medicine a lot better,

What's interesting is in the I Ching, , when we were talking about the Yin and the Yang lines, so there's, let's say there's three Yin, three Yang, . And of course they could be, you know, 4 yin and 2 yang, but it's always 6, what's interesting to me is that there's 12 channels, six hand, six foot, and there are six lines for each Gua.

so it's interesting because I could see that the number three and six. It's coming around a in Chinese medicine and you could see that from way back when and I love that because I found that if you look deeper to me, it makes so much sense because even when I was in school, this was interesting, but one of my teacher taught me that everything should be, denominator of three.

CC: So it's like 30 minutes treatment or 27 minutes treatment. And it's like three needles or six or nine. And when you look at formulas, when you look at each herb in the formula, it's three grams, six grams, 12. You don't see something that's going to be seven grams, right?

So I love that. What, do you have anything you want to add about this?

ST: it's a magical number. Three, six, and nine, they're magical numbers. It's also a whole course in itself. It's partly how it connects back to some of the classics with the I Ching. There's some Taoist connection back on how that is Feng Shui, there's connection. It's just the way I think the ancients discovered the world and the balance that's created in the world when you use those specific numbers. Each number has an energy or a five phase associated with it as well. It's a magical number. Yes.

CC: I love it. It's magic is what become the magic word. I love Well, I really appreciate you coming in and explain the next to us. So everybody can kind of really understand any last final thoughts that you want to share with everyone that could be interested in trying Look at their practice in a different way using the balance method,

ST: I'd say that everybody is looking to improve their outcomes. And so here is an opportunity for you to improve your outcomes and possibly be a game changer. I've heard this a lot. I mean, it happened to me that people say it was a game changer in my clinical practice in terms of getting results, but also one of my students said.

It helped them feel confident as soon as the patient stopped talking, they knew exactly what to do. It helped take away the cloudiness of the diagnosis and provide clarity. I'm like, okay, I see now I know what to do. It provided more clarity and I create more confidence. And I will also say that when you're trying a new, this goes for anything, if you're trying a new system or style out, It's really a good idea to just try that without mixing and matching with other things.

Otherwise, how are you going to know what's working? You just won't have that very clear scientific method to know, so. If you're going to give this a shot, which I encourage you to do, , just do this for at least two to three weeks minimum, give it a whole month, then you'll be able to

see how it works and you'll get to know the method well, , at the end of the day, we want to improve outcomes and help our patients.

And I know that this will really help. So give it a shot.

CC: Thank you. I could see your passion for it. And I think that's exactly it. It's like, just give it a try and stick to just that. That's actually a really good point. Instead of doing like, you know, ear acupuncture with it. Don't fool with and then add up the balance method. You're like, okay, that's too much.

Let's just do one thing and see what happens and goes there. So I think that's such a great point. So thank you for coming back.

ST: I'm happy to pass on knowledge too. So keep this beautiful medicine alive

CC: That is how you end the show. Keep this beautiful medicine alive. Mic drop. Done.

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, and connect with me on all social media at [acuproacademy](http://acuproacademy.com).

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