

I have been procrastinating on the six stages and four levels. According to TCM, And the reason is it is a deep, difficult subject and when I teach about the six stages and the four levels in school, my students have the deer and the headlight kind of, look, because they feel like, what is this about?

I'm so confused.

What's interesting to me is that back in TCM School, we learned the six stages and the four levels during our foundation or theory of TCM, and I feel like it was much too early to look at something like that. A vast, big subject because they both come from classics, classic books, classic TCM books, and those books are very big.

The six stages are a thousand pages.

So when we look at this, we feel really intimidated and it feels very hard for a lot of my students. And even when I was in school, I felt really lost. So today, you know, I'm all about making it easy to grasp and fun to learn. So we're gonna try to grasp the basics, and then if you want to.

You can go deeper into reading those classics because they're fabulous and very useful in practice.

So what are we gonna learn today?

The six stages, the four levels, and how we can use them in clinical practice to help us look at the progression of a disease. So those are gonna help us with our diagnosis. And our treatment. Like I said, I'm gonna try to make it easy for you to grasp. So breathe. You might have to go through this a few times before it all sinks in, but don't give up because it is such a great part of TCM.

Are you ready? Let's do this.

Welcome to Acupro, A show dedicated to making Chinese medicine and acupuncture. Easy to grasp and fun to learn. Hi, I am your host, Clara Cohen. I support practitioners and students and 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.

In TCM. Diseases are not a static process. They are very dynamic. It changes all the time, right? Even when we see patients with chronic issues, let's say insomnia, as they progress, as they get better, we can see the progression of the disease.

Now, today, we're gonna talk a lot more about acute disorders and their progression. We all know that when we get a cold, there is a progression. First you start in the morning, maybe with a scratchy throat. Then you feel chilly and achy. By the end of the day, you sneeze, you have a stuffy nose, and you feel like, oh no, I'm exhausted.

I need to go home. I have a cold. Right? It took that whole day or a couple of days. For the whole progression to occur. So we're gonna talk about this today. And how does that help us when it comes to TCM diagnosis and treatment of our patients? Now, I know in general we see a lot more chronic disorders than acute disorders.

However, specifically the six stages can also be used for chronic disorders, not the four levels, but the six stages.

The six stages and four levels, will help us diagnose more accurately and understand how deep the pathogen has gone.

It also helps us predict the next stage and anticipate how the illness might evolve.

And we can tailor specific treatment plans based on each stage or level.

That's fantastic. Right. Okay, so let's start by looking at a bit of history and then we'll start with the six stages first and then the four levels.

The six stages come from the Shang Han Lun, and don't quote me on my pronunciation.

The Shang Han Lun is translated as the treatise on cold damage. It was written by Zhang Zhong Jing during the Han Dynasty to describe cold pathogens entering the body.

Here's a cool TCM history fact, Jang Zong. Jing lost a bunch of family members due to epidemic diseases and decided to write this book with passion and grief. so, It's not just theory, it is a heartfelt legacy.

The four levels come from the classic book Wen Bing Xue. It's sometimes called Wen Bing Lun, and it's translated by Warm Disease Theory.

It was compiled by Wu Ju Tong and other scholars in the 1700s. Here's another cool fact about this book.

The Wen Bing theory was ahead of its time. It even gave us the foundation for treating modern viral illnesses using TCM thinking.

Don't you love that? I love when ancient medicine meets modern times. It's fantastic. So as you can see, the difference is there were scholars that believed everything that occurred acutely in the body started with cold pathogens invading the body. And then there were scholars that thought that everything that happened in the body was due to heat, external pathogens, heat entering the body.

So cold pathogens entering the body affect the six stages and heat entering the body affects the four levels.

Yes. Okay. So that's easy to differentiate at this stage right now when we have a pathogen invading the body. The immune system can respond to it. The stronger the immune system, the faster the body can push it out. Expel the pathogen, get rid of it and heal. The weaker the immune system, the harder it is to fight.

It's kind of a battle. It's like a war, right? So the pathogen can get deeper. And deeper. And deeper. If nothing stops it. So we have little fighters that are ready to go to war with the pathogens, and unfortunately, if we don't have enough fighters. Then the pathogen keeps winning and we wanna be able to push it out.

