

CC: When I first started this podcast, I told you I was going to bring some movers, shakers, and innovators to educate us on what else we don't know is out there related to TCM. Today, my guest is Michelle Hamilton, and she's here to talk about something that we don't really discuss often. First, community acupuncture. How does that work? How does the whole community acupuncture can help the practitioner and the patients really connect? And yet, not just keep it community acupuncture, but we can bring it into a private practice and have a hybrid. kind of practice between private and community.

I love that. And then we discussed something completely different, which was so much fun for me because I love that kind of talk. We talked about lunar acupuncture and how Michelle integrated this new way of thinking within her practice, really following the moon cycle and the way she decides to treat patients, select the point.

During different phases of the moon, you are going to love this episode. Are you ready? 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!

Welcome, Michelle, to the AcuPro show. I'm so happy you agreed to come here today because I have so many questions for you. And I think everyone listening to the show is going to benefit for what you have to share today. So first of all, welcome. And thank you for being here.

MH: Oh, thank you. Thanks for having me. I'm honored that you're taking the time to sit down with me. I'm so excited to meet with you.

CC: Me too, because we haven't connected before and you are in San Luis Obispo. Is that how you say that?

MH: That is right. Good job. Yeah. San Luis Obispo, California. They, it not LA, not the Bay. So it's halfway between Los Angeles and San Francisco. .

CC: You're on the water. I love it.

MH: Yeah, it's a little college town. I actually was born and raised here, went away for school, I went to Emperors College, and then came back and set up my practice here, 14 years ago.

CC: So you've been practicing for 14 years, but you're also a massage therapist as well. So I wanted to know which route you took. Did you do massage first and decided I need to add some more things with acupuncture, or did you do that reverse?

Tell us, go through the journey of how you became an acupuncturist.

MH: Originally, I wanted to be an acupuncturist and I met with an acupuncturist when I was considering it. And she said, Oh, you should go to massage school first. And see if you actually like, People , if you like, touching people, working with people.

And that was great advice. So I went to massage school first and that was a great introduction to the human body. My hands got very educated and smart. I've been doing massage therapy for over 20 years the knowledge and skill that are in my hands now is phenomenal.

I feel like I can palpate the meridians, I can palpate energy. I went into acupuncture school with already eight years of massage therapy experience. And I really feel like I had a leg up on everybody. I could identify where a scapula was, I'd be like, oh, it's right here, and. Other people were trying to find it or not as comfortable palpating the human body. So that's how that led into my acupuncture training. And then it was interesting. Once I went to

acupuncture school, I thought, Oh, for sure. I'm going to ditch this massage gig because I paid all this money to become an acupuncturist.

And why would I want to do a massage anymore? And after I graduated, I still had all these massage clients that kind of got me through acupuncture school. And I continued to see them. And of course they wanted to see me as an acupuncturist. So I started to blend the modalities together. And then I started to find that I was actually a really unique acupuncturist and that I offered both.

And I found that the modalities actually worked really well together and there was a big demand for someone that could provide both. So that's one of the things that's unique about my practice is that I provide a lot of acupuncture massage sessions where I do acupuncture and then I do massage at the end.

I really think they work beautifully together. I think they're meant to work together. Acupuncture does a great job of moving energy and then the massage you. Comes in and works on the soft tissue level and reinforces the work that we do. And I like the idea of people leaving your clinic. Feeling good, right? Like after a massage, you always feel good. You walk away feeling like I want to do that again. I want to schedule that again. So that's a bit, that's one piece of my practice.

That's really popular. And I think really sets me apart that I wasn't expecting to happen actually.

CC: You're absolutely right that doing massage therapy will give you a leg up because in massage school you spend so much more time first of all understanding the layers of the muscle, the ligament, the joints, how to palpate, which I think in TCM or acupuncture school will give you a leg up.

We don't do enough palpation of the body. In Canada, in our TCM college, we did not do cadaver lab to understand the surface, , the anatomy of the body in a real person. And so I did that on my own after, and I took some cadaver lab to understand.

And the teacher was actually really good because he allowed us to Needle. the cadaver in order to see how deep looking at all the, I know we went

through all the layers and you can see how deep you're going and through all the muscles. And I remember doing the rhomboids and it was just so great. And when you do massage therapy, you have such a better understanding of the human body, specifically the musculoskeletal body.

So I think that gives you such an advantage. And I love that you did that. And I wish that in TCM college, we would have a little bit more of palpation because you're right with 20 years of palpation, you can really feel the body in a way that most of us practitioners cannot. So kudos for you.

