

CC: Today my guest and I are gonna spill the tea. Spill the Chinese tea. You are going to really enjoy this conversation I've had with Natalie Chandra Saunders, who is in Wales. I love Wales. Such a beautiful, beautiful place and is really passionate about tea. You're going to hear that speaks and translate Chinese text to English.

Mind-blowing. And is really, really passionate Also about people like me, which is older people, or we will call, say, a little bit older the menopausal, the menopause people. Yay. We love that subject. I love that subject. So, I'm so glad Nel came on the show today.

You are gonna love this episode. Without further ado, 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.

Welcome Natalie to the show today. I'm so excited that you. Agreed to come on the Acupro Show everybody please with me. Welcome Natalie Chandra Saunders. And I said that right?

'cause I asked her before we started, do you say Saunders or Saunders? Because she is in beautiful, beautiful uk, but specifically in one of my favorite part, which is Whale. So welcome to the show, Natalie.

NCS: Thank you, Clara, and I'm so excited to be here. I'm feeling a little bit starstruck because I followed you on social media for a really long time, and I really admire all the work that you do. So I, oh, I'm here with Clara. Wow. amazing. Yeah, thank you for having me. I'm really pleased to be here.

CC: You are so sweet. I appreciate that. You know what I love about the podcast we started in 2024, so it was something I've been wanting to do for a long time because I wanted to meet people like you. I wanted to meet other practitioners all over the world and see that, first of all, we're not alone and there are TCM lovers and TCM rock stars.

Everywhere. And so the show has really allowed me to connect with many, many people. One of the people that I connected years ago, not live, not in real life, but through emails and social media, was Cath Berry. And so Cath Berry has been on the show in March, and I absolutely love her energy and, as you know, because you guys know each other very well.

And Kath was like, you should have Natalie on the shore. She's amazing. Before we start, I love Wales. My husband's family is from Wales, so we went to Wales last year in 2024. I went to teach in the UK and since I was teaching in the UK for a conference, I thought.

It's a step away from Wales. So we went to Snowdonia and we had the most amazing hikes. And then don't tell my TCM spleen this, but every day I had scones with clotted cream.

NCS: Yeah, I think it's allowed if you're in the UK for a short time.

CC: Right. So you've been in Wales for a long time, obviously. So can you tell me how you went from pharmacy to wanting to learn TCM?

NCS: So actually my interest in TCM came first. When I was about 14, I read a book that my mum had on her shelf. And I think I was off school sick one day and I was just flicking through this book and, I thought it was so fascinating. Your toe is connected to your stomach and you can look at someone's tongue and you can tell this, and you can tell that that's really weird.

This is what I want to do. and so I kind of had that thought for a long time. And from that point onwards, I really wanted to go into healthcare. when I was studying my A Levels, which is like the final stage of senior school here in the uk, I , was looking at different university courses and I saw there's this Chinese medicine course that I wanted to apply to at Middlesex University, but my school careers advisor, she talked me out of it and she talked me into, applying for some different courses. So pharmacy was one of them.

I really loved chemistry at school, so I was happy with that. And I thought, okay, and then maybe I will do this, and then perhaps I will go to Chinese medicine later in life, like she suggested. so as it turned out, my life went in a different direction. I didn't go to university at all in the end. the end of school I was sick of studying and I thought, you know what? I just wanna get a job and earn some money and not start my adult life with loads of debt. So I decided to not go to university and I went and got a job working in a pharmacy.

So I trained to be a pharmacy technician. And I really enjoyed it. And then I would notice people are coming in with these huge lists of medicines and half of these drugs are treating the side effects of the other drugs. And I thought, this is crazy and there has to be a better way. That's when I decided it's time to go and finally study acupuncture. And I loved every minute.

CC: Life has a way of showing us different places, different things, so we can eventually found our way where we're supposed to. The difference between where I'm in Canada, and France, and you can tell me about the UK 'cause I don't know, the pharmacists here have all the understanding of the drugs, they know the interaction, et cetera.

Obviously. But in France, the pharmacists have that. Plus they have to know homeopathic remedy and herbal remedy. And in the pharmacy you have options to take homeopathic remedy, herbal remedy or drugs. And in North America there's none of that. And so I just wanted to know if in the UK there was anything outside, but it seems like it's probably the same as Canada.

