

Let me ask you a personal question. Are you someone that worries a lot? And or overthink everything. Well, welcome to the club, my friend.

Today, I'm going to talk about worrying and overthinking and what we can do when it comes to Chinese medicine treatment for those two. Really mental health issues that so many of us, including so many of our patients suffer from we're going to do the distinction between worrying over thinking anxiety.

The physical symptoms that comes from those two emotions and then wanting to talk about the Western views. And then we'll look at Chinese medicine treatment, including the best acupuncture points to calm that mind that overthinks. And I'm going to share a couple of personal stories about worrying specifically and overthinking. Are you ready? Oh, let's go.

Welcome to Acupuncture, a show dedicated to making Chinese medicine and acupuncture easy to grasp and fun to learn. Hi, I'm your host, Clara Cohen. I support practitioners and students, like you, in changing the world one patient at a time. My goal is to share my passion for TCM and empower you to achieve superior patient care.

I love to showcase the amazing benefits of acupuncture, because after all, acupuncture rocks!

I don't know if you can hear, but just someone outside cutting wood with a chainsaw for the last couple of days around my house, I don't know who it is, what they do, but it's pretty loud and I've been waiting for them to stop to record this video, but, I can overthink it to death.

And instead, I'm just going to do it because I know you are going to benefit from this. We're going to have so much tips and ideas, and we're going to learn how. How we can help our patients who worry all the time. And overthink. I'm an earth personality, according to Chinese medicine. And if you haven't seen my videos on the five archetypes from the five elements or five personalities, I'll have the link in the show notes below. But I wanted to start by saying that. As a child, I was worrying all the time. So it probably led to some anxiety a lot of the time, but I was a warrior.

Now I'm a generation X, we rock. Okay. We lived in a completely different way that kids live today. When I was a child, my mom was a single mother of three and she worked 12 hours a day, every single day. I did not like to eat the food at the school because it was always cold and it always tasted bad.

So I complained to my mom all the time and she said, listen, if you can cook on the stove yourself, you can come home at lunch because I live literally five minutes walk from the school and you can cook for yourself. And I was like, no problem. So at eight years old, I started cooking on a gas stove.

This is gen X for you. My friends. This is gen X for you? Yup. That's what we did. So. I came every day and I made a lunch on the stove, which you have to light up with a match. My mom

gave me the lesson. Over and over and over, make sure this is turned off because if it's not turned off, the gas is going to come out and a whole apartment building could explode and everyone could die all my gosh.

When she told me this, I was obsessed with this. I don't know why, but I worried about it all the time. So my mom didn't mean to do this to me, but I constantly worried. Worried about it. So I would make my lunch. I would make sure three times that everything is close and everything is turned off. No problem.

Then I would go back to school and I'd be sitting in class going, oh, I don't think I closed it. Everybody's going to die. It's going to explode. It's all going to be my fault. And then I got into this massive anxiety that started from the worrying about the gas stove. As I grew and became an adult, I did this a lot. I've only ever gone back home because you're like, I'll think I locked the door. Did I lock the door? I think I didn't lock the door, even though you checked before you left, you're going back because you think, no, I don't think I locked the door.

We have all done this and we know if we don't go back, we're going to worry and worry and worry. So we have to right. This is who I was pretty much my whole childhood teenage years and early adulthood. I worried about everything and I always thought that everything that was going to become a catastrophe. Would be my fault and I would feel terrible for the rest of my life.

I had this big cloud of, in my head about worrying. With time. Lots of work. Lots of self-development. I learned not to do this, so yes, once in a while I worry. But boy, it doesn't take over my life like a used to be if you're still at warrior. Let me know. I would love to hear how you coping with it.

One of the best way to cope with this. Is acupuncture and Chinese medicine. So that's what we're going to talk about today.

Research indicates that people that worry constantly do so for about five to seven hours every day. And that's when they're awake, which means if you sleep eight hours and you have 16 hours of a week time. You are going to worry half of that, that's a lot, a lot of parents worry because of their kids where they are.

Right. This is normal, but if it takes over. Our lives, then it becomes a problem when I have patients coming in and I want to know what's going on. I always ask them, do you worry easily? Are you an over thinker? That's the other thing we're going to talk about? All the thinking doesn't mean necessarily we're worrying. But worrying means we are overthinking. Let me say that again, worrying means we are overthinking, but when we overthink, we're not necessarily worrying. Yes.

