

CC: In today's show we are gonna talk about something down, down, down, down, down in the Lower Jiao, in the lower, lower, lower, lower, lower Jiao.

And we're gonna talk about a disorders that affect a lot of women that not many people talk about, and that in TCM School, we definitely never talked about approach or even heard of. What am I talking about? Vulvodynia. And if you don't know what that is, you are on the right show today because my guest, Jennifer Dubowsky, who is from Chicago, I absolutely love her energy and you're gonna love her too, comes and shares her knowledge and a passion about this disorders who affects over 7 million women in the United States.

So, 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.

Jenny is in the house. Jenny is in the house.

JD: Hi.

CC: Jennifer Dubowsky, I have been wanting to meet you for so many years, and whoever is listening right now, you. Don't know about Periscope or do you remember about Periscope? Periscope was this weird social media? Maybe it's still around. I have no idea. But it was this new social media thing and I went to check it out.

That was over 10 years ago. And you basically could go live and talk vertical and whatever you were doing, people could watch you. And then the. Replay would last 24 hours and it would disappear. So it was very short lived kind of thing, and it took off and I think it kind of disappeared. But I remember going on it looking for other acupuncturist or TCM lovers, and I found.

Jennifer Dubowsky. So she was in there and she was basically talking about TCM, and I'm like, oh my God, look, T CM sister online. And so we've never met, officially, we've never met in person, but over the years I've watched her because she's really active on social media because she's fun. And I love fun people because it's all about having fun.

And so, first of all, welcome and thank you for coming to the Acupro Show, Jenny.

JD: And thank you so much for having me. I am. So pleased and I agree with you. It is really nice to have some fun, so all about it.

CC: Yay. So Jenny is an acupuncturist in Chicago and she's been there for a long time. Obviously she's been practicing for a long time. You can share with us how many years you've been practicing, which is quite a few years, but also why. Yeah, so, which is crazy 'cause mine is 22, so you graduated a year before me, so it's kinda like you're my little TCM sister from Chicago.

Fun person. And you're going to hear how fun Jenny is because she's like a super wonder woman. But the TCM kind and we're gonna talk about this, so, but before we do, I would love for you to tell me why you got into TCM. What trigger you to go and study TCM?

JD: Actually I think it's probably different than a lot of people. I was in the health field since college and I had done my undergraduate in kinesiology at that. I don't know what it is now, but at that time it was a lot of anatomy. And I worked a lot with athletes. They did testing for athletes, et cetera. My big plan was to become a personal trainer, do that for a couple years, and get a master's degree in exercise physiology. After being a personal trainer for a couple years, I realized I did not want to get a master's in exercise physiology and I did not know what to do, and I spent a couple years trying to figure it out.

I wanted something that was in the health field, where I could work for myself. made me first look into Chinese medicine, I am not a woo woo person, but this is a little woo woo my mother, without telling me, somebody to do my business chart. And the woman came back and said, Chinese medicine.

CC: Wow. That's awesome. I love woo woo.

JD: Right. Okay. And so my mom told me I totally poo-pooed her. I was like, but then it made me look online. But really I was just in a place where I wanted to do something. I moved out west and I would say I really grew to love Chinese medicine while I was in the program, but not right when I started.

I was very knowledgeable, like with anatomy and things of that nature , but I found it very difficult to grasp, like the first year, the TCM concepts were really frustrating.

CC: I think it was frustrated for a lot of people because

I remember sitting there going, I don't understand anything. And you know, when you're in class and at the beginning, you don't know a lot of people, you make friends, but it takes a little bit and you're thinking in your head, I'm probably the only one that doesn't understand anything.

And then you start talking to other people and they're like, I'm so lost. Okay, so we're not the only one. This is great. Right. I think a lot of us went through this where it was just so hard, however, you were told so many times it'll make sense.

It'll make sense eventually. It did. But you're right, it's tough at the beginning. And I love that you shared , about personal training because

JD: Mm-hmm.