NCS: Yeah, unfortunately it's pretty similar. Most pharmacists, they just know about the western drugs. There are some who did some additional training but they're in the minority unfortunately.

CC: I think it gives you an advantage as a practitioner because when someone comes in and they write down the medication they're taking, you know exactly what this medicine does, what it is for. I think it's so useful to have an understanding of both the drugs that patients are taking plus all your knowledge.

Do you feel that that was an advantage when you started practicing?

NCS: Yeah, absolutely. I've always felt really lucky to be able to speak in both languages. And I find that I'm always looking at things from both angles. My brain really wants to find connections between these two things all of the time.

It's really interesting to me.

CC: Obviously I love TCM. This is one of my biggest passion, or I wouldn't do what I'm doing right now, but I like to know more. I was in India and I learned a lot about Ayurvedic medicine, and I love the similarity and differences between TCM and Ayurveda or the way they look at, everything.

And then I like to know about vitamins and minerals. I like to know what's going on with any tools that I feel. pulled towards. So the more knowledge we have, the more we can help patients, guide patients, educate patients, and use the tools we have to give them the best care. So I think it's great that you have both and, and that you can pull from both to help your patients.

So that's fantastic. Now, one of the things I read about you, 'cause we don't know each other, you went to China and you lived in China and you learned Mandarin. Now I know you're a translator. Do you translate Mandarin to English? Is that what you do? Mostly? Tell me all about your trip to China, your experience in China.

I would love to hear about that.

NCS: It was really amazing. I loved it and it was such a rich experience and it really helped me to get such a good understanding of Chinese medicine from a kind of Chinese perspective, because it's so rooted in Chinese culture, and I think to fully understand it, we really need to understand something about Chinese culture and also Chinese language, because, they're also intertwined. I was translating research studies from Chinese into English. That was really amazing. It was a great opportunity.

Now I am translating mainly Chinese medicine books. So when I was there I picked up loads and loads of books. They sell books about Chinese medicine in the supermarket there for a few dollars and it's amazing. So I came back with a huge suitcase full of books, which I'm slowly working my way through and pulling out all the really interesting parts.

And yeah, I translate those into my newsletters and they go into the articles on my website. And the first book that I wrote, the GFT, was also kind of largely inspired by a book that I picked up when I was in China, which was all about tea and yang ch, which is something that I'm really passionate about too.

CC: Yeah, we're gonna talk about that, I have a lot of people listening to the podcast who are students or new practitioners, but for the students that are listening, would you recommend they go to China, even for practitioners in order to understand the medicine better, to deepen their understanding of TCM?

Because obviously it helped you, but would you recommend and say, oh, you absolutely should go.

NCS: Yeah, definitely. I think it's such a great experience for anybody to have. When I first went there, I was on a scholarship, so I was actually lucky enough to be working in the hospital, shadowing the doctors there, and I was really kind of stunned by how differently they do things. I. It's very, very different method of treating.

So we were taught to use very few needles, very light needling technique. In China, it's the opposite. They use lots of needles and they, really use a lot of manipulation. They wanna

feel. If they're not feeling it, then it's not working. Yeah, it can sometimes look a little bit brutal from the outside.

So that was quite shocking for me. But actually people are getting really, really good results. It's just really interesting to see how people embrace it as such a normal part of their life. There's nothing weird or alternative about it. People just go into the hospital and get the acupuncture and the doctors there are also prescribing Western medication alongside herbs. It's really great to see. And I think the thing that the most interesting actually was kind of seeing how aware people are of their diets and the kind of energetic properties of different foods and people would just be saying, oh, you shouldn't eat that now.

It's too heating. We're in the summer. And that's just something that people have a really innate understanding of there, which I think is completely lost over here in the west a lot of the time.

CC: I have patients who are second generation Chinese and their parents will say, oh, don't do this. This is too cold. Don't sit on the surface. It's too cold for you. You're gonna have painful menstruation. They're like, oh, my mom is always on me about the cold. The cold. Because of course they were born in Canada but their parents were from China, and they still bring that cultural piece and I always say, well, your mom's right. Moms are always right. I went to school here in Canada for Chinese medicine and all my teachers were from China. So when we learn the medicine here, we learn it a lot from people that practiced in China, and then we have to.

