

CC: You've asked for it constantly. People are like, please, Clara, I'd love to see a consultation, how you do a case, how you come up with the treatment and the diagnosis. Well, today a friend of mine who I've known for a long time and who loves acupuncture, but I've never given her acupuncture, she sees somebody else.

Has agreed to come and be on the show and be the patient so you can benefit from her being here and me doing a consultation. And she is very candid. She shares everything so we can all learn. Then I will show you what I did with the diagnosis, how I came up with it, and then the treatment plan when it came to acupuncture.

We talk also about diet and herbs. Are you ready? Let's do it.

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, Melissa to the Acupro Show. Thank you so much for being the acupuncture patient for everyone listening.

To learn, to be able to be the fly on the wall that's gonna listen to having this consultation where I will ask you the question and you can tell me about your whole entire health. So thank you and welcome.

MPB: Thank you. I'm so excited. Let's do it.

CC: Awesome. I really appreciate you being here and, agreeing to this. 'cause I know not many people would do that because it's just out for everyone to listen, but I think it's gonna benefit people so well. So before we start, I just want to say that Melissa. Has given me a little bit of a fill out intake form., She filled it up, to the best of her abilities so we have something to go on. And also to know what her chief complaint would be, which is kind of important because in chi medicine we always wanna, have. A little bit of an idea of why the person is here and why they came today.

So I'm just going to share with you a a little bit about Melissa. She's 33 and she just got married. Congratulations!

MPB: Thank you.

CC: A few weeks ago, so this is great. She's a newlywed, and they are the cutest couple, the two of them. So she doesn't have any children yet.

And she never done drugs, alcohol generally, she said maybe one or two glasses a week. For medication, she has a birth control implant. She's taking prebiotics and magnesium as supplements.

And she does work a full-time job and she works from home. So she does sit at a computer, but she does have a dog who takes her out on walks.

MPB: Yes, he does.

CC: He keeps her busy. Okay, so on the chief complaint, you started by talking about lifelong chronic constipation. and in there you said, now you have microbiome imbalance, bacteria overgrowth, leaky gut. You are working with your naturopathic doctor. There are some bloating, sluggish digestion, constipation, on and off regularly.

So that's what you wrote. So let's. Dive into this and dissect when you say lifelong chronic constipation. First of all, you don't have a bowel movement daily,

MPB: I normally do, some days it skips a day, it's constipated, it's often pebbles.

CC: So it's pebbles as in dry pebbles.

MPB: Yes, often straining.

CC: And you strain. Mostly daily, but not always. And then when you say you strain and then you have the bowel movement, do you feel finished or unfinished after.

MPB: Finished like 80% of the time.

Any hemorrhoids from straining?

MPB: No.

CC: Okay. That's good. Is the bowel movement or the stool, obviously it's dry, is it smelly at all?

MPB: Not really.

CC: No. And you don't have tendency to have diarrhea or loose stools, right?

MPB: No, not normally.

CC: But you are bloated, is it the kind of bloating that comes as the day goes, you know, and by the end of the day, super bloating, like your pants are tight Or is it just after meals or is it a certain time? When is the bloating coming?

MPB: It is off and on all the time. Some days I'll wake up and I have a flat stomach, and then by the end of the day I look pregnant almost. But some days I'll wake up bloated, and some days I'll just be constantly bloated. Some days I'll be not bloated for half the day and then a little bloated, there's not a pattern really.

CC: Okay. It's all over the place.

I know it says microbiome bacteria overgrowth and leaky gut, but you were not diagnosed with sibo, right? Small intestine bacteria overgrowth.

MPB: I have had SIBO in the past.

CC: and I know because we've known each other for a long time and for years, that you have tried many times , to make some change to your diet, to reduce certain food in order to see what would happen and what would help you. So can you tell me what's your main diet?

MPB: I have food intolerances, so I don't have gluten, dairy, egg, or beef. it just messes up my digestive system. I get extremely lowed and my digestive system kind of just comes to a halt for a week. And then it's painful once it slowly comes back online.