CC: my previous life before I went to Chinese medicine, I was a personal trainer and I managed fitness clubs and I taught aerobics and I taught hip hop and yeah, it was a lot of fun.

But eventually I wanted something more. It wasn't enough, so totally aligned with what you just said, so that's interesting. Now that we know how you got into it, one of the thing that Jenny did a few years ago, and I think that's really what got me to kind of look at you a bit deeper is you published a book, Adventures in Chinese Medicine. And this book to me, really spoke to me because the cover of the book had a cartoon Character, which looked like you and looked like a superhero, and it had a shirt that said TCM 0 0 7, which to me was like fantastic.

You were like the James Bond woman of TCM, right? So I would love for you to explain why you chose to be that superhero. What is T CM 0 0 7 for you? And then I wanna talk about the book.

JD: Prior to the book now this is rather defunct, but I wrote a blog. I just lost my mind writing on this blog. I was doing a lot of posts on this blog. I probably have like close to a thousand posts. In terms of texts And my whole goal with the book, but also with a lot of my posts, was to make TCM. More understandable for the lay person and make it more relatable because I think that the better people understand it, the more likely they are to try it, and then we can be more helpful.

CC: Yes.

JD: For me, I enjoy being creative. So having a cartoon or writing that. Makes me happy. So I just enjoy doing it in that manner. But I really tried with the book to break it down and just go over core concepts. Anybody who's done TCM school. don't need this book. Right. But if you don't understand TCM, is a great beginning place and the cartoons were just a lot of fun for me 'cause they actually run throughout the book.

The book actually is almost 10 years old now.

CC: JD: It is a book. For patients and people that are really looking into trying to understand Chinese medicine in an easy way so they can in turn go and, call their acupuncturist or the TCM practitioners around and say, Hey, I would love to get a treatment. 'cause now I understand it.

We'll have the link to the book in the show notes so everybody can check it out because it's so cute. Now why did you call yourself or the person on the cover, which I assume is you TCM 007.

JD: Now I feel kind of embarrassed, but yes, it is a reference to James Bond and I was trying to find like a fun moniker . It was totally just like having fun.

CC: I love it because that's exactly why. I love music and I love dancing. I used to teach hip hop and stuff, and this is why I started the phrase. 10 years ago, acupuncture rocks and you know, 'cause I love music. And so for you it was like James Bond, he's coming to the rescue. I think it's so much fun because you were looking for fun. I was looking for fun too, because you could say, acupuncture is very good for you or whatever, and it's very boring. But if you say, hey. TCM oh seven or acupuncture rocks. I totally get that.

So I love that. Thank you for explaining that, because I don't think it's a bad thing. I think it's a great thing.

So I have a question actually about your book, people that are listening practitioners or students, but you know, maybe some people in the back of their mind, they have a book in there that they're thinking of writing, and it could be about TCM or acupuncture, it could be about anything.

But I would love to ask you how you went about writing the book, founding a publisher, putting it on Amazon, like. The whole process. I think for a lot of people, they don't write the book because they're scared of, well, I don't know how to publish a book. I didn't know neither. I had to figure it out. But I would love for you to share your process in that.

JD: Well, I self-published.

CC: So did I.

JD: I did not even try to find a publisher because I know how hard it is frankly, I knew from the beginning plan was to write it. And then self-publish.

It actually took me two years to get the whole project done. Because besides all the writing, I also hired somebody to do the cartoons for me, we had a lot of going back and forth about what the cartoon should look like because I knew what I wanted, but I didn't know how to create them. the other thing I did, which I would never do this again, was I formatted the book myself. that was so painful. It took me like 40 hours just to format it. that was one of those, I should have just hired somebody, I did not realize. It was about a two year process of putting it all together until it was finally done.

And then getting on Amazon that was part of self-publishing.