Superpose this information into a Western world because we are practicing in a Western world, In China, they put a lot more needles. They're much more stronger in their manipulation compared to us. We have to start gentle because the fear of needles and start slow.

So that contrast. Is very interesting too because like you said, when someone practices in China, they don't have to explain to patients what we're doing. However, in the west, patients wanna know what we're doing. You have to explain a lot more. And the hard part that I found students and new practitioners have is explaining to someone that, let's say they have, you know, liver overacting on stomach and that creates acid reflux when they're stressed 'cause they have liver qi stagnation creating stomach heat.

They'll say to patients, oh, you have liver qi stagnation. It's like, well, the patient doesn't know what that is. So they need to understand that they can't explain it that way. They have to explain the way that the patient can, , really grasp the concept, which by saying, every

time you stress puts a lot of pressure in the acidity in your stomach, and that's the acid reflux, right?

Instead of saying stomach, heat, et cetera. But in order to cool that down, 'cause that's a lot of energy coming up, then we can give you those foods that are cooling. So it's, it's that. Piece that I think TCM students learn from Chinese culture, but they have a hard time translating that into the western world and passing the information to their patients.

So how did you navigate this when you came back to the UK in a way that you treated your patients? Or did you keep it the same way you did in China with lots of needles, lots of manipulation, and didn't adapt to the west?

NCS: Well, I've definitely always been a less is more kind of girl. So the style I trained in is classical five element acupuncture, which is very, very minimalistic. I've stuck with that. I think it's really important that patients feel relaxed and that they're able to enter a really nice parasympathetic state for the treatment to be able to work.

And if they're in lots of pain. It's not gonna happen. So I think, yeah, a few needles, very gentle is always gonna be the way for me. But it was really eye-opening to see how they do things in China. And in terms of explaining things to people, I think I've always done it more or less the same because I have this kind of dualistic view from the kind of biomedical perspective, from the pharmacy background and then the Chinese medicine.

I've always explained it both ways. 'cause I think that the language we use in Chinese medicine is so poetic and beautiful..

Because I feel like educating people is empowering people, and that's really important to let them take care of their own health.

CC: I'm like you the least amount of needle, the better, the more relaxed the patient is, the easier for them to heal and recover. So I'm with you on now and a hundred percent. Why did you wanna write your book all about teas, all about Chinese medicine teas. Now tell me about this book, why did you wanna share this with., community.

NCS: It is just such an important part of Chinese culture and it's such an important part of Chinese medicine. I think as well. It's a really gentle way that people can start working with different plants and herbs to, remedy their health conditions. It's not as strong as if they're taking these powerful herbal formulas from a herbalist, so it's something that people can do for themselves at home and it tastes good. Which is something that, Chinese medicine definitely does not. So yeah, it's a win-win. It's just something that I saw more and more

while I was over there. So I had a friend who had a little tea shop and she used to invite me over all the time for tea. So she would show me the traditional methods of brewing, like pu tea, which is a really beautiful, like rich, earthy black tea.

It's fermented and it just has such a nice flavor. I got really, really into the PU tea. Came home with blocks and blocks of the stuff. I still have a tiny bit left in my kitchen, but it's nearly gone. I'm panicking slightly. But also we're going to the shopping centers. They had these stalls where they were selling all these different flower tea and herbals teas.

And the way they were laid out just looked so colorful and beautiful. You just couldn't help but be drawn to it. So every time I'd go to the shopping center, I'd go to the store and buy a different kind of herbal tea and take it home and experiment with blending different things together to see what tasted good.

And then I started looking at the properties of the different herbs. And I just found it so, so interesting. Then I came across this book, which is called Chad Yang Sheng. So the Way of Tea for Yang Sheng And I just found it really inspirational. So I kind of very heavily inspired by that.

Started to write my own book.

CC: I love tea. I have ginger tea all the time. I have turmeric tea, like I love tea, especially in Canada 'cause it gets cold. We always drink a lot of tea. I love green tea as well, and some black tea.

I found that herbs were the hardest part of TCM just because everything was in pin yin, everything was in Chinese, and you have to remember all those names that don't mean anything when you don't speak Mandarin. And I remember at first I was really. Kind of wanna pushing it away.

It's like, well, I have to do it 'cause it's part of my five year degree, but I don't like it. I don't like it, I don't like it. And that's how I went into it. And by the third year when I saw in clinic the results that the herbs were having, and when I started really. Grasping and understanding them better.

