

CC: Legacy, framework, menopause, journey, the way. Those are all words you're going to hear today. My guest is Kath Berry. A lot of people know who she is because she has been around for over 30 years. But what I didn't know is that she started when she was like 18. Who in here has started so young? This is so mind blowing to me to start so early and keep 30 years of passion for this medicine that we all love.

We talked about menopause because she wrote a book on menopause with a lot of evidence based Link that you are going to love what she has to share today. Episode is packed with very, Heartfelt information, and she shared really personal side of her whole life, including her meeting TCM rock stars that I am so envious of.

Giovanni Maciocia and Bob Floss and Peter Deadman and all those people. This is so cool. So without further ado, let's bring on Kath Berry to the Acupro Show. 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!

I'm having tea with none others than Kath Berry. What I love about this is I'm in Canada, I'm French, Kath is Australian, and she's living in Ibiza, which is an island off Spain, it's a Spanish island. So welcome to the AccuPro show, finally, Miss Kath Berry.

KB: Oh thank you so much for having me. And isn't it incredible that this is our first time connecting, having overlapped for so many years. And I just want to say, I am such a huge fan. I always, follow your work and I think it's incredible how much you do. I always sometimes wonder that there might be like five of you and you've cloned yourself to be so prolific.

So So it's really a such a pleasure to finally meet you as best as we possibly can in person today.

CC: If you're listening to the podcast or watching it on YouTube right now. so much. You don't know, but Kath and I have crossed paths over many years. We've emailed each other. We've never talked, and recently Kath reached out and said, Hey, and I was like, Oh my God, yes.

Come on the podcast. I envy you because you connected with my idol, one of my idol, because Yvonne Farrell is also my idol, but Giovanni Maciocia. Was my idol in school and continue to be any past and you had the opportunity to really connect with him like we are connected right now. And to me, that's just wow, I would have been so fun if I had connected with him. So I'm envious of that. So before we start talking about all your connections, because you over the years have made so many great connections, and that's how I found you on the Internet years

and years ago. I want you to go back to your story because you are Australian and you don't live in Australia and where it all started in your acupuncture journey.

KB: Sure. Thank you for asking. And I'm getting a bit emotional because you're right. This is an opportunity to reflect that it's 2025 at the time of recording and I started Chinese medicine in 1995. So we're actually at the 30 year anniversary of me studying Chinese medicine. I'd gone straight from high school.

I was part of a small group of students that were in an experimental government program, looking at teaching high school students philosophy. And so when I finished high school at 18, I was looking through the university guide as to what I was going to be doing for the rest of my life, which of course all 18 year olds should be made to do.

I'm joking, of course, thinking how you can possibly make a decision like that at such a young age. But I had this big book in Sydney, Australia that said, these are all the courses being offered at the university, which would you like to do? And I thought being a Virgo. being very thorough.

I'll read it from A to Z. And so I started with accounting and then the second course was acupuncture. And I looked and it was said it was a combination of history, philosophy, and medicine. And I'd really enjoyed biology and philosophy in high school. And also I'd also done history. So all of a sudden as a teenager, I was looking at this potential career that combined my three greatest interests, history, philosophy, and medicine.

So I was really fortunate on the very first day there was a woman called Carol Rogers, associate professor who had set up the program at the University of Technology in Sydney. And she stood there in this big amphitheater and said, welcome to the world of Chinese medicine. One of the fundamental principles is Daoism.

And she talked about Dao being the way. The path, your journey, and that anybody living in health will be on their path and ill health is falling off the path. And again, I can't describe the feeling at 18 and sitting there and thinking I have found my path. This is my calling. And so what began was a, four year Chinese medicine degree.

I ended up graduating in the year of 2000. And in that time, I'd become really interested in drug and alcohol medicine. I'd had a friend of mine at the time had ODeD from heroin. That caused a huge ripple through my life.

After my undergraduate degree, decided to go back and to study a master's in addictions. I feel like my entire career has just been this in alignment with the Dao. From these terrible events happening, and then that inspired me to go into my master's degree. Very shortly afterwards, I decided to leave Australia on a epic surfing holiday, and so I ended up after that in London. And I was really fortunate while I was in London to be invited to join a online teaching organization. So that's how we crossed many years ago.

CC: You're absolutely right. When you're 18, I think it's everywhere in the world, they ask you what you want to do, right? And I remember, Not knowing at all, like everyone in my surrounding was like, oh, I want to be a pilot and I want to be a teacher and I was like, I just want to be happy I had no idea, right?

