

CC: I am in awe of my guests today because he is so accomplished and his contribution to our field acupuncture and Chinese medicine is mind blowing. We talked about Tuina, which is a Chinese massage, which I love. We talked about one of the best subjects so far in the Acupro show, combining western knowledge and TCM knowledge together to become the best, most trusted acupuncturist in your area.

This is how we really, really connect with patients and the knowledge of Western integrated with the TCM is the best way to go about it. So I love that Dr. Lixing Lao was born in China, but came to the United States and loves to integrate the Western knowledge he has 'cause he has a PhD in physiology.

You'll see his TCM knowledge together in order to teach future practitioners how to be the most successful one. You are gonna love this conversation. Are you ready? Let's go.

Welcome to AcuPro, a show dedicated to making Chinese medicine and acupuncture. Easy to grasp and fun to learn. Hi, I 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!

I am so excited for my guest today, Dr. Lixing Lao, who I am a little bit nervous about because he has so many accomplishments, he has done so much in his career.

I am very impressed, first of all, but I'm also very nervous and intimidated. So welcome, welcome Dr. Lao to the Acupro Show.

LL: Thank you so much and thank you for your kind words. I'm not important. I just want to chat with you about acupuncture. Happy to be on the program. Thank you for inviting me.

CC: Before we start, I wanna say who Dr. Lao is because he has done so much. I want you guys to listen to this and I'm gonna read his little bio and I really condensed it 'cause there's so much more, but I'm gonna give you the cliff notes. Dr. Lao is first of all, a renowned expert in acupuncture and integrative medicine with over 40 years of clinical experience and research.

So he is currently the president and a professor at the Virginia University of Integrated Medicine. He's also a director of Acupuncture or the Doctor of acupuncture and oriental

medicine programs, so. He knows his stuff and he's been on both sides of the spectrum because also he holds a PhD in physiology.

So you could see the Western knowledge mixed with the TCM knowledge. I always love that he has published over 300 journal articles. He's contributed to books and he has presented at over 360 conferences. Hello everybody. Oh my gosh. Do you ever sleep, Dr. Lao?

LL: [Laughs] Thank you.

CC: That's just amazing. He has a lot of awards.

He loves to focus his practice on stress related disorders, internal medicine, but also very much pain related disorders. And one of my first questions with you today is your research to influence acupuncture practices all over the world, including your work. Has led the FDA recognition of acupuncture as a medical device in 1996.

So I really wanna know how your research contributed to the FDA approving acupuncture as a medical device since 1996? Because that changes everything for all of us practitioners. So tell me, how did that happen?

LL: So in 1994, actually after NIH created the Office of Volunteer Medicine, this office tried to do something with acupuncture.

So they tried to have a hearing workshop with the FDA. So the FDA has a panel to listen to the presentation from a researcher on acupuncture, gathering the experts. I was one of them to present the data. So I remember I presented data. They have categorized different kinds of medical devices. So I presented two issues.

One is safety, like acupuncture. Any reported excellent or any adverse effect mainly. And the other topic I presented was the material of needles. What the composition material, how can be inserted safely or not, and the feature of this information. I present two lectures in this FDA conference. Then after the conference, after the workshop, FDA took about two years almost, and I eventually came up with the decision in 1996 to reclassify acupuncture from investigational device to medical device.

Since then, acupuncture has become the mainstream device that can be used in any hospital by doctors and acupuncturists.

CC: That's amazing because we have our audience from all over the world, the FDAs, the people that are gonna decide what is part of the medical system, what drugs are gonna be part of the medical system, and what devices like acupuncture.

So I love that you started with safety because that's the primary concern, right. First of all, thank you for doing that.

LL: Sure.

CC: You made a huge difference in our medicine and in acupuncture and Chinese medicine, so I love that you were born in China, when did you come to the United States?

LL: I came to the United States in 1986 to join the PhD program.

CC: Okay. In the University of Maryland, my PhD in physiology.

When you came to the United States, you already had your Chinese medicine and acupuncture knowledge. You went to school in Shanghai?

LL: Yes. I went to the school called Shanghai University of Chinese Medicine. I was majoring in acupuncture and herbal medicine.