CC: Yeah, and that's exactly it. I didn't know that it was self-published. It was the same for me. When people start asking, oh, why don't you write a book? I'm like, oh, there's so many books out there. But I ended up doing it. It took two years. It was the same thing. I did not wanna. Found a publishing company because I wanted to retain the essence of who I am and not someone telling me what should be in there, shouldn't be there.

It should look this way, that way. I was like, no, I wanted it to be me. So I did the same thing as you. I did self-publishing and the reformatting of the. Ebook into a printing copy was absolutely so much work. People have no idea. It took me two weeks as working at it every single day for two to three hours and just reformatting and reformatting.

So I think a lot of people have no idea, but it's a lot of work. So thank you for sharing that 'cause. Self-publishing is great. I think it's good. You can promote your own book, you can just do it the way you want, but it is a lot of work and we have to, you know, step by step put it out together. So thank you for sharing that.

So, see, another thing we have in common, now right.

When I ask you to come on the show, we wanted to talk about specifically something that is dear to your heart, but I also see a lot in clinic because I do treat a lot of women. Yeah, I do see a lot of that.

JD: It's not great that

CC: no.

JD: of women who have it, but I'm so glad that you know what I'm talking about.

CCL Yeah.

I remember the first time someone came in and said, oh, I've been diagnosed with vulvodynia. I had never heard of it. I didn't know what it was. I had never heard of it. It's not like you learn vulvodynia in school. So I had to go research it first. Of course, I asked her, what does it manifest? Like what are your symptoms to try to figure out in A TCM perspective?

But I didn't know what it was, so I had to do research. And what was interesting is once you start getting into the research of it and learning about it, suddenly more people came to see me about it. And what was interesting is as I'm treating those people, because a lot of women who have vulvodynia. Specifically in Vancouver, they, the doctor can recommend them to go see a counselor that is specifically very well versed in that disorder.

So it really helps because it is very intimate area because it's in the external genitalia, in the vulva, obviously. I ended up having a psychologist who sees those women referring those women to me. That's how I ended up having so many coming. So I would love for you to let me know why you got into looking at vulvodynia.

What is it exactly? How can TCM help it? Like share your beautiful wisdom.

JD: I'm so glad that you also treat it. So you probably have a really good understanding of a lot of the things I'm gonna say. And if you think of anything I missed, please let me know. For me in terms of how I started treating it, and I had the same thing as you where I now believe the first case I saw was a case neither of us knew she had vulvodynia.

CC: Oh wow.

JD: I did have a woman come in very early in my career was having painful intercourse or could not have intercourse and was describing. I now know are a lot of symptoms of vulvodynia, which I will get into, I just remember that, and I treated her, but it didn't click. It was like 12, 15 years ago, a woman called me up and she said, I've been diagnosed with vulvodynia. And then she goes, do you want me to spell it for you? And I said, yes, please, because I like you not heard of it. I did not know what it was. Just started going down the rabbit hole of research, and because I do like to write, started writing articles about it and

about how Chinese medicine could help. with that, I started hearing from other women and I even heard from women from other countries

CC: Wow.

JD: email me. what really touched me was I feel like this is an area where there is truly a need. really not a lot of focus and the women that I see, a lot of them feel pretty desperate and hopeless.

If we go back and we start like what is vulvodynia? Vulvodynia is pain of the external genitalia, which would be the vulva for at least three months, which is undefined. There's no underlying cause that they can find. they don't know why. Usually it manifests as burning. Sometimes you might just feel irritation, you might feel itchiness.

For every woman, it can be a little different. And then it's also categorized differently with there is generalized vulvodynia and provoked localized. The way that it is different, localized, provoked vulvodynia is pain in one area of the vulva that is provoked by touch or pressure. generalized is more diffuse and can be more of a spontaneous type pain, but it is. Hugely impactful on a woman's life, and it affects up to 7 million women in the US. I don't know about Canada, and I believe that the statistics are up to 16% of women will experience vulvodynia at some point in their life.

CC: Wow. A big, big number. That is a big number.