That's amazing. You did that. So I love that.

MH: And it's a great way to build your practice too. A lot of times. People are tentative to try acupuncture, but they're comfortable booking a massage. So they'll book a massage just to check you out, and that's a lot of how I built my practice. I was at an integrative clinic and they'd schedule a half an hour massage, and they'd They ended up talking to me the whole time about their injury.

What I would suggest and I would check it out. I'd say, you know, I think you would benefit from six acupuncture visits. I don't think massage is the route you should go with this. And then by the end they would go that route, it ended up being like a consult, and a massage at the same time, and I was building rapport and trust, so it was cool.

Yeah. It worked out that way.

CC: And I think that's exactly it. Not only that, but you can educate the patient about right? While they're receiving your treatment and connecting with you through the tactile touch, modality, you are also educating them that, Oh, acupuncture can help that. I didn't know. Or, maybe I'm open to give it a try because now, like you said, I trust you.

I know you. Let's give it a try. See what happens. And so that's really a good marriage, a good partnership to have those two together. So I think that was amazing. I love the name of your clinic.

It's called the Zen Den. So I love that. First of all, because it rhymes. It has the word Zen in it. So you're already relaxed before you go right through the door. So I love that. I think that was a great idea. And it's a den. we're going to talk about why it's called a den because in a den usually there's more than one person, right?

There's a few people. So what you have done is you started a community acupuncture clinic. I wanted to know Why did you start a community acupuncture? What made you want to do that? In Vancouver, we have about three community acupuncture clinics, and there's two million people here.

So it's not very popular at all. I don't know how many. clinics there are in the US that are community acupuncture, but in Canada, it's not very big. So I want to really introduce everybody to understand how great it can be for patient perspective, but also from practitioners.

MH: Yeah. Also not very common in the states as well. I am the only community acupuncture clinic in my county.

When I first graduated from school, I was not interested in opening a community acupuncture clinic. I was very much into the one on one model.

Like we were taught in school. I was in an integrative clinic working alongside chiropractors and massage therapists building my practice. And I was very successful at that. I had three treatment rooms. I was seeing a patient every two weeks. 20 to 30 minutes. My schedule was full. I was booked two weeks out.

I had reached what we were taught was the pinnacle of success. I had some problems with that, one was there was a lot of patients that couldn't get in obviously cause my schedule was full, but a lot of, The things that they needed help with were really simple things that I felt like acupuncture could help with that were really simple treatments like tennis elbow or Knee pain or a headache a lot of these things are really simple treatments that I knew I didn't need to do You know a 45 minute intake on that I call it like curbside acupuncture.

Like I felt like just go sit on the curb and I could go treat you real quick. And it was frustrating to me because what I was charging for that treatment didn't match what I was delivering versus an autoimmune patient with this really complicated intake and like a lot of heavy diagnostic work and herbs like that matched the price point of the new patient visit.

I wanted to create a price point that really matched that level of care that was more urgent care more walk-in level of care, more acute care. And the 2nd was at that period of my life, I happened to be going through a divorce and, with most divorces, my financial situation drastically changed and I found myself, obviously not for the better.

Let me make that clear. Let's make no assumptions here. And I found myself very humbled by that and very much awakened to this new mature.

Understanding of that sometimes life doesn't always work out the way that you planned, and sometimes, the most stressful things that we go through in life.

Whether it be like a health crisis or a divorce or a death, sometimes those are the times when we don't always have the most money and those times that we need the most support and care. And I came to this realization as I was going through this most stressful time in my life and having.

A lot of these negative symptoms of stress, I was getting rashes and my hair was falling out and I was having digestive issues. I realized like I wouldn't be able to afford to go see myself, luckily, I had a good network of people I could trade with and I could treat myself.

And, I was very blessed with that, but it really opened my eyes to accessible care and how accessible was acupuncture really and whose job. Was it to make acupuncture accessible was also a big question for me as a provider, I felt like I had a sense of responsibility and that of course, we all need to feed our families and have a roof over our head, but there is something that we can do.

To meet people where they are, even if it's just a small fraction. The third piece was I went to India at that time too to heal really. And I went there on this woman's retreat trip.

CC: I've been there too. Twice to teach.

When I went to India, though I was there to teach, I learned so much and I came with a spiritual growth that I didn't expect. So continue on your India story. I so connect with that.

MH: I went to India just to put my heart back together. And while I was there, we know we visited a lot of the temples there and there's a lot of poverty in India and there's a lot of chaos, but they have these beautiful temples where there's flowers and candles and statues, and they're open to everybody and anyone can go there.

