

Today, I'm going to talk about the Chinese medicine emotions related to the kidney and bladder or the water element, which I fear and shock. I am going to differentiate between anxiety. Rational fear, irrational, fear, phobia, and shock, which can be emotional or physical and how we treat and address those emotional states. For our patients, because this is very common.

Globally. Over 300 million people experience anxiety on a regular basis, and it is the most common mental health disorder. World wide.

And an estimate of about 20% of teens have specific phobias. That is staggering number, right. So let's look at how we can help patients using Chinese medicine and acupuncture points. So today I'm going to talk about not only the Chinese medicine treatment, but also supplement that can help with these conditions.

And what tools we can. Also, we command to our patients who suffer from this debilitating disorder. Fear, phobia, anxiety shock is different because it's more acute, but we'll still going to talk about it.

And I'm also going to share the best supplement to take for people that have tendency to have chronic fear. Anxiety. And or phobia.

This is a little bit heavy today, but I truly hope it impacts you and in turn your patients.

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!

So because we're going to talk mostly about fear and shock. Let's differentiate fear. With anxiety.

Fear is an immediate response to a real threat. It triggers the body fight or flight reaction it's short-lived and proportional to the danger. That's our body's natural response to the saber tooth tiger. Like they talk about when they talk about fight and flight. So that is rational fear because there is an immediate danger.

Anxiety on the other hand is a lingering stress response to uncertain or future threats. It can persist without a clear trigger. And often can lead to a feeling of doom. Or really amplifying the actual risk. So Anxiety in TCM is more classified as a irrational fear, or it can be part of worry as well. We can try to distinguish, so it's not always easy, but no matter what rational fear or irrational fear affects the kidney and eventually the heart in Chinese medicine, because all emotions are longstanding, always deplete the heart.

Now both anxiety and fear can create similar physical symptoms.

So let's look at the common triggers of fear. Which leads to anxiety.

Past experience of course, childhood trauma. Life stressors like financial issues, work, stress, major changes, health factors like physical or mental health condition, social issues like isolation, loneliness.

Actually, there was a study showing that loneliness and isolation were among the top. Contributors to worsen mental health during the pandemic, it affected 70% of people that literally got a lot of anxiety from the isolation. So that's a big factor. Lifestyle habits.

Of course, coffee, poor sleep, unhealthy diets, substance abuse can obviously lead to anxiety and fear medication. Some medication can do that as well. And there can also be genetic component with anxiety, family history, or intergenerational trauma that is trapped in the cells and create fear and anxiety.

Now, if you want to know more about. Intergenerational trauma. I did a whole podcast with my idols, TCM rockstar, Dr. Yvonne Farrell. And she talked about intergenerational trauma and how do you the eight extra vessels? To address this issue.

So I'll have the link below in case you haven't listened to this episode.

Now we said fear can be acute or chronic. The chronic, which leads to anxiety can also be part of phobias.

Phobias are more intense though. Irrational Fios usually.

The persist, even if there's no threat.

And they really interfere with the person's daily life and activities.

They can also trigger panic attack, which makes sense. Right.

The most common phobias are social interactions. Germs, of course that's a big one inclosed space Heights. death public speaking or the fear of developing a disease. I have had patients over the years that have come in and just every little thing.

Oh my God. I think it's cancer. Everything. Oh, this is itchy on my hand. Is this cancer? So there is a lot of fear that can become this phobia because of emotional trauma, because maybe in the family, a lot of people are sick or have been dying. So all those phobias affect a lot of people, but also much more teenagers.

A lot of teenagers have phobias of social interaction, which is very normal. This is why everybody stays behind the device nowadays. Of other people have going outside. I had a patient who came to see me years ago and was completely in a panic. And every time there were people around him. So if his appointment was at three, you would show up at three or two.

So we knew that nobody would be there. You could just walk in and come to the treatment. We knew you just could come. Right. I was always making sure that I was on time. So we didn't have. Have to see anybody. He couldn't interact and see people.

