

CC: Welcome to episode 104 of the Acupro Show.

I'm so glad you're here. I hope you're enjoying some rest and some joy and some holiday treats. Today I am sharing a roundup of the most popular conversations I had on the Acupro Show with guests. That blew my mind. I learned so much from each and every one of them, and it was very difficult to choose which one to round up for the end of the year. These experts brought powerful insights, clinical wisdom, inspiring ideas that support both our personal growth and our clinical growth.

You will hear highlights from Mike Berkley on fertility, and Mike and I didn't agree on everything, which was a fantastic conversation.

He's such a great guest because usually everything is very flowing with him. We had a little bit of friction. But it was all in fun, and I love to hear everybody's perspective on different subject because that's what makes us unique practitioners.

Dr. Catherine Clinton was a masterclass on biology, quantum physics, and TCM looking at fascia and the connection to the meridians. Love what I learned from Dr. Catherine Clinton. She blew my mind.

Kim Vopni the Vagina Coach, shared her expertise when it comes to pelvic floor and pelvic health, and gave us great tips on why our shoes are playing a role on our hips and pelvic area.

And I'm so grateful because I learned a lot from her on that episode. Then there was Dr. Shivani Gupta who has a PhD in turmeric and talked about the health benefits of turmeric and all the research that's been done on it. I love this because Chinese medicine also promotes herbal medicine, and the more research there are on herbs, the better it is for everyone to understand , how we utilize them in clinical practice.

That make sense?

And then there was Britta Stalling introducing us to Zheneng Qigong, and Medicineless Hospitals. Yes, you heard that. No medicine hospital, just energy medicine like Qigong.

She was so authentic, so genuine, and so passionate about Jonah and Qigong. You have to listen to this episode if you haven't done it yet.

you'll listen to also Irene Sanchez-Celis talk about feminine and masculine energy and how it shapes our world and our bodies all full episodes are linked below in the show notes. If you've missed any, you can listen to the entire episode that speaks the most to you.

And if you have not yet subscribed to the Acupro Show, wherever you listen to podcasts on Apple or Spotify, it's completely free. And it helps the show gets traction and impact more people.

And if you want weekly TCM tips, acupuncture, inspiration, case studies directly into your inbox, make sure to sign up to my free weekly newsletter. The link is below for you. Are you ready? Uh, 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.

CC: Let's say the woman comes in and she has done all the tests and everything comes back and it's pretty good and everything's open and everything looks great and they just wanna try naturally with you both together. Are you. Always doing acupuncture and herbs, or would you be open to just do acupuncture or just do herbs or combine is definitely the best outcome.

MB: This is up to the patient, unfortunately, because I cannot force a patient. To do modalities, I can force a patient to get tests or also I'm not gonna see you. If I had my way, I would insist that every patient does acupuncture and herbal medicine. At the very least, they're going to do acupuncture. Why is that? Because their doctors have said it's safe and they've heard it's safe, but they don't really hear that herbs are not safe.

They just don't hear much about them. And their doctors are like, well, I wouldn't take herbs. There's no real compliance and we don't really know. So the patients listen to this horse crap and they buy into it. So yeah, sometimes I'm just stuck with using acupuncture, which is not to say that acupuncture is not efficacious.

It is very efficacious. It is of great utility and it's a wonderful modality of medical intervention. But coupled, listen, you cannot do an IVF without medicine. I suppose you can do a natural retrieval and a, a transfer, but still most IVFs are done with gonadotropins and

retrieval and fertilization and transfer, and then you're injecting progesterone in your butt for 10 weeks.

Right? So it, it's a combination of things. So I prefer to do both acupuncture, herbs, and many patients do. Some patients just opt for the acupuncture and I have to accept that.

CC: Fair enough. Yeah. So my question to you, because I haven't seen many men in my career, how was your success rate when there is low morphology or low count or Motility with herbs and acupuncture for men?

MB: If a man has a major varicose seal, which is an inflammation of what's called the pampiniform flexis, which are the veins and blood vessels and the testicles, and if it's severely inflamed, that's considered to be a major varicose seal.

Because it's inflamed, the heat kills the sperm. That's why the testicles are outside of the body. If the testes were in the body, there'd be no sperm because of the heat. So when you have a major varicose seal that completely destroys the sperm, uh, surgery is required in 50% of the, surgeries, but they're successful, meaning that there's sperm improvement in minor varicose seals.

The sperm has degenerated as well because of inflammation, but it's not so much inflammation. So we might call this stagnation of chi and sixes of blood with heat trapped in the lower jaw or something like that, or heat trapped in the liver channel. And so in those cases, I can be effective with man. For example, if a man came to me and said, I was diagnosed with a major Varil seal, will you treat me?