I just wanted to do something. And so I traveled like you, but I traveled and because I had no money, I had to travel and basically found jobs in different places. So I lived in different places in the world and really connected with different culture, different people, different food, different environment and loved it.

And I did this for quite a few years and I ended up in Canada. So you ended up in London, I ended up in Canada. And because I really wanted to learn English to be able to speak it well, Europe was opening up and English was very useful, and my English was terrible, so that's why I came here.

And then when I was here, I went to TCM school, did my degree here, and that's how my career started. But what's interesting is you're right. When, You have the opportunity and you seize it. And for you, that was at 18, which is mind boggling that you found it so early. So that's, to me, is such a, not lucky, but such a great way to, to get into it.

It's this is the way, this is the DAO, this is how I'm going to go and following your gut and following what you feel is right in your heart. So once you were in London, You were practicing there and then you started the network and obviously it was the beginning of the internet and all social media and everything else slowly creeping in. How did you, for example, connected to Bob Floss and Giovanni Maciocas and people that wrote books for us? Textbooks that we used in school that were like our pinnacle, our people. Oh my gosh you brought this medicine, that is Chinese and you translate it in a way that we can actually understand and utilize it.

So how did you go about?

KB: So there was such a serendipity, if you can imagine, I've just arrived in London, I've been on this surfing holiday down in South and Central America and across Indonesia and all the incredible places. Flat broke Australian backpacker, it's 2008, and I had just enough money to be able to pay for myself to go to the British Acupuncture Council Conference.

And so I went along, and this is a bit embarrassing, but I went along and I was standing in the queue to enter, and there's a guy in front of me and I tapped him on the shoulder and I said, excuse me. Are you Peter Deadman? And he turned around and said, yes. And I said, can I have a photograph with you? And I kid you not, I've still got that photograph to this very day.

And so Giovanni was at that conference. So Giovanni was there at the British Acupuncture Conference in 2008. I met Peter Dedman. And this is of course, again, for, back in the golden

age where conferences where you went to learn, to meet, to connect, to have a coffee, to chat. It was that real IRL in real life stuff.

So I was there, just arrived in London, met Peter Dedman, and I was really fortunate to meet a wonderful man, Jim Belcher, who runs Balance Healthcare. And he'd partnered with Peter Dedman and the Journal of Chinese Medicine. So I got a job running the education program for Balance and the Journal of Chinese Medicine.

Because I was their CPD organizer, my job was to cherry pick wonderful speakers, meet them in person. We ran face to face events. That's where I met Julian Scott Honora Lee Wolf. I really have met the most inspirational people in person through running those education events.

And that's why it was a really natural transition for me. to move on to online education, because here I was, an Australian acupuncturist, standing in the room with all these giants of the profession, Angela Hicks, oh my gosh, gorgeous woman, and thinking to myself, all my colleagues in Australia don't have this luxury that I do of being here in person.

in 2010, I launched an online education company and that was really so that I could take these people that I was with in a room and broadcast them to my friends and colleagues back in Australia.

And of course now we know the internet is an amazing space for those sorts of learnings. But, really one of the things I guess as a commentary that I'd like to make here in 2025 is I feel like we need to go back to face to face. One of the things is that, COVID pushed us all online and I am desperately now a pro advocate for online learning, I'm now like championing, can we all get back in a room together, please, because I really miss it.

And I really would love there to be more of a balance. I feel like I love that you and I are here together today. And people are driving in their cars or listening at work or in their clinic but I would love for us to look at ways of discovering how we can be , back in rooms together because I feel like that's what's missing from our profession.

like that idea of what I once called professional citizenship is this belonging to a community. And I feel like I'd like to be in a room again with my friends and colleagues. It's really funny, you mentioned has been many years, and I had this incredible experience of, through the webinars, I had said to Giovanni, would you like to record some work with us?

One of them was a menopause subject. And so I went to his house in Positano on the Amalfi Coast, and we spent a couple of days recording his webinars. So the webinars that I have of Giovanni were actually recorded in person. I was in the room, I sat there with my computer, and it was really an incredible experience to see him in his original hometown with his lemon grove.

I will share with you a link to a interview that I did with him at the time. And it was really magnificent. Cause you can hear the bells of the Amalfi coast ringing in the background. So I

have been very fortunate that, being in the same profession for 30 years, it's given me an opportunity to really meet and get to know some incredibly inspirational people.