Now, worrying can be productive because we're going to focus on a problem and we worry about it. We try to solve it once it's solved, we can move on. So it's not a bad thing. There's

always a yin and yang word balance to everything, right. But that's when we become obsessed with it, we worry on something that hasn't happened.

And we worry about something that may happen, right? Maybe you're driving in the car and you're constantly worrying. You're going to get into an accident. Maybe you're constantly worrying that your child is going to get hurt while they go snowboarding. Right. It's constant worry where we can't let go because there is nothing we can do.

There's no controlling the situation and we're just continuing to worry. That's when it starts to really affect the body physically and emotionally, and it creates a lot of chronic disorders. Let's talk about this.

But before we do. Let's look at overthinking.

Overthinking is excessive dwelling mentally on one thing.

And it can be draining and unproductive. For example, someone said something to us and then we're like, What was she meaning with that? Did she mean this or did she mean that? I don't think I liked the way she said that was she like mad at me. I don't get it. And then we start obsessing. This happens to me online because I'm online a lot and people will say things really fast and they'll write something, but there's no tone.

So you don't know what people say. And I read this and I'm like, what do you mean. I don't want to understand. Right. And I start thinking how I can respond. And the overthinking I'll give you an example. Someone said one time to meet. I love your videos, but I hate your accent. Can you lose it?

Yeah, right.

That you tell me. But the point is then I started overthinking, how do I answer this without being, you know, condescending? How do I answer this? , I started overthinking, how do I answer this being polite? But at the same time, I don't want to be polite. I want to say, what do you mean? I can't change my accent.

And then that overthink things. And my husband's like, just sit, okay. And then move on. He's not an overthinker. Oh, I envy that from him. I do overthink a lot of everything. When I have a patient that's struggling. I think about them. What can I do for them? What solution do I have? I'm not worrying, but I'm over thinking everything I like to. Analyze and comprehend and found solution.

And so sometimes I need to kind of breathe calm down and not take all that energy. For hours and hours, and then finally found a solution hopefully, and let it go, or at least write it down. So I learned to write down things. Once I write it down, then I don't have to think about them. That is a great solution for me anyway.

Are you hearing the chainsaw?

I hope you don't. But anyway, the guy is cutting a lot of wood, maybe building a cabin. I'm not sure. Anyway.

The key difference between worrying and overthinking.

Is worrier specific. Over thinking is a little bit more broad. Yes.

Worry can be short or long lived. Overthinking lingers, no matter what, it is not short-lived.

Where we can lead to action. Or to overthinking.

Over thinking. could lead to worry, too, this is the chicken and the egg. And what do you know worrying? Overthinking is related to the spleen. And stomach specifically the spleen energy system in Chinese medicine. And it is at the center of our health because it's our digestive system. So the connection of the gut and the brain, for a lot of people, when they worry so much, they get an ulcer and they get a hole in their stomach.

That's the emotion. period of worrying for long period of time that eventually breaks the body down at the cellular level, which is crazy right. And makes a hole in our stomach. So stomach and spleen definitely affected by worry and overthinking. And there's a lot of digestive system that occurs like diarrhea or constipation or nausea, vomiting when we worry so much.

And for some people overthinking now that often the worrying can lead to anxiety, which also. Comes out as maybe palpitation because it affects the heart as well. Right. And insomnia and more symptoms.

What are the main symptoms of worrying over thinking fatigue? It's exhausting. Like I said, it's exhausting to do this for hours. Digestive system issues because it's related to the spleen in stomach and the digestive system. Sleep problem insomnia. When we, where we, we can't fall asleep. That makes sense.

Palpitation increase in heart rate. And shortness of breath, which affects the upper jiao the lung, the heart system. Because we can't take a big breath because we are wearing. And for some people, a lot of tension, muscle, tension, and headache. So that's a cool right. If we can prevent this and calm the mind, so the person can handle the situation better, then we don't have all those physical aspect that comes up.

Now the other thing that happens when we look at the five element theory. Earth generates metal. So earth is the digestive system, which has been in stomach metal is lung and large intestine, which is the immune system. So worrying and over thinking. Actually. Decrease our immune system, because when. Earth is supposed to generate metal.