I'd say, no, no. Go get a surgery. Let's see what the results are. If the results are better, but not as well as they can be. Come to me and I'll try to improve upon them. But I can't beat, I cannot defeat a major varicose seal with acupuncture medicine, so it depends on the case. Now let's talk about some other interesting male factor issues.

Here's a couple in their mid forties and the man does a semen analysis. And everything is fine, and the woman gets some eggs retrieved and they fertilize the eggs. They become embryos, they become mature, and they test these embryos via pre-implantation genetic blood diagnosis or pre-implantation genetic diagnosis for aneuploidy, meaning to test the chromosomal abnormalities and the embryos are all bad.

Now, why is that? Uh, well, it can't be the man because we did a semen analysis, and this firm is all good. It has to be egg quality.

The question is, have you had a sperm DNA fragmentation assay? This test is never done by any reproductive endocrinologist in the United States of America. If there's a case that's idiopathic, the man's firm is fine, you must test the man for sperm, DNA fragmentation.

Now, let me give you the statistics. If a man has a sperm DNA fragmentation of zero to 15%, it's good fertility outcomes. 15 to 29% is fair to good outcomes above 29% sperm, DNA fragmentation, there's no pregnancies. Now, what the reproductive endocrinologist will say is the main problem with DNA fragmented sperm is that it can't penetrate the zona pellucida.

What is the zona pellucida? It's the outer shell of the egg. Just like when you buy a dozen eggs from the store, they have a shell around them. The woman's eggs have a shell around them too. It's called the zona pellucida, and the sperm cannot penetrate the zona, so the doctor says it doesn't matter. We'll do ICSI, intracytoplasmic sperm injection where they'll hold the egg in a pipette.

Hold the sperm in a syringe and put the syringe in the egg and push it in. And of course, very frequently though, not always, but frequently, they end up with an antic. A chromosomally problematic embryo because they're forcing a garbage sperm into an egg. And this is what I say to patients.

I say, I suggest that you get this test done. And then they get, the man gets the test done and he has a sperm, DNA fragmentation assay that shows he has 39% DNA fragmentation. I say, well, of course you're never gonna get pregnant. And then the doctor says, well, I'll do ICSI, and they do ICSI and she doesn't get pregnant.

And I'll say, well, maybe at some point your husband would like to come in and get treated. So I'm just staying on the sperm DNA fragmentation assay for a reason. So I've had many DNA fragmentation that I've treated, and they've had high numbers, 30%, 32, 34%. And after I've treated them, they've come down to 20%, 21%, 18%, 19%. Now we want them to be zero to 15%, but 20% or 21% is better than 36%. So it's about, yes, understanding that even though this man's sperm is fine, it may not be fine.

And then understanding what sperm DNA fragmentation means and can you treat it. Like I said before, you cannot successfully treat a man with a major varicose seal. You cannot, it will not work. But you can treat a man that has high sperm DNA fragmentation and reduce it. Very successful 70% of the time.

CC: That's awesome. And do you use herbs for that then?

MB: Rightly. Hopefully, yes.

Yeah, I think the varicocele is the same as the block tube. It's a physical problem that you can't do anything about, right? That's correct. If it's minor, you can say it's qi and blood stagnation and stasis with heat trapped in the liver channel.

And then you can use something like Buyan Wang Hutong with some added herbs and blow it out of there or something and just try to clear it out. But if it's a major varicocele, it's really stuck with cement, so to speak, and it requires surgery.

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CB: I assume your audience is familiar with the Meridian system, right? With this system in which Qi and Energy flow, right?

CC: That's all they know. Right. That's all I wanna know. The meridian, the chi, and the flow.

This is my jam, so go for it. Absolutely.

CB: As it should be. So incredible. And this is something that ancient cultures had in common, right? We look at the naughty system of Ayurvedic medicine and Egyptian medicine in the Americas as well. Just this reverence for the flow of energy in the body. And the meridians are, are mapping that out.

And what researchers have done is they have really cultivated a new way of looking at the fascia. So when I was in naturopathic medical school, fascia was like that thin, white covering that you would remove from an organ to study the real thing. Right? That useless scaffolding, that's just in the way. We now know that the fascial system creates a body wide network.

It's like our bones are a loom, right? And the fascia is this fabric stretch throughout our body, and it's connecting to every single structure in the body. It can actually go into a cell, into the cytoskeleton of a cell, creating this communication network. And when we look at fascia, it's mostly connective tissue.

And connective tissue is mostly collagen. And when you look at the formation of collagen, the makeup of collagen we're used to visualizing a double helix from a DNA. Collagen creates these triple helices, they're called Tropo collagen, nanotubules. They're really small tubes of collagen, and they create this network that's starting at the surface of our skin and going to our most internal layers in the body.

And what we see is this incredible relationship with the collagen fascial network and the water that lines it. Professor Gerald Pollock and his team out of the University of Washington were the first to discover a new phase of liquid water. But this is something that researchers have been talking about for over a century, and what they found was if water comes to a water loving surface.