CC: I love that you did Tuina as well, because that's something that not every school teaches. Having said that, what I love is that you have your background and your knowledge coming from China and going to school in China. Then you come to the US and then you do a western medicine PhD in physiology. So now you combine, which is the integrative part of your knowledge. Now you are the president of the school, the Virginia University of Integrated Medicine. Can you tell me about how you teach integrative medicine at that school? Exactly. How does that work for students when they come in? What do they learn?

What knowledge do they get from the western side and eastern side?

LL: Yes, I'd be happy to do this, but actually, let me go back. Since you mentioned my training and my background, when I learned acupuncture in the school in Shanghai for five years, it was a very extensive training. I knew that technology works very well for all different conditions, particularly for pain.

But then that time you often wonder why and what's the next number of actions behind? So after graduation, I was the teaching faculty in the first couple years before I moved to the United States. Mainly I teach on the course called. Research, acupuncture reason. I came to

the United States wanting to learn physiology, then I want to use the knowledge of physiology to explain how acupuncture works in the body.

That's the reason I came here to learn. I'm very lucky that I learned a lot from physiology point of view and able to combine the. Together to understand how work in human body, lots of very rich knowledge there. However, there's some information that we don't know in ancient times because of the limitations of science.

And also the limitation of society because in Asian China we do not allow to open a body to look inside organs, because they're preserved, you cannot really easily open them. So this limits our knowledge, but then also, of course, develops new knowledge, which you have to figure out without opening a body. Figuring out what's happening inside is another method.

But now modern science, modern technology allow lots of knowledge to be exposed. Now we know how body composition, how the body inside looks like, and physiologically how moving, how the cardiovascular system works. So in modern society as an unconscious living in modern society, we need to understand modern science.

We cannot live in the past. We have to carry the, inherit the past knowledge, but combined with new knowledge and enhance our knowledge and enhance the clinical skill. In our curriculum, we have two sets of courses. One is western medicine course, and one is a TCM course. Then in the early stage, like the first year, the students come here and then we have about 30% of Western and 70% of Chinese medicine.

I think it's a good ratio. Then they know at least the sum of degrees of how the body works, how the body functions. So then this accumulated the knowledge until the later years, like second year, third year. We have a course called acupuncture treatment. One is called Acupuncture for orthopedic Disorder, and also a course called Tui na Treatment and Tui na Method Techniques.

Then, a course called treatment for internal disease, like you have headache or after stroke internal disease. The students prepare well with both knowledge in TCM as well as western medicine. So this course rigid these two together so they understand how to look at disease, how to treat the disease, how to approach the condition.

In my teaching style, we teach the acupuncture headache, just for example. First we talk about the TCM point of view. We have like a wind cold attack, your body, and also we talk about the differentiation approach headache, different all TCM. We also understand the block energy in the meridians causes the pain stagnation of the qi.

So we took all this and based on symptoms we make differentiation that people have the different combination access, condition, deficiency condition. We're familiar with this, this purely classic and the TCM. Then after this, we ask a student to have that kind of group discussion. There's a lot of information on the website.

Now we should use them. Find a reliable website. I very often use the Cleveland Clinic and the Mayo's Clinic. This is very reliable and also some of Johns Hopkins University and Harvard Medical School. If you type the keyword headache, you can see the definition of a headache in Western medical point of view and also see the risk effect.

What causes and what prevention, what you sometimes call smoke may cause headache. Or stress may be caused by a headache or diet. So these are all the websites, so our students understand western medicine setting, how they communicate with the patient. So as the practitioners in modern society, we have to know too, and we have to.

Communicate with our patient. When our patient comes in with a headache, we should ask them to quit smoking, don't drink so much alcohol. So all this is from this website, which is not just Western Medicine. It's evidence based on their research in modern society. So give students a lot of tools to communicate with the student patients and the patient would really appreciate it because they think you are very knowledgeable.

Okay, so this is the core. We, so I will ask a student in the classroom, do you know. Works. Every said yes, works right, but do you have evidence? How can you show evidence it works scientifically and ask people how to do this and what is useful? I tell them, if you work with a physician in Western medical setting, integrated medicine, they have.

Western medicine practitioners and TCM or acupuncture still need to communicate with each other so you can provide evidence to the Western medical doctor. They may not have time to read all the research paper on acupuncture, but you can help send a paper to them, or when they mention some research paper, you understand, so then this conventional medical doctor or chiropractor, or they think you're knowledgeable, they'll refer more patients to you.