And gather and you can worship and you can pray and you can grieve, you can forgive, you can manifest, you can do whatever your spiritual practice is and they're open to everybody, and I just love. That was available and it had me thinking about, where I live and in our Western world and like, where is that space? Where is a space that everybody can go that is open that you can gather? And you can heal, or you can pray, or you can manifest, or you can release, or you can forgive, right?

We have gyms and yoga studios, but that's a very like more of a yang activity.

I was thinking of more of a sacred yin container. So that was the third piece. I wanted to create this like sacred yin space that people could just go to. And I felt like when I was going through my divorce, that was what I was really needing to like a space that I could just go with this shared intention of healing, , that was my intention with creating my community clinic. And I named it Zen Den because that's exactly what I was needing. And it turns out. That's exactly what a lot of other people were needing to, and it took off rapidly. I started where I was and that's where I do coaching as well with other people who want to start community clinics.

And I always tell them, start where you are. I started my clinic on a patio outside of my current one on one clinic. And I just opened up like a lunch

hour for two hours a week. And I just did cash only walk ins only and that grew so much. I had to open a separate location and then that grew so much.

I had to open my hybrid clinic and move my whole clinic entirely. And I've been there for 5 years and it's just been like. the most wonderful blessing. We've just been steadily growing even through the pandemic we've been growing, which like baffles me. And I've got other providers in there now.

That's the story of how I started it and where we are now. And who knows where we'll end up.

CC: That's a great story. And I think that often we are in certain space or certain places in our life for a purpose. You were in India for a purpose to show you what needed to be done. Your divorce is the same thing when we go through traumatic event or emotional stress. I think at the moment, it's hard to see, but later on, we see that there are lessons to be learned that are going to help us, grow.

And that's the whole point of, the lesson versus the loss, right? It's not looking just as a loss. For people that don't know much about community acupuncture or they don't know enough of what's happening, can you walk us through when a patient arrived, the sliding scales, how do they get treatment, what happened, so people understand how community acupuncture works.

MH: Every clinic is different. I have done what works best for me. So I have a hybrid clinic, so I still have my private rooms where I do more in depth treatments, and if somebody comes in and. They're needing more than what the community clinic can provide. I'll refer them to a private treatment immediately.

But if you're coming in for a community treatment, we offer a sliding scale right now. Our scale is 33 to 55. The patient decides how much they would like to pay. We don't verify income. But we have a whole print up about the sliding scale that kind of explains. Our sliding scale and how it works.

And we do also offer membership program, which is interesting it's like a gym membership. You get auto debited a flat rate and you get four visits a month

or eight visits a month. That's awesome. Patients love that. A lot of people use that as more of a wellness care, like a wellness membership.

A lot of people they'll fire up their membership during allergy season, which is horrendous around here. A lot of people just like getting treated regularly.

I have a treatment menu, which is interesting that I've created, which you don't have to go off of, but it's more of an educational tool and it has different names of treatments that I've created that kind of direct the patient and educate the patient about.

Different things that acupuncture can treat. So one of them is like a sleepy time treatment. It's for people who suffer from insomnia or the stress treatment or the low back pain treatment, things like that. So a lot of times people will read down the menu and they'll be like, Oh, I didn't know acupuncture could help with hormonal balance.

Tell me about that. So the menu is helpful also as it directs their intake. So you don't have to do this big lengthy intake.

They just say, Oh, this is what I want to work on. I want to work on stress. And then you can ask, okay, where does stress show up in your body? And then all of a sudden they say, Oh, it shows up in my neck and shoulders. Oh, it shows up in my gut shows up in my job. I have a headache, right? So then you can start to.

Define, okay, you start thinking about what points I'm going to pick what my diagnosis is going to be. Instead of going at it from more of a traditional TCM diagnosis, you're more starting with what they want to work on and backward engineering your diagnosis from there.

AD: A lot of people know that I have three books. However, many don't that I also offer continuing education online courses. This is actually how I started Acupro Academy to support new practitioners. You can choose from TCM treatment for common mental disorders, fertility, pregnancy, thyroid disorders, but also specific ones like scalp acupuncture or cosmetic acupuncture online course.

All these are pre recorded, so you can watch them on your own time. And since you have access to them forever, you can revisit the information anytime you need. You will receive a certificate with your name on it after you pass a multiple choice quiz. And if you're truly not satisfied, With any of my online courses, I offer a seven day money back guarantee as I stand behind my products and truly, truly want you to benefit from them.