JD: It is big and it impacts a woman's life in so many ways. Obviously, it impacts a woman's intimacy. going to impact the clothes she wears. She may not be able to sit for as long, it might impact her daily activities, and it's something where there's a lot of shame and embarrassment. So it is hard, I think for some women to seek help

CC: You're right, and it, it is hard because it is intimate. At the same time, it's so debilitating because not only, like you said, you can't sit for a long time. For some woman, you can't wear underwear. Imagine when you get your period, that's even worse because you can't wear a tampon, you can't wear a pad like everything is painful. You don't want anything to touch you at that area, but you have no choice. Like that makes it so much harder while you're bleeding during your menstruation cycle as well. Right.

That's why I wanted to talk to you because I really want people to understand how hard this disorder is for women to deal with.

AD: If you still struggle to come up with the right treatment protocol for your patients, you are going to love my third book by Popular Demand. I have created a guide for TCM treatments for over 160 common syndromes with acupuncture points, herbal formula, ear points, diet, and so much more, including many, many of my clinical pearls.

It is the. Game changer for acupuncture students and specifically for practitioners. You can download the digital version on any device and it comes with many video links to complement it or. If you are like me and you'd rather have a hard copy version, the publisher ships it all over the world. But before you invest in my Chinese medicine, treatments made easy, I wanna make sure it's everything you were looking for so you can download a sample of it.

Listen to what people who invest in this book had to say, thank you, Clara. This is exactly what I needed. I love how you organized this book. It's truly helping me in my first year in practice. Yay. So excited. Bought it immediately. It will be a great resource for studying for boards. That's awesome. Oh my God.

I immediately purchased this, and it is such a bargain price that I almost feel ashamed for paying what I believe is worth of much, much more. Even as an experienced practitioner for over 10 years, I like your stuff just as much in benefit from it. Yay. All this is just so rewarding for me, so I hope you get your copy.

If you don't have one, the link is in the show notes below, or you can go to my website [accuro academy.com](http://accuroacademy.com) and click the shop tab on the menu bar. You won't regret it. I put so much heart and soul in it. I hope you enjoy it and benefit from it, and in turn, your patients do as well.

JD: Now this will not work for everyone, but for some women, the Diva Cup, have you ever heard of it?

CC: Yeah. Oh yeah. A lot of my patients use it. Yeah. Yeah.

JD: Okay. So the Diva Cup for some women can be very helpful, at least for your period.

CC: 'cause I mean, I, I'm in my late fifties, so I don't have to deal with all this anymore. But yes, you're right. If you've never heard of the Diva Cup, it looks kinda like a silicone, little cup that you inserted to the vagina, and that collects obviously the blood while you're bleeding and you can wash it.

So it's very, very useful for a lot of people and it lasts a long time, so it costs way less money than having to buy monthly feminine hygiene products.

JD: And a lot of tampons also, having that kind of product in your body is not always so good for you and the Diva Cup is not touching your vulva once it's

CC: Mm-hmm.

JD: so you don't have that problem either. Chinese medicine I think can be very helpful. I also will often recommend that women seek physical therapy specifically pelvic floor physical therapy, because I find that's very helpful as well.

CC: What do you think are your most common TCM patterns with vulvodynia that you see in practice? And then how do you go about it? When you treat women, how do you explain to women what TCM can do and how many session?

Because people are gonna come in and they go, well, can you help me? How many session am I gonna need? And then what do you see as the most common TCM patterns or the top two, let's say.

what I would say is there's a top one.

JD: Yeah.

Damp heat in the lower jiao. What I often find is most women obviously have some other underlying pattern or something going on constitutionally, with a lot of women the first couple weeks, will, in terms of herbs, focus on draining damp heat. I would say that is really the most common pattern I see. Obviously, but I feel like it's so class A to say liver qi stagnation. Right. There is a little bit of research out there two women I know of have done. Studies with acupuncture and vulvodynia and they have their protocols in these articles.

Perfect.

