

CC: Did you know that 40 percent of Canadians, and if you're not in Canada, you know it's a cold country.

40 percent of us are vitamin D deficient. Why? Because we don't get a lot of sun. Can you imagine if you're in Alaska or in The Yukon or higher up in the Scandinavian countries, a lot of people are vitamin D deficient. Now, when we see patients, we have a lot of patients that come in and we'll say, I'm taking vitamin D or I'm really fatigued and I don't know what's going on.

They might be vitamin deficient. They might be mineral deficient. We don't know enough, because of course as TCM practitioners, we don't learn nutrients. We don't learn vitamins and minerals in depth to know how we can educate our patients if they're asking questions. We're like I'm not sure. Like people might say, I want to take magnesium.

Should I take magnesium? Even if you don't want to recommend, at least you could educate and tell your patients. What magnesium does, what is it used for, what food has magnesium in it, what kind of magnesium, because there are so many kinds, that now you become the educator and then they can decide what's best for them.

And I feel like, as TCM practitioners, we are first and foremost teachers and educators. that's our main role. So today on the podcast, I invited back my friend and colleague, Dr. Alex Dragon, who's a naturopathic doctor in Vancouver as well. We've known each other for a long time and we. Are doing this show for the second time because she was here last year. So, I'm so glad she's here You're gonna love this episode. We talked about all the major vitamins nutrients minerals that are really deficient in a lot of the people in the population and what we can do for our patients to really truly help them when it comes to this big subject. Are you ready? Let's go!

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

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

Welcome back, Dr. Alex Dragon. I'm so glad you came back. It's been almost a year, actually, that you were here. We talked about constipation and the naturopathic medicine and the TCM constipation views, we had a lot of fun time talking about poo. I you love this topic.

So welcome back, Alex.

AD: Thank you so much. I'm so excited to be back.

CC: I'm excited you're here too, because one of the things we're going to talk about today is vitamins, minerals, nutrients, because I feel like as TCM practitioners, we are taught everything about Chinese medicine, which is great. We understand pathology and the human body. However, we do not have all the knowledge that you have as a naturopathic doctor, specifically when it comes to vitamins and nutrients. And so I'll have patients coming in and say, I started taking magnesium because it's supposed to be really good for you. However, they don't know that there are many kinds of magnesium and that they might be taking the wrong kind for what they're trying to do, which could be, bowel movement or versus relaxing for stress, so there are very different kind.

And so what I want us to do today is be able to provide practitioners with an understanding of when patients come in and tell us, oh, I'm taking this supplement or that. supplement that we understand so we can educate, provide more information and allow our patients to get more out of this consultation without, it sounds like we're recommending it, let's give you that information, that education from our piece and knowledge so you can take the best decision, right?

So before we start, I wanted you to explain basically how vitamins and minerals fit into the naturopathic medicine philosophy.

AD: So if we think about the pillars or the principles of naturopathic medicine, integrative medicine, functional medicine, they're all kind of one in the same. , one of the most basic thing is one patient centered care, not disease centered. Same thing with Chinese medicine.

You have someone with PMS, who might have a certain Chinese diagnosis. and a different person, same PMS, but different Chinese diagnosis. So we're treating the person, not the disease. So that's number one and the healing power of the body and nature. So these things come from our food, right?

They come from supplements, they come from the sun, the earth. and we need to know and learn and empower our patients to understand how they can integrate that into their diet, their lifestyle. Nowadays, supplementation sometimes is necessary, depending on where you live, vitamin D is a great example of that.

People living in the northern hemisphere are not really getting that sunshine through the winter as well as, the soil depletion that is happening from yeah. Overharvesting, et cetera.

So things like magnesium become very essential. So it really is at the basis of what we do as naturopathic doctors is understanding the whole person.