In general, when people get a cold, they can fight it off and then a few days later it's gone. Right? Same thing for flu and mild flu.

Now there are strains of bacteria and viruses that will. Try to penetrate the body and the body cannot fight it because the pathogen or the virus and bacteria are very strong. Right? Make sense?

So let's start first with the six stages. We're gonna go back to foundation. 'cause anytime you don't understand something or you are lost, or you're not sure what's going on specifically for diagnosis or even treatment plan. We wanna go back to foundation. That is something I always recommended to my students over the years.

And my teacher, my foundation teacher back in TCM School used to say, if you don't understand something, go back to foundation. And it is the truth. If you forgot something,

for example, if you forgot that the heart is in charge of sweating, then when you see someone sweating with no reason, maybe just when they're anxious, you might not connect it to the heart.

Does that make sense? So always go back to foundation.

When we talk about foundation, it is also connected to the theory of acupuncture.

I have an entire video talking about acupuncture theory. If you haven't seen it yet, the link is in the show notes. Check it out because it's very popular and it will help you understand Meridian. Function in the Eastern TCM perspective, but also in the Western perspective so you can explain it to your patient. Is that good?

Okay. So make sure you check out this video on acupuncture Meridian theory because it will help you a lot.

In that video, I go through each meridian and what their names are. So the six stages are going to use those meridians and their names, and we're gonna look at what level each meridian is.

So let's start with the small intestine and the bladder meridian. One is hand meridian, one is foot meridian.

So the small intestine and the bladder are both called T yang, TAI, Tai yang, right? Tay yang is often translated as greater yang. So we're gonna have six stages.

The first three stages are gonna be yang, because yang is always more external and yin.

It's always more internal if you compare the both, right? If you compare yin and yang, external, internal. Internal is yin. External is more yang, right? The skin is more yang compared to, let's say, your organ of your large intestine, which would be more yin. Now, people get confused a lot because if I say the large intestine is yin.

But that's a Y organ. It's always what you compare it to. Yes. Large intestine is a yang organ compared to the lung it's yin organ counterpart.

But if you're comparing yin and yang from external to internal, then the skin is more yang.

And the large intestine is more yin

because it's internal. Yes. You're following me. You with me on that? Okay,

Now the first two small intestines and bladder are called tang meridians, and they are at the top, meaning that we're going to look at six stages from superficial all the way to the deepest.

So the most superficial meridians are the small intestine and the bladder, and it's easy to understand because they cover the upper back, right upper back, neck, and they come to the head. When we have a cold or a flu specifically, what happens when you get a cold? Oh, you have headaches, you have maybe a little bit of achiness in the upper back, and often we use a lot of those points to help the patients kind of push the pathogen out.

So the topmost superficial level is the Tai Yang Level.

Yes. Okay. The next one is the Yang Ming level.

The Yang Ming Meridians are the large intestine that's a hand meridian and the stomach, which is a foot meridian. The Yang Ming meridians, both large intestine and stomach are going to be the second level, so the level two.

And so often we see this in practice when there is a cold, it enters the body slowly and we feel achy and sneezy. That's why we have bladder points to help open the nose right when there is, , issue with wind cold invasion. Now this wind cold invasion, which is a pathogen right?

We'll penetrate deeper if the body cannot push it out. And now the problem is we may now have a little bit of a fever. We may also have sore throats. We may start coughing. Maybe we have nausea, maybe we have vomiting if it's, let's say a stomach flu, right? So the yang main level is gonna look a little bit hotter, even though the cold pathogen has started.

Remember from foundation, the six pathogens? Can really change and interchange into each other, right? We can start with cold or wind cold, and it can turn into wind heat. That is very common.

So the first stage is where the wind cold happens, which is a Thai yang stage. The second one is the yang Ming stage, MING, the ying stage, which is the stomach and large intestine, and now the heat symptoms.

I'm gonna come in because the large intestine and stomach get affected by heat a lot, as you know.

Next stage is the Shao y stage. Shao, SHAO. The Shao yang stage means lesser yang. Okay. I didn't translate it because Yung means bride yang, because Ming came from the Ming Dynasty, which was a beautiful dynasty .

Shao yang is the lesser yang, meaning it's the third stage, right? Tay yang was the greater one. Then we got to the middle, which was yang Min, and then the third stage. Now we are at the level of Shao Yang.