I absolutely love that part of TCM. It is so effective and so beautiful, once I allowed myself to be open to it and not go, this is crazy. I can't remember all this, this is not possible. Then it was just a lot of fun.

AD: A lot of people know that I have three books, however many don't, that I also offer continuing education online courses. This is actually how I started Acupro Academy to support new practitioners. You can choose from TCM treatment for common mental disorders, fertility, pregnancy, thyroid disorders, but also specific ones like scalp, acupuncture, or cosmetic.

Acupuncture online course. All these are prerecorded so you can watch them on your own time and since you have access to them forever, you can revisit the information anytime you need. You will receive a certificate with your name on it after you pass a multiple choice quiz, and if you truly not satisfied.

With any of my online courses, I offer a seven day money back guarantee as I stand behind my products and truly, truly want you to benefit from them. So go check them out on my website acupro academy.com, and click the TCM course tab on the menu bar or check out the link in the show notes below.

CC: Now earlier when we talked about your book and you said you looked at this book that you picked up that was about Tea Yang Sheng or Nourishing Life, right. Tell me about Yang Sheng and New Nourishing Life, because I know that's something you're really passionate about and how can people educate their patient in practice about it?

NCS: It is something I'm really passionate about and it's something again, that came about while I was living in China. It's a. Term that I never came across before when I was studying in the uk, but in China it's everywhere. There's lots of yang sheng clinics almost where people will go and they will get maybe massage foot massage, gua massage cupping, but not usually acupuncture.

They'll have all the adjunct therapies, but not usually acupuncture. And also get education about, you know, yang sh how to live healthily. So obviously tea is a really massive part of that tradition. Diet is another really important thing. Dietary therapy is just amazing. I'm really lucky to have just completed 10 weeks training with IC Legget, who is one of my all time Chinese medicine heroes.

So I was really pleased to have a chance to study with him learning dietary therapy. And I just think it's so useful because everybody eats food every day, and by eating the right foods, we can have such a significant impact on our health. I just think it's incredible and I think that it's this thing of. Give a man a fish and hae for the day, teach a man to fish and hae for a lifetime. So I think, yeah, we can, give somebody acupuncture, we can prescribe them herbs, but really if we're able to educate them about what they should be doing to help themselves, that's gonna be far more beneficial for them in the long run. So I'm now working

with clients online, consulting them about Yang sh just sort of really helping them to understand their own constitutions and what they can be doing to best help themselves.

CC: I absolutely think food is medicine. Zhong qithe middle chi. The whole point is, it's in the middle, meaning it's at the center.

It's at the center of everything. Our digestive system is at the center of our health, what's interesting to me I'm all over social media. I have lots of videos on YouTube and everywhere, and I share a lot of information. Anytime I talk about Chinese medicine, nutrition food therapy, any specific nutritive way of eating from the Chinese medicine perspective, those posts, those videos, have the least amount of interaction, the least amount of you, the least amount alike, and the least amount of interest, and it

NCS: Wow.

CC: blows my mind because I think it's so important, so critical to our patient's health. Because you can do all the acupuncture in the world, but if they go home and all they eat is really process food that is not nourishing The hun, there's not Young Chen.

It's not nourishing their life. Why do students or practitioners, why are they not interested in this? Because I love anything that has to do with Nutrition Western and is Eastern because.

I have a background in Western Nutrition, I don't understand why people are not interested in helping their patients. And then I start thinking about it and go, I know why. It's because most people think that their patients are not gonna be compliant, so what's the point kind of thing.

I feel like maybe that's what they're thinking because it's true that, you can tell patients, okay, well we're gonna need to change the way we are eating. Here's my advice, but are they going to actually take action, follow the advice, and eat the way you were recommending for the better health? Because although we eat every day. I feel like that's the hardest thing for people to change because they've had habits for so long. So how do you convince your patients, so for people listening that have a hard time with their patients and their compliancy in changing their diet, tell me how you convince your patients so they actually take action.

NCS: Choose your battles carefully, and I think you have to keep it really simple. So it is really important to understand your patient and understand what they're capable of doing. So if somebody comes to you and they dunno how to cook, it's no good telling them You need to cook all these really complicated meals.