And a lot of things can come from deficiency, right? So deficiency of iron, deficiency of vitamin D. These things are really important for our body to do the processes that it needs to do. That's one of the first things I look at for people and it's also really easy to correct something like iron deficiency and make a really big difference in someone's life.

CC: Thank you for explaining this. I was looking to prepare for the podcast at statistic and numbers. And I saw that 40 percent of Canadians, because we are in Canada, which means we are not only in the northern. We're on the highest part where we get the least amount of sun, and in Vancouver we get a lot of rain, so we don't get a lot of sun at all. , 40 percent of all Canadians have a vitamin D deficiency. So this is why every winter when you live in Canada, it's very hard to get vitamin D from food all the time. And like you said, the problem is our food supply has been, tampered where we don't get all the nutrients. And so we might have to basically, supplement. So every winter I take vitamin D because of where we live. What's interesting is my mom, when she was in her eighties, she went to a doctor and she said, I'm tired all the time.

I make my bed and then I have to sit down and I have to wait five minutes and then I can do something else.

And, he looked at her. He's like, Suzanne, you're 80 years old. And she got so upset because a French woman and was like, I'm not dead yet. Don't write me off,

And left at 92. So yeah, don't write her off. But what was interesting with that is. The doctor was just dismissing and so she got upset and so she went and saw another doctor and she literally said, if you're not going to check what's going on with me and tell me I'm old, I'm going somewhere else.

So he was like, no, Okay. we're going to, we're going to check you out. And sure enough, her vitamin D levels were so low because not only my mom lived. In the French Alps. In winter, we don't get a lot of sun, right? It's a snow, but it's not always a lot of sun. But she, as she got older, she went less outside for walks, because

when it's snowing or when there's lots of ice, you're scared you're going to slip.

So you don't go as often. So in the summer, it's okay. But as soon as the weather change and it's a little bit scary, you go less. So her vitamin D level was so low. And so they had to

supplement her in Europe with like vials and she was so low, but within a few months, her energy came back up.

It was fantastic. She knew something was wrong. Be dismissed, she didn't like that. Anyway, that's a sidebar, but that's my story with vitamin D. So I love that you talked about this. And magnesium is another one that I think a lot of us, specifically women, because, we lose blood every month, we get deficient in. So love for you to talk about magnesium supplements that are different for different perspective, right? So malate versus citrate, glycinate, what is the difference? What do we use them for? What do you use them for in general?

AD: There's a lot of different magnesiums out there and there's a lot of newer types that are coming onto the market as they create new supplements. So the most common ones I would say are magnesium bisglycinate or glycinate. Not always has the bis in front. And magnesium citrate. Those are the most common ones, I would say, that are out there.

And a lot of people are taking magnesium citrate or citrate, however you want to say for sleep. Not knowing, they come into my office like, I'm having diarrhea every day. Yes, that's because this is a laxative. This is, Magnesium, it's magnesium is magnesium, but the citrate and the oxide, which is a little less common, but sometimes it's in combination.

Supplements is more for constipation bowel regularity. What it does is it pulls water back into the colon to lubricate the stool to come out easier. So a lot of supplements that if you just pick it off the shelf in, the drugstore, it's going to be magnesium citrate. So just be aware of that.

And magnesium bisglycinate is the other most common form, which is used mostly for muscle relaxation. The muscle pain after going to the gym or just for muscle aches and pains in general and relaxation, anxiety, sleep. A lot of people use that form. Then there's the less common ones, which are malate and threonate, which is becoming more popular, and these are used more in the context of chronic fatigue, cognitive health as well as, yeah, muscle maintenance, magnesium, overall, people think of muscles and contractibility but magnesium, malate, and threonate are more cognitive based, so those are the The basic ones the most common I would say is the bisglycinate that people are going to use just for general health and well being

CC: That's the one that I take on a regular just because it's just so good. It makes me feel so good. And I do have the bis glycinate. So, because people don't know this, but. Dr. Alex has been my naturopath doctor for quite a while, so she knows, and I'm going to share another story. Years ago, I was working a lot probably burned out because, I was, a wellness center.