He felt so out of place. So even the first time he came to see me, that was really hard, but then we established trust and eventually he was calm with me, but you get to me was really tough. So we worked on this and I'm going to talk about what we do when it comes to patients that have a lot of anxiety, new to fear that, oh, you rational, right.

Which are called phobia osmosis. Most of the time.

The other emotions we talk about, which is not really an emotion, but it's more, an acute state is shock. Shock in Chinese medicine relates to the water element to kidney and bladder. Shock can be physical or emotional. That's easy to know if you have a physical shock, like a car accident. And you are on the side of the road and you got hit and you're bleeding. You're in shock. And emotional shock is bad news. Like finding out that a loved one just died.

That is emotional shock. And what happens a lot of times people go away overnight. Their hair turns gray overnight. This has been proven all over the world. This has shown and which in TCM and makes sense because the hair on our head is related to the kidneys.

And when we go gray faster, we age faster and of course shocking news. Can age us much faster. Imagine a pay on death loser. Used her child, they will age much faster because the news is such a shock.

Now symptoms of physical shock are usually palpitations, difficulty breathing, a weak pulse maybe a pale face with a cool clammy skin. And of course, confusion or fainting. When it comes to emotional shock usually the person can feel dazed. They can also faint. They feel numb. They have difficulty in processing the information and there's a disbelief or denial or a lot of screaming that can happen as well.

Right. Or. The person can't talk at all. They just can't breathe. Right? So that is what's going to happen in most of the time when an event creates that shock.

Now interesting fact about phobias is they can develop from a traumatic event. Women have much more phobia than men.

Many for years come from childhood or adolescence.

And the median age of a start of a phobia. Is eight years old. That is really young. And you have to live with this for a long time is so hard and sad. It makes me sad.

Irrational fears like phobia anxiety can impair our daily lives, can impair our relationship, our work. It really affects everything.

So if we can help those patients. With our tools. The impact we make is fantastic.

Listen to this, a study on claustrophobia found that acupuncture treatment based on TCM acupuncture points had a 92% effectiveness rate in helping patients remain calm during MRI scans, because a lot of people get affected by claustrophobia because in that small space and they have to stay there for quite a long time, generally 40, 45 minutes.

Right. So imagine 92%. That's fantastic. I'll put the link of this study in the show notes.

Before we talk about TCM treatment. Let's talk about other options that patients have when it comes to phobias and fear and anxiety.

There could be counseling. Of course, family therapy, mindfulness. Some people may need medication or anti anxiety, medication or antidepressant that goes along with therapy.

Now this is when acupuncture is really good in seeing if we can avoid that, but it's not always the case, obviously. Regular exercise, relaxation techniques and gradually facing the fear in daily life. Now I have a fear of Heights. And I love hiking. Which kind of doesn't go very well together.

But I love hiking.

I love the view at the top of the mountain. I love the exercise. I love to be in nature. So, you know, I've hiked all my life and I'm from the French Alps. So I was born on a mountain. However, there are some hikes that are very difficult for me because you have to walk on the ledge along a rock face, or you have to climb a ladder that is against a rock face.

And I did. This hike of my husband in the French Alps. When I was visiting my family years ago, it's called Lac Blanc. Which means the white lake. And it's a beautiful hike. It's one of my favorite hike, but it's very emotional for me because there is a lot of it's made of metal and it's anchored in the rocks.

My husband's six feet or 180 Sandy Meadows. And it's about three times as height. So as I'm climbing this ladder, I get halfway up. And this ladder is against a rock and this rock is on the ledge and there's literally a massive drop of hundreds of meters, or a thousand feet.

So it is a really big drop if you fall, obviously I'm holding onto the ladder. But I get halfway up the ladder and I start to freeze. And I just can't move. I get in a panicked state. I'm fearful of Heights. Now I'm halfway up this ladder. My husband's like what's going on and ease below me. And he's waiting for me to get to the top.