Like the fascia, it changes in structure. It becomes more gel-like. It becomes viscous. It has a different structure. It takes on a negative electrical charge, and as it's building, it pushes out a hydrogen or a proton and creates this zone of negatively charged water that's right at the surface of the fascia.

And then right outside of that is this positively charged zone of water, and that separation of charge, just like the separation of charge in a nine volt battery, creates potential energy. I call it the water battery of the body and Pollock. He first was looking at synthetic water loving or hydrophilic surfaces, and this new phase of water, his book is called The Fourth Phase of Water and talks all about the science.

But this is something that's being researched around the globe. It's an international effort. And what he did was he soon turned his sights away from synthetic ion onto natural substances, cellulose and collagen. He took a collagen tubule and he placed it in water. Now we are water beans. By weight. We're 70% water molecularly.

If we were to line up all the molecules, because water is such a small molecule, 98% of our body is water. But this water in the body's taking on this different structure, he calls it exclusion zone water, liquid crystalline water, plasma water. Some people call it cell bound water. And he took this tube of collagen, put it in water.

To replicate a living system to replicate our body and expose it to infrared energy and infrared energy seems to be what builds this zone of water. And what he saw is, okay, you've got that tube of collagen in the water, you've got that exposed to infrared energy and boom, that. Liquid crystal water is forming on the outside of the tubule.

Not only that, it's forming on the inside of the tubule. So you've got this water battery forming on the inside of this collagen tubule, and as long as there's infrared energy present. There's a flow of liquid, of particles and of protons, and we're used to thinking of electricity as the flow of electrons, right?

We plug our appliances in. Those little electrons go. They excite the system. That's electricity. That's not hard to wrap our heads around, but not a lot of people talk about protic

and how the flow of protons creates energy. So now we have this view of the fascial system as these tubules lined with water on the outside and the inside, and with infrared energy, they can create this flow of energy and information Now.

I also have to say, I know this is a long answer, but I just can't leave parts out. I have to also mention that the fascial network is Piso Electric, so just like a quartz crystal. When we deform a quartz crystal, it creates an electrical current. Our fascial network is the same way. When we deform it, it creates an electrical current and it creates infrared energy.

Now, your audience is very familiar with the deformation of fascia that happens from acupressure or acupuncture. So you've got these sites, these meridian anatomical sites that match up with our fascial network, with the primo vascular network. And that network, when it is deformed, can create. A flow of electricity, infrared energy and power.

This flow of liquid crystalline water, this water battery, this flow of information and energy. So it is. Quite compelling and exciting to think about how this might be the side of it. And am I a hundred percent attached to that? No, I think there's magic we have yet to discover. Right. But it's incredible to see the advances.

Mae-Wan Ho has done amazing research. There's research out of China and Japan and Korea looking at this similarity. Between our fascial network and our meridian system and the primo vascular system, it's fascinating.

I love it. I know it was a big masterclass lesson on how the body functions, specifically the water part, because we are water, and this is exactly when you said 70% water.

CC: I'm like even more. And then you went like way over 90%, which makes sense. And it also makes sense because when we are aging. Our water system gets depleted and depleted. Depleted, and then the collagen doesn't show on the skin and we start having the wrinkle, the dry skin, and everything dry. So to me it makes so much sense, and this is from a perspective of science, but also Chinese medicine.

So the connection, like you said, there's so much to be excited about what is yet to come because there's so much we know. But there's so much more we don't know. So that means there's a lot we can have fun with. There's a lot that people can go into and start researching and getting excited about, and then we sit here and we get the outcome and we're like, wow, this is amazing.

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CC: What are the most common pelvic health myth you still see out there that people have no idea and they think it's something else and they're not connecting the dot? Can you shed some light on that?

KV: Mm-hmm. A big one is that you have to have given birth to a baby vaginally or you have to have been pregnant in order to have pelvic floor dysfunction. So the opposite is true. Anybody. Regardless of your age, regardless of whether you've been pregnant or not, regardless of how you gave birth. If you gave birth, anybody can experience pelvic floor dysfunction.

So that's definitely one myth. The other myth is, I would say, surrounding the menopause journey, that we just have to accept that that's what happens. And we just have to wear pads and it's a normal part of aging and it's just part of being a woman. Those ads that tell us that, or even care providers, they're, most of the people in those ads are generally kind of that perimenopause, post menopause age.

We have also had a myth. To believe that pelvic floor challenges like incontinence or prolapse only happen to older, like elderly nursing home populations. But this can happen to young, very fit athletes. And then in that post menopause phase, the other thing I would say is that estrogen is bad. Estrogen is dangerous, and estrogen will cause cancer.