Okay. The other examples are used to help you with insurance companies. Okay. I graduated. She had a problem with the insurance company. She did not charge a patient because the patient has medical insurance, so she claimed insurance, but after insurance rejected the treatment. They said there's no evidence your client can treat neck pain.

I go to an online website, search the literature, and I find four to five research papers. She sent all the information to the insurance company and one week later she called me, said

she received a check from the insurance company. So lots of useful information to understand the current status of the evidence.

I try to train our students, not only know the Chinese medicine, but also know more the science evidence, research evidence.

CC: I really appreciate you sharing this because I went to TCM school. I did a five year program in Vancouver, Canada, and that was before the internet existed. So. It was really difficult to access any research, of course, or research paper, because you know, we didn't have the internet.

It was a long time ago, and I agree with you that as students or potential practitioners, we go to school, we are excited about learning TCM, that's why we go to school, right? We wanna learn everything about TCM and we're not really interested that much about the Western side. And I think everybody is when they go in.

And I love that you put that integration because. You are right. We are going to practice in the Western world, so we need to understand the western medicine that we are practising side by side with. And like you said, when patients come in and they say, I have, let's say Sjogren's disease or Hashimoto, whatever disorders they have, it's important that we understand what it is in the physiological part of the body.

And then we can apply TCM and look at the pattern of diagnosis. Of course, that's our strength and treating the person as a whole. But understanding the disorder in a physiological way, but also understanding how to communicate with patients. I love that you share research to share with other medical practitioners around us will help elevate our practice and they will trust us because we have the research to basically support what we're doing, which I love that you share.

But what's interesting is when we have the both side knowledge plus the research, plus the ability to communicate properly with our patients when they come and see us, I really appreciate you talking about the headaches because when someone comes up with cluster headaches, like you said, or migraine or whatever the headache is, it's important to understand what happened vascularly in the body, and then we could still apply TCM.

Knowing TCM is our favorite thing. But it's important to have both. I have a lot of students listening and new practitioners listening, and one of the things that everyone struggles with is that they don't all go to your school unfortunately, but, and the thing that a lot of people struggle with is when.

The patient asked them, "well, how does acupuncture work?" They don't know what to say. Right? They feel stuck because they're like, I can't say Chi and Meridian because people didn't learn this. So how do I explain it? I would love for you to say to the people listening, how do you explain how acupuncture works in a way that the Western society understands how it works?

LL: So far, most research has successfully been revealed. How work is in pain and basically there's lots of papers published, but in summary, very brief, they're all different levels. Work at the peripheral level, in the new site. When you put a needle in the large intestine for, for example, there's something that works there and also to send a signal to.

Spinal cord. In the spinal cord, something happens there. React to the spinal treatment. Then all the spinal cord, which is the brain area, also have lots of processes. We find out by the research paper in brief, for example, in the periphery we can see when needles insert into, you can sometimes see a patient's skin red, so dilation, blood vessels, some reaction to this.

So then also people find out their peripheral endorphin. Before we think enough, only central nervous cells, actually peripheral to lymphocytes, can carry the chemical called endorphins in the locus area that block the pain sensation. So patients feel left pain, but also peripherally can help the tissue recover tissue.

Okay, so that often the TCM not only treats distally, we also treat locally the low back pain, open needle in low back area. So the tissue after stimulation, they can start to recover to repair by themselves, the peripheral level. Also like cytokine levels for inflammation and anti-inflammation. So there is lots of research and spinal cord level is also one early stage we call.

Gait control theory blocks the pain transmission to the brain so patients don't feel much pain. They play different roles in pain research, in pain transmission. Then also we find that certain nuclei in the brain particularly respond to pain. Okay. They respond for pain also, they respond for the information.

So, for example, the signal sent to the CEUs, they're called nuclear, called PVN. Peripheral Ventricular nuclear. These PVN can send a signal to the hormone system, so can inform the army to release the chemicals, which go to circulation and to go to the adrenal in the kidney area. So adrenaline releases the corticosteroids.

Into the brain circulation, then you suppress the information. There's lots of information that has been reported and summarized, so when you put the needle in summary, put the needle

in any point, they send a signal not only locally to have a trigger, the repairing process, but the same signal to the spinal cord and well in the brain.