You need to give them something simple that they can manage. You know, maybe give them like one or two really easy recipes, like a soup or a stew or something, and really break it down for them. Tell them exactly how they need to make it. If somebody is really busy and they have no time, it's no good telling them that they need to be cooking elaborate meals three times a day. So maybe you could ask them to batch cook at the weekend. When they have time, they can make big pots of stews, curries, bolognese, sauce, something like that, freeze the extra portions, and then they always have quick and easy ready meals during the week. If you have someone who's struggling financially, it's no good telling them you need to eat organic food.

Because they probably can't afford it. So you need to think about, how you can work with them to make improvements that they can manage. So it is really a personal thing, I think. And if somebody loves food and they love cooking, that's great because it's probably gonna be, quite easy to get 'em to put these changes into place.

But if somebody's really not interested in food, then it's just looking at what small changes you can make to make a bigger difference.

CC: So I find a lot of people is breakfast is the issue. as we know in Chinese medicine, the spleen is most active first thing in the morning. We need to eat a good breakfast so that we get our metabolisms going, and we have energy throughout the day.

But in this culture, people are usually rushing in the morning. So they'll have a quick breakfast, like some sugary cereal or maybe piece of toast, or maybe nothing at all. So I think breakfast is the biggest battle sometimes. So I think if you can convince somebody to eat a good breakfast. Then that's often, , a really, really good thing for them to be able to do.

But yeah, it's, it is very individual and I think you do just have to look at the person and what they can manage and introduce small changes one at a time. Don't overload them with loads of different stuff. 'cause that's gonna be overwhelming and they won't do any of it.

One step at a time. What I like to do is tell patients, okay, this week we're gonna try to not have smoothies and replace this with warmer food. That's it. . And then next week we'll change another thing, and then the week after that, so slowly introducing. When you talk about youngian and what you like to do, which is to really help people with their lifestyle, I know because you also with Kath Berry, contributed to a great book on menopause.

I'm 57. I went through menopause like a letter. In the mail. It was so smooth I didn't have eye flashes, no night sweat. You know, my period skipped. And again, three months later, and it

was gone. Now I contributed that to lifestyle, acupuncture, eating habits, sleeping well, exercising good support, et cetera.

So when you have someone coming and they're going through menopause and they feel like they're losing themselves, you know, anxiety, insomnia, hot flashes, fatigue, and they have all those symptoms that they just don't know what to do with. And then a lot of. Conventional medicine doctor just don't have much solution with them.

It's just a transition time. You know, I can put you on HRT or hormone replacement therapy or just write it out kind of thing. What are the advice you give patients that are coming with all this array of symptoms when they're going through this life change?

NCS: There's a couple of different things. So I think first of all, it's like anything in TCM, we just have to understand the pattern, right? So first of all, we would do the in-depth consultation. I'll ask them tens and tons of questions, some of them related to menopause. Some of them not related to menopause.

And just building a really good picture of what's going on in their body, what imbalances are there. And from there we'll take a look at they can do to help themselves.

So oftentimes, physical activity is really, really important. Reducing stress levels. Easier said than done. But if somebody can find a way to manage their stress, then that usually has an impact on everything. So I'm very often recommending to people things like breathing exercises, mindfulness.

I'm a huge advocate of mindfulness. Have my own mental health struggles at various points in life, and mindfulness has been like a real life saver for me. So I recommend that to people all the time. then looking again and seeing if there's any changes they can make. These are kind of the three basic things. that people can do to help themselves. So physical activity, stress levels, and diet.

CC: I could see you really like mindfulness and I connect to that, so when you said mindfulness. If a patient is there and then you say, mindfulness is important, can you give me concrete example? Because I feel like some patients don't quite understand what mindfulness means.

So how would you explain that to patients?

NCS: I think a lot of people are confused between mindfulness and meditation. Being mindful, they have to be sitting, you know, with their legs crossed and their eyes closed and

doing some meditation. And people say, oh, but I, I can't do that. You know, my mind's too busy. I can't clear my mind.