CC: I could see that because there are so much. Misinformation that's been, or even no information for that matter and no support. Right? And you'll see patients saying, oh, I've talked to my doctor. And they're like, well, it's just a period of life. You just have to live with it. Right? It's kind of like when I was younger and I had dysmenorrhea and I had my first period and the first two years I couldn't go to school for two days.

I was in bed laying in so much pain, crying. And it's like, well, you're just not lucky. I'm like, are you kidding me? So do I have to do this my whole life? This is so sad, right? And as a teenager you're like, I don't want this for my whole life. And of course my mom went and found some more avenues, which was actually Chinese medicine and to be able to deal with this mania.

But basically. If you don't know how to say or to do something, you could just say, at this point, I have no help or no answer, but there may be other answer. Now we have the internet to research, which we didn't when I was growing up, so we have a little bit more and we can find people like you to educate us and help us, and specifically with specific exercise that empower us to be able to take care of our own health and take charge because nobody is going to help us.

Right. So I would love for you to talk about the buff math because I think that's fantastic. It makes me really, really, really smart. I know it's an app and a method, but can you break down what the method is all about and how it works?

KV: When I was learning about the pelvic floor, first of all, I was questioning how as a fitness professional who took certification courses about the body, about muscles, about anatomy.

Why did I not learn one thing about the pelvic floor, not one. Knowing that it's the foundation of the core, and I'm teaching all these core exercises. Why was I not told about the pelvic floor? So that was my first kind of like, how can this be? But looking at this is. The pelvic floor is a group of muscles.

It has type one and type two muscle fibers like the rest of the skeletal muscle we have in our body. Why are we not applying fitness principles to it like we would training any other part of the body? So that was where prepare to push was very much about, let's use fitness principles. Let's look at the demands of birth, the various birth positions.

What do we need to be fit for? What positions are people giving birth in? Ideally not the one when you're lying on your back. What are other more favorable birth positions and how can we train our body to be strong and resilient in those have the strength endurance, but also for the pelvic floor to respond in a relaxation response.

'cause birth is an elimination. We need the pelvic floor to expand and basically let go of tension while we are birthing. So that was the first using fitness principles to apply to the pelvic floor. Then after I started to move into postpartum and then just. General populations of women, mainly it was still taking the same principles of fitness and applying it to the pelvic floor.

So we need to look at how can we get that group of muscles, how can we connect with it, first of all, because we don't see it like we do our biceps or our calves or our triceps. So we have to use some mind body connection. We have to understand the relationship between the diaphragm and the pelvic floor.

How the the deep inner core system works. We have to use queuing and visualization to help women activate and learn how to relax that group of muscles and then layer it into movement. So we've all heard of Kegel exercises or Kegel exercises, and I would like to honor Dr. Kegel for the fact that he cared.

He saw that women were challenged with regards to pelvic floor function postpartum. He used a biofeedback device to help women connect with their pelvic floor so they could learn to contract and lift and relax. But what's happened over time is that's a Kegel exercise, a voluntary contract lift and let go of the pelvic floor.

And what's happened over the years, like many things is like people think harder is better, and they don't necessarily know what a true Kegel is. They think it's just a squeeze. So they're often squeezing their inner thighs or squeezing their glutes or even bearing down thinking that they're doing a Kegel, but nobody's taught them.

They might have heard the word, or maybe somebody told them to do 300 Kegels a day, but no one's ever evaluated them to see if they're doing it correctly. So we have loads of evidence to show that Kegels work, but we also have loads of evidence to show that the majority of people are doing them incorrectly.

So then they think they don't work. Kegels, were, if you look at literature, three sets of 10, ten second holds three times a day. I don't know how many people are taking three separate times in a day to exercise their pelvic floor, but also most of them are thinking we do it seated. We do it at every red light.

We do it while we're brushing our teeth, but most of the symptoms that we struggle with are when we are upright, moving against gravity, pushing, lifting, exercising. So we need to move past, kind of expand upon Kegels and. Train the pelvic floor dynamically. So that's where the Buff Muff came along, where it was applying the same.

Connect with the breath, use some visualization. Learn how to contract and relax the pelvic floor. But now let's bring it into bridges, pelvic tilts, squats, lunges, pushups, bicep curls, all the things that we do at the gym. Initially, we start with static positioning. Then we might increase the speed. We wanna train for power.

One interesting piece of research shows that especially post menopause, we lose more type two muscle fibers and type two muscle fibers are the quick contract release fibers, and that's what we need for the laughing, coughing, sneezing like to prevent the stress urinary continence. We need those quick reaction times.

Especially in the pelvic floor. And if we're losing more of those type two muscle fibers, let's fight against that. Let's train for power so we can increase load with the weight. We can increase the frequency of sets and reps. We can increase the speed at which we do a certain movement. And then same with any other type of fitness we progressive, we use progressive overload and.