CC: And when you said to a halt, like you don't have a bowel movement at all for a week,

MPB: It's extremely sluggish. If I do have a bowel movement, it's painful and it feels like my intestines are like squeezing. If it comes out, it's very constipated in nature.

CC: So no beef, no egg, no gluten, no dairy. Did you try to do elimination diet and slowly reintroduce one of those and not all of them at at once? What have you tried in the past?

MPB: In the past, I've done elimination on all of them, and then I've retreaded it and I've just had the same reaction again. I just avoid it entirely. But obviously my digestion's not still ideal.

CC: No upper digestive tract issue, right? Like no nausea, acid reflux, anything that's coming up.

MPB: Once in a while I'll get a bit of acid reflux if I have more acidic foods, but that's pretty much it.

CC: When you say lifelong chronic constipation, how far back do you remember having this?

MPB: As far as I can remember, having bowel movements as a kid was a struggle. My mom used to gimme suppositories. I remember that I've always like had trouble with the bathroom.

CC: Anybody else in your family, like your sister or your, your parents have issue with that as well?

MPB: Yeah, my sister has IBS.

CC: so I know you talked about food intolerances, so let's talk a little bit about allergies or sensitivities, intolerance. So obviously you have intolerance to the gluten, the dairy, the egg and the beef. We know that. But you also have environmental allergies as well.

MPB: Yes, I get seasonal allergies.

CC: Okay, what'd you get and when?

MPB: It's usually springtime, cottonwood, specifically, grass. some other things I'm not aware of, but often sneezing, itchy eyes, that sort of thing. I'm also allergic to mosquito bites.

CC: And so what happened If you get a mosquito bite?

MPB: Mosquito bites, usually welts. It's extremely itchy for days, and then it hurts for days and it bruises, so it takes at least a week to heal.

CC: When you have a cold or a flu or any kind of infection, or let's say you cut yourself, are you fast healing or does it take a while to get back to normal?

MPB: With cold and flus, I think I'm average.

CC: any kind of physical injuries?

MPB: I'm definitely slower.

CC: Okay.

MPB: with just bruising in general.

CC: Have you ever had, anemia or been, diagnosed with, low ferritin?

MPB: No.

CC: Do you get a cold or a flu once a year, or do you get those at all?

MPB: Generally once a year if that.

CC: I know you have said that you had a history of recurring sinus infection and maybe bladder imbalances. The sinus infection, is that come a few times a year? Like what happens then?

MPB: It's about once a year.

CC: And bladder, what's going on there?

MPB: Bladder. I had issues for a couple years. I used to think that I kept getting UTIs, it's like a pH or microbiome imbalance apparently, it gives me UTI symptoms, but it's not actually an infection. So I'll have to go to the bathroom a lot more and I have like the never feeling emptied, sort of feeling?

CC: Do you get burning or urgency

MPB: just like urgency and I don't feel relief after I pee.,

CC: And you haven't been diagnosed with cystitis, right? Interstitial cystitis?

MPB: No.

CC: No, I was referred to a specialist, but he said that I didn't have enough problems and sent me on my way.

CC: Okay, then you don't have enough problems. So the problem you have is not good enough. What's interesting from a TCM perspective is that the lung or the lungs, the lung is related to your defense system. So your. Environmental allergies, your infections, the sinuses, all that relates to the lung and Chinese medicine, and its opposite.

Partner yin and yang, as you know, is the large intestine. So the large intestine is the one that's been affected by the constipation. So, so far you have a fantastic. What I will call metal picture in the five element, because you are the perfect large intestine and lung together, which, you know, see that's a good thing.

You're not, you're not all over the place yet. So, so far you have a picture that makes sense. A lot of people that have. Issues with breathing or asthma or allergies also have digestive system issue, which makes sense because your microbiome, your, your gut bacteria is your defense system really. So it is in a large intestine.

So it kind of makes sense that way. you have regular meals every day, right? You eat like a few times a day, you have regular meals, and you drink enough fluid as well. Because the dryness also concerns me. Why is this dry, right? So, you have enough water or liquid or soups or tea during the day.