It's not about that. Mindfulness, it's about paying attention on purpose in the moment without judgment. So you can do anything mindfully. You know, you don't need to be sitting, meditating. You could be doing the washing up. , If you are paying attention to the feeling of the warm water and the smell of the dish soap, and you might be watching the bubbles popping in the basin, then you are washing up mindfully. You know, you can be taking a walk mindfully if you're paying attention to the sounds and the smells, the feeling of your feet on the pavement. One of my very favorite things to do mindfully is making a cup of tea, listening to the kettle boil, the water, watching the water change color. And then holding the cup in between your hands, feeling the warmth, smelling the smell of the tea, and then kind of really building up to that first sip.

And just really noticing with all of your senses being fully immersed in that moment, it really helps to bring you back into your body and take you out of your mind for a few minutes, which is really important I think.

CC: Last year when I went to teach in the UK and I went to Wales my husband went to Wales before me and we met and we went hiking for a week. He went there before me, he went there to do a 10 day silent retreat with meditation.

So. He had never done this before, when he told me about this whole experience, one thing that was really hard for him is that when he eats, he eats like he's four years old and there's not gonna be any more food. Right? It takes two bites and it's gone. Or like our golden retriever, it takes two seconds.

It's all gone. Right? It doesn't. Mindfully eat. And so when he went to the silent retreat, it was completely vegan food, of course. And it was, you know, very light food. They had breakfast, they had lunch, and then at four o'clock they had a cookie and that was their last meal of the day. And he didn't know that the first day.

So at four o'clock he got that cookie and he ate in literally two seconds. And then he was waiting for dinner and they were like, no, no, we don't eat until breakfast tomorrow morning. And so you realize that the cookie now was his last meal of the day. So he started being very mindful and he said it took him like 20 minutes to eat this cookie.

Looking at it, smelling it, taking a little bite, really being aware of what it feels like on the tongue and when it swallows. So that's also something that I like to tell patients. , I'm from

France and we really enjoy food, and we sit and we enjoy our meal. We don't rush with the meal. We look at the colors, the smell, the texture in your mouth, and being mindful.

While you're eating as well, chewing enough, you don't swallow after one bite, without chewing. You take the time to chew. So to me, mindfulness, like you said, is about anything you do. But because I love my food, I always attach it to. Eat slowly and really enjoy your food. So I love that you talk about the washing or preparing tea, because it always reminds me of a karate kid when he was wax on and wax off.

You just gotta be mindful of what you're doing, right? So that, that, that's the image I had in my head.

Mindful eating is such a big thing and it's, so important for our digestive health as well.

And again, we go back to nutrition, right? Because when you nourish your body, you nourish your mind. I really appreciate you coming today. If you had any last thoughts on what TCM can do for a menopausal woman, for Yang Sheng or for nourishing life, what would you recommend?

NCS: We need to slow down. I think this is so important. If we can just take more time about the things that we're doing, be more mindful about them, be more present in our everyday lives, I think that can really benefit a lot of us. And just keeping things simple as well.

We don't need to overcomplicate things. You really all comes back down to, looking at what food we're putting into our bodies, making sure that we are breathing properly, sure that we're doing enough physical activity, so our stress levels in whatever way works for us.

It sounds a little bit boring to say these things because it's the things that we hear over and over again, but that's because it really works.

CC: I Think you should write a book about nourishing, , life Yang Sheng, the Chinese medicine way of life, with teas and, and recommendation what do you think?

NCS: It. It is in the pipeline.

CC: And I didn't even know that. Well, here you go.

NCS: It's in the very early stages. So currently I'm writing a newsletter which people can sign up for through my website, and it comes out every two weeks. And it's based on the 24 solar terms of the ancient Chinese agricultural calendar. And each one comes with various health

tips to do with what. We should be doing at different times of the year. And so that is what I will say for now, but this is gonna be , the basis of the book when it finally gets finished.

CC: That's awesome. We'll have the link to your newsletter below so people can sign up and start getting all the benefits, because I think sometimes we go to Chinese medicine school and we forget the basics, or sometimes we are not taught all the lifestyle, recommendation.

We are taught specific things, it's really good to be aware that there's a way of thinking that comes from Chinese medicine, What worked for thousands of years as a preventative health, as a lifestyle, will work forever. It's not gonna go away, right? I really appreciate you coming in today and, and sharing your journey

NCS: Thank you so much for having me. It's been a pleasure chatting to you.

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, live a review, and if you want more, go to my website, acupro academy.com. I have tons of resources there with treatment protocols, case studies, free courses, and so much more.

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