CC: Absolutely. And we'll have the link below in the show notes. So you guys can, really, truly be part of this whole connection of even people that have passed and no longer with us. And. It's interesting you say that because I'm in Vancouver in Canada, every year in March, we have a conference

John Stan, who's the owner of Eastern Current does a conference every year. The great part about going there is yes, to hear speakers and learn, but it's like you said, it's seeing people that you haven't seen all year because they're working, we're working, and you went to school with them or whomever it is, and you get to connect with everybody's Oh my gosh, it's so good to hug everybody.

And so I get that in person thing. It's not always easy for people because yes, it costs more money. You got to travel, et cetera, et cetera. But I get that. And having said that you and I talked recently about you wanting to start retreats, which are in person. So tell me what sparks the retreat?

What do you want to do with a retreat? What is your vision? Because I feel like all of practitioners, we have lots of ideas and we want to do so many things, but we don't always think, Oh I don't know how I would do this. Or what about if it doesn't work or, that fear of taking the risk and the step, but the outcome could be so much impactful and so much fun for everybody.

KB: For me, the real, Energy, is exchanged in person, as we know, as clinicians, it is something that's impalpable, but certainly undeniable. And so I live, as you mentioned, living in Ibiza, this beautiful little island the Mediterranean.

I sometimes feel like I'm living on a cruise ship. So to give you an idea of Ibiza, it's a tiny island. There's a hundred thousand people who live here as residents. It swells from three to five million in the summertime. So we have this incredibly huge summer season and then it's super quiet in the winter.

Originally was looking at running education events in London and other parts of Europe. And I just had this moment of going, actually, why not bring people to Ibiza? And why don't we just start looking at bringing people into my home, we'll get together in small group learning and just see what happens, see what happens to that magic.

Of a dynamic program that, recognizing also that I have never really enjoyed that idea of hierarchical learning, that there's an expert and then there's everybody underneath. For me, one of the things when I've always gone or hosted conferences is the idea that every single person in the room has something that they have learned and that they can share with other people.

So I love that idea of, ongoing dynamic learning based on whoever's in the room. That's the idea of the retreats is to bring people to Ibiza bring practitioners that is to Ibiza to just, decompress to explore different ideas. I've got, as a very keen interest in menopause, but my subset of interest is in mental health as well.

And so looking at the practitioners mental health themselves, self care, and then caring for our patients. So I feel that there's lots of exploration, lots of opportunities that we can do by all being in the same room together. So it's actually quite exciting because I haven't done this before.

This is really new for me. I used to run education events in London, with the Journal of Chinese Medicine, but this is more, I'd say deeper, more uncharted. And more experimental. That's what really excites me.

CC: I get that, in 2023, I did my first event it was a Vancouver and people came from everywhere, like even from Puerto Rico and different places in the States and Canada and et cetera and. I wanted to make it small so we would really connect all together.

I think it was 22 people, participant plus me, so 23 people. And we spent two days really discussing everything, like you said, from practicing, from burnout, from, diagnosis, difficulties, things we have a hard time with, and really helping each other. And I, Really enjoy that because like you said you connect with people and those are people I never met I never knew them.

We didn't know each other and that was really cool We all hug each other every day and we were just connected by the love of tcm so I can see A retreat being so much fun and sometimes in my mind, I think of that too. And I'm like, Oh, we could do meditation and we could have different exercise we can all do together.

That is going to help us, breathe, be more centered and go back to be able to impact our patients in a better way, because we are now more relaxed and have more tools to deal with life.

When we are practitioners, we do have to deal with our personal life, right? We are going to help patients, but sometimes at home, it's not that easy because there could be things happening.

This is life, right? We all have to deal with life. And one of The difficulty you had to go and surmount and go through is you had a lot of health issues That you had to really take care of your own health.

So could you take us and help us understand how you went about it? And specifically, did you start practicing? What did you do when it became to be a practitioner and your own personal life? And how did you manage that.

KB: To be honest, it's actually still going through it. What happened, it was this perfect storm of COVID hit, divorce hit. And a tumour which is innocuous, the size of a jelly bean, all of a sudden exploded into the size of a mango.

That'll happen within three months of each other. So it was: COVID lockdown, divorce and this tumour. And what was interesting for me as an acupuncturist was going of course they all relate. So I was flying backwards and forwards to London on a medical exemption.

To go to a cancer hospital for regular screenings. And so it was unbelievably stressful to be going through a divorce in my house, getting on an airplane to go to a cancer hospital. And then, in the middle of this pandemic of which the entire world's, you know, and the best expression I came up with at the time was I felt like I was inside a snow globe.

inside an earthquake. And that's really what life felt like for many years. It was a, it was two solid years of feeling like that. And the tumour was setting off this excruciating pain. The pain would mean that I couldn't eat. Not eating meant that I couldn't really function. Because of COVID, I wasn't practicing, that we were all in lockdown and that's where I had this genius idea of going, okay, if you're in pain, you're suffering, you're at home and effectively behind locked doors, what can you be doing with your time?

