

Listen to this statistic, over 540 million people are living with diabetes globally. Out of those, about 38 million are in the U. S. alone. That's 11 percent of the population. And another stat that comes in is that 90 percent of all those people with diabetes have diabetes type 2, which is reversible, and we can manage it using Chinese medicine and acupuncture.

So today, I wanted to talk about diabetes, the treatment we can offer as acupuncturists. We're going to look at the different types of diabetes, what does it look like in the Western sense, but also what are the options for patients who have been diagnosed with it. We're also going to look at the risk factors and what can happen when it's not treated, as well as looking at supplements, nutrition, and then we're going to look at TCM treatments for diabetes, including ear acupuncture, of course, acupuncture points, formulas, food, nutrition, and stay till the end, because I will also share the best supplement to try to manage it.

Diabetes. Are you ready? Let's go. Welcome back to my channel. If it's your first time here, I'm Clara from Acupuncture Academy, and I create Chinese medicine and acupuncture content for students and practitioners, making it easy to grasp and fun to learn. Okay, so today we're going to talk about diabetes, and you heard the numbers that I shared when we first started.

I mean, this is staggering. What's also really interesting is that 22 percent of the people that have diabetes Don't even know they have it. Apparently, 8 million people in the U. S. were unaware they had diabetes when they were diagnosed. Among those 65 years of age and older, 30 percent of them have diabetes.

That is a really high number for the older population. That's why Chinese medicine is amazing when it comes to supporting patients with diabetes, because the population is aging, we have a lot of baby boomers, and so they need our help, right? Let's start by differentiating the common types of diabetes.

Type 1 diabetes is an autoimmune disease where the immune system attacks and destroys insulin-producing cells in the pancreas. It typically starts in childhood or teenage years, but can occur at any age. Type 1 diabetes unfortunately requires lifelong insulin therapy to manage their blood sugar. Type 2 diabetes is the most common form.

With this type, the body becomes resistant to insulin, or doesn't produce enough of it. The risk factor usually for this one can include genetics, a sedentary lifestyle, and of course, obesity, or specifically, a lot of abdominal fat. Unlike type 1, Type 2 diabetes can often be managed with lifestyle change, specifically diet change, and including exercise.

The third common type is gestational diabetes, which develop during pregnancy. I have an entire course on how to treat pregnant women using Chinese medicine, and in there, gestational diabetes is included. So if you want to know more, The link is below. Having said that, women who develop gestational diabetes during pregnancy have higher risk in developing type 2 later on in life.

So it's really important to manage or even prevent it so we don't have that problem later on in life. Makes sense, right? I also wanted to touch on pre-diabetes where blood sugar glucose are usually higher than normal but not high enough to be diagnosed with type 2. So it's really important to prevent it so it doesn't become this full-blown diabetes, right?

So this is when education, specifically diet and exercise, is key to help our patient and support our patient so they do not develop full diabetes type 2, which can be reversed, but it's a lot more work, right? Preventative medicine is the best medicine, always. There's also secondary diabetes that can result from pancreatitis or cystic fibrosis.

So that's much more rare compared to obviously type 2 diabetes. The key symptoms, excess hunger, excess thirst, and excess urination. Those are the three main ones. On top of it, there's a lot of fatigue, blurred vision, and slow healing wounds. One of the things that's interesting about type 2 diabetes is often there are no symptoms.

So it's kind of silent. This is why most people don't even know they have it. When it comes to Western medicine treatment for type one, it's going to be lifelong injection of insulin. and blood glucose monitoring. This is a really tough one. I had a friend of mine when I was younger, when I was 13. He was my age and everywhere we went, he had to be ready to have everything for him to inject himself in the bathroom of a restaurant or anywhere we were.

It is really tough. It's not an easy thing to have to deal with, right? Type 2 is much easier, although it's hard because it also involves making sure that we are eating a really healthy diet. When it comes to type 2, blood sugar monitoring is important. There's a lot of medication patients can take, like metformin, for example.

But it's really key to exercise and eat that really nutritious diet that is high in fiber. High in omega 3 and vitamin D, and that is also very balanced with healthy food. We want to make sure we eat a balanced meal that has protein, fat, and carbohydrate, and we don't want to have a lot of sugar, which makes sense.

For gestational diabetes, usually we have to monitor the diet and the exercise, and sometimes patients may have to have insulin therapy, if necessary. Now the problem with diabetes, type 1 or 2, because when it comes to type 2, eventually if it's not treated, it can really escalate. And the potential complication of this disease is what's really scary.

It can lead to cardiovascular problems, kidney failure, Nerve damage like neuropathy can lead to amputation if it's that bad, which to me is just so scary, right? Specifically when it can be reversed by monitoring and by diet and exercise, right? That makes no sense why we would not use this to our advantage to prevent the damage.