MPB: Yeah. I try to drink a lot of water.

CC: And then the second thing is when we think of dry pebbles, dry bowel movement, we think that if there is not enough fluid, is it also because we're missing lubrication? So do you eat enough like fatty food, like avocado, nuts, seeds, anything that is going to have Omega-3 or fatty acids?

MPB: I eat avocado. Sometimes nuts aren't something I have all the time,

CC: Okay.

Something that I would recommend is try to have a little bit more of lubricant. Like seeds are great to lubricate the large intestine like we talked about, avocado, salmon, or fatty fish, you know, like halibut and stuff. I don't know if that's gonna make a difference, but. It would be great to see if that helps.

The dryness of it, because it's lubricating. So something to think about because when we talk about dryness in TCM, it's always lubrication and hydration. So if you're drinking a lot. Then great. If you're having a lot of high water content, let's say cucumbers, tomatoes, soup, bone broth, then that's great because that's hydration, that's electrolyte.

But we also need lubrication. So it'd be interesting to see if we can put a little bit more of that in, if that helps or not. You can always try it.

For everyone listening, I will say that there is definitely an imbalance of the metal element in the five element with some lung qi deficiency because of the sinus infection recurring and it's interesting as well that the bladder is a tai yang.

Meridian and the lung is tai yin Meridian. So often the two together have a connection as well. So even though it's not an infection, the bladder issue relates to the lung as well in this instance. However, we also have the large intestine, which is part of the picture as well, so. So far. Great. Now, I know on your intake form you wrote down Gilbert's syndrome with no symptoms.

It's asymptomatic, but could be related to the fact that you have chronic lifelong constipation. So. I never heard of Gilbert Syndrome before this, so I went and searched it 'cause I didn't know about it. Basically the liver cannot process bilirubin.

So that's, that's the issue. But you have no symptoms. How did they find that out then?

MPB: It was just a routine blood test and my bilirubin was very slightly elevated by a few points, I was sent to a liver specialist and he diagnosed me with Gilbert's and it's asymptomatic, you're fine. Just don't drink a lot of alcohol. And then that was it.

CC: This is interesting because could that be. Related to the constipation or the dryness? It could be, you're right. It could be kind of related. So that's interesting. That gives us some clue because the idea is we wanna try to figure out the cause, right?

Because maybe the cause is manageable versus, we can eliminate it. That's the tough part, right? . How are you with sleep? You go to sleep, you fall asleep, you stay asleep, you don't wake up, you wake up, refresh. How's sleep?

MPB: Sleep's pretty good, I think. Normally I wake up maybe once or twice a night just to turn over and I fall back asleep right away. , I always feel rested when I wake up. Like most of the time I don't. I feel very tired in the morning,

CC: When you wake up and you have to get up, do you feel the tiredness all day long or how is the energy as the day progresses?

MPB: It gets better as the day progresses. I feel like I have the most energy mid-afternoon,

CC: Okay.but the morning?

MPB: The morning is slow.

I usually have caffeine and that helps.

CC: Have you ever done a cortisol, test as well to see how your cortisol is morning versus afternoon?

MPB: I don't think so.

CC: So in TCM, fatigue. In the morning is always a spleen qi deficiency, but in the western world there could be some, adrenal or cortisol imbalance.

Do you feel tired in the evening or you're good? You just go to bed and then you fall asleep?

MPB: I usually feel tired in the evening.

CC: So on the scale from one to 10, 10 being the best energy you've ever had, what's your average day?

MPB: Hmm. I wanna say seven. But I know that's like a non-answer.

CC: You know what? Most people will say seven, unless they feel really good, they'll say nine or they feel really, really, really exhausted, which is like a two or three. So you're right, seven is often like, it's just a safe answer kind of thing because it change and it's fluctuating. But if we think of in the morning, your energy might be what, a three or four and then in the afternoon it goes up to seven?

MPB: Is that how it goes?

Like seven or eight in the afternoon.

CC: Okay. And in the morning?

MPB: Like four.