Shao Yang Meridians, if you remember, are the San Jiao and the gallbladder.

Now what's interesting is the gallbladder, if you look at it, and the sanja also, they're very zigzaggy.

They go and they go zigzag, zigzag, back and forth, back and forth, right? If you've looked at the meridian pathway, by the way, if you haven't seen my video on all the Meridian Pathways, because we need this to understand how we select point, I'll have the link below because that video, I think is key to be able to understand now how to use acupuncture points once you understand the pathway with the external branch and the internal branch, because this is how we do acupuncture to connect the external where the point is to the internal.

So the Shao yang stage is kind of like a mix of the first two. It's gonna have some cold symptoms and some heat symptoms. So this is the typical alternating. Chills and fever, alternating chills and fever. So we're gonna have a little bit of chills, and then we're gonna have a little bit of fever back and forth.

A lot of nausea, headaches and the person can be dizzy. Maybe they vomit. What's interesting about this is years, years, years ago. I had shao yang syndrome recurring all the time. When I first started, I said we can use the six stages and four levels for acute conditions, external pathogens invading and going at different levels, right?

However, with the sixth stage I mentioned that. We can also use them for chronic issues. Years ago I used to have chronic Shao yang syndrome. And the Shao yang Syndrome was not acute, but it was chronic, that's why it's called a syndrome versus.

Shao yang stage, and what I had was exactly this. I would have an attack of migraine with chills and fever.

I'd be sitting on the bathroom floor for like six hours, vomiting on and off, feeling so not good.

I would have chills and then I would be feeling hot, and it was just a disaster, and it got to the point where it was more and more often.

At first it was once a month, then it was every two weeks, then it was every week, and I was just like, what is happening to me? I did so many tests. Okay, many tests. We tested my hormones, we tested for parasites, we tested my gut, we tested everything. And then we found that the culprit in North America, I cannot eat gluten.

Me, the French girl who loves like baguette and croissant, anything that has to do with wheat. In North America, I cannot have gluten anywhere else in the world. If I go back to Europe, no problem. But here I have a problem with gluten. The second thing that I found out is I cannot have coffee. My gut does not like coffee at all.

So that also contributed when I stopped the coffee and went back to tea, and I love my tea. And then I stopped eating gluten in North America. This all disappeared. No more Shao Yang syndrome. No more migraines sitting on the bathroom floor, vomiting, nausea, chills, fever, and just feeling awful where sometimes I had to cancel my day for my patients and I had to go home.

It was just debilitating.

So when there are migraines. We have to look for the root cause

and that takes a lot of detective work and clues, and more clues, and it took me a long time to figure it out, right? So it's not easy when we have patients with migraines because we wanna try to figure out the root cause to see if we can eliminate it.

Does that make sense?

Let's go back to the acute six stages. The pathogen invade the body and maybe it gets to be a wind cold, or maybe it gets to a second stage, which is wind, heat, or maybe it gets the SHA level, which means now it's heat and cold alternating, which means it's harder to get rid of because now it starts to really affect the digestive system.

It affects the body as a whole, and it's. Definitely a little bit harder because it's a little bit deeper. Yes. Those three first stages are yang stages, so they are called external stages.

What's interesting with the gallbladder, I was saying it was zigzagging too, right? It is also called the revolving door.

You know how the meridian zigzags. The gallbladder personality has a hard time making decisions. It's back and forth, not sure which way to go, the Xiang syndrome or the Xiang stage is also called the revolving door because it's the last external stage and it's the door to get into the internal part of the body.

If the pathogen is not expelled by the time it's on the x. It goes to the next level, which is now internal, and it's a yin level, and that makes it much harder to treat. And everything is gonna get faster and faster, deeper and deeper. and we're gonna have difficulty getting rid of it naturally.

So often the pathogen in the body is gonna fight at that XO yang stage, and if the body loses the battle, we go to the fourth stage, which is now internal, which is the Tai Yin stage.

So Tai yin, greater yin, just like tang. This is Tai yin.

The Yin meridians are the. And the lung. So the spleen in the lung is the one that deals with QE a lot, right? With Q deficiency. So we're gonna have shortness of breath

because the spleen is affected. We're gonna have nausea, loose stool, maybe diarrhea, bloating, edema, water retention, swelling. Maybe we're gonna swell in the face and we're gonna get really pale.