It can also create a lot of eye issue leading to blindness. And there's other complication like ulcers and infection. So this is a really scary disease when it can lead to all the damage it can do to the entire body. Now, let's look at Chinese medicine view and treatment when it comes to

diabetes. And at the end, I will share the best supplements that can support our patients who have been diagnosed with diabetes.

Before we look at the patterns and the acupuncture points for diabetes, I wanted to remind us of when we look at diabetes type 1, What does that look like in TCM perspective? Usually, that is a kidney and liver deficiency, mostly because it is a kidney essence, which means that we can't reverse it. When it comes to type 2 diabetes, this is more of a spleen and stomach system in Chinese medicine, because the pancreas in TCM is part of the spleen system.

So that's how we look at it from that perspective. Does that make sense? Let's start with ear acupuncture. Super simple. We want to do the endocrine point, the spleen and stomach, and the liver. You can do two on one side and two on the other side. It's perfect. I like to do this for gestational diabetes during pregnancy.

It works really well for patients. Okay, so now let's look at the main patterns when it comes to diabetes. The first one is long in stomach heat, which makes sense because the stomach is the generating organ of fluids. So usually when there is type 1 diabetes with hunger, or constant hunger, constant thirst, and excessive urine, with dry mouth and dry throat, with a red tongue and a yellow coat, and a full rapid pulse, this is a long in stomach heat.

And obviously, we're not going to cure this, but we're going to be able to help manage the symptoms. So, we want to bring the heat or the stomach heat down with stomach 44. We want to use kidney 7 because it's going to help us when there's yin deficiency. And when there's stomach heat or type 1 diabetes, that's There's usually some yin deficiency underneath it.

Spleen six has to be there to balance the digestive system and the pancreas. Stomach 36, same thing as well. And then we can do bladder 13, the back shoe point of the lung or lung one as well. So one or the other. And we can do long five to clear the heat from the lung. This pattern, I don't see a lot in practice.

The next one is damp heat in the middle jowl. So this patient's going to be really thirsty. It's going to be hungry all the time. Like constant hunger, abdominal pain, bloating. and usually nausea after eating big meals. This person's going to have a yellow greasy coat on the tongue and a slippery rapid pulse.

So this is usually a type 2 diabetes and we're going to use points to clear the dampness like spleen 9 and REN 9. And then we can use points to clear the heat like large intestine 11 and stomach 44. And then we want to balance the stomach, right, which makes sense, with the front moopoint of the stomach, which would be REN12.

I would add up gallbladder 34, because it's a great point to clear damp heat, specifically in the digestive system. The third pattern is a qi shift. And yin deficiency, the symptoms for this is excessive thirst, frequent urination, but this one is really murky, turbid, and it's worse at night because that's yin time.

The patient is very fatigued, depressed. Has shortness of breath, dry stools, like little pebble stools, and tendency to constipation. They do have a pale face, that's a chi deficiency, but they do have red cheeks, and that's the yin deficiency. The body is thinning, so they're losing weight.

And their memory, specifically long term memory, is not good. They have a tendency to have dizziness, insomnia, where they toss and turn all night, and they do have night sweats sometimes, even night and day sweats, so both. This is usually when patients are going from type 2 diabetes for a long time, and slowly going and becoming type 1 diabetes.

So this is kind of like a transition one. The tongue is usually red. With a scanty coat, but it might be swollen depending if the chi deficiency goes towards Yang deficiency. Not always. Now the Chi deficiency also comes from Spleen deficiency. So there might be a swollen tongue because the Qi deficiency is from the Spleen and so the transportation and transformation of fluid is not happening.

So there's excess water in the body, which can show on the tongue, but it doesn't always show. So I don't want to emphasize on this. The acupuncture point for this is we need to nourish the spleen sheath. So with stomach 36, spleen 6, bladder 21 and 20, the back shoe point of stomach and spleen. And then we want to tonify the kidney because this is mostly a kidney yin deficiency by now.

So we can do bladder 23, the back shoe point of the kidney. Kidney 7, also kidney 6 would be good. And then we could do heart 7 to calm the mind because of the insomnia, which makes sense, right? When there's kidney deficiency, yin deficiency, there is usually some heart mind issues. Now let's look at kidney yin deficiency by itself.

Now this is definitely type 1 diabetes, completely. It is frequent. Urination that is worse at night, dry mouth, a dark complexion, dry dark ears, this is the kidney, dizziness, tinnitus, and this is the tinnitus that is low pitch and constant, low back pain, knee pain, for male there could be impotence, And there's also thirst and hunger, but losing weight.

So this is definitely type 1, and we can't cure it, but we can help manage the symptoms with kidney 3, kidney 7, kidney 6. So do a lot of kidney nourishing points. I would put spleen 6 in there as well. Because it's such a great point to balance the yin deficiency and we could do back shoe point of the kidney with bladder 23.