AD: Here's the truth. Your patients are already taking supplements, the Googling the following influencers that have no clinical experience, and then they come to you for



answers. This is why I ask Dr. Alex to create the integrative guide to vitamins and nutrients. This is not just about vitamins and minerals.

This is about deepening your practice, building trust with your patients, and expanding your ability to provide true integrative care. This course is designed specifically for practitioners like you who wanna bridge the gap between Chinese medicine and functional medicine in order to provide amazing patient care.

This is an online prerecorded course so you can go at your own pace. You get four and a half hours of continuing education and a certificate after you pass a quiz and a seven day money back guarantee. So you cannot lose. Don't wait. Invest in this course today. The link is below for you.

CC: Since you shared that you have as your birth control, and it's an arm implant as your birth control for the last two years, you also shared that you were misdiagnosed with PCOS, in the late teens when you were a teenager and you were put on the birth control pill, , for a few years.

And then they found out you didn't have PCOS.

You think that the medication and what they gave you created some imbalance in your digestive system as well?

MPB: That's what I was told. So when I was diagnosed, I wasn't told that I had to go on a certain day on my cycle when I got my hormones tested. And so they thought I had PCOS. And for about three years I was on the birth control pill and a medication called Spironolactone. And it was a spironolactone that was theorized to have given me gastritis, which can give you food intolerances. And just overall inflammation as a side effect. And I haven't quite been the same since.

And that's when all my problems started with my health.

CC: Wow. Okay. Yeah. And you were on it for about three years and then that's when it all started. So it all started in your twenties with specifically with all those issues. Okay and you don't think there's any side effect from the implant that is not bothering you?

MPB: It's possible.

CC: Okay. Yeah.

I've been on birth control for about 15 years now, so it's hard to say.

CC: yeah. So tell me about your cycle then.

MPB: My cycle. Now I have a period about five to seven days. Every four weeks.

CC: When you say every four weeks, meaning about 28 days, 30 days. Every 20 to 30 days. Okay. So it's regular because of the implant probably. And then when you bleed, is it heavy? Is it light?

MPB: So up until two cycles ago, it was actually really heavy and it was about seven or eight days, and then it would just be really heavy and then just kind of stop within a day. Now The past two cycles, it's been nothing. Very light.

CC: Okay.

MPB: The implant is very unpredictable with bleeding,

CC: And did you have any unpredictable cycle in the past with the implant?

MPB: With the implant? No. Fairly consistent and regular.

CC: Okay. Do you get cramps during your menstruation cycle?

MPB: Rarely.

I have never had a lot of PMS symptoms, thankfully in general. I often don't get any symptoms before my period. And then maybe the first day I'll have mild cramps and a bit of moodiness,

CC: And no clots in the blood?

MPB: I normally do clot when I have a cycle. Lots of clots.

CC: Are they small?

MPB: Sometimes they're about a size of a quarter.

CC: And when did you get your first period? How old were you?

MPB: I was 13.

CC: Oh, me too.

MPB: Woo...

CC: I know a great day for everybody. Not so, not for me. But anyway, nobody's super happy about that. And then when you were diagnosed with PCOS, is it because your period was irregular or it wasn't coming often? Or why would they say that?

MPB: I had heavier periods.

CC: you know how you say you wake up a couple of times at night and then you fall back asleep. You don't get up to pee, do you?

MPB: No.

CC: No. And when you urinate generally during the day, it's kind of like a pale yellow, it's not a dark or not murky or turbid.

MPB: That's pale yellow. Yeah.

CC: Now let's look at anything happening with pain.

Any headaches?

MPB: I get tension headaches once in a while. I've had a couple accidents and it's just the chronic, ongoing thing, but I manage it with massage and acupuncture and chiro regularly.

CC: Melissa has had acupuncture for many, many years. She sees a friend of mine so she is a really a good proponent of acupuncture, so that's good. And any other tension like neck, shoulder tension, lower back pain, knee pain, any pain anywhere else in the body?

MPB: Just get neck and shoulder tension,

CC: No jaw tension?

MPB: Actually, yeah.