If earth is weakened by all this worry. And, overthinking it cannot generate a healthy immune system. So the immune system decrease and then we get sick all the time. So if someone comes and sees me and they have an issue with the immune system and they're like, I come to see you because I'm sick all the time and it takes me forever to recover.

Then I would say, okay, let's look at the whole picture and use the five element and see where does the root cause come from? And. Then when I can see that it's coming from maybe worrying, overthinking, effecting the digestive system, and maybe the person is not eating a really nutritious diet, the immune system gets affected.

So now I need to treat the immune system, but I also need to treat the root cause, which is the digestive system or spleen and stomach and calm the mind from that worrying and overthinking.

And coming up, I'm going to talk about the three best acupuncture points that we can use, even if we don't have a TCM diagnosis for those who worry and overthink.

The other sequence in the five element is spleen or earth controls water. Right. Which means spleen and stomach or the digestive system controls aging or kidney and bladder. So when someone worries and overthink for many, many years, what happened is they deplete the kidney qi. Because the spleen and stomach overpower the kidney.

And so we're going to age much faster, unfortunately. So depleting, the kidneys means we're aging faster. And so again, we need to go back to trying to help and mitigate all that worry and overthinking. Yes. The five element is a super, super good way to look at the root cause and how many systems are affected.

So when we look at treating the patients, we. We can treat all those systems. Yes. Okay.

Now let's look at the Western view when it comes to worry and overthinking. The gut produces over 95 of the body serotonin. Which affects mood, appetite, and sleep. This is why keeping your gut healthy or spleen and stomach in Chinese medicine is so important. See the parallel there, it's not just about digesting food, your gut plays a big role in how you feel every day because the gut brain connection is so powerful. And in Chinese medicine, we know this because worrying over thinking affects the spleen and stomach. Creating a lot of fatigue. Muscle weakness, heaviness. The inability to focus, to concentrate and so much more.

Let's talk about the Vagus nerve. I think that is a very in and popular nerve to talk about lately. The Vagus nerve is like a direct hotline between the boss, which is the brain. And the worker, which is the gut. This nerve is, super long. It starts in your brain and travels all the way down through your neck, chest and into your belly. It's actually the longest nerve in the body.

The vagus nerve is a key part of the parasympathetic nervous system. So we understand why acupuncture works so well because it literally access the vagus nerve because acupuncture puts the patient in a parasympathetic state. What did I say?

If you still struggle to come up with the right treatment protocol for your patients, you are going to love my third book. By popular demand, I have created a guide for TCM treatments for over 160 common syndromes with acupuncture points, herbal formula, ear points, diet, and so much more, including many, many of my clinical pearls.

So this is a really game changer for acupuncture students and specifically for practitioners. You can download the digital version on any device and it comes with many video links to complement it. If you're like me and you'd rather have a hard copy version, the publisher ships it all over the world.

But before you invest in my Chinese Medicine Treatments Made Easy, I want to make sure it's everything you were looking for, so you can download a sample of it. Listen to what people who invest in this book had to say. Thank you, Clara. This is exactly what I needed. I love how you organized this book.

It's truly helping me in my first year in practice. Yay! So excited, bought it immediately, it will be a great resource for studying for boards. That's awesome, oh my god, I immediately purchased this and it is such a bargain price that I almost feel ashamed for paying what I believe is worth of much, much more.

Even as an experienced practitioner for over ten years, I like your stuff just as much and benefit from it. Yay! All this is just so rewarding for me. So I hope you get your copy if you don't have one. The link is in the show notes below. Or you can go to my website acuprofacademy.com and click the shop tab on the menu bar.

You won't regret it. I put so much heart and soul in it. I hope you enjoy and benefit from it and in turn your patients do as well. Before we start talking about Chinese medicine treatment for those two emotions, because they are categorized as emotions in TCM perspective.

I wanted to share another story with you because I think it always illustrates the point. This is a great story, by the way, I love to tell the story. It is a true story of my childhood. I did not make it up. Listen to this because you're going to think what that's impossible. Oh, it's possible. As I said, my mother was a single mother of three.

We live in a small apartment. We didn't even have a bathroom. We wash in the sink and we shared a toilet at the end of the hallway. The rent at that time when I was a kid, I was about nine or 10 and the rent at the time was 450 francs.