And that's where it came up. Let's write a book. What else can I be doing? So it was really fortunate that I had been working with people like Giovanni on this menopause masterclass, and had recorded some really fantastic webinars around menopause. My tumor, I was told, was oestrogen sensitive and therefore menopause might have an impact.

I knew that I couldn't take HRT potentially because of the risk that the tumor would continue to grow. So menopause seemed like a really good subject to be looking at what is the alternative treatment to HRT for menopause based on having this tumor diagnosis. It sounds quite macabre, but there was part of me, Clara, thinking to myself, if this tumor takes me what am I gonna leave behind on the planet?

And I thought books are pretty awesome. If you leave a book on the planet, it means you've been here, you've learned something, you've put it all together in something that's made it easy for somebody else to learn. And then you've left and evolved into the next world, whatever that means.

CC: I don't think it's macabre. I think it's you wanting to leave a legacy and a piece of you to impact the world. So although it was a distraction, right? It is a distraction. It's the best distraction because you are giving the world, no matter what happened, in the end, you are leaving the world with something like, look at Giovanni Macioccia.

So you did the same thing. It's like he's forever living through his books and everything we have of him.

Ad: Did you know I created three books to support your TCM journey? Often I'm asked, Clara, what's the difference between all three? Well, they all have fun, colorful, visual to make them

much more easy to grasp and understand each concept. They're definitely not your TCM, typical, boring, dry books. They are available in hard copy and they ship all over the world.

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

My second book, Chinese Medicine Made Easy, which is my green book, covers all TCM foundation, diagnosis, yes, including tongue and pulse, with lots of visual to help you grasp specifically observation, right? Case studies and my digital fillable intake form for you to use with your patients. My third book, Chinese Medicine Treatments Made Easy, that's my purple book, covers all TCM treatments for 160 syndromes, including acupuncture points, herbal formulas, diet, ear acupuncture, and many other TCM tools.

So you can have that book at your fingertips every day in clinic. It is a must for all practitioners. I provide samples for each of my books that you can download to see if this is really truly what you were looking for because I want you to be happy with what you're investing in when you invest in any of my books.

of my products. You can check out the links to all my books in the show notes below or go to my website at acuproacademy.com and on the menu tab click the shop tab and get your copy today.

KB: I mentioned menopause and then mental health are my two passionate subjects. One of the things I learned about mental health is the greatest trigger of anxiety and depression is sleep.

Uncertainty. So that's really interesting is we as human beings, we can cope with bad news. Here's some terrible news and we just go, oh no, that's terrible. But we adapt to it. We say, here's some good news and we adapt to it. What we don't like in terms of our psyche, our ability to cope, our ability to plan, our ability to strategize and get out of a bad situation is we don't like not knowing.

And that was what I was in. I was in this perpetual state of not knowing for about two and a half years. And that was not knowing where I was gonna live because of the divorce. I was in a very acrimonious divorce with lots of moving parts. Now in number, my fourth court case, in five years, in two different countries.

So I'm perpetually tied up with lawyers. I just have a very litigious ex husband, unfortunately. I'm constantly having to wrangle with not knowing what my future looks like. And at the time I was writing the book, that was not knowing what my health looked like. And it's just recognizing it's wow, this all has an impact.

This all has a consequence and looking at them to play, as you said, as a clinician going, wow, how does stress impact on the body? How does stress impact on not eating? How does not eating impact on the body? And I know I was really fortunate. I have the most wonderful acupuncturist. I'm going to do a big name drop here.

Dominique Joire is my acupuncturist in Ibiza and he would always sit with me and say things like, Hey. Have you eaten this week? Have you drunk water? Have you just the most basic questions that an acupuncturist could ask. Having acupuncture every week or every fortnight, having somebody that, held me through within the Chinese medicine framework, who prescribed me herbs, I had my mushroom products, and who basically held my hand the entire journey.

And so if anything I learned about our profession and what it was like to be a patient. under clinical care. It's just having that continuity of care, and when all the doctors are saying things like I, for example, I was given three different chemotherapy options and they emailed me the names and said, these aren't regulated.

These haven't been put on the market yet. Therefore they're experimental. We're basically saying, you have to choose which chemotherapy you want to take, because we don't want to be responsible for your choice. And I, said I'll take no chemotherapy. I'll be in the, I'll be in the no treatment group while I do my acupuncture, mushrooms and herbs.