I was having a full time practice. I taught at two different colleges, it's just like doing so much because one thing of course, wasn't enough for me, but and then I hit the late forties. And I went hiking with my husband one time and we love to hike and we're hikers, right? And we were hiking and I just couldn't breathe.

I was like, I couldn't take a breath and we were doing a hike. That's a 10 kilometers hike, six miles that we have done many times, which is Mount Seymour. Mount Seymour for people that are in the Vancouver area. It's a beautiful hike. You get to be above the city. You get to see the whole city and the ocean.

It's really nice, but it's not a super hard hike. However, I was struggling and then I started getting dizzy and my husband's what's happening? You're a hiker what's going on? And this was not halfway to the hike. This was at the beginning, right? And Eventually we made it to the top. We made it back down, but it was so difficult for me so hard And then I realized that It got worse with time and I couldn't even get three flight of stairs without huffing.

And then I thought, is this menopause? Am I gonna start menopause where I can't hike? I can't walk. What is happening? So we did test, and the test result was that my iron level or ferritin level. Was so low for which was insanely lower to the point where I could just literally drop dead because there's not enough iron to be pumped.

That was really scary. Obviously we had to do something about this and iron is such a problem of so many people, specifically women, a little bit more right

when comes to women and deficiency. So can you talk a little bit more about the iron deficiency, which is so common?

AD: Yeah. iron deficiency is the most common deficiency worldwide. Across the board, men, women, it is more common in women because we bleed every month, and iron is lost through the blood. One is food, right? Getting it through your food is difficult, depending where you live, if, you're living in areas where food quality is pretty poor. Think about areas in, even in the United States where, they don't have access to fresh food. They're eating out of 7-Eleven or they're eating a lot of processed foods.

So one is intake of iron. Two is assimilation of iron, back to gut health. You are what you eat, but more you are what you absorb. And if you're not absorbing properly, then you're not going to be utilizing even the best of food that you put into your body. That I would say is a big problem and also just the fact that half the population bleeds every month.

And then there's other reasons for bleeding. Ulcerative colitis, people who have digestive disorders that cause bleeding. That's another issue. Pregnancy. There's so many reasons why people can be iron deficient. And different dietary habits, vegetarian vegan if you're not eating things that are have high absorption of iron.

So it is the most common. So it's a very easy low hanging fruit if someone comes in with fatigue. did you check your iron? That's number one. And then in terms of supplementation, again, there's different types of iron. There's heme iron, which comes from animal products, and there's non heme iron, which comes from non animal products of plants.

But Iron is so vital, it's almost like your Qi If you don't have iron, you literally cannot breathe, you have no oxygen, because iron is what binds oxygen in hemoglobin, and that's how we can use our brain, and we can use our muscles, so that's a really common symptom that you're describing of iron deficiency, is shortness of breath and fatigue, especially Going up flights of stairs.

So people are like, yeah, I always walk up the stairs to my office, two flights, no problem. And all of a sudden now I'm finding that I'm huffing and puffing and it's really difficult as well as recovery time. So doing a hike, you're okay, but the recovery takes you. Two days. That's a very quintessential iron deficiency symptom.

This is something that you can screen with all patients. It's a very easy test to do. Most people have access. You can just ask, Have you tested your ferritin, which is the storage form of iron. We don't test iron itself. And if that's low, Supplementation, talking about diet, improving ways to enhance absorption, looking at gut health.

So there's lot of things that can be looked at when it comes to iron deficiency.

CC: That's great. I appreciate you explaining this because so many people are iron deficient. When you talk about we are what we absorb and You may take supplement, iron supplement, but you're not absorbing it. So what prevents it from being absorbed and what can be done if we know we're not absorbing it?

Because then you have your low level, you're taking all the supplement and then nothing happens and you're not getting your levels back up. So what can be done for that?