CC: Yeah.

MPB: I clench at night.

CC: Jaw tension and the jaw in TCM is related to also the pelvic area, so that's kind of interesting 'cause obviously your pelvic area. Including the digestive system, which the jaw is related to the stomach meridian.

And the spleen meridian relates to anything that has to do with the hips and the pelvic floor. And you've had some issues with very heavy menstruation for a while, and then you've been on all the different kind of birth control, which we know works well, but kinda mess up a bit. Your natural rhythm and your natural way of, you know, doing what it needs to do. So for me that makes a little bit of a sense to look at that as well. So if we look at the five elements theory, the spleen and stomach, which in Chinese medicine, and I'm saying all this for people that are listening, but Melissa's enjoying it, I'm sure.

MPB: Yes, I am.

CC: See, the spleen and stomach, are the earth element in the 5 elements and the earth generates metal, which means that spleen and stomach are considered the mother or the nourishing, element. To the lung and large intestine. So if spleen is in charge in Chinese medicine of transporting and transforming food with the stomach, they're really in charge of the digestive system.

However, constipation does affect the large intestine, but we also have the lung, which is associated with all the sensitivities and allergies. So it's interesting so far. Your picture is literally earth. And metal and earth is the mother of metal, which means that in order for your lung and your defense system, your wei qi, which I would never say that to your patients, by the way, I would never say your wei qi.

We are doing this together because I know you are listening to us right now. And so I'm explaining how my thought is going, but I would never say your wei qi to a patient ever. But the wei qi is weak. But also the large intestine has issues, and that comes also from the earth, from spleen and stomach.

So, so far we have those four. So when we look at TCM diagnosis, we always say, oh my God, there's so many issues and there's so many organs and patterns. Which one do I look at first? Let's look at the mechanism of those first, and then we can look at more after. So when it comes to the tension, the headaches and everything else, when you have.

An accident, muscle starts to tighten. Everything that you were saying. The neck, the shoulder, it tightens and we have tension. When we have tension in Chinese medicine. Again, I would not say that to patient, but it is a liver stagnation. When there's stress, we tense more.

Obviously this is normal, is a reaction to stress. So let me ask you, how is stress

one to 10? 10 being super stressed, I bet right now is a bit better, but in the last few months, let's say.

MPB: Oh, it was really bad the last few months. Now it's great. I would say three but wedding planning, I lost a lot of sleep over anxiety. A lot of decisions. It was a lot.

CC: I could see that you were like, oh my God. Another decision, another plan. Another plan. And obviously it was a beautiful wedding. We all had a fun time, but I didn't have to plan anything. I just show up. So to me, that was awesome. That might be the reason why your last two period, maybe not, but it could be were very light.

It might be for the fact that your body is overrun a little tired from those months of doing so much work and you work and then on weekend you work towards your wedding and you know, you have a lot to do. So I think all this, which you know, as anybody that got married, you know, it takes time.

It doesn't happen in two weeks. This is months and months of a lot of preparation. So. When that happened, I think that puts a lot of stress. That's the first thing. The second thing is there's been a lot of grieving, 'cause you've lost a lot of people in the last few years,.

And you did lose someone this year, which puts more stress on, what's happening now. You're doing counseling for the grief, which is great and it helps. But grieving and sadness is related to the lung in Chinese medicine, which also relates to the large intestine, so it's like contributing to the whole picture.

I guess we could say. Another thing that I think you tell me if I'm wrong, because I've known you for so long, is that I think you're someone that Can overthink. So, which the worry and the overthinking is the spleen issue, so confirm or deny that you worry and overthink.

MPB: Yes, that is true. Also I've always had problems making decisions my whole life, so.

CC: Okay. Decision making difficulty. Melissa, which meridian is that?

MPB: The gallbladder!

CC: I'm telling you, she knows everything about TCM it's so awesome. This is what happened when you talk about TCM all the time and people, pay attention. And you probably have a hard time making decision because you overthink prior to making the decision, correct?

Yes? Okay.

MPB: Yes.