That's Lee Hollander Rubin and also Judy Schlager. both of those women have done great work and I've read both their articles and their research and it's great.

It's interesting 'cause there's always, obviously, 'cause it's burning, there's always a lot of excess heat in that area, right. Or fire or whatnot, depending, I've had people where the heat is surpassed, it's now fire, right.

To the point where it's so, so strong. But you're right. So looking at herbs is great, and I think herbs are so powerful. However, I have a lot of people in my audience that do not use Herb for a reason, that they don't have access to them or they're not allowed to. Because depending on the regulation, so what do you look at?

We're looking at the lower jiao. We're looking at the. Liver collateral or liver meridian because it wraps around the external genitalia.

I actually look at it a little differently, even though I have read that research and I think it's great and I have taken a lot of gems from them. I am primarily. A balanced practitioner,

CC: Okay.

JD: Meaning that I am mirror imaging different parts of the body on another part.

CC: Love it.

JD: when I am looking at how to do the points , I am looking at it from that perspective.

So what I often will use is, for example, in one of the protocols , there's at least four or five needles in the lower abdomen. While occasionally I might do that. I don't do that nearly as much. I also do not do needling bilaterally. I do a yin yang pattern. Do you know what that is?

CC: Yeah, yeah, absolutely. We yeah, we have on Acupro Academy. We have a whole two levels balance course, so we have the one for internal medicine as well. And I've taken those courses directly from Richard Tan and so

JD: Yay!

CC: When he was still alive.

JD: He was great.

CC: So he was so funny. It's like if you've never met him, for people that are listening, he was like, maybe five feet.

I'm not really sure, but really short, but such a powerhouse and so funny, like you were not getting bored in those classes. So I'm glad you took that. So I'm very familiar with that and I

absolutely am with you. I like. The least amount of needle, and I don't always do bilateral treatment.

It depends on what I'm doing, but I love to do balancing.

JD: with that in mind points that I will often do, yes, I'll do spleen six, but I usually only do it on one leg. But if you're looking at mirror imaging, I will also do sinus points because this area mirrors the genitalia. I also will incorporate some of master Tung points. So for example, I'll do Linggu which is a really common point and this one is less known, but I find works so great for vulvodynia is Fuke, it's two points that are on the thumb. Love those. And those actually are some of the few points I will do bilaterally. I find those are great. And then generally the other thing I'm always doing is trying to help bring down their stress

CC: Right.

JD: because it's very stressful and occasionally, some other things that I might do is if they do have very tight pelvic floor muscles, maybe I will do some needling in the pelvic floor.

Maybe I'll do some cupping. There are other things that I will do. I also have an infrared belt in my office that occasionally I will wrap around somebody. To help and then I'll do the distal points, but that is usually how I will do it, is do a yin yang pattern with the needles to help them. But common points, a lot of 'em are ones you would think of, which would be like spleen six, liver three. Lingo, I think is pretty common. Probably the one that would be less common would be doing some sinus points or fuke, and there's a couple other tan points that I'll use occasionally as well Du 20. I find those work quite well, and I will usually recommend that they come in twice a week. Ideally. If they can't, they can't.

But that's what I recommend. And what I will also explain to people is what I am looking for. You know what? I can draw you. Can I draw something real quick? I will explain and I will draw. 'cause the drawing just helps make it easy.

CC: Sure.

JD: this is something I tell pretty much most people I treat with chronic pain is that even if you come in at a 10 and I knock you down to a zero, being that this is a chronic problem, it's going to start to come back. Okay? For some people that might be a few hours, some people a few weeks.

Most people it's a few days. Ideally, you wanna get back in before it gets to where it was. So that we are continually knocking it down from a lower number, and in the beginning you

need to do that closer together, and then as it gets better, you can space it out. So my whole drawing,

CC: Oh, that's so cute.

JD: You see what I mean?

CC: Yes.

JD: I am looking for basically a downward trajectory, but I do expect that the pain is going to fluctuate.