And I said, I can't go up. I can't, I can't, I can't. And I'm holding on so hard to the ladder. And he goes, okay, well then that's okay. Just come down then. I'm like, I get, I got come down and he's like, okay, well then you gotta go up. I can't go up. So I froze and I couldn't go up or down. And then I had to calm myself down.

So I started breathing, taking big, deep breath and thought, okay, just one step at a time, you can do this. Even thinking about it. It makes me like. Relive the whole event. And so I took my right foot and I put it in the next rung and then I pull myself up and then I did it again. And then again and again, until I made it to the top. And we made it to the top of this hike.

It was beautiful. It was amazing. And then I started thinking on the way down, and then I started thinking and fear. This is the fear that we get before the event happened. Right. And

so I'm not enjoying the way down until we get to this ladder. Cause now I know I have to go backwards on this ladder and go down. But for some reason, there was someone going down, they had a massive backpack, like really heavy and they went down like it was nothing.

And I thought, well, if they did it with a backpack that could literally pull them backward and make them fall. And I'm okay with it. So rational in your head. Right. And so I went down much easier than I went up. And again, this is one of my favorite hike and we talk about it to my husband all the time, because when there is height issue, I always have to hold his hand and I'm like, okay, hold my hand, hold my hand.

And I take little steps. But it is not going to stop me from hiking because I absolutely love it. Do you have a fear of Heights? It's pretty common, right? Let me know.

By the way, if you enjoy my graphics and the information I share today, they are all from my book. Chinese medicine treatment made easy, which covers TCM treatments for over 160 syndromes. You have the option to invest in the PDF, which comes with quite a few videos and you can download it on any device, or you can get the hard copy from the publisher who ships all over the world. Practitioners, keep writing me, telling me this is the best guide that they use daily in clinic.

So if you don't have your copy yet, get it today.

The link is below for you.

Okay. So now we're going to talk about Chinese medicine treatment and the most common patterns when it comes to fear phobia, anxiety that affects the kidney and the heart mostly, but other organs as well.

And then I'll share tips on diet and the best supplement for it. Let's do this.

I love auricular acupuncture. So let's start with that three ear point. We can put on the ear gallbladder. Because when there's phobias, the person is constantly nervous and tense and feels lots of self-doubt and lots of self-esteem issues.

So we'll put gallbladder kidney for the fear and heart because all emotions affect the heart. Now we can put Shen men to calm down the mind sympathetic as well. If you wanted to, but definitely gallbladder, kidney and heart have to be there on the ear points.

So let's look now at the most common patterns when it comes to fear and shock in Chinese medicine. So the first one is liver qi stagnation with blood deficiency. The patient's going to be easily startled. Irritable. Agitated. Have dizziness, headaches, probably temporal headaches, moody specifically, if it's a woman that PMS. A pale face because of the blood deficiency. A poor memory again, because of a blood deficiency.

This is more of a liver blood deficiency. And then the Liver qi stagnation is more that irritability the moodiness and maybe the temporal headaches. Does that make sense? So for points, we want to move liver qi and nourish liver blood. So nourishing liver blood with spleen six liver eight and stomach 36 is perfect. We want to move liver qi and we can do four gates.

Obviously we have to do liver three. We could do large intestine 4 as well. We don't always have to because there's no blood stagnation in this case. And then we want to calm the mind. So heart seven is great. It's the Shen men it calms to mind. We want to put Yin Tang to calm the mind and then we want to put the best point for phobia, which is kidney 4. If there is any phobia or patients that have phobia. Please put kidney four, if the person is incessantly thinking, then add up spleen five best point for worry and overthinking and kidney

4 best point for phobia. Great combo Spleen 5 and Kidney 4.

The next one would be liver blood deficiency again, but this time we have some kidney yin deficiency. So this person has fear that is constant. But it's also going to have anxiety, insomnia, where they toss and turn all night and they have a hard time falling asleep.

Both. They are going to have dizziness a pale face, pale. Nails, probably some low back. Achiness or pain. Some nights sweat. Five center heat, which is basically feeling hot in the chest, in the Palm and in the soul. And probably a poor memory. This happens a lot during menopause for women because the liver blood starts to be deficient and they are going to have some kidney deficiency, probably yin, and then yang deficiency.