So many people, 46% of women actually stop exercising because of their pelvic floor, and that's a lot to do with either they have symptoms and they think that exercise is gonna make it worse, or they have symptoms and they don't want to be in a public place to have an urge or to leak or to feel prolapse symptoms.

Or they've even been told by a care provider that, oh, you have prolapse or you have incontinence. You can't jump, you can't lift heavy. And so what's the message that's being shouted across the internet right now for the menopause population? Lift heavy shit and excuse my language, lift heavy shit and, and jump and do impact training.

But if we know that almost one in two women are not exercising because of their pelvic floor, they're seeing those messages and they're saying, well, I guess I'm screwed. I'm gonna get osteoporosis 'cause I can't do those things. In reality, we can and we absolutely should. A sedentary lifestyle is an independent risk factor for pelvic floor dysfunction.

And an interesting study also looked at, it was close to 4,000 women. A subset group within that 4,000 had pelvic organ prolapse and they were looking at weight lifted. So there was a light medium and heavy group. Light was less than 15 kilograms heavy was greater than 50 kilograms. So that's pretty heavy.

And the group that lifted more than 50 kilograms actually had. Fewer prolapse symptoms. So it's not talking about whether it the prolapse got better or worse, it was just symptomatically. They actually fared better when they lifted heavier weights. So the Buff Muff really is get people connected to the core, to the center, to our power source, and then that.

Is what enables us to do all the other things that's going to help us age powerfully.

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Did you know I created three books to support your TCM journey? Often I'm asked Clara, what's the difference between all three? Well, they all have fun, colorful visual to make them much more easy to grasp and understand each concept. So definitely not your TCM. Typical boring dry books. They are available in hard copy and they ship all over the world.

But if you'd rather the digital version, they all come with video links to compliment them. And can be downloaded on any device. My first book, acupoint, made Easy. This is the orange one, covers all acupuncture points, function, location, depth, and angle of insertion, including special points, categories, extra point, cupping, moa, and all my clinical pearls.

My second book, Chinese Medicine Made Easy, which is my green book, covers all TCM Foundation. Diagnosis. Yes. Including tongue and pulse with lots of colorful visual to help you grasp specifically observation right case studies and my digital fillable intake form for you to use with your patients. My third book.

Chinese medicine treatments made easy. That's my purple book. Covers all TCM treatments for 160 syndromes, including acupuncture points, herbal formulas, diet ear acupuncture, and many other TCM tools. So you can have that book at your fingertips every day in clinic. It. A must for all practitioners. I provide sample for each of my books that you can download to see if this is really truly what you were looking for, because I want you to be happy with what you investing in when you invest in any of my products.

You can check out the links to all my books in the show notes below, or go to my website, acupro academy.com, and on the menu tab, click the shop tab and get your copy today.

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CC: I was blown away that you did a whole entire PhD in turmeric, like in one little plant. So I have my ginger turmeric tea in honor of you today. 'cause I love ginger turmeric in winter, specifically in Canada and winter.

So. Tell me how this happened and how do you do a PhD in turmeric and why?

SG: Well, I was sitting in herbology class and the teacher talked about how turmeric is anti-inflammatory, antibacterial, antiviral, antifungal, antioxidant, anti-obesity. Helps with insulin sensitivity. Those were some pretty big keywords because I come from a very diabetic family.

Diabetes is rampant in all sides of my family. I learned that antiviral, antibacterial, antifungal piece, and I thought, oh, I who had no immune system growing up. You're telling me tumor helps with that? Wow. Okay. Supports gut lining. Gut membrane supports with digestive. Fire supports with anti parasitic, anti h pylori.

It's very anti-aging. A lot of those different keywords hit me and I thought, okay, you're telling me that one spice can do all that? There's no way. It's a lot of claims to make on one spice. And my teacher said, no, no, no, I, I'm telling you the truth, you can go research it. So I had started looking up termite and I thought, oh, okay.

There's actually a lot of interest in this. And what's interesting is I had worked in a lab in high school where a scientist in Houston at MD Anderson Cancer Center was studying Curcumin's impact on. Different chronic metabolic diseases, and he discovered that black pepper increases the absorption of curcumin by 2000%.

So I was in that lab decades previous, hadn't connected all those dots. As I was sitting there, I was like, okay, you know what? I'm curious. Could we use this for people like B who can't take NSAIDs and can't take medications all the time? They really affect me really badly, and I'm on a journey to avoid taking those ever again in my life.

I told my advisor, he actually encouraged me to do a PhD. I was against it and he said, if you picked a topic, what would it be? And I chose turmeric and there's a lot on turmeric, like I wanna take my PhD and expand it now. 'cause it's old, it's five years old and there's so much science now. Back when I did the PhD, I think it was about 10,000 published science papers in PubMed, that clinical trials and articles.