So go check them out on my website, acuproacademy.com and click the TCM course tab on the menu bar, or check out the link in the show notes below.

CC: Because obviously it is a community acupuncture, which means it's an open room with more than one treatment table or chairs, I should say. Let's say someone comes and they click or check their low back pain. Would you mostly do points that are easily accessible without taking your clothes off, which means below the knee, below the elbow, the face, the ears, the head kind of thing, or it doesn't matter if someone has back pain, would you treat the back pain or would you treat distal points because they can lay on their back, relax?

How do you go about that?

MH: Yeah, so all of the treatments in the community clinic are done in recliners. So all the points that I utilize are elbows down, knees down, face and head. So I use the balance method and I would treat only distal for back pain and I get really good results. For back pain.

If usually I'll treat them like one or two times and if if they're not responding, which is very rare for back pain, then I'll say, okay, it looks like you need a private treatment. Let's get you in a private room. And they're fine with that.

CC: Do you add up any kind of other tools, meaning heat lamp, moxa, anything doing community acupuncture? Of course, I know you can use ear seeds or ear, but anything else, any tools because it's community or you just stick to acupuncture?

MH: So everybody has a heat lamp. It's crazy. There's 10 heat lamps, like everywhere and all the cords and whatever, but I love it. I love heat. So

everyone has a heat lamp. Ear seeds as an add on. So that's 10 extra. We have a comfort menu where you can do add ons like a heated neck pillow is extra.

Ear seeds are extra. We have complimentary like essential oils that you can add onto your treatment for free. You can put it on a cotton ball and add it to your chest. You can enjoy that. No moxa, no Easton. Sometimes I'll do a little like gua sha, like on an ankle or something like that, or put a little liniment on at the end.

But those kinds of modalities are saved more for a private session.

CC: So let's say you have one practitioner and there's six patients for this practitioner and they all came at different time, let's say like maybe 10 minutes apart, how do you keep track of how long each patient has been with the needle retained for the treatment and it's time to take them out?

MH: That's a great question. Yeah. All stuff that I had to figure out. When I first started out, you make so many mistakes along the way. I would have my assistant like, with a timer so eventually I found these like hourglass timers with sand.

And they're silent and they're beautiful little time pieces. And I have these shelves above everybody's chair and after I put their needles in, I just turn it. And so I can look along the wall where everybody's chair is and I can visually see when they're done. So I can just, walk down the line and be like, okay.

But it is funny. Cause people will ask how much more time do I have? And I'm like, like an inch more sand. I don't know. That's how I keep track and it works great. Yeah. I love it.

CC: I think that's a fantastic innovative idea, once you take the needles out, do people automatically rebook? Do they just walk in and ask for treatment right there? Or do they have to make an appointment each time? How does that go for appointment perspective?

MH: So they'll go to the front desk and pay usually. And then they either rebook or book online is usually how it works. Generally when they leave, we tell them like, this is, we'd recommend you come. The best part about community is to be able to say, I want to see you three times a week.

And just to be able to say that, like the freedom that you have. And I don't know if you're like this, but I, especially as a new provider I, I would know what they would need, but I would know what that would cost and it would stifle me, I love to be able to say, I want to see you 3 times this week And to see them say yeah, I can do that and just be like, yes, and know they're going to get better and know that they can afford it.

It just feels like a win, and they come back and they come back in a couple of days and you can get feedback immediately and they say, Hey, that works. And you'd be like, yes, high five. Let's do it again.

It just feels like less of a fight, with community. So yeah, they rebook with the front desk. We also have online booking. They can book it through an app. It's super easy. We also do walk ins. That's really popular as well.

CC: I like the whole concept of offering community acupuncture because you're right. There's people that financially, I would want to benefit from this, but I can't, or I can't come many times and coming one time, as we know of acupuncture is not enough.

You're doing the Dr. Tan's balance method. Doctor Tan used to always say if you could treat people every day, be so much better. But not everybody can come every day, right? So at least if you could see them three times a week compared to on a private session, it is harder financially for people to say, Sure, I'm gonna pay, three times this week.

As a practitioner, you feel like, Oh, I'm not serving you. I'm not helping you because I can't because you can't afford it. Now you are passionate about community acupuncture. You are successful with your community acupuncture at the Zen Den.

You even have practitioners working now because of course it's so popular, which is awesome. So you ended up wanting to create a course to teach other acupuncturists how to start a community acupuncture if they wanted to do like you did help people in the community. So can you tell us a little bit about this course?