. And because the spleen and lung don't like cold either, and because the spleen does not like cold, we might start to feel chilly and cold.

Celiac disease, for example, is a permanent Tai yin syndrome. So that's not an acute problem. It's a chronic problem. . 'cause there's diarrhea, there's bloating, there's difficulty in digesting.

There's loose, super loose stools. The person is kind of cold and pale and fatigued. So that tie on stage, if it's acute. That's when the pathogens get deeper and affect the digestive system. So parasites can do that as well. Bacterias can do that as well. And we can have acute, but we also can have chronic,

The fifth stage is the Xiao Yin stage. Xiao means lesser yin, and this is the meridians of the heart and the kidney. Now the heart and the kidney are opposite. The heart is fire in the five

elements, and the kidney is the water, and they are north and south, like really opposite summer, winter.

Perfect entity because the heart is in charge of the mind, the spirit, and the kidney is in charge of the roots of who we are, our grounding organ. So they're really opposite.

So they need to be together, right? So the Shao y or lesser yin, and the reason it's lesser yin is because it has the least amount of chi and the least amount of blood.

So when we look at meridians, the heart and the kidney meridians have the least amount of Qi and the least amount of blood.

Which means when there's a heart issue or a kidney issue in TCM, it is going to be a little harder to get fast results. The results are gonna get slow because anything happening with the mind or mental health takes a little bit more time and anything happening with essence or kidney or genes, obviously is gonna take more time..

So the shaan stage is when the person is starting to have low grade fever, which means it's kinda like elevated heat, but just later in the afternoon, not all day. So we feel kind of feverish at the end of the day. Night sweats, dizziness, tinnitus, and I'm talking about the tinnitus. That is constant, right?

Palpitations, anxiety, insomnia.

It could be again, the pathogen that went through the tie-in stage deeper, and now it's affecting the spleen and lung, or it goes to the fifth stage, which now affects the heart. And kidney.

So those are the meridians, right? We started the meridian as the most superficial meridians of the small intestine and the bladder.

The next ones are the stomach and large intestine, and then sanal, gallbladder, spleen, and lung. And then now we have Xen, which is the heart and kidney. When we look at chronic, this is a typical menopausal woman is going to have Xen Syndrome. Heart and kidney are going to be affected. Lots of palpitations, anxiety, insomnia. But also fatigue, low libido. Lots of things are gonna happen in the reproductive system, but also in mental health.

That is a very typical yin deficiency of the heart and kidney. But also a menopausal woman may have that kind of syndrome. This is why I love the Shahan Loon or the six stage book, because it's not just about acute disorders, it also relates to chronic ones.

That's why it's really good in practice as well.

The last stage is the ju yen stage, and that is JUE ju yen, which means the end of yen, the terminal yen, because it's the last, it's the deepest one and the two meridians who are the deepest meridian? The liver and the pericardium, which is fascinating, right? 'cause you're like, wait a minute.

But that's because the liver and the pericardium get affected by heat and also by cold. So it's quite interesting, right? It could be the opposite of XO yang syndrome, which also gets affected by cold and heat. But this one is much deeper.

, so there's gonna be vertex headaches because that's a liver problem.

When we have a headache at the vertex.

abdominal pain that comes and goes. Nausea, heartburn, acid reflux.

vomiting, no desire to eat, and often very cold, cold extremities, but really hot bodies. Yes, so hot body, but cold extremities

What's interesting about this is trigeminal neuralgia can be a dream syndrome because the pain is really, really strong, but it's burning, but the person has cold feet, cold hands, and they might vomit from the pain they might have. , abdominal pain as well, or stomach pain, or it might be the trigger might be food as well.

So this is very interesting when you look at it. High blood pressure can also be a way in syndrome as well. So see, this is more chronic,

but when it comes to acute, the pathogen was going deeper, deeper, deeper, deeper, deeper. That could be parasites. If we have intestinal parasites in the body, it's very difficult to get rid of.

If you know, or if you have anybody around you that ever had parasites, it's not easy to get rid of. So there are deep, deep, deep, deep. Does that make sense? So think of the six stages as the meridian. They are trying to expel pathogens and we want to keep our immune system strong so everything can go back up quickly and it doesn't go all the way down to the sixth stage or the terminal of yin.