So we want to do stomach 36 Liver 8, Spleen 6 for, nourishing the blood we still want to do, Kidney 4, for the phobia if there is fear or phobia cause kidney four is the best. Point for any kind of fear and then you could put Spleen five or the person is overthinking and worrying as well. Heart 7 to calm the mind.

Of course, because this person's not sleeping well. Now we can also put Yin Tang. And if there's a lot of nights, sweat, then kidney seven and heart six are great for that as well. The

next pattern is an excess pattern. So this is a big one is just very amplified. It's phlegm, fire, harassing the heart.

So this really affects the heart. Mind. The person is constantly anxious, constantly nervous. They have massive phobia. The fear is literally taking over. schizophrenia can have that as well. So this is where we're going to have palpitation, even maybe vertigo, dizziness, the person's going to have a clouded mind.

So this phlegm in the mind, right? They won't think rationally at all. They can get into a state of feeling really irritable, really angry. They can be lashing out because they're scared. So that is a really big, big one. And the person will have a red tongue with a yellow greasy coat and a slippery rapid pulse.

So because this is such an excess, we need to bring all that excess down. So for the phlegm, we can do stomach 40 for the heat or the fire. We can do stomach 44. We can do large intestine. Eight heart 8 is great to bring that mind that fire mind down, bring the heat down and calm the mind. Heart eight is a great point for that. Gallbladder 40 is also really good to clear the phlegm and bring the heat down. And then of course we can do yin tang And kidney 4 and spleen five to really obviously address the mental aspect of this pattern.

Well, that's three patterns. There are so many more. You have to remember that those are just guidelines and that patients may have a completely different one, but I wanted to give you a guide and to show you how I go about doing treatment.

When we look at the most common pattern that we see in clinical practice. There are three more. Let's go. The next one is kidney essence deficiency and it affects the older population.

I don't know if you've ever noticed your grandparents or your parents. My mom, as she got older, she started getting fear constantly. She had fear of things. She never had fear before. And as she got to her nineties, she was fearful of everything. Little things, big things. It didn't matter. She was scared constantly.

She was living in the last year of her life in constant anxiety and fear that you know how hard that is on the body. Like she's on the fight or flight 90% of the time that she's awake. It makes it so difficult. And it was really hard for me to watch because my mom was so fun and suddenly, she became this scared person that was just so different.

So as. People age. And I could say that for myself as well, cause I'm going to be 60 soon and things I did when I was younger. I would not do today. For example, things I did when I was younger, having fun of my bikes and jumping over things.

Now I'm like, Nope, I'm staying on the bike. I don't jump over anything. I stop. If there's an obstacle and I carry the bike over. It's a completely different story. So as we age fear sets in, which makes sense in TCM because fear relates to kidney and kidney is our aging system. So kidney essence deficiency affects mostly the older population.

It's constant fear. Like I said, when I mentioned my mom low back pain. tinnitus is low pitch insomnia, which is more than toss and turn insomnia feeling depressed. This also can set up for people that have Alzheimer's sometimes. for men, they can have seminal emission libido is completely gone. There could be some nights sweat. So this is really a kidney essence deficiency as people age.

So we're not going to reverse it. It's just trying to calm them down by using point like kidney four, spleen five. Having points like kidney three. Kidney six to really nourish that essence. Maybe.Ren 4 or Ren six trying to mitigate and really help the patient cope with what they're experiencing. Of course we can do yin tang, ren 24 is also a great point for that because it is a ghost point, but it is a ghost point that's located on the chin.

And so when people are constantly in fear and anxious, they never smile anymore. They never laugh when 24 is a ghost point for people that have lost that sense of joy. And cannot smile anymore because of its location is supposed to loosen the lips and allow us to feel joy and smile.

So I would put that point as well. The next pattern would be qi and blood deficiency, which is usually the kind of fear that's on and off. So this is more like some anxiety that occurs, but it's not always there. So it's not a phobia. It's more like a irrational fear. Sometimes it can be triggered by overwhelming, by stress, by fatigue, by overwork, right.