Okay. This was before the euros. Yes. That takes us back to the seventies.

One winter today I'm all alone at home. I lived in an apartment building that had about six apartment in the first floor. This was one bedroom apartment, like a kitchen, and a bedroom is very small.

Someone knocks on the door. I opened the door and here stands a lady holding the hand of a little girl that is four years old. I found that out later. They look tired, ragged. Her coat's got holes in it. And then she says to me, Is your mom or dad home. And I said, no, I'm all alone home.

Yep. I opened the door to a stranger. Please don't repeat this, but this is what gen X people did. They left their kids at home and they forgot to tell them to not answer the door. I said, no one they're not here. And she said, we're so cool. It's so cold outside. I'm from the French Alps. There was a lot of snow outside.

It was winter and it's really cold. And she said, do you have anything that can help us some food or something warm? Because we're so freezing. I felt so bad. I'm an empath. Since I was a child, my mom had a hard time with this. I invited this lady and her daughter into our apartment.

She sat down, I made some tea for her for warmth I made some soup for both of them. Cause we had a couple of cans of soup and I gave her a soup and the tea. And then we talked for a while and I felt so sad for them because I was thinking, at least we have a roof on our head. They don't, she's telling me that they don't have a place to live.

They don't have an apartment. They slept outside last night. There is no shelter in my hometown. I come from a ski resort in France, there is no shelter available in that town., I felt so bad for them that I went into our sugar box. So we used to have a sugar box that had little cubes of sugar because that's how we grew up. It wasn't in powder. It was cube of sugar. My mom used to empty this. And put a 500 franc bill into a little plastic at the bottom of the sugar cube box, and then cover it back with the sugar cubes because she didn't use banks.

She didn't trust anybody, but keeping her money. So a sky under the mattress, except it was in the sugar box. And so I went into sugar box and I gave our rent money. to this lady ' cause I felt like it, at least she could found a place to stay for the night and stay warm with a daughter. She thanked me like 10 times she hugged me.

She said, oh my God, thank you so so much. I can't believe you did this. Thank you. Thank you. Thank you. Took her daughter and they left. As soon as I closed the door. I started worrying. Oh, my gosh. What is my mom going to say? I gave the rent money away, even though it felt right at the moment, Suddenly you backpedal.

And you're thinking my mom is going to lose it on me. Her liver yang is going to rise so high. I was really worrying. I started feeling nauseated. I couldn't eat, I couldn't do anything. I just worried, worried until she came home. She came home about four or five hours later at the end of the day. And then I had to tell her. So I told her what happened.

And then I told her, I gave them the rent money and of course, As predicted she literally exploded liver yang rising volcano explosion asking me if I was crazy. So those people have a place to stay and now rent is due in three days and we don't have the rent. How are we going to pay the rent there? And evict and my mum got so upset.

And then I was like, oh my God, they're going to evict us because of me. We're going to end up in the snow in the street, in the winter. What have I done? And then I started worrying, overthinking, worrying, overthinking. Two days before. So the next day sat on her bed at night and started crying.

And you see your mom crying is very hard, right? It's just so hard because my mom was my champion. My dad died when it was five, so she was everything to me. And she's crying. How am I going to pay rent? How am I going to pay rent? And I don't know why, but I said, it's going to be okay. It's going to be okay.

Cause I was worrying. I didn't want her to also like fall apart cause I needed her to stay strong. So I said, it's going to be okay. It's going to be okay. And she goes, how's he going to be? Okay. I don't have the money. And I remember thinking, no it's going to be okay because I give this money away.

And this person is now in a better state or she has help. So we're going to get helped. Right? That's how it works. You give you get back. That's how I thought when I was nine years old. I have never changed that if you give a lot of value, like I'm doing right now, It all comes back to you because people are going to be so impacted by it. Which is a little ripple.

And if you are impacted by what I share, then your patients in turn are going to be impacted. This is such a ripple. So the next day I go to school. My teacher says, oh, you're friend Marie is sick with the flu right now. Can you bring the homework she needs to do for next week home to her? No problem. After school, I walk to my friend Marie's house, which is about 20, 25 minutes walk.

And it is snowing. Like you would not believe it's coming down so much snow. So I walked there. Her mom was like, I don't want you to get sick. So I'm going to take some homework. She gave me a hot chocolate and then I'm on my way back home. By then it's dark because it's winter and it's five 30 and I'm walking home and my head is down face down.