I was part of I guess running a my own little pilot experiment with my oncologists from the UK. And the tumor has stopped growing. And so I feel with a sample size of one person, I can be the person that says, I didn't go down that route.

I didn't take the chemotherapy. I didn't do radiotherapy. I didn't take the opioids. Instead, I stuck with my acupuncturist, and I stuck with Chinese medicine, and I stuck with mushrooms. And, and as well as massage, sound healing, everything I could do. And exercising, that was probably the biggest thing for me, was just exercising like a demon to, to stay on top of the stress.

I feel very confident now that 2025, I can say I've been doing Chinese medicine as a clinician for 30 years, but I've been a solid patient for the last five. And I can. confidently to my colleagues, what we do has the most incredible value. It's life saving, and it's, I mean that in no uncertain terms, it's quality of life saving, but it's, has real impact and real meaning and purpose.

So big shout out to all our colleagues that are the hand holders. and are the prescribers and are the ones that are doing their education so they keep up their points so that they know how to best serve their patients that, that you guys out there listening, you're the ones that, heroes of the healthcare system that are holding it all together.

And the only thing I would say is, and certainly listening to your podcast with, whose name has escaped me But how important it is to get your message out there. He gave a really

inspirational talk about video marketing via Instagram. It's get your message out there about what you do, because there are people that need you.

And being modest and quiet and waiting for word of mouth referrals is not good enough. Use all the technology available to go and spread the word about what we've got to offer. Cause, sitting in the waiting room of a cancer hospital, there are thousands of people that could benefit from the services that we offer.

CC: It's so true. And the episode you refer to is Dr. Drew Yeah, that was Dr. Drew. He is absolutely right. It's like when I first started going online and I've talked about this before, I wanted to record videos to connect with people and educate, et cetera, et cetera. It was so scary. I've never been on video. I have a French accent. I don't have straight teeth. I don't know what to do. I'm just standing there frozen oh my God, and so uncomfortable. But before I recorded that video, I remember my husband saying, I was like, no, I can't do it.

I can't do it. I just can't. I can't. And he's like, do you want to help people? Do you want to make an impact? I'm like, yes. And he goes, Who cares? Then go for it. Otherwise, you can't do it. Jump in. And if some people don't like the way you look,

then they can just not watch. And it was all me in my head, because in the end, it's absolutely serving people.

And the more I did it, the more got comfortable with being on camera and not caring about what I look like, but more what the message is about. You'd be absolutely right. It's delivering your message. And when you have patients that come in and don't know that, for example, you have a breech baby and we can help turn this breech baby naturally, and we have an option that's safe, effective, and natural, non invasive, Then, they can tell their sister, they can tell their friend.

So once you post that online and someone sees it, eventually when someone they know has a breached baby, they're like, wait a minute, I heard that acupuncturist can do that. It's aha. So sending that message, sharing, educating is the key. The way to go now you did your master class on menopause Which is a course that we'll put the link below you guys can totally check it out because it's a very comprehensive Amazing course on menopause and we all know. We all know All women are going to go through it. It's just not bypassing it. That's just the way it is, right? so and i'm in my late 50s and Kath is in her late forties. So we're all dipping into that menopause bath. And so it's very important. And I assume you wrote the book. Tell me if you wrote the book after or before the whole online course masterclass.

And tell me a bit about this book, which if you're on YouTube, you can watch right now. It's a very thick book.

Kath can show you it's she has it there. It's quite thick. There's a lot into it. This Book brings a lot of scientific evidence, a lot of, really good information. And so can you tell me first, did you

write the book first or the class first? And what did you want to put in the book that would serve every practitioner, which in turn would serve obviously their patient

KB: thank you for asking. So the book is, as I was saying, a legacy project. So I've been diagnosed with this tumor. I knew it was hormone sensitive. I was really interested in, what menopause looked like for me personally and what was happening for me around the same time.

So this is around 2015. When I first got diagnosed is I was having women come into my acupuncture practice and they were , going through menopausal symptoms and I started looking around going where's the resource that I can pull out of, to help these patients and there wasn't one.

Honora Lee Wolf had written a book on menopause in 1995. By that stage it was fairly dated and it was aimed at the general public. But I just couldn't find really good information about menopause. And so I, again, the first person I contacted was Giovanni. So I contacted Giovanni and we did our, menopause recording.