And the brain will send descending signals to help block the pain sensation. So these examples, but other conditions like people who want to get IVF for them, different systems and some people have the other conditions, they have different mechanisms, but they're similar. All involve the needle association from peripheral to the central nervous system.

The body has a tendency to incorporate all the signals in the body to readjust your body's balance in young balance. So make your body speed up the recovery.

Ad: Are you ready to unlock the remarkable potential of a microsystem that is so effective for pain disorders? You cannot bypass it. This is what the Scalp Acupuncture Course taught by my friend and colleague, Dr. Sonya Tan is all about. This is at your own pace and it focuses on treating pain and tightness, including all the types of musculoskeletal pain and injury.

Chronic and acute, as well as burning, pain, tingling, and numbness. This course contains what you need to know to start practicing scalp acupuncture immediately upon completion. Now, this course utilizes the balance method from Dr. 10, which makes it such a. Very effective method. Listen to what people who invested in the Scalp Acupuncture course have said.

I want to thank Dr. Sonya for doing an amazing job by attending your course. I have learned the right technique to treat patients when it comes to a balanced method for acupuncture scalp. I have started to treat patients using the method and have received great feedback already. It has helped my patients.

Body discomfort feels better. It is a very easy method to perform on patients. I really did enjoy learning about the system and would be interested in learning other systems. Best teacher I've ever had, generous in knowledge and friendly, very enthusiastic, clear, and articulates splendid, interesting sharing knowledge in a fluid way.

A very passionate teacher animated Sonya. Alive. I love that. Definitely not a boring course. I could tell you that you'll receive continuing education hours and a certificate after you pass a multiple choice quiz. You have access to the course forever, so you can watch it over and over at your own time because it's prerecorded.

You also have a seven day money back guarantee. Because I stand behind my product and I always make sure that the teachers that I bring on my platform are the quality of teachers

that I am, so yet for you to benefit from. Don't miss out on the opportunity to revolutionize your practice using this very simple, yet very effective method for pain disorders.

Go to my website acuproacademy.com and click the TCM course tab on the menu bar. Or check out the link in the show notes below, and invest in the Scalp Acupuncture course today. You won't regret it.

CC: That's what's important to be able to understand and explain it to patients in a way that they can. Relate. Right. And so that's why in my practice, I've been practicing since 2003, so we're 2025, so 22 years now.

When people ask how it works or can you help me, I never say you have Spleen qi deficiency or liver qi stagnation, or because they didn't go to school, they don't know. Right. I always go exactly to what you said, the cause and effect. You know, if someone has a lot of acid reflux and acid regurgitation and heartburn, and I figure out that the stress is causing all this, I'm not gonna say you have liver qi stagnation over controlling stomach, creating stomach heat.

I'm not gonna say that, but I'm gonna say, you know, all the stress is causing a lot of acidity in your stomach. And then of course the acidity rises up and you have all these issues. So we need to bring the stress down 'cause that's the cause. So this could also go down. Right? And then people understand that the cause and effects always work.

And then explaining exactly that when you insert a needle, what happened? What is the mechanism between the inserting the needle and the nerve reaction and the nerve that basically sends signals to the brain to self-regulate? That's why I always say acupuncture isn't cured. Disease. It just helps your body do the work, right?

It's helping the body. So patients understand that and they love that. So thank you for sharing this. One other question I had for you, because you said you taught the tui na class. So for people that are listening, if you don't know what Tui na is, it is a Chinese massage. So it is a big subject and in Chinese medicine school.

Sometimes we get a big class, sometimes we get a small class, and some schools don't teach it at all. I love twe. I would love for you to share, is there any evidence base or research on Tui and its effectiveness? Because I feel like it's such a good tool and it's underutilized specifically for pain since you do a lot of pain disorders.

LL: Some schools may not teach because. There are few people who are really trained, even in China. Not everybody knows how to train because in a very small group, they learn trainers. Several reasons are that the technique is difficult, not easy. They need a good

teacher and lots of time to practice because the trainer is not widely used because most of the research they do may be on massage.

And some papers published for the massage for the low back pain in present women because they cannot get needles for safety reasons. Also, some pediatric massage.

Mm-hmm. For the children. Right. Another challenging issue that unlike acupuncture will now have a control group called placebo control, but China, very difficult to make placebo control for this.

Another reason difficult. However, in China, I know that lots of research paper among China. Okay. But unfortunately, probably in Chinese language, maybe not why they translate into English language. There's lots of research published in particular techniques in China.