I have my hood over my head and I'm walking in. It's just snowing, snowing so much. And right in front of me, as I step in the snow, I see a crumbled piece of paper. I don't know why, but I felt compelled to pick up this piece of paper and with my gloves. I unfolded it. And it was a 500 Franc bill.

This is a true story. I'm not making this up. This is called the law of attraction, whatever you put out in the world, it comes back to you. So I ran all the way home with my 500 bill, so happy to

have this. I ran into my house, my mom came home and I showed her the bill and I said, look, it fell from the sky.

And my mom's like, where did you get this?

I said, that fell from the sky. It was on the ground on my way home. And she goes, where did you get this? I said, I don't know. It fell from the sky. So we have the rent money for tomorrow. And that's the story. That is one of my favorite story to talk about when we talk about how, whatever thoughts, action and things you do in the world. Always come back to you. If you have good intention and you believe that you are giving with your heart with no agenda. Okay. So. Back the worrying and overthinking, because this was a positive story.

Right. Did you like that? Okay.

Here are the causes of worrying and overthinking according to TCM.

Emotional stress, emotional trauma, irregular diet or a diet. That's not nourishing the brain or not nutritious. Lack of exercise too much exercise, or a lot of stress, overwhelmed overworked. Those are all causes or possible causes of worrying and thinking according to Chinese medicine. Now, before I talked about the three best to point when it comes to overthinking and worrying. Let's look at ear acupuncture. I love to use auricular acupuncture.

It is so beneficial and you can put your seeds so patients can go home and actually press on them to activate the point. Or you could obviously do it while you're giving a treatment.

Here are the best for auricular acupuncture point for worrying. And overthinking because it affects the spleen.

We're going to do spleen because it affects the heart because long-standing emotions and TCM always affect the heart mind. We're going to put the heart. We're also going to put the liver because a lot of times this is very stressful and liver gets affected by stress. And of course, shen men, to calm the mind.

This is the gate of the mind. We always have to put shen men. That's it. Easy.

Now, we're going to look at TCN patterns with their symptoms and acupuncture points when it comes to overthinking and worrying. But before we do, if you have a hard time making up your diagnosis, cause that's the hardest part of TCM, by the way, I have a whole masterclass on how to make TCM diagnosis. Easy it's an hour and a half.

You get CEUs and people have taken it. Absolutely love it. I give you a framework to help you make a diagnosis super simply. And so you don't struggle as much. The link will be below. Check it out now.

At the beginning, I mentioned the three most powerful acupuncture point for worrying and overthinking. If she's still not sure about your diagnosis, make sure to use those three points. Spleen five best point for worrying and overthinking specifically when it creates a lot of fatigue, which depletes the Spleen make sense.

Right. Spleen six. Of course it's being six as a crossing point of Spleen liver and kidney. so It's great for mental health issues, specifically worrying and overthinking. Uh, stress, which affects the liver and aging affects the kidney.

Right. And it affects her reproductive system. So spleen six has to be there. And of course the third eye. Yin Tang. Very good at calming the mind. Now there's a lot of the points you can put depending on what's happening with the person. If the worrying and overthinking create some digestive issue, like. Nausea. Then pericardium six would be a great point, right?

If it creates a lot of palpitation, REN 17 would be a great point, there's a lot of points that we can put to calm the mind. But first let's look at common patterns, according to Chinese medicine. We've. After symptoms and acupuncture points.

So the first one is liver overacting on spleen, which makes sense because when we're really stressed, liver qi becomes stagnated. And of course, according to the five element theory, it overpowers the earth or the spleen and stomach and creates a spleen deficiency. So those people that have that pattern, which is liver qi stagnation, creating spleen qi deficiency or liver overact over control spleen. We're going to have worry over thinking, but moody, irritable. Rib pain when we are stressed, meaning it's kind of like that being in between the intercostal space, poor appetite, meaning craving sweets and eating at irregular hours or irregular time, but no hunger in the morning when the person is waking up.