And I started getting, Professor Bruce who was a physician, and Peter Deadman, who I'd known in person, Julian Scott, Honora, involved. So I got a big collection of all these people that I'd mentioned that I'd met over the years who'd been training and saying, please tell me what you know about menopause.

webinars came first, this was, between sort of 2016, 17 and 18. Although Giovanni's we recorded in 2010, it must have been. Like I'd basically been pulling together all this information saying I need to do like a patchwork quilt. of information. And say for example, Rebecca Ravin and her five element perspective.

And so I was looking at all the different parts that would be most representative to help practitioners help people go through menopause. I feel really confident now that this is a masterclass. And so that was contained. And then of course towards the end of 2019 being my co author Natalie Chandra Saunders, who is an incredible writer.

She's an incredible researcher. speaks and reads in Mandarin. She's done a biomedicine degree and a diploma in pharmacy. So she has this incredible skillset. And we sat with this material and as February, March 2020 rolled over. And we thought we're now stuck at home, I'm now in excruciating pain.

And that's where the idea of the book came from is we had all of the content recorded , 24 hours of material that we decided to condense into a book. What we did is we made a vow at the beginning of that project is that we're going to make this evidence based. We don't want it to just be, of interest to Chinese medicine practitioners.

We want other health professionals, medical doctors, we want this to be really watertight in terms of its evidence base. So everything was hyper researched. We have, hundreds of links, the e book itself. So the printed book, which I just, showed you this big, thick, heavy book.

Which just incidentally weighs about the same as my cat because sometimes I just put the book on my bed and I can't work out whether the cat is asleep next to me or whether it's the book. So it's lovely having a cat heavy book. As part of that, that the the ebook actually has all the hyperlinks.

So there's, hundreds of hyperlinks. Each chapter is linked to the resources which we used, which means that any, anybody who's geeky and wants to follow through the evidence we've made it all available to you. That you can click through and follow and look at all the different research papers that we've used to inform the book.

That's where the print copy falls down is, of course the references are at the end, but the ebook has it all hyperlinked so that you can actually just sit there and go on those wonderful little clicking trails that you often do if you are as interested in research as I am. Yeah I have to be very upfront that the book isn't a collection of my clinical work.

It's a collection of experts that have been working in the field for many years of the. research that backs that up, and of other physicians like Dr. Brian Grossom, who had released his book on hot flashes that came out around the time we were in the final stages of producing ours. So he came on as our clinical editor.

And then we also had Dr. Susan Cochran, who's from Australia. So again, we had this incredible team of the original people who contributed to the content. And then off the back of that, we then, four of us, made sure that this book , came to life. And it really was, as you say, we talked about legacy.

I felt that so much information was sitting in these webinars. And I thought what's the next evolution? What would be really helpful? And one of the things with the book is, one of the things I like to do with my patients is I love when they're in my practice. opening up a book and showing them what page number they are.

And this comes from when I did my research degree, one of the things I discovered is there's a thing called the therapeutic framework. And that is that where Chinese medicine has a strength is every patient that walks in the room, we can say something like, ah, yes, your liver chi stagnation with spleen deficiency and patients go, Oh, am I?

Oh, good. Oh, good. I fit into a framework. So the therapeutic framework is this idea that we install in our patients a confidence that they can be diagnosed and therefore that they can be treated. And therefore there's a plan in place. I spiral back to what I said about uncertainty. We don't like not knowing what's going on.

So the worst thing a doctor can say to a patient is, okay. We don't know what's wrong with you, or there's nothing wrong with you. So two of those things are unbelievably unhelpful to a patient. And so the flip of that is a Chinese medicine practitioner saying, Ah, yes, I know exactly what's wrong with you.

Showing a patient where they fit, what your plan is, what their diagnosis is, what they can and can't be doing to make this better or worse, gives patients this incredible sense of safety, security, and that's actually part of the healing process.

That's one of the things, I just specifically designed this book the way I like to work, and I encourage anyone that has a copy of the book, Please take a photograph of the page that's relevant to your patient. Please open the book, show them what you've got.

And you say, this is how I'm going to be treating you because this is how you fit that everything you're going through, particularly for menopause, because it is a bit of a, it's what we say in Australia. It's a bit of a shit storm. It means you've got a lot of stuff going on that having

for patients being able to go, Oh, do you know what?

I feel like I'm in crisis, but this person they've got me covered. Yeah. Because on page 356 of that textbook, they know that's me, therefore I can be treated, therefore there's hope that I'm not going to feel like this forever because I'm in the right hands of, this person has a framework for understanding what's going on for me.