AD: Iron interacts with pretty much everything. It's best to take it on its own because there's a lot of things that actually block iron absorption. So things like tea. Coffee, like caffeine think of like elderly people, such as your mom for vitamin D, but also for iron, because oftentimes they're drinking a lot of tea throughout the day, black tea they have the tea and

toast diet, they were on their own, maybe they're not cooking so well, so that's number one is taking it on its own.

Finding a good quality supplement and dose does matter. So if you're taking an iron supplement that has 10 milligrams, that may not be enough to actually increase your levels. You might need 150 milligrams, right? There's a huge variance in the dosage. And the other thing is taking it every other day.

Iron actually increases its absorption, which sounds so weird, but iron releases something called hepcidin in the blood, which actually blocks its own absorption. So if you're taking it every day, you might be, peeing out some of your money. So you might as well just take it every other day. And I usually tell people take it before bed.

That way, if you do have any gastrointestinal side effects, some people have a bit of a stomach ache with iron, you'll sleep through it. And then taking it every other day also helps with that, so you're not taking it all the time and causing constipation and bloating and issues like that. And vitamin C can help the absorption.

So some people will have that with orange juice, but the iron supplement that I typically recommend has vitamin C in it. So if you can find one that has it in there, that makes it easy. You just drink it with water and you're good to go.

CC: Yeah, and I guess it's a lot like this, right? There's a lot of minerals that get help from vitamins to be able to be absorbed.

So when you mentioned the timing of taking it in the evening. For all vitamins, minerals, let's say vitamin D because it's the sunshine vitamin. Do you recommend to take it in the morning and iron in the evening, or does it really matter as long as you take it?

Is there a timing that makes a difference?

AD: For some, there is, it does make a difference, but honestly, it has to work for you. So if someone is not remembering to take something and it's easier for them to just take everything at once, I would rather them take it and have maybe lower absorption than not take it at all. Most vitamins and minerals, apart from a few of them, are non-stimulating, so they're not going to cause sleep disruption.

Typically, vitamin D, I tell people to take it in the morning, but if you take it before bed, that's also okay. I had some patients who do that. Most things are best in the morning, just

because that's when you can remember. You get up, you have your breakfast, you take your supplements, your vitamins.

Iron is the one that I usually recommend to have before bed because it interacts with so many things. If you're taking it with, your zinc and your vitamin D and your magnesium in the morning, it may not have the best absorption. So I usually tell people take that one at night. Everything else can be in the morning.

CC: That's great. And so because you're talking about all those that we may need. One of the things that I've had patients coming through my door a lot is Oh, I'm taking multivitamin and they'll take a multivitamin. And that comes from a drugstore that is very generic?

So I have two questions for you. First of all, is multivitamin a good thing because it's all in one. Yes, it's easier, but do you get to absorb the whole thing or like you said you're peeing it out? And the second is how do you know if whatever supplement you buy is more natural coming from natural sources versus synthetic?

AD: It's a tricky world out there because the supplement industry is not regulated. So I always encourage people to buy medical grade supplements and that usually means going to a health food store or getting it directly from a practitioner. Do not buy your stuff off of Amazon. There are a lot of people selling things on Amazon that are not what they say it is.

So quality does matter because it does enhance absorption and maybe you're paying a little bit more but you're actually absorbing more of that rather than paying a cheaper supplement and not really getting any of it. Multivitamins I only use in very specific cases and typically it's for people with really poor diets or they have a lot of gastrointestinal issues, pregnancy, eating disorders, things like that across the board. It's not something that I typically recommend because it is just low levels of everything. So there's not really therapeutic dose there. So if someone really needs vitamin D, I test it and they're very low. I'm going to give them a high dose vitamin D.

Boost it and then we maintain it or iron or B12, I'm going to give them just B12 on its own and not as a package deal because yes, you get higher absorption when certain vitamins are put together, there's a little bit more like vitamin C and iron, but typically things taken on their own and higher dosages will do better than just Low level across the board.