CC: I love tui na specifically. You were saying for children, because children are a bit more scared of needles and it's a little bit tougher for them, but when you have parents and you can teach parents to do tui na and the baby or the young child, I found that the children react or really the effect of tui na is so fast because children are very young, so they heal very fast.

Right. When you were saying it's really hard. It is so hard. I remember when my tui na teacher was teaching us different techniques and one of them was the vibration technique where you know, you do on the point, the vibration push. And then we had to do this and vibrate and he was like, if you can keep it for at least one minute, and we're like, minutes not long, and try to vibrate this fast for one minute and then he goes, try to go two minutes and three minutes.

I'm like, I can't even do one minute. It's so hard. So tui na takes a lot of practice and years of practice, you're absolutely right. So not everybody obviously is gonna love it because it takes a lot of practice, but it's such a beautiful modality. And I know there's shiatsu, there's other Asian ways that are the same kind of massage technique that comes from acupressure and tui na itself.

Do you use tui na in your practice when it comes to pain disorders? 'cause I know you really love to treat pain in general. So do you use tui na in conjunction with acupuncture? Do you sometimes just use tui na by itself? Do you combine? What do you do?

LL: Yes and no. Okay. So you can say almost exclusive. Every patient I give also gives tui na. However, it's not extensive.

For example, the patient stays in the treatment room for about 20 - 25 minutes after needling. When withdrawing a needle, some people will feel soreness. On the other hand, I do about five minutes when even two minutes very quickly. Patients feel very relaxed, very good after treatment for the children.

Some children don't like the needle, so you use Tui na. They're more acceptable and they like it. But for certain diseases, I used more. Between are more exclusively. For example, full shoulders. Full shoulder, join the stiffness. Your only needling can decrease pain but cannot increase the manual motion.

Motion. So you need to passively work on the shoulder to gradually open the shoulder joint, but you cannot force them to be very painful and you have to use the skills gradually. Gradually open the joint and split the adhesive tissue together.

CC: That's so cool that you talked about frozen shoulders because my focus in my practice has been a lot on women's health.

So over the years I do a lot of fertility, pregnancy, menopause, and in menopause there are a lot of women that get frozen shoulders. It's a big menopause symptom out of a lot of women, and so. Every time I've had a menopausal woman come in with a frozen shoulder, I always do tui na because it makes such a faster difference.

And like you said, it doesn't have to be like 30 minutes. I do acupuncture, but then after that I'll do some tui na. And people love it. They absolutely love it because you're right, it increases the range of motion and the idea is to try to break the tissue, the adhesive tissue. So thank you for sharing this.

I have a question for you because you have done so much. For our professions specifically out in the West, which I really appreciate because we need people like you to help out our profession. And what advice would you give new practitioners or future acupuncturists in order for them to excel in their career and be really, really successful in their career?

LL: What is your best advice for them?

Okay, so in my opinion, if you want to be successful, number one is you have knowledge, you have dentistry. You're very knowledgeable, so the patient comes to your clinic with confidence. Everybody has the same experience. When you go to Western Medical Doctor, same thing.

You want to see a confident doctor. They tell you when to see what you should do, what you should not do. Trust comes from confidence, but where's confidence come from? It's because your skill, if you are knowledgeable, makes you confident. If you don't know everything, we second them. Check the point, location, and my textbook before I put it. If we do this, nobody will come back to you again.

Right? So you have to have knowledge, you have to memorize lots of things. Brain so it can be used easily. So then also knowledge, including the convention of medicine. And as I mentioned earlier, we teach the students to search for information on the Western medicine website, but I am sure we do not teach them how to treat the patient.

Use western medicine, you have to understand how western medicine treats the patient. So if some patient has lung cancer, then you know about the stage, you tell the patient, oh, I know the stage. What chemo are you using now? You show your knowledge, even though you're not an oncologist, but when the patient talks about their treatment, you understand, you fully understand.

You create the confidence and create the trust between the patient and you all the patient like to see a knowledgeable practitioner, right? So it's very common. Not only knowledge or skill, we need to practice a needle technique. Again. Again, always, if we hurt the patient, the patient won't come back again.

CC: Oh, I'm so glad you said that.