Now, one of the questions I get often is, can the pathogen invade? At the second stage or the third stage, the answer is yes. Can it skip a stage or two? Yes. So it can start with a wind cold at the yin level, and then the next stage could be right away. The tie in level, it bypasses the two in the middle, and now it's much deeper, faster.

It depends on the person's immune system, but also that organ strength. If we have a very weak spleen, maybe we have a weak spleen, and that means that the pathogen may enter directly at the fourth stage, which is a spleen and lung or tie in stage, so it doesn't have to go in order.

But it always goes from superficial to deep. It just could enter at the second stage, third stage, or I could skip a stage or two and go directly from, let's say Tai yang to tie in and then join in and skip the one in the middle, which is Chiao.

I hope you're not confused. I wanted to give you a little bit of an understanding of the six stages so that way you don't feel completely lost when you look at them.

If you haven't gotten my book, Chinese Medicine Made Easy yet, you will love it. It's all about Chinese medicine theory and diagnosis. Plus you get my fillable intake form so you can use it with your patients. This book is the basis of everything we do when it comes to diagnosis because without a good diagnosis, it's very hard to get good results with patients.

That makes sense. I'll have the link below for you. It ships all over the world. Or you can have the digital version, which has tons of video links to complement it, and a lot of people get both.

If you're still struggling with your TCM diagnosis, I have a 90 minute masterclass that will help you. I have a framework in there. I taught it live, and now the replay is up for everyone to benefit from. It is so useful for people, so it gives you a framework you can use with patients and get the right diagnosis every single time.

I'll have the link to the TCM diagnosis Masterclass below as well. Check it out. You get an hour and a half continuing education and a certificate, and you have access to it forever, so you can watch it again and again.

If you need a refresher, which I think we all do, the link is below as well.

Now we look at the six stages. How do we treat them? Well, most of the six stages, specifically from the book are gonna talk about formulas. It's a very specific book for formulas.

So if you are doing Chinese herbal formulas, you are gonna love this book. If you don't, yeah, it's gonna be, a little bit of a tougher one, but it's great for understanding diagnosis. It's a long read. Like I said, it's over. Thousand pages. It has many, many translations out there that you can check out. .

Obviously we can do acupuncture as well. And if you want the treatment for each of those stages, formula and acupuncture point, it's all in my book. Chinese Medicine Made Easy, my Green book so you can look at them and I also have a slide in there that has all the chronic.

Disorders that are associated with each syndrome, like the tie-in syndrome and the Shaan syndrome, et cetera. So it really will help you when it comes to using the six stages in clinical practice. That's made easy on the six stages.

It's very fast. This should be like a seven hour class, but I just wanted to give you a little bit of an understanding. I hope it's really, really useful.

You know, you can listen to the podcast on my website, but you can also download the podcast from Apple or Spotify, so you can listen to it anytime and you don't need wifi.

So make sure to subscribe and follow the show. It's completely free, and that way you don't miss out when the show comes out every week because it'll automatically download on your phone.

I hope I haven't lost you yet. Let's talk about the four levels. I think the four levels are much easier. Then the six stages. Yay. The four levels scholars really looked at everything that happened in the body coming from external pathogen heat.

So every level is gonna be hot, more heat, more heat, more heat.

We have four levels. The WHE level, WEI, which is the defensive chi, right way chi, defensive chi, the WHE level, which is the most superficial, the QI level, which is the next one.

The yin level. YING. The yin level is the nutritive level and the last level it's the blood level.

When pathogenic heat enters the way or the defensive level, we're gonna have acute fever, very mild chills, a sore throat, a frontal headache, mild sweats, a thick yellow nasal discharge, probably a yellow coat on the tongue, and a floating rapid pulse. This is your typical wind heat invasion in TCM. Does that make sense?

The next level, if the body cannot fight it, it might go deeper, and when it gets to the Q level, it might affect two different organs. One, it could affect the lung, and two, it could affect the stomach and large intestines. So what happens if the heat penetrates to the tree level and invades the lung?

We're gonna cough, sticky, yellowish, green. Phlegm is not great, but that's how it is. We're gonna have, the fever's gonna be higher. Then at the way level, we're gonna have dry mouth thirst, sweating, a red tongue with a yellow coat.