MH: The course happened on accident too. I got invited to teach one class and the class just filled up and the person that invited me to teach the class was like you should sell a course at the end. And I was like I don't have a course.

She's like, well, you should sell it and then make it. And that's what I did. And that was a couple of years ago. And since then I've like fine tuned and tweaked it. And I love this course. I've gotten such good feedback. Basically what we're talking about here, my whole business in a course, I talk you through every step of the way, all my spreadsheets, all my menus, all my scripts and treatment plans.

All the questions people have about my cart that I use, my time pieces, all the little things that I had to figure out to open my clinic. I feel like this course is really helpful taking you from idea to fruition as well as all the backend stuff, like all the front desk stuff, all the booking how to schedule people, how to talk to people about community acupuncture.

I love community acupuncture. I'm so glad I made that switch. I was so afraid I was not going to make money providing community acupuncture. I thought it would be like living a life of service and opposite happened, actually, like everything just blew up and my income actually doubled and I was voted the number one acupuncturist in my County, the last.

For years. So ever since I opened the community clinic, I've been voted the number one acupuncturist in the County. And I think that's just because of the exposure I've gotten, it's a volume game. Like the more people that you get to treat, the more people that get to know you and the more people refer to and you get known as the healer in your community, we're still, at least where I live, we're still educating people about what acupuncture can do. And the more we lower that barrier to people actually getting treated and yeah, that

means lowering the cost sometimes to get people in the door. To get to know you and get to know how wonderful you are and get to know how freaking awesome acupuncture is, acupuncture rocks, right?

How are they going to know it rocks if they are afraid to pay for it? So lower the barrier, let them pay for it, let them see how awesome it is. And then they're going to be a little more willing. To pay for a private session or pay for a package or maybe pay for a higher price program you have.

CC: I really like that you created a course because I think some people may want to do this, may want to offer community acupuncture, behind the whole community acupuncture, there's a business. And because we don't learn business in TCM school to start with, nevermind a community acupuncture,

so I like that you made a course for us because it literally helps. People that are interested in doing this, bypassing all the mistake, things that would set you back instead of setting you forward. So you can start and build it in the right way. So it actually benefits you as a practitioner.

And of course, your patients are going to come through the door. Kudos for that.

When I was looking into who you are, cause we have never met and I wanted to look more of what you do as well. And then you had this. Other side of you, which I absolutely love, you talk about lunar or moon acupuncture,

Following the lunar or moon acupuncture intuitive side of a practice, I just I recently did a podcast on circadian rhythm and I talk about the lunar phase and, the yin phase and all that.

What is lunar acupuncture, how do you use it in your practice? And so for people that have never heard of this, can you share about what lunar acupuncture is?

MH: So part of treating a high volume of patients, it really educates you as a provider. You start to learn some things. I see close to 100 to 150 patients a week, right? So you start to see these trends. And week after week, it was

got to the point where I couldn't ignore these trends. I would see, 40 people all having left side temporal headaches, and.

And be like, what is going on? And so finally I went to my front desk manager at the time. And she would say it makes sense with what's going on astrologically right now. And I would be like what do you mean?

And she would explain to me what was going on and then how it was in alignment with medical astrology and the symptoms that people were having. And so right there, it caught my attention. I started looking at how, okay how does TCM correlate with medical astrology? If astrology can affect our emotions and it can also affect our bodies, like how does TCM correlate with that?

What points can I use to harmonize that? And I started specifically just tuning in to the lunar cycle because honestly, that was the easiest. Astrology is very complicated. So I started to study the moon cycles and I started to watch my patients week after week. And I did notice when there was a full moon, all of their symptoms would heighten, right? Which makes sense because what are we like 70 percent water and, all the energy would heighten and come to the surface and emotions would come to the surface around the full moon.

All of our symptoms would get worse around the full moon. And then I also started to track the placement of the full moon and where it was at in the zodiac sign and which meridian was affected by that zodiac sign according to the meridian clock. So I started to track that, right? So for instance, this last full moon was in Scorpio and that is influenced by . the Kidney Meridian.

And so When that happens, you see a lot of symptoms, low back pain, a lot of emotional symptoms like fear, jealousy trauma, right? Insomnia, things like that seem tend to heighten with the full moon in Scorpio. So I started to select points that would harmonize that energy. And then I started to create a method around it, selecting different points that would harmonize the energy of the full moon.

So I would pick points that would ground and anchor that rising energy, that rising yang energy of the full moon. And then during the new moon, I pick points that Tonify the yin energy, tonify the qi, get the blood moving again.

Cause during the new moon, it's about nourishing and planting seeds and it's about manifesting really. So that is what lunar acupuncture is. That's a whole other course in and of itself. It's eight modules and I take you through all the phases of the moon. And I also released like a TCM toolkit every two weeks with points, oils, and crystals that are specific to the moon placement.

It's been a really cool method to develop. I love using it. Patients love working with you with it. They love to talk to me about it. They come into the community clinic and they want to know what's going on with the moon and how they can work with the energy at play, and they want to know what points I'm working with.

I have these like moon circles in my clinic with other women, it's just been like a really cool thing that I wasn't even into astrology and, but it got to the point where it got so much in my face that I couldn't ignore that something. Bigger was happening here that I had to study it.

And I was so excited when I did listen to your podcast episode about the circadian rhythms. And I thought that was so cool that you mentioned the lunar cycles. There is this thread coming. It's so interesting to see. The collective kind of pick up these different threads. And there is this thread with the moon happening right now that we're all picking up on in our own ways.

And I've seen a couple other TCM providers pick up on it as well. There's something there that we're all expressing right now that I think is really cool and unique.

CC: I think the world as a collective is being so much yang, the yin has to come at one point, the calmness, the feminine energy has to come in. So I think that phase is definitely coming. I love that. Also, you mentioned that in your lunar course, you using crystals because I love crystals. I'm a purple girl. Okay. I love purple and I have massive amethyst everywhere in my clinic, in my house. Like I love amethyst. I also love blue quartz and jade and

turquoise. I have a, a whole thing about crystals, but I love that you introduced that too.

'cause I just also did a podcast and I'll put the link in the show note for everything we're discussing today, including the links to get to see what Michelle is doing and where her course is. And you can check it out so it'll be in the show notes, but. I did a podcast also on feng shui, which is cosmological and also, uses astrology and feng shui really looks at crystals as well.

And to me, crystals are so powerful. And I think that's something that I love to learn more about. So right now, when you look at using crystals, within the lunar phase, how do you go about it?

MH: I mainly. Pick a crystal based on the zodiac sign, based on the placement and the energy of the zodiac sign, and whether or not it's a full moon or a new moon. So I work with Moonstone a lot, actually, around the full moon, 'cause that really resonates. I work with selenite a lot to clear energy around the full moon as well. It depends. It depends really on the zodiac sign where the moon is, because that is like the flavor of the moon. I love amethyst. That's actually one of my favorites as well.

It's funny that you mentioned Feng Shui, cause I got into Feng Shui for a little bit. And I read somewhere that like citrine is supposed to bring like wealth into your home or something like that, so I read somewhere you're supposed to put it in like the East corner of your home.

Don't quote me on this some kind of corner in your home and I like figured out where that was and it was my husband at the time. It was his nightstand. That was like the most East. So I like put this crystal like on his nightstand and he like goes to bed that night and he turns over and he was like, what's going on?

He's what is this witch stuff? Can you imagine if all of a sudden one night your wife just puts this crystal on her nightstand. Like you thought I was putting like a hex on him or something. It's so funny. I love crystals. I'm really into intention and I think crystals are just.

fantastic vessels for intention, right? And you can carry them with you and they hold their own vibration too, which makes them really unique.

CC: I really appreciate you coming and Michelle and I'm so glad we met because I love your energy the way you are passionate about obviously community acupuncture, but also the lunar phase, which is fascinating. And this is why I think you are innovative in our field because you go and search for different things and make it your own and mold it to what feels really right into your gut and you follow your intuition. So I really appreciate you being here and any final thoughts for anybody that's listening before I let you go.

MH: I just want to thank you so much for what you're doing and for putting your time and energy into educating other acupuncturists. I know when I first started out there wasn't a whole lot of resources, digitally, especially for us, but especially there wasn't a whole lot of women teaching, even though I think I read somewhere, 85 percent of acupuncturists are women.

That most of the people educating and teaching were men. And I just think it's so great that you're putting yourself out there and teaching and sharing your knowledge. So thank you.

CC: Thank you. More Yin. Feminine energy

MH: Yeah.

CC: It's balanced that energy, masculine and feminine energy. really appreciate that again. Thank you, Michelle. We'll have all the links in the show note if people want to know more about you and if they want to check out your courses as well So I appreciate you being here.

Have a fantastic rest of your day, and we'll talk soon.

MH: Thank you.

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

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