Sorry, I don't mean interrupt you. I'm so glad you said that because so many people say, oh, no pain, no gain, whatever in English, but I'm like, no, I want my patient that is so stressed. To get in a parasympathetic state and not go, I'm in so much pain, I can't even relax. How are they going to heal if they're not relaxed?

So, thank you for saying that. Continue. Sorry.

LL: I remember in Hong Kong I practised, I served as threat of the school of Chinese medicine in Hong Kong, for six years. A lot of patients from the Hong Kong local area. And one question I always ask is if chronic pain is said. Have you treated it with AC Punch? Yes, I was treated 10 times very painful, but I still have pain, so I said, why expect me to be better?

Okay. We often, I have one treatment, my two treatments, and the patient comes back. Always patient treatment, no pain, but I feel much better after one treatment. I have had many, many cases like this. Then I started to study why. Then I figure out from the physiological point of view, the scientific point of view, why.

CC: Thank you for sharing this because I don't like pain at all. So when I receive acupuncture treatment, I just wanna relax. So I assume my patients want that too. And like you said, you know when your patients fall asleep or just get up and they're so relaxed, like they just meditated for 20, 30 minutes, 40 minutes, whatever.

They look so relaxed, you know, this is effective because the body was. Finally, especially nowadays, everybody's so stressed. Everybody's running around, they're so busy, and you know, there's no time to kind of decompress, so we don't wanna stress them more. Right. And you're right, because I've had patients sometimes that come for pain, and I had a patient that came to see me years ago and.

He had a car accident and the car accident had happened four years prior, and he had had a lot of treatment including chiropractic, physiotherapy, massage therapy, injection, a lot of corticosteroid injection, a lot of medication because he's in pain constantly for four years, which is. I can't even imagine.

He can't sleep. He's in so much pain. So he stopped working. It's very difficult, right? And he comes and sees me, having never had acupuncture before. And so I said, so what are you doing right now? And he goes, oh, I go to chiropractic twice a week. I go to physiotherapy, I go to massage therapy. And I was like. I can't put more needles in this person's back 'cause the pain was back pain and neck pain.

And I said to him, you know what, I'm not gonna touch your back. I'm not gonna do anything on your back. We're gonna lay on your back, face up. And I'm just gonna try to bring the anxiety down because it is anxiety when you're in pain all the time and you feel hopeless, like you're never gonna get better.

And so. I did a treatment to really bring him in a parasympathetic state and calm him and just relax. I did not touch the pain because everybody else is doing the pain. I don't need to add more. So for him to heal, he needs to calm down and be relaxed. So I did that. And when I took the needles out, he started crying and I was like, are you okay?

Are you okay? And he said, it's the first time in four years that I feel relaxed. And I was like, oh my God. And so he said every time he came in he's like, don't touch my back. Let's continue to do this 'cause it's making me feel so much better. I really love that you said no pain. Much better. That's the patient can calm down and heal.

Right. So thank you for sharing that. I appreciate it, and I love that you say skills are important. Practice, practice, practice and continue to learn. Right? Continuing education is

so important because that's how we grow. When I was in school, I did not learn about IVF, right? We didn't learn about IVF in my school.

So when I came out and I had, you know, I wanted to focus on women's health and I had a lot of people coming and I said, oh, I'm doing IVF and I remember thinking. Well, I know it stands for in vitro fertilization, but what exactly happened physiologically, when they do IVF, what is it they're doing? So I had to go do all the continuing education, all the research to understand, because you're right, patients trust you.

Now when you know exactly what drugs they're gonna do, what's a retrieval? You know what's happening when there's, you know, hyperstimulation of the ovaries. You understand everything and then they trust you better. Thank you for sharing that as well. So happy you came in today. There's so much knowledge in your brain.

I wanna open your brain, go inside and learn all the knowledge you have and I wanna take it out.

LL: Thank you.

CC: I just wanted to ask you for anything else you'd like to share before I let you go back to work. And I really appreciate you again, Dr. Lao, for being here today.

LL: Only one thing, maybe two things I want to add is you asked me about a 1994 FDA workshop in 1996 approval.

They actually, one more event, 1997 called the National Institute of Health Consensus Conference. They usually have this kind of conference. For every different disorder or different device, different medications. They usually set up the panel, in this case, 1997, mainly from different universities or western medical doctors.