Probably the front of the tongue's gonna be even redder because the front of the tongue is the lung and a rapid pulse. Now it's not floating anymore because we're at the QI level. We're no longer at the way level. Make sense? When it is at the superficial level, it's floating, but not anymore. It can also invade the Qi level, but affecting the stomach and the large intestine. So we would have high fever again, but this time really profuse sweat even more than when it's affecting the lung with constipation 'cause it's affecting stomach and large intestine Irritability.

Bleeding gums, which is a stomach heat with constipation, when we have the bowel movement, it will be very smelly. That's excess heat, right? The tongue is red with a dry yellow coat because now the heat is starting to dry. The fluid and the pulse is rapid and big. The next level.

, we're getting to the point where it's the yin YING yin level, which is the nutritive level, and that is very high fever. That is going to be worse at night. So the person has a high fever, but at night it gets even higher. Very restless, irritable, insomnia. They cannot sleep at all.

They may even get delirious or delirious. And they may have rashes all over the body. Red, dry, tongue, thin, rapid pulse. What can that be? That could be the measles. Easy rashes all over your body. It's a high fever. It could be one of those that makes sense. Okay. And then the last level is the blood level.

So if the pathogens go deeper to the blood level, now we're really, really deep. And so the fever is very high with rashes all over the body, but now there's nose bleed, convulsions, delirium, completely no sleep whatsoever. The person does not make any sense. The tongue is really, really red, like crimson, and the pulse is very thin.

Still rapid, but it's weak because it's at the blood level and it's really drying the fluid and it's affecting blood.

So a few years ago my husband got viral pneumonia, so not bacteria, but viral pneumonia. It's exactly what happened to him. It was at the blood level. He was delirious. He would get up, he could barely take two steps, and then he would say, I'm gonna go to work.

I was like, uh, no, I don't think you could go to work. He lost 17 pounds, which is about seven kilos in three weeks. We were trying to figure out what was wrong with him.

For weeks, we went to the CDC, the control for disease center and they couldn't figure out what was wrong with him. It took a long time to figure out that it was viral pneumonia. He recovered. He's very fine now, but that was really three weeks. That was quite scary and he was definitely having that heat invasion that reached the blood level.

, and when it comes to viral pneumonia. They don't have any medicine for it. So we had to do it naturally. We had to do it by waiting with time and strengthening his immune system for his body to fight it back. But it took a lot out of him. And if you've ever had pneumonia, you know it takes a long time.

When people get sick and they have bacterial or viral infection, it's really important to strengthen their immune system after, for quite a few months, right? Like not just like a week or two. But for the next three months, build that immune system back because it got so depleted fighting.

For your life really, it's really important to build that system back for the next few months.

I had a patient who had mono mononucleosis when she was 13 and she came to see me in her twenties and she still had fatigue. She was still exhausted because mono gives you that viral fatigue, right? So it's really important to help nourish that immune system.

And we can use points like long seven and stomach 36, but also we can use supplements, a good diet, and sleep. A whole lifestyle that we need to educate our patients so they recover and then their immune system gets stronger.

Now, all those six stages and four level we talked about today, we can explain any pathogen invasion through dose six stage or four level

from a bladder infection to, , a bacteria or viral problem. This is how we explain. We use those to try to see the progression of the disease and how we can help expel the pathogen faster so we can recover. Yes. Oh my gosh.

By the way, if you're a student and you are writing an exam soon, I have a PDF with 400 multiple choice questions and explanations because you're not learning when you get it wrong.

If there's no explanation, you wanna know why. So you can learn and in turn next time get it right. Does that make sense? I go through everything, all the questions deal with from theory to acupuncture to. Everything is preparing you for the exam, so make sure you check it out if you're a student, 'cause it's very useful.

The feedback from students has been amazing. The link will be below for you.

Wow, that was a lot. But take a big deep breath and I would review this a few times until it makes sense in your head, right? Because it's a lot, and you can go deeper, you can read those books, but I hope that gives you an understanding and a basis for those six stages and four levels as usual.

Keep rocking it using TCMI. I wanted to thank you for your continued support because without you, I wouldn't enjoy what I'm doing, which is to teach.

I love to teach Chinese medicine because it's amazing, right? We all know it. Rocks.

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, live 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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