And then you mentioned synthetic and natural sources. So that's where again the quality Comes back in so you can actually look on a supplements website and see if they're third party tested. You know where they source their ingredients from that may take time But it's important that what you're putting into your body and assuming you're taking supplements.

You're probably a health conscious person you know, it's Doing your due diligence or asking your practitioner because there's certain products that I endorse and I believe in the product and I know that they have third party testing and batch testing and all of those things. And so I can recommend this brand, not this brand.

So doing the homework is a little bit time consuming, but once you find a brand that you can trust, then you just stick with that.

CC: I like that. Yeah that's pretty much where I was thinking, when it comes to supplements, there are brands that I really like just because I've tested them. I've looked and researched them, but. I've tested them on myself and I feel so much better and it really works. So you're like, okay, this gotta be good.

And there are ones that you can get a lot of research from it. And now with AI, go on AI and ask about a brand and where they source the whole supplement line and they'll tell you everything. You don't even have to research for hours and look for things. Just ask just put a brand and ask it and they'll tell you everything. So it's fantastic.

One of the things that we shared last time when you were on the podcast and people that haven't listened to it, we'll put the link of that podcast that we had Dr. Alex below if you've missed it, it was really fun.

We talked about poo a lot, but it was a great conversation. So we'll put the link in this below and so you have the option to check it out. But one of the thing that we talked about is that you are a vegan.

So one of the thing that you do is you do not meet and eat animal products.

Now, I don't eat meat. I don't like the taste of meat since I was a kid. I don't like the texture. I don't like to chew that thing that just tastes weird. The consistency and the texture for me is really hard, but I do eat dairy and I do eat fish. I love fish and of course I'm French.

So I do have cheese for spleen and dampness, but the cheese, what are you going to do about the cheese? I don't have it every day, but I do eat cheese and I do eat fish because I love seafood. So my question is I take a B12 vitamin, right?

B12 is. It's often said that is not found in plant.

It's only found in animal products, et cetera. So can you explain first of all, what is the role of B12 in the body? What does that do? Why do we need it so much? And if you are not eating meat or even if you are eating meat, can you be low in B12?

AD: Yeah, so B12 is actually made by bacteria in the soil. Plants used to have B12 in them. There's just, again, because of our soil quality, there's not as much B12 in plants, and animals such as cows, their ruminants, they have multiple stomachs and they're actually able to have the bacteria in their bodies ferment and create that B12 so that it's in the meat.

So I do see B12 deficiency in meat eaters as well. Super common. A lot of people are like, Oh, I eat meat. I'm fine. No it's still becoming deficient across the board. It's neck and neck with iron getting there. And B12 is, honestly equally as important as iron. It does a lot of things similarly in our red blood cells.

It helps with growth of red blood cells. So when you are B12 deficient, the red blood cells actually get too big. They balloon out, which is not great for your circulation. If you have B12 deficiency, sometimes you can get numbness and tingling in the extremities. So that's a common thing with Elderly and the way B12 is absorbed in our body is also very difficult process.

It's not as easy as just passive diffusion, like some of the vitamins just flow into our bloodstream. It's a two step process and it requires high stomach acid. So as we age, we decrease our stomach acid and so elderly people are more at risk for B12 deficiency regardless of what they're eating.

And a common thing I see is, numbness and tingling in the extremities. And again, it's Oh, you're just old. It's fine. No, let's check. Let's check what's going on there. There might be something. Age is not a disease. We know people like this. So B12 is super important and supplementation is becoming more common again because the soils are not full of it.

If you do a lot of gardening and, do your own garden, you might have a better quality in your food, but it is, yeah, it's quite common, unfortunately, to supplement with that.