Research papers, and now it's at about 17,000. So it's exponential growth in the science of turmeric and curcumin worldwide. And so what most people don't know about turmeric is all the benefits I named, but also I've been presenting at a lot of medical conferences on the applications of curcumin for chronic joint pain, curcumin into orthopedics, neurology, rheumatology, all these subspecialties.

I had my kids, I had all sorts of health issues, plantar fasciitis, knee pain, and when I'd go to the orthopedic doctor, their office would say, just take NSAIDs 24/7 for 10 days and your pain will go away. And back then, pre-studying Ayurveda in depth, I was pretty uninvolved in my thinking and I just was in so much pain.

I said, okay, fine, I'll do it. And I did it. And then afterwards I had stomach pain and I said, Hey guys. One thing I don't tolerate anymore in my life is stomach pain and digestive issues. I do a lot to heal my gut. What happened? And they're like, oh yeah, incense can cause some digestive issues. And I thought you gave me a solution for my pain and you harmed my gut.

Really? That's okay with you guys. That's unacceptable. And so when I was studying curcumin, I was always curious, could we create a curcumin in the world that doctors would trust and lean on? So when someone had pain, they would reach to that tool instead of the tool they're giving me now. 'cause the tool they're giving me now doesn't work for me.

And so that's what I said about and created after my PhD was done, I was like, okay, how can I take the science, move it into the United States, produce it in the US third party tested

in a way doctors will trust? And so in the first year when I went about to do it, I'm very perfectionist. So I hired this factory and they said, listen, you can't use ingredients like these.

They're too expensive. And I said, you know what? I just wanna prove my point. I just wanna see is it possible because this is a hypothesis. I don't know if it's true. I believe it to be true, but I don't know. So I formulated it. We built that first product and all the orthopedic surgeons were shocked. And I thought, okay, so then I have proven my point and my factory said, well, you'll never make money.

Like this is a horrible way to build a business. You can't do product first, you have to do margin first. And so it's taken me almost 10 years. I'm 10 years into it. And now finally. Keeping the exact same ingredient and improving quality over time. Actually, I've moved into an even better factory. I've been able to prove into so many systems of medicine that it works.

So we know through the Bit Bridge Medical Journal now that curcumin is as effective as PPIs. We know in orthopedics it helps with chronic joint pain. Rheumatology is loving it right now. Functional medicine really loves it 'cause they get it. I work with Chinese medicine doctors and different types of people.

I just love teaching that turmeric can be powerful. I provide one great solution. There's other great turmeric supplements out there, but my obsession is showing everyone that regular turmeric powder has benefits, but it isn't usually gonna give you the significant health benefits that curcumin will give you.

'cause out of the entire turmeric plant, only 3% is those curcuminoid. Those are the most effective IC inflammation. And so getting those in the right proportion at the right potency is the key to getting those results that we want from turmeric. For those of us who are inflamed, which seems like most of us are nowadays.

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CC: Tell me about what's different about Zhineng Qigong versus other qigong.

BS: So Zhineng Qigong was developed by professor Dr. Pang in the last century in, the seventies, more or less. And he is trained as a doctor in Western medicine and TCM Medicine, and he had his doctor's practice in Beijing treating patients with.

Either one methodology, whatever, you know, suited in that specific situation best. He's also a Tai Chi and Qigong practitioner since his early life because he was, uh, very ill as a boy and

neither western medicine nor TCM medicine could help him. So the parents brought him to a Qigong master and he started to heal, and the Qigong master then.

Also saw his potential as a human being and his skills and abilities. So he was actually training him already at a young age. Apparently he continued to practice Qigong and Tai Chi and was trained by, in total, 30 different Qigong masters before he developed Zhineng. And the quest for developing Qigong came out of his experience as a doctor where he found the limitations of medical treatments based on Western or TCM medicine, and he then.

When deep inside with the intention to create a Qigong form, which is first of all easy to learn, which is joyful, so that people would, you know, continue to practice them and at the same time, highly effective. Because if you are confronted with a diagnosis with an illness, maybe even a life threatening illness, then.

Often you don't really have a lot of time. And he put all this knowledge together. So the medical knowledge, TCM, Tai Chi, Qigong, traditional Qigong, and then also Buddhism, Catholicism. So all these different philosophies and created Zhineng and Qigong is quite a modern Qigong form, because a lot of other traditional Qigong forms were passed on either the family tree.

Or selected students, you know, like Dr. Panming was selected student himself because a qigong master could see the potential. Or if a student wanted to learn qigong, then he needed to apply with a master and then maybe clean the house two to three years or work in the garden or whatever, until really he or she could learn something.

So Dr. Panming broke with these traditions and because he said, actually, qi should be accessible and available. For whole humanity, not only for selected people, and it should really be created in a way so it supports our health holistically. So on a mental, emotional, and physical level. And then once we are, we regain our health, we can also be supported to.