Or a bad diet. So it's going to create palpitations some anxieties Some shortness of breath. And the person's going to be pale, right. Pale face pale lips pale nails nails. Fatigue and tendency to sweat easily during the day while nervous or while anxious. So we can calm the mind again with the same point. And then we can nourish qi and blood with stomach 36, spleen six ren six. Again, we can calm the mind with Kidney 4, Spleen 5, Heart seven, yin tang. Anything that you think would be really good for your patient? Remember one thing, I always say this and I learned this from Dr.

Yvonne Farrell. Your intention behind your treatment. Is more important than your point selection. Let me repeat that your intention behind your treatment with each patient is more important than your point selection. So don't overthink it. Just put the right intention and the points election will come. Yes.

Okay.

The last pattern that I see a lot in clinical practice is heart and gallbladder qi deficiency. This is someone like the patients I mentioned before that was so scared of people that had to run into the clinic, get to sit down in the treatment room and cannot be around anybody. It's not just crowd it's anybody.

It's social anxiety. Social anxiety, often it's a gallbladder deficiency. Self-esteem issue self-doubt issue. So when it comes to that, the person's very shy. There could be some kind of paranoia. The easily startled. Like they're scared of everything.

They cannot make decision. That's a gallbladder issue. And then they have palpitations, probably lots of anxiety, maybe some plum pit syndrome. If you don't know what plum pit syndrome it's that we feel like we have a ball of phlegm in the throat, even though there's nothing there. So it's kind of more of a feeling and sensation, but

there's no flan in the throat, physically at all. The person dreams a lot or maybe has nightmares. And so what we want to do is we want to do points to really strengthen that gallbladder. So gallbladder 34 is a great one. would also add up gallbladder 24. That's a really good one to strengthen the gallbladder and then gallbladder 40, because it also really helped move everything.

We're still going to have kidney 4, spleen five Ren 24. If the person never smiles right to open the lips, yin tang, heart seven and then we want to tonify qi in general. We've stomach 36. Maybe you ren six. It's up to you.

But no matter what we definitely want to put kidney four as your base and spleen five to calm the mind and then pick other points to be enforced those two.

Yes. Okay. Good job. Now let's finish off with diet that can trigger anxiety and fear.

Unhealthy eating patterns. Lots of caffeine can totally trigger that.

Process food, alcohol

sugar.

Can all worsen anxiety, fear phobia. When we recommend diet to patients, we want to tell them that they have to lower the sugar intake, caffeine intake, processed food. Alcohol makes sense. Right? And instead replace all this with anti-inflammatory food that nourishes the brain. Like food that are high in omega-3 fatty acid. Like avocado, salmon, nuts seeds.

Now because the gut and the brain connection, a lot of time healing, the gut will help as well.

So maybe probiotic can help, but I would not recommend probiotic without having a whole bunch of tests to see where the gut is at. And that's usually when I recommend a patient to go see a naturopathic doctor that can check out the health of the patients gut.

What else Can we do? Let's talk about essential oil lavender, a few drops on the bell, or to calm down at night, great for those who suffered from sleep issues because they have fear phobia, anxiety.

When it comes to supplement, magnesium is really good to calm the body, relax the body. And a lot of people are magnesium deficient, specifically women. If they bleed heavily every month.

There's been some research showing that vitamin D can also calm that anxiety.

So that's something to consider as well.

There's a lot more supplements that can be introduced, but we want to start slow, like magnesium and vitamin D to start with.

I truly hope you benefited from this information and in turn your patients through you, this is the ripple effects. I love it.

I have so much more coming your way. So make sure you follow the show where ever you listen to podcasts. And no matter what keep rocking it using TCM. And I'll see you in the next episode.

Thank you so much for spending your time with me today. I truly hope you benefited from this episode and I would love for you to share it with a friend that may benefit from it as well. Follow the show, leave a review. And if you want more. Go to my website,

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