It's taken me 30 years to understand so much of the medicine as Chinese medicine. is more around what we say than what we do. It's who we are and it's what we say and it's how we accompany somebody on their journey. And so there's it's really looking at the language that we use and understanding that the reason why Chinese medicine is such an incredible medicine is because it has so many frameworks for understanding really complex patterns of symptoms.

CC: It's really understanding we've got this gift in our hands and how best to use that for the advantage of our patients.

And it's very important. I think that we recognize that there is different framework, different ways to speak to patients, different way to go about our treatment because our intention is to help. And the intention is so important, our intention to help patients. And I, like that you went into, you It's a shit storm. You said it's a shit storm. It's, a crisis and it is so true because the problem with menopause Is that they go to the doctors and it's like, well, this is just life. That's what happened to women. It's just life. So we got, hormone replacement therapy, HRD available to you. And that's pretty much it, but there's no mental health resources for it.

And which you said you're passionate about mental health and menopause. And those two are so connected because you are lost. You get to a point in your life where you don't feel good. You don't know why you're not feeling good. And you heard that. Okay. Menopause is hot flash, but.

You didn't hear that. It was depression and fatigue and low libido and, just feeling like you're not in your body.

Your body feels wrong, like you want to get out of it because it just doesn't feel right. And, insomnia and all those things that accompanied the shift in this change and all yeah. the tools we have as TCM practitioners to help facilitate this transition, which for some women is easy and for others, it's like you said, it's a nightmare, right?

So having a book or course or both to really understand this and understand why it's really key for us to listen to our patients and like you said, give them a plan to action and not just say that's just the way it is or unknown. when I treat fertility patients and they come in, they're like we did all the tests and it's unknown why we can't get pregnant.

Nobody wants to be told that they want a reason because if it's unknown, how do we treat it? How do we make it happen? So you're absolutely right. I remember years ago when. People that had fibromyalgia were not fibromyalgia, they hadn't given it a name. It was like you went to the doctor, you told them how in pain you are, and it was like it's all in your head, go home, nobody cares.

Right? There was no, and then eventually they started seeing so much that they gave it a name, but They will tell you there's nothing we don't know why we don't know how we don't. We can't really help you. And it's disheartening. So for us, there's always a root cause. Doesn't mean we can cure everything, but we at least can manage, we can diminish symptoms, we can have a plan to action to support patient, even if it's with the stress, the releasing the stress of it all and the mental health.

So thank you for sharing that. It's very, helpful. I think for a lot of our patients and for us as women, because I'm very fortunate, like you that I've received acupuncture regularly through my whole transition. So I went through this. transition like very easily, which was amazing.

And I'm very grateful for that. However, my mother had me late in life. So I was a teenager while my mother went through menopause. So It was interesting in that house because everybody was irritable. The female in that house were irritable. And I will remember forever how I thought my mom had turned crazy because she was doing things out of character. She did things she never did before. And I loved my mom. My dad died when I was five. So she was the single mother that raised her kids with minimum wage, but was really present, would laugh a lot. We would dance and say stories. We had no TV. It was like. A lot of fun. And suddenly, she was this three headed monster that would yell for nothing. She literally would wake me up in the middle of the night at 2 a. m. to yell at me and ask me if I ate her last yogurt. And I was just in bed going, what? What? Half asleep. And she would shake me, did you eat? And yell at me. And I remember thinking, this is not my mother. I don't know what happened to my mom, but this is not my mom.

So she had no help whatsoever. At all. She didn't seek help. She had no help. It was just, Hey, this is transition. You get through it and you get on hopefully on the other side, right? But this could last 10 years, right? And for my benefit and my mom's benefit, it didn't last that long. It lasted maybe a year and a half, maybe that for those, for the one I saw, cause there's probably symptoms I didn't see that were physical, but for the mental one that I saw was very hard.

So we need to be able to facilitate and help. Women in that transition. And so thank you for writing this legacy for being able to provide information for people to use. That is, evidence based, which do you know, Sandro? Sandro

KB: Absolutely.

CC: So he is the research guy, right? I had him on the podcast in 2024 and this is what he does.

He actually stopped practicing and now he's completely 100 percent working at a university in Wolverhampton and he is just dedicating his life now to research and evidence based acupuncture. I wanted to ask you for final thoughts on menopause and, where you're going in the future, I know you're going to try to set up the retreats, which I think is a great idea, but final thoughts on what you want to share and more legacy you want to leave on this podcast with people that are

KB: Just that link with Sandro is we worked together a couple of years ago, again with Natalie Trandis Saunders, my co author, and we put together an evidence based summary through EBA on menopause. So again, anybody that is interested in evidence based I strongly recommend go to the evidence based acupuncture website.