Let's say ignite the inner wisdom from inside to live our full potential and really become the person we would like to be in this world. And become also a leader for our own life. And, uh, really start to understand we are in charge of our life. We have. The beauty of being responsible for our life, and for some people this might sound like, wow, you know, I rather like to give my life into the hand of beautiful TCM rockstar love and she can, you know, help me

CC: for sure.

BS: Then Clara goes like, yes, of course I can help you, but what do you think about also being in charge for your life and take control back so that you are really sure you can actually help yourself? And that was actually the wish for of Dr. Pang, me for humanity. And so the practice is quite simply. Some chi forms are more complex.

Some chi forms are considering Indian and young or the meridians, and he created a qigong form, which is based on the Hunyuan qi of the universe, so that it naturally, when we absorb more qi into our body, the QI will actually then. Go to the places in the body where it's needed to release blockages and also we are acquiring the ability to exchange tea.

You also spoke about, you know, you were more alert or aware of the qi exchange between you and nature or the space you are surrounded by. And this particular Qigong form helps and supports, improves actually the quality of qi exchange between your own life force qi and the qi of nature, and enhances this exchange so that the transformation then can take place on the mental, emotional, and physical.

So it's very holistic and the beauty actually is you do not need to study so much. So I know practitioners who have very little knowledge about the theory. I mean, over the last 20 years I actually then, you know, started to read a lot of books and now a lot of things are available online. And I have several masters.

I was fortunate enough to learn from, each year I would travel to China, you know, to go deeper. And I'm still a student. I'm still learning. But then I also know quite a lot of practitioners who do not read the books, who do not study in depth, the theory, but yet they benefit, and yet they start the healing journey.

So the practice in itself is so powerful that it can really help you to recover from a different situations. You might be confronted with regards to your health. I, I should also share that Dr. Pinming then founded the WA Center in China, close to Beijing, which in the west we know as the Medicineless Hospital, and that is quite an achievement.

So I don't know of any other Qigong form where this, happened. Chin is also officially recognized by the Chinese Government Sports Bureau as the. Most effective one. And in that time when he started to establish the center close to Beijing, that was then in the 1890s, he welcomed not only hundreds of people, but thousands of people who actually came with.

Diverse kind of illnesses and diagnosis and turn their life around to become a student of Chin Go. So would learn the methods, the tools, but also would receive treatments by high level qigong methods and teachers. So the combination then of one's own practice and be

in an environment where, you know, other people also started to regain their head and wellbeing.

Really supported many of them to recover.

CC: Wow. That's a lot to unpack. Thank you for sharing. I love the story and how it came about. Specifically the Zheneng Qigong. Now, you went already where I wanna ask you so many questions on this, which is the center that has no medicine or Medicineless Hospital in China.

Which means that it's all energetic medicine. Right. It's Qigong medicine applied to help patients that are struggling with their health. Is there any other centers like this anywhere in the world, or is there just the one in China?

BS: So actually the large center close to Beijing closed in 2001, but there are little centers now in China, which still exist, and actually there's one center in Kang where they have.

In a smaller portion, the same idea. So they have three centers in one, a research center, a healing center, and a center where they teach teachers. So yes, it exists in China. Other places, I would like to say that the work continues to live on through the WG therapy program because MAs, who was a direct student of Dr.

Pinming, he was working in the Medicineless Hospital for 10 years. Not so many Qigong Masters actually in China have been there for such a long time, so he has in-depth experiences. Of guiding people to regain their health based on Qi therapy and Qigong medicine and their own practice. And since 2015 we have partnered up and we are training now people around the world.

So we really attract internationally, people from around the world. And they have started to build like little centers like in Australia, we have a very successful woman who was really helping people to regain their hair in Belgium and the Netherlands and Austria in the US in Canada. It's starting different places in Europe, in South Africa, and so on.

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CC: I would love for you to describe what is feminine energy? What is sacred feminine? What is the difference between that? Masculine feminine energy and really explained that it has nothing to do with gender. It's about energy, not about gender. 'cause I think people get

stuck with that. Just to clarify that feminine energy and masculine energy transcends gender.

ISC: We all have those two energetic polarities, and you can see them in Chinese medicine as yin and yang, right? The Dao, that symbol. And so the white, you can say it's yang and the black is yin, and then there's the little dots, right? So there's always gonna be a little bit of energy within each other, and they compliment each other and we need each other.

It's when then they're out of balance, then things start to become whack. And off-centered, and we get sick and we are in a sick society right now, like there's a epidemic mix of talking about women's health. And this is how I came into this realm of the divine feminine and sacred feminine because after school I became a birth doula because all of my friends started to get pregnant and I was a doctor.