CC: Yeah, so the overthinking and the worry is your spleen, and then that obviously gets affected and it affects the gallbladder when there's more stress. Your liver gets affected and your gallbladder is feeling like, oh, I can't make a decision. This is just too much.

But you planned your whole wedding, so you made decision all the time.

MPB: I did. It was exhausting,

CC: That's awesome. It turned out lovely. It was such a fun time. It was beautiful. You were beautiful and you guys made it really a lot of fun. And for people that enjoying the TV show friends, Melissa and her husband, loved that show too. And there was a lot of references, which was a lot of fun. 'cause my husband loved friends and he was like, this is so awesome.

for whoever's listening, you can, tag me on Instagram @Acupro Academy and, tell me if you love friends as well as Melissa and I do.

So far we got a good picture. We've talked about headaches. I'm gonna look at your face like dizziness, blurred vision spots, floaters, eye twitching.

MPB: No.

CC: Any skin issues? No. Eczema, no psoriasis, no nothing with the skin.

MPB: I have a bit under my nose. It's very dry, flaky skin. it for a few months now.

CC: Interesting. 'cause under your nose, again, that's the large intestine meridian and you have dry stool, so under the nose is dry. This is great.

That's what I love about TCM. It's so correlating everywhere. It's fabulous that way.

Because we're doing this online, it's harder for me to do observation, obviously, because we can't see as much online. This is why in person is so much better when you do a consultation for the observing part of TCM or palpating for that matter.

You said you had brittle nails for quite a long time, which is interesting that you've never had low ferritin because that could be a zinc issue or a ferritin issue to have the nails that, kind of break easily.

You don't have acne? I can't see anything right now, but in general.

MPB: In general, I get a random one. I do often have bumps on my forehead constantly.

CC: So this is interesting. When you look at face map, you have different area all over the face that can correspond to different organs. But you also can look at the meridian part, right? So where the meridians go and the meridians on the face.

So the forehead. Can be the gallbladder because gallbladder meridian goes to the forehead, but it can also be small intestine because on the face map, the small intestine is on the forehead area. So we can look at small intestine from a perspective of your digestive system and you know, the issue with the microbiome.

Or we could look at it from the perspective of the gallbladder, which is related to liver. And you have the bilirubin processing issue as well with the Gilbert syndrome. So this kind of all correlate,

so that's my train of thought, I can't do your pulse. I could look at your tongue and I'm sure I can see a little bit, but it's really hard online to see somebody's tongue, so I'm not gonna do the observation or the palpation or the listening, the smelling, because we can't do that that much here.

But I wanted everybody to understand how we can ask question in depth for consultation.

If I was with a patient, I would say, let's look at what we can do to help you. Right? But right now, because you guys are listening, we're gonna look at what we can see for diagnosis.

By the way, if you haven't taken my 90 minutes masterclass on TCM treatments for allergies, the link will be in the show notes below. Check it out.

Okay, let's go back to Melissa. I would say there is a lung qi and wei qi deficiency. I. What's interesting for me is I think there is a spleen blood deficiency because of the dry pebbles bowel movement. If there was a spleen qi deficiency, it would be loose stool.

But because she has dry pebbles, I would say it's more of a spleen blood deficiency. There is no yin deficiency. But one question we didn't ask, which is the hot and cold. Are you more on the cold side? Or the hot side,

MPB: In general, I'm more cold.

CC: Which makes sense because if there is more blood deficiency, specifically a spleen deficiency, then she would be more cold, which makes sense.

Do you get cold hand. Cold feet or just cold General?

MPB: General just cold.

CC: We have a lung qi or wei qi. We have a spleen blood deficiency. I. Which makes sense because spleen is in charge of transporting, transforming the food. And if her digestive system is weak because she's not able to transform and transport or her spleen is deficient, it cannot process all that food.

And she has all those intolerances, which were depleted maybe probably by the medication she took a long time ago. So now it's kind of like we have to rebuild the spleen, we have to rebuild the gut, we have to heal the gut and. Seeing the naturopathic doctor is a great way to start.