They're not statisticians, the certain people panel, so they listen to a group of the AUN researchers, including me at that time. So I presented my study at that time. I finished my dental pain study for post operative dent pain. So I present my data. Then they review all the published papers on the research paper on acupuncture in different areas.

They said very clear evidence to show acupuncture for the postoperative dental pain, which is my study and postoperative. Pain, nausea, vomiting. So in this area, they confirm the other area. This statement, I will say, dramatically opened the door for, particularly after 1996, approval of needle devices and medical devices.

And this statement, this concerns a conference. Review the safety, effectiveness and mechanism of action and course everything they give very positive statements. Just move the egg Punch Project forward in the United States.

CC: You are a TCM rockstar. Woo hoo. You are a rockstar. Thank you so much. And you had the second point you wanted to share.

Go.

LL: Very quick that I wanna mention. We recently have some schools closed and also decline, but actually in the look at the entire condition, acupuncture compared to 20 years ago, much, much more advanced. For example, many insurance companies cover. Right now the means demand increases all the larger hospitals, particularly for the cancer center, they hire advantages to, to treat up their patient.

So this. Good movement because what? Because it is evidence based, because lots of evidence is recently published, so this is supported usage. And a couple years ago the Medicare also collected patches, even though they only started with low back pain. But it's the first step you are going to have more and more. The long history, I think particularly for the pain which is the opioid crisis in this country, eggplant really is a non-pharmacological approach, can help ease the pain and help our patients and feel very confident.

Acupuncture is going to have a very bright future.

CC: Yay. I love it. Okay. I love your positivity because I agree. I traveled to a lot of places in the world and gave seminars or teaching, and because of the platform I have on social media, I get to connect with a lot of people all over the world. And even though, like you said, some schools in the United States in the last few years have closed down.

The world is rising up with acupuncture. Many new schools are opening all over the world everywhere. People love evidence-based acupuncture. I have a friend of mine, I don't know if you know him, his name is Sandra Grca, and he has started a whole department in acupuncture research in the university and the uk, and they have a whole research department on acupuncture now.

It is fantastic. So it is really showing the world that it is. More evidence based every day, more research every day. Not only that, but in Canada, for example, in Vancouver, the auto insurance for cars, if you have a car accident, covers 12 sessions of acupuncture. No question asked. You can get 12 acupuncture sessions after an accident, it's paid for a hundred percent. A lot of places now cover acupuncture, like you said, in a lot of places in

the world. We see them in the hospital, we see them in, you know, many places in the world. So I am like you. I'm very positive about the future of acupuncture. I think it's growing and growing because it's needed.

We needed everybody. So thank you so much Dr. Lao, for coming on the show. I so appreciate your time, your effort, and all the contributions you have made to our medicine. You are a rock star.

LL: Thank you, thank you so much. One point I want to add, one challenge we also have, but we should realize because the usefulness of acupuncture, lots of evidence, and reality works for many different conditions.

Many other professions also want to use acupuncture. Like a medical doctor, pt, nausea has dry needles, so this is a challenge for the community of acupuncture, non-physician P maybe. But how we can overcome the challenge that my suggestion we have on ourselves to update our knowledge that we tell the reason why the Western America Delta, the US acupuncture.

They have knowledge on Western medicine. They know the maximum of actions. They learn this in their area, but we don't. So we, if we only talk about chi and yang, without knowing, we'd be gradually, gradually pushed aside, not in the mainstream. So we need to help ourselves know all this information. Then we were able to communicate with all the commissions and we were able to practice in hospital, different areas.

Then we are part of this team, acupuncture team in the United States for patients not under aliens. From other places where I should have knowledge. Some students say, oh, I only want TCM, I don't want to learn any modern science. But the reality is that sooner or later you'll be excluded. Okay? You will be fair to your practice.

So you want to have knowledge in modern science and modern technology, whatever we learned.

CC: I agree. The more knowledge you have. The better you'll be successful as a practitioner and the better for the profession. So I agree. Absolutely. So thank you for sharing that as well.

LL: Thank you for having me. Very nice talking to you.

CC: My pleasure.

Thank you so much for spending your time with me today. I truly hope you benefited from this episode, and I would love for you to share it with a friend that may benefit from it as well. Follow the show, live a review, and if you want more, go to my website, acuproacademy.com. I have tons of resources there with treatment protocols, case studies, free courses, and so much more.

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