The other thing with something about like vulvodynia that you also have to be careful with, and it's something I do talk to my patients about is a lot of times women will feel better, but then they wanna have sex. And that is something that will trigger the pain. So it's also talking about, okay, maybe wait a few weeks before you do anything with your partner, then give it a try. if it goes well, don't do it several times in a row 'cause you don't wanna make things more irritated. Give yourself some more space. I also sometimes will even try and be like, oh, you know, this might be a good weekend and I'll see you on Monday, of thing. And that's another thing. You do have to navigate a little bit with these people as well. And you know what is a really good herbal tip. It can sometimes be hard to get, but yin care externally for a lot of women, that helps relieve the burning.

CC: First of all, I wanted to, break it down. So you love the balance method, which is Dr. Tan, but also Master Tung. So if people are not familiar, Master Tung is similar. It's all about holography, mirroring different area all over the body and opposite side kind of thing.

So it's the same idea as the balance method and then. When it comes to treatment, you're absolutely right. Right? When you have chronic pain, it's like, okay, come closer. Come Monday and Thursday and then let's see you Monday and Thursday and eventually maybe every Monday, and then, we're gonna elong it.

JD: Yes, absolutely. I could see that because at the beginning I always see acupuncture as the closer you are, the faster the results, and then as we get better, then obviously we need them less.

CC: One of the thing I wanted to ask you, because I do see that a lot in practice, is there is a connection of the pelvic floor with the jaw and that 99% of all women that come with vulvodyn have Clenching the jaw, the teeth mark, because they clench a lot. So there is that connection between the jaw and the pelvic floor, the hips area, which creates that problem.

And the problem could be anywhere, right? I guess it could be a menstruation problem, but with vulvodynia, it feels like everyone has that issue.

Do you see that in clinic as well?

JD: Actually I will see more sinus problems.

CC: Equated with vulvodynia?

JD: Yeah. Yeah.

I definitely see the jaw too, but I would say a little more sinus problems for sure than the jaw. But you know, with the jaw, I actually use a great Dr. Tan point. You know, I think it would be considered GB 33, but now I kind of wing it a little.

It's just above the knee. On the lateral side, on the gallbladder line. Do you know what

CC: Yes. Yes.

JD: Yes, that is on opposite side a great point for jaw pain.

CC: Awesome.

JD: yes, so that's a point that I'll often add in if that's an issue. The other thing too about the jaw, I feel like so many people clench their jaw. I take yoga sometimes will be in class and the yoga teacher will say unclench your jaw. And you, you could just feel it, right? Because we are, we're clenching the jaw. So while, yes, I definitely see it, I feel like I see the sinus combination more and usually some sort. Or quite often some sort of pelvic floor dysfunction.

CC: Yeah, that makes sense. That's why the physiotherapy, adjunct therapy to work on the pelvic floor and a lot of time, women have children and they don't do any physiotherapy post children. There is no nothing to help them. Really regain that whole pelvic floor area in a good way.

So I think that also is tougher because if you've had children 20 years ago and now you've getting, you've getting more and more issues, it's harder because your pelvic floor now has adjusted, right? So you need to work at it. That's another thing that I always think, when I treat women for fertility, then they get pregnant and I see them through pregnancy.

I always say, I have this. Physiotherapist that does pelvic floor physio. Make sure to book a time for after baby is born. So you really get the exercise now and all the help and support now while your body is recovering than 20 years from now. Right.

JD: I'm glad you mentioned that.

CC: Anything else you'd like to share with, students or practitioners who are not really versed or haven't treated a lot of vulvodynia that you would like to part with or share your wisdom with?

JD: Some other good resources. What I love about this particular resource, it's really good for your patients too. It's the National Vulvodynia Association. It's a great place to get information about vulvodynia.