What's interesting too is the gut and the brain connection and the way we feel, right with our worry, our overthinking, our anxiety. That also can come because the gut is not properly functioning. So it does affect our emotions as well

so there's lung qi and wei qi deficiency, there's spleen blood deficiency. I think the fact that you've had a light period for the last two months shows that the stress from those months of planning and getting ready and, the sadness the grieving and the loss that you have experienced also put a lot of stress on the body.

So I think all this has also. Depleted the spleen, which if it can't transport and transform food. It cannot absorb all the nutrients, so we don't have enough blood to produce blood, and so everything dries up, which makes sense on the bowel movement itself, but it's coming from the gut. I think your stomach, organ as a whole is fine.



However, the large intestine has dryness in it because there's constipation, but you also have some general liver qi stagnation due to stress. But it's not bad.

So I think for you in TCM perspective, we would want to. Nourish blood, tonify the spleen, tonify the lung, tonify the defensive qi, the wei qi and help with the flow of the bowel movement because it's more dryness than the flow. We wanna make sure everything flows properly, but we wanna focus mostly on lubricating and strengthening the lung and the spleen.

So that's how I would go about it. And obviously I would never say that to a patient. I would say what I would like to do is some treatment trying to help your. Allergies, your immune system and then your gut, because obviously your immune system is part of your large intestine because we have our bacteria in the large intestine.

So everything is related, but I would not talk about spleen qi deficiency or spleen blood deficiency or wei qi deficiency. So Melissa is a good sport to listen to me ramble about TCM for a little while. Because she's had all those. Issues and imbalances for quite a long time. One treatment's not gonna do it, she's very good with changing her diet, which is not easy.

So kudos to you and with seeing a naturopathic doctor now.

I would obviously wanna see you weekly and we would wanna talk about what we can do on top of diet that I recommended earlier, which is lubricating diet. So if I did points, I would have to do lung seven and kidney six. Why would I do this?

Because lung seven will boost the lung qi and wei qi. Kidney six is going to be great when there's constipation with dry stools. That is one of the best point when we combine kidney six with lung seven. We also help rebalance the reproductive hormones, which because she's on.

Birth control implant. We wanna make sure we're supporting her reproductive hormones to try to mitigate the side effects of being on the implant, if that makes sense. Right. So we'll do lung seven kidney six. I usually do lung seven on the right kidney, six on the left. Then I would like to do. The opposite two that I love to do, which are connected to the eight extra vessels because they are going to be connecting again to the reproductive system, is PLE four.

And pericardium six. So I would do split four on the right, pericardium six on the left. So now we have two points on the foot or ankle area, and then we have two points on the hand or

wrist area. So they are very much going to work really well. Pericardium six is one of the best point for anxiety to calm the mind,

and then spleen four is one of the best point when spleen blood deficiency, because it's the confluent point of the chong vessel. So it really addresses that blood deficiency affecting the digestive system with the dry stool and the reproductive system with now very light menstruation, which used to be more on the heavy side, right?

So we know that. So those are the four points I would start with. Now we only have four needles. We're not gonna put 25 needles. I'm of the school of thoughts, the least amount of needles. The better. The next one I would do is stomach 36 because it rocks, it tonifies qi, it tonify blood. It support the immune system or wei qi, defensive qi and it's the commandor of the digestive system.

So, hello, that's the point we have to put, right? So we would put stomach 36, now we could do the digestive diamond, which would be ren 9, ren 6, and stomach 25 to get some local point for the constipation itself and for addressing the digestive system. We could add a.

Calming the mind point, like yin tang. Everybody can benefit from the zen button. This is how I would start. I think that Melissa needs support from a few healthcare practitioners.

She does get chiropractic treatment. She does massage, acupuncture. I love it. This is awesome. And she's a naturopathic doctor and does counseling as well. So all this is so going to be helpful because I think we have remember that Chinese medicine is great. But it's not the end all, be all so it's good to have a whole way of practitioners helping her with her health for us.

Calming the mind. Balancing the digestive system and strengthening the immune system are going to be our main core and recommending diet.

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