CC: When I was looking at research and looking at what people were most efficient in. Vitamin D was there, Iron was there, and then B12 Magnesium were the big four, so I could see that. And it has so many functions in the body, so I understand why it's important. I take B12 as well, so I take my Magnesium, my B12, Vitamin D, yay! , but we all have great medicine, right? I love Chinese medicine, I love acupuncture, I love Chinese herbs and nutrition and our whole toolbox that we have. However, we can also take things from other places to complement our health, right?

Because often people said, Oh, Chinese medicine is enough. Everything is limited, right? We all have limitation in our medicine. And if you're deficient in Magnesium doing acupuncture is not going to get you the magnesium back or the iron back like you can do all the acupuncture So what's interesting in chinese medicine is we have people that have tcm blood deficiency, right?

So sometimes tcm blood deficiency patients may be anemic and they may be low in ferritin But sometimes they're blood deficient in TCM and not necessarily anemic. However, they probably are a magnesium deficient and maybe B12 deficient, right? Other minerals, other vitamins that are related to blood. And it shows up as pale and poor vision and poor, nails that are brittle and all that, right?

So the minerals, when your nails are brittling, obviously there is a mineral deficiency that's just easy to understand. So for us, it's a TCM blood deficiency. So having that. Information having all this is so valuable as practitioners to be able to understand so we can provide more education to our patients.

So because of this and because you're such a great teacher and because I really trust your ability to pass on the information in a way that's easy to understand and to apply. I ask you if you could create a course that practitioners could utilize and benefit from. And so you created the integrative guide of vitamins and nutrients, which is a great course.

The link is below so you can check it out, but it's a great course to be for us to have an understanding of vitamins, minerals, nutrients, how they all function, what functions they have and also because you wanted to put the most common way of utilizing them, you also added hormone health and also gut health, supplements that are really good for that because those we see a lot in clinical practice. So, I would love for you to talk about what you put in the course and why would it be beneficial to us?

AD: Yes, I'm so excited. It's jam packed with lots of different things about vitamins, minerals, nutrients. So the first part of the course is really understanding the body and the role of vitamins And minerals and yes, what they do, where they come from and food and also how to supplement, what's the dosage.

So I really go into detail on each of those specific things and then I go a little bit deeper into the most common gut health issues, the most common reproductive or hormone issues, because it's something that we all see acupuncturists, nutritionists, naturopathic doctors, Every day I'm seeing someone with IBS. Every day

I'm seeing someone with PMS and how can we educate our patients on one what to ask for, to understand. How can I support this patient better without just utilizing acupuncture, right? I see that they have an iron deficiency, right?

How do we educate on diet and supplementation and where to go for that information? So I really created this course for health practitioners. To one, get a deeper understanding of vitamins, nutrients, minerals and there's some herbs thrown in there as well as lifestyle and nutrition in order to one, learn for themselves to empower and teach patients on how to advocate for themselves and where to go to find a practitioner who would be able to prescribe that if you're an acupuncturist, that's not able to prescribe vitamins and minerals and things like that.

But the more knowledge that you have, the more you can get the best care for the patient. And that's always my goal, is patient centered care. If I can't do it, I will find you someone that can do it. And so that's really the essence of this course, is to provide a little bit more education and information on these topics, so that you can deepen your knowledge of holistic care.

So nutrition, also lifestyle, so stress, sleep, what's the most common things that pertain to all hormonal health? What are the most common things that pertain to all gut health, right? Most people are stressed. Most people don't sleep well. So we talk about all of those lifestyle factors as well as the dosage and how to supplement and practical case studies so that you can connect the dots and figure out how to implement this in your practice.

CC: That's awesome. The link is below. I think it's exciting because I love to learn this, specifically because patients will come in and say, Oh, I'm taking magnesium citrate. Now I know it's specific for bowel while glycinate or bisglycinate is more for muscle and stress and relaxation. So if they were trying to relax, they're taking the wrong one, or if they're taking glycinate and they wanted more help of the bowel and their gut, they're taking the wrong one.