You do see the evidence based summaries they're the sort of the short version of this book. It's like basically the nuts and bolts of what acupuncture research is going on for menopause and, if you want to show a GP or show patients how effective it can be.

Again I feel really blessed to have an opportunity, at this year junction to look back, to see where technology has been able to influence our profession, to look back at the great leaders who set up, the books and the training universities and, certainly to celebrate that.

I think that the most incredible thing that our profession has is the people that have come to it and that everybody comes with a really good heart and throughout my professional journey where I've doubted the science of Chinese medicine, when I first started, it was only meridians of Qi.

Whereas now that we are looking at the biochemistry as well that we understand Chinese medicine in a way that we never have before. It's exciting to be part of a profession that keeps evolving. Our frameworks keep evolving. Again I feel really privileged to have in my career, I

started in acupuncture for addictions and then I matriculated more into women's health and now specialize predominantly in menopause.

And I, again, I find menopause fascinating because we're really only the very beginning of understanding menopause as a specialty area. And, one of the things I would love for the acupuncture profession is that we develop a menopause specialty like we have with fertility. We look at the success.

We look at how many babies there are in 2025 off the back of acupuncturists being able to offer really good solid care for women and their partners. And the idea that those babies are a product of acupuncturists being interested, acupuncturist learning, acupuncturist being dedicated to training, to the patients coming along to practice and this idea that fertility has been one of the most successful areas of acupuncture.

And again, I would love to see that, that menopause as the next evolution, that those women that all had their babies through acupuncture are around that age now that they probably are starting to go through their menopausal years. And just saying that, that we already have a group of patients that are already, absolutely converted.

Notwithstanding that health systems all around the world post COVID are absolutely collapsing, aging population, we really I really feel like it's our time to step up more and more into primary care and that those roles are being created. Our patients need us, that the general public is suffering, that those practitioners that aren't out there making sure they're getting the message out there.

You're letting those people down because they need you, they just don't know that you're there for them. So I I guess my call to action, anybody listening or watching today is, take responsibility and really get the message out there to your community, really make it your, it's your duty, it's your duty of care to get out there and see as many patients as you can and get as many people through the door and have as many people talking about the benefits because as a patient, someone again that has an outpatient of a cancer hospital, I assure you that they need care.

You, and that we have a lot, the profession has a lot to offer. If I am ever known as a message, it's just get your message out there. marketing is just telling stories about what we do. It's really my passion that practitioners would do that more.

CC: I really thank you for that because we have to put the message out there, educate the world so people understand what we can do. do for them, how we can help them safely, naturally, and effectively. So I really appreciate you being here. We will put all the links in the show notes below, including evidence based acupuncture. org, which is fantastic where Sandra is, putting a lot of effort and where the research on menopause is as well. So I really thank you for coming, Kath. And, I know we're going to continue to be connected. I know that for sure. I love the way you're passionate about what you do.

So again, thank you for coming on the Acupro show and I'm sure we'll continue to, mingle in the world of TCM.

KB: Indeed. And look, thank you for everything you do. I know I started today's talk just by acknowledging that you have been so prolific, but just to everybody listening, if you have a look, the amount of work that goes into a blog post, into a newsletter, into a YouTube channel, into recording and hosting podcasts, and online learning.

You are a fantastic model for practitioners out there. And again, thank you so much for all the work that you've done to promote the acupuncture profession and to bring people together in your community. So it really is incredible that you have so much energy and thank you on behalf of acupuncturists all over the world who benefit from that.

CC: Thank you. I love Chinese medicine. I love TCM and I love people like you. So I appreciate that. Thank you

KB: Anybody who's not watching the YouTube video, but listen to the podcast, Clara's sitting in there in a TCM Rockstar sweater. And I figured that, yeah, that's, you definitely get to own that baby. That's yours. TCM Rockstar. So there's also merchandise on Clara's website on the Acupora Academy website. I think that's brilliant.

So if you want your own TCM Rockstar shirt, you know where to go.

CC: I appreciate that. It's so funny. Cause I love the fact that, I think we're all TCM rockstars, how there is rock stars that are like group band and there's people that do pop and people that do country music, but everybody is a rock star and we are a rock star in our own way. So we're rocking the world using acupuncture and treating patients and impacting patients, one patient at a time. So thank you.

KB: What I love, here's this for a take home, it's Clara, you are a rock and a star and that makes you a rock star.

CC: I love it. You're so funny. I love it. That's awesome.

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.com.

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