Chinese medicine, we want you to be a birth doula. So then I became a birth doula and I started to infuse myself in the realms of women's health and pregnancy and fertility. And a lot of what I see in my patients, and probably you do as well, is that we are programmed in the masculine culture of productivity and goal.

And you have to be on all the time. And like we say, that's very young. That's. Fire. And what happens when there's a lot of fire? It gorges the yin. It like sucks the water, right? It like dries things up. And so if we don't have water, we don't have that sweetness, we don't have the refreshment, we don't have the feminine energy that we need to balance the yang.

That's why we're having also like an epidemic of infertility, epidemic of endometriosis and irregular menstruation. And there's a big issue in gynecological illnesses. And for me, a big part is because we've been programmed by this male dominant culture or the patriarchy, we could say all energy has a light and a shadow.

Right. We are seeing a lot of the toxic masculinity being played out in the stages of the world, which is control, which is manipulation, which is oppression. Oppression of what of nature. And we can see it in our culture, right? We don't, we wanna control nature for our benefits. We are extracting resources from the earth for our benefits instead of working with the earth in a more.

Balance with, with reciprocity, I given a take because we're gonna take, we are consumers, we need to consume to be alive. But how can we do it that we're always in reciprocity, that there's a balance, right? And then in the feminine energy, there's also gonna be toxicity. So we need to heal both, right? And this is jealousy and this is comparison and gossiping about our sisters and giving them the evil eye because they have more than we or because they

got the guy or so for me, the more and more I do, this work is about healing that and bringing these two energies in balance because then we can create a new reality.

A new world when there's two energies together. So in Chinese medicine we see yin and yang. But in tantra, which is something that I've been studying for years now, for over 10 years or more, tantra, we see the divine masculine as Shiva, which is consciousness and the divine feminine as energy, which is Shakti.

And together they come and they make love. They make love. And in that love making, they create the world. They create the five elements, the same as in Chinese medicine. They create the five elements and from those elements, the world is created. And in tantra, the elements are called the mothers. The mothers, which is the maa, the matter which creates everything.

It's a great start to talk about how feminine energy versus masculine energy has nothing with nothing to do with gender, but it's, I think with energetic, and I love that it, it's, we all know introverted versus extrovert. It's. When you self care, inner work, child work, right. Anything you are going in inward, you are doing yin or feminine energy when you're going out there.

'cause you need absolutely. You need both for balance and you are doing work outside. You're connecting with people, you're connecting with friends, you're having relationship. Whatever you are doing, it is going to have a balance. And I think sometimes we go one way or the other too much.

CC: Mm-hmm. Thing that really triggered me is when you say we are so used to have masculine energy that we go do, and I had a patient one time that I treated during pregnancy every week for till the end. And then she went into labor. I got a message with a picture of the baby saying we had a baby, all this, which is fantastic.

So I know when this baby was born 'cause I got the email saying this baby was born at that time. This is the name of the baby, has the picture. Great. Three days after that email, I see her at the mall and I'm like, what are you doing here? Oh, I got things to do. You got things to do. Did you just have a baby three days ago?

Oh, it's okay. My mom was with the baby. I'll be home soon, da da da. And she's running around in the mall and I'm thinking, let's say someone had heart surgery, or let's say appendicitis and they had their appendix removed. Nobody would say, oh, you better go run around. Three days later, they'd be in bed.

With doing nothing but laying for a week. But women are like, no, I'm just gonna go and do, I really appreciate you sharing this because I think we really need to understand that sometimes. Because of role also within the household, we are stuck a little bit between not knowing how to balance that male energy and female energy within ourselves, so it stays balanced.

Energy gets suppressed because we don't have time for her and we just put the masculine energy out and it's not benefiting anybody, anyone. And I think it's because we haven't been taught. I think there's a lot of ignorance around this, like talking about birthing, for example, and I see this a lot of, like women, they don't have a real, like first time mothers, right?

ICS: First time mothers. Not all of them, but like I see a lot of this. They don't really have an understanding of the big initiation they're about to step into and they tell themselves they're gonna be able to do everything the same. And so they're resisting the changes in their bodies. They're resisting the changes in their lives, and they suffer.

And this is suffering when we resist, right? Instead of accepting the rite of passage that is happening from the main and to the mother, and that huge event, which I've seen it a lot, it's become very traumatic for women. Very traumatic because they don't have the understanding of that. It's a spiritual realm.

You're going into, you're going into those realms in between the veils of death and birth, and it's very shamanic, it's very psychedelic, but women are not going into it, but prepared. And, and the same with rites of passages, right? Going from being a little girl to a woman. When we start bleeding and understanding the energetics of our cycles, I feel like women, we have a big opportunity.

In our bleeding years to connect to this wisdom of the feminine energy and masculine energy within our cycles because we are cycling within cycles, we're moving, we're spiraling right in within our cycles, and they're very much connected to nature and there's a lot of wisdom there that women, I