But the other thing I love about it, it has referrals for people who know what vulvodynia is. So if you have a patient who needs to find a doctor or as an acupuncturist, you can get yourself on the lips. So that people who are looking can find you, but it's a really good resource also to turn your patients onto, and that I have found really helpful. I do have some articles on my website. If anybody is interested, I do mention some of the suggestions that I give. One of the other things I do for my patients is I have a handout that I give them where I just go through about two pages of things to do to have a healthier, happy vulva. Because there's a lot of things that people don't even realize really, that are not good for anyone's vulva, but especially if you have a sensitive vulva.

For example, a lot of the popular lubricants can irritate the vulva because they have propylene glycol in them. So I will often recommend a water-based lubricate.

One other thing I wanted to mention. Melanie Peters, who is located in Holland, did a beautiful, beautiful. Journal all about women's anatomy. I wrote an article for it.

I have another Instagram account that is solely dedicated to Vulvodynia and it's called the Vulvodynia Project. And on that account, I follow a lot of vulva related material and one of the other things. Some of these accounts that I follow also do. They make it clear that women's vulvas are different

CC: Yes.

JD: that just because one person has a certain type of vulva that is not the right or perfect kind, and just like breasts can be different sizes or different shapes, so can vulvas. And in the journal she had pictures of different vulvas

CC: love it.

JD: That. Yes, there is a difference. And when I was doing the research for that article, now this is an old statistic because I originally wrote it in 2019, but at that time the statistic for Labiaplasty had gone up over 200% in five years.

CC: Wow.

JD: you don't know what that is, that is women getting plastic surgery on their vulvas to make them look more attractive . the biggest group that it had gone up in getting the surgery was young

CC: Yeah.

JD: So I really do think it's important that women understand that we are different because I think a lot of women don't even realize that vulva and vagina are different.

CC: I completely agree. Yes.

JD: And I think that's important too. So if anyone has been listening to this conversation and they weren't sure, the vulva is the external female genitalia. The vagina is what's inside. So like your mouth would be vagina, lips would be vulva.

CC: Great explanation. I love it. But you are, you are absolutely right though. I've heard of that statistic about young women. Getting plastic surgery. I think it's just, the online thing. You're supposed to look a certain way. It's pornography. It's all those things that come up that shows women looking a certain way.

So you have to do your real lips, like the upper lips. You have to do the lower lips. To me it's just, wow, that's crazy that you would mutilate literally your body. So I'm glad you share that 'cause that's a conversation I've never had with anybody and I always found that so crazy.

So thank you for sharing that. So we're saying definitely physiotherapy, pelvic giving patients options, and obviously a handout with anything that could help them while they are at home. So I think that's great. The fact that there is a lot of website and resources. So we'll have all those resources in the show notes below.

So for practitioners that are looking into helping their patients, that is fabulous. I really appreciate you sharing for that out.

JD: If I were to break it down really..

CC: Mm-hmm.

JD: it would be one, you need to show empathy and compassion because it is difficult for women to talk about it, they may have. talked about it and not been listened to. Empathetically, acupuncture definitely can be helpful, but you need for them to understand it is a process.

It'll take time. If you can do herbs, I think herbs can be very helpful as well. Often the recommendation for the pelvic floor physical therapy, super helpful. And what I'm really trying to do for my patients. is Empower them so many of these women come in and they feel hopeless. to be able to say, Hey, there are things we can do, there are things you can do, here are resources. It gives them hope, and that is huge. So I really think that's important too. You wanna empower women so that they feel they can help themselves as well.

CC: I think that's the best way to finish the show. Thank you for wrapping this up in a beautiful way. Compassion and giving them hope. I love that. Jenny, thank you so much for coming on the show.

JD: Thank you. Glad we connected.

CC: I know, me too. And I'm really thankful for the work you're doing for sharing this today.

I hope it really triggers some practitioners to look a little bit more deeper into vulvodynia so they can help the patients, give them hope and give them, a lot of compassion because as we know, that is difficult. So thank you.

JD: Thank you so much for having me.

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, acuproacademy.com. I have tons of resources there with treatment protocols, case studies, free courses, and so much more.

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