Now there's going to be loose stools. And maybe some of those people will have you imitable bowel syndrome. If this affects women, PMS will be quite pronounced with a lot of breast tenderness, constipation, bloating, moodiness, and feeling clumsy. That's a big one doing PMs as well. The tongue would be pale and the pulse would be wiry, maybe weak on the spleen area, on the right, depending on how weak the speed is. The best formula for this is Xiao Yao San, which is often translated by rambling powder or easy. Wander because it's supposed to calm and regulate your qi and be smooth. Now acupuncture point wise. Of course, we have to do the four gates liver three large intestine four.

We also want to do the front mu point of the liver, which is liver 14. To kind of calm that level of energy. Spleen six, as I mentioned earlier, has to be there. Stomach 36 to 25 spleen qi, right. And liver 13, because liver 13 is the front mu point of the spleen. So now we've really covered between spleen and stomach.

And I would add spleen five every single time and yin tang as well.

The second pattern is very common, which I see a lot in my practice specifically with women. Heart and spleen qi and blood deficiency. Now the person is worrying a lot, overthinks everything to the point where they are obsessive there's obsessive thinking.

They have palpitations insomnia, and this is the kind of insomnia where they cannot fall asleep. It takes them a long time to fall asleep. They feel fatigued specifically in the morning. They feel like the muscles are weak.

They have loose stools. Uh, pale face, poor appetite again. So which has irregular eating. They feel anxious. They have a tongue that is. Pale with teeth marks on the edges and the pulse is weak. It could be choppy if there's a lot more blood deficiency. Now, if there's a lot more blood deficiency, there's also going to be poor focus. Poor concentration as well. A great formula for that is gui pi tang, which is a formula that means nourish the speed formula is perfect for heart and spleen qi and blood deficiency. Now we can use the back shu point of spleen and heart, which is bladder 20 for spleen and bladder 15 for heart. Obviously we are going to tonify qi with stomach 36. And we can also tonify blood with liver eight stomach 36 also tonify blood as well. So it's kind of dual function.

We want to put spleen six. I would definitely also put spleen five and yin tang. And we can add ren 15, ren 17, if there's a lot of palpitation or heart issue coming up like anxiety. Now this is just a guide. This is just a basic, it doesn't mean that this is the only thing to do. It's just to kind of give you an idea of how I go about treatment. The last most common pattern.

It doesn't mean that everyone is either one of those. It could be something totally different, but those are the ones that I see the most in clinical practice. Okay. So the last one is. a little bit different because we don't always think about it, but I talked about it at the beginning.

How digestive system. Basically generates your immune system. So if digestive system so spleen and stomachs a week, then lung and large intestine would be weak. So this pattern is lung and spleen qi deficiency. So the person is of course, worrying and overthinking the cry easily. They get really moody where they just get so stressed and then suddenly burst into tears.

The fatigue, of course they have shortness of breath. They are catching cold and flu easily. They sweat easily as well during the day specifically when they worry and overthink. They do have loose stools because it's a spleen qi deficiency as well. And if they're exhausted, they may cough during exertion.

So if they try to exercise, it's like, Shortness of breath and cough, cough, but nothing's coming up. It's completely just a lung qi deficiency. So the tongue is pale and the pulse is weak. Now we have a lot of formulas for this one. That is good. Is Bu Fei Tang which really tonify and nourish

the lung. Fei is lung. We can add up more herbs to it, but I want to focus on the acupuncture points more.

So again, we can do front mu point or back shu point. If you do back shu point, then bladder 13 is your back shu of lung. And bladder 20 of spleen. Now, if you do want to do a front treatment, I would use lung one, the front mu point of the lung and liver 13, the front move point of the spleen. Now you can add up ren six and stomach 36 to tonify and lift that energy because they both tonify qi I would add up lung seven to tonify, obviously the lung and stomach 36 also is the commander point of the immune system.

So great combination here. And then we could put kidney 27 for all the crying yin tang To calm the mind. And of course spleen five again for the worry overthinking. Does that make sense?

Wow. We covered a lot today. I truly hope it was useful to you. I also have done a video on grief and sadness and all the acupuncture points we can use to help patients going through those emotional states, like grief and sadness. And I'll have the link below.

Thank you so much for listening to the episode today.

I hope it really served you well. And in turn your patients. You are a TCM rockstar. I love to spend time weekly with you on this podcast. And remember all the links I mentioned today will be in the show notes, have a fantastic day, and no matter what, keep rocking it using TCM.

And I'll see you in the next episode.

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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