So having the information at least is. The ability for our patient to trust us to be their educators and send them somewhere else if they need to, right? I have sent a lot of my patients saying, you know what with what's happening right now I would do some blood tests because you need to figure out what's going on because obviously without The knowledge it's hard for us to know how we're going to go about it Sure, I could do treatment But We still need to have the amount of knowledge that allow us to plan for the best treatment for you I listen to a lot of podcasts So now we have the AcuPro Show, but I listen to a lot of podcasts. I love podcasts. When I go for a run or I work out, it's the best thing for me to educate myself because I really believe in growth and education. this. is why I provide

a lot of courses on AcuPro Academy because investing in yourself, in your patient in your practice in self growth is the best way to really enjoy life and continue to Provide more for others but for yourself as well, right?

So for me, I've listened to all the podcasts and lately because I'm gonna be 60 soon I hear a lot of things of aging right? There's one thing that comes up a lot in a lot of podcasts is NAD, which is a B3

AD: I knew you were going to say that.

CC: You knew?! You knew I was going to start. So I would love you to tell me if I should take NAD slash B3 and explain exactly what it is because they're all like raving about it. But I don't understand what it is because they don't explain. They just say, oh, it's great. So I would love for you to share that for the population out there that is like me and is starting to slowly age.

AD: Yeah, I will say for number one, if you don't have the foundations down, NAD or any of these, supplements that people tout about aren't going to do anything. You really need to have, good sleep, stress, nutrition, movement, all of those things. There's no supplement or magic pill out there that will reverse aging.

However, NAD is, like you said it's like B3, it's just like a different version of vitamin B3 and B vitamins we already talked about B12 are really helpful for cellular health for energy. So a lot of people are using NAD plus, as IVs or taking orally to help with fatigue to they say it's like reversing aging.

I wouldn't go as far to say that, but people who struggle with mitochondrial issues. So certain things that will damage mitochondria would be viruses. So COVID, things like that, right? Long COVID. NAD can be a really good adjunct for that. If you already have good energy and you have all those healthy habits, I don't know if taking NAD is going to really get you to that next level, like you might already be peak but there's really no harm to taking it B vitamins are urinated out if you have too much, you're just going to pee out an expensive supplement people ask me these things all the time Oh, what about creatine?

What about NAD? What about this thing? And again, I always go back to, if you don't have the foundations, there's nothing that will cure your fatigue or your lack of sleep or your stress, right? But NAD, yeah, it's a very popular, thing right now, and I do use it quite a bit, but I'm more targeted with who I'm using it for, and sometimes you need that boost of energy in order to actually tackle the problems.

So sometimes I'm using it in that sense, like giving a little bit of energy to these people so that they can tackle their stress or change their habits or go to exercise, etc.

CC: Thank you for answering that. Cause yeah it's very popular right now.

I just figured I should ask you since I have you here, I really appreciate you coming. I appreciate you putting this course together because I think it's needed personally, And I think everybody that's going to take this course. It's going to love the way you teach, the way you're so knowledgeable because I've seen you teach and I know how you are because I always bring people on the platform that I think are amazing and can bring so much value. So thank you so much, first of all for bringing all the value today on the podcast. The link of the course is below. Check it out because that is something that I think would be a perfect extra tool in our TCM toolbox. Dr. Alex, thank you for coming back to the show. I'm sure you'll come back next year. We'll have you every year or something like this, right?

AD: We'll do an anniversary every year. Thank you so much. I always love being here.

CC: 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. I'm on YouTube, Instagram, Facebook, X, Pinterest, and LinkedIn and TikTok. And no matter what. Keep rocking it, using DCM. Please listen to the disclaimer. Because the Acupro Show podcast and material shared through Acupro Academy, which is a subdivision of Natural Health Sense Incorporated, are designed solely for educational and entertainment purposes.

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