Heart 6 if there was a lot of night sweat that could occur or heart 7 for any kind of insomnia. The next pattern, which is spleen and stomach cheet deficiency, this one is definitely a type 2 diabetes, and it has excess thirst, as usual, poor appetite, which means irregular eating habits, wanting to eat nothing during the day, but starving at night, and that is often the case, and then the person is eating a lot of bad food.

big, large meals. They have a tendency to have loose stools. That's a spleen deficiency. They feel depressed. They have definitely abdominal fat, but also abdominal bloating that gets worse after meals. They are going to lose weight except on the abdominal region. The best acupuncture point would be to tonify spleen and stomach chi, so with stomach 36, spleen 6.

And then we can do bladder 20, which is the back shoe point of the spleen, and bladder 21 of the stomach. We can do REN 6 to tonify qi or lift qi, and then spleen 3, because it's the best UN source point to help spleen transport and transform the food. Which is usually a problem when there's a lot of abdominal fat.

The last common pattern is spleen and kidney yang deficiency. So again, the spleen now is started with probably type 2 diabetes and slowly, slowly it's getting worse as the person age. So this pattern affects mostly people over 50. And they are very, very marked by excessive thirst, hunger, And excessive urination.

The body is always cold, the person feels chilly all the time, specifically in the abdominal region. They're exhausted, they're fatigued, they have low libido, they feel depressed. And they have low back or knee pain that is worse on cold days, or cold and damp days. They have tendency to have incontinence, loose stools with undigested food in the stool, and their tongue is usually pale, swollen with a wet coat.

The pulse is deep and weak, specifically in the kidney position, and it may be slow if the kidney deficiency is very pronounced. So we can do MOXA for those patients, specifically MOXA on DUFOR and REN4 and we can add SPLEEN 6, STOMACH 36 to nourish and tonify the kidney young and the spleen young, but also KIDNEY 7 which can help as well.

So those are basic, basic points. This is just to give you the common patterns when it comes to diabetes. But they're not exclusive. Of course, we always have to make a diagnosis for each patient. This is just a guide to help you, by the way, if you haven't invested in my Chinese medicine treatment made easy book, it covers over a hundred and 60 syndromes with acupuncture points.

herbal formulas and so much more. It ships all over the world or if you'd rather have the digital version You can also invest in the pdf which has tons of video links to support and complement it Check out the link below and invest in your copy today. When we first started I mentioned supplement I think supplements are such a great tool to have to help our patients as well Number one is magnesium, which has been found to help people that have blood sugar imbalances.

Because a lot of patients who have diabetes have been found to be deficient in magnesium, specifically women. The next one is vitamin D3 because it is involved in insulin secretion and sensitivity. So deficiency of this vitamin specifically has been linked to increased risk of type 2 diabetes and poor glucose control.

Vitamin D may support a healthy blood sugar. The next one is omega 3 fatty acids. Omega 3 may help with decreasing inflammation and improving cardiovascular health. It can be very beneficial because a lot of patients with diabetes may have or develop some cardiovascular issue later on. Now the next two are very specific to balancing blood sugar.

The first one is chromium. Chromium plays a role in insulin action and glucose metabolism. There's been conflicting evidence with chromium, but if it does help the patients, then why not? One of my favorite one is a Chinese herb, which is gui zhi, or cinnamon. Cinnamon in the western herbal medicine sense has been shown to help balance blood sugar.

I love cinnamon! Now, it's really important to use saline cinnamon, not the cassia one. And it can be taken in capsules or in tea form, which is so perfect if you like the taste of cinnamon, like I do. Apart from supplement, it is really key to educate our patients in lifestyle changes, weight management, healthy eating habits, exercises, and monitoring blood sugar levels, especially for those at higher risk, is really key to supporting our patients.

Education, preventative medicine, those are two things we have to really take the time to do with each and every one of our patients. I believe this wholeheartedly. One other thing to keep in mind is that patients will need coping strategies. Mental health support, because nobody wants to be sick or to have to deal with an illness for the rest of their life.

Specifically with type 1. Relaxation technique, mindfulness, meditation. All those are going to help our patients be more calm and being able to manage and handle the disease. One of the things I wanted to share is very personal. I love Stomach 40. It's my favorite point of all acupuncture points. And one of the things that I love about Stomach 40 is that actually, it helps balance blood sugar.

I use it during pregnancy all the time as a preventative measure or if the patient has already been diagnosed with gestational diabetes. Stomach 40 is the lower connecting point from the stomach. And so it really is a great point to balance that digestive system, the pancreas, the liver, the whole mechanism when it comes to insulin and blood sugar levels, combined with its opposite, which is spleen 4, the lower connecting point from the spleen to the stomach.

Those two together are great to help the body regulate itself and balance blood sugar. So spleen 4, stomach 40. Perfect combination of the Lua point. By the way, if you haven't seen my Lua connecting point video yet, I'll have the link for you below because it's one of my most popular ones. I never take you for granted.

Thank you so much. And if you think someone may benefit from this information, text them the link right now, so they can also see the amazing benefit that Chinese medicine has when it comes to diabetes.

Keep rocking it using TCM. Have a fantastic day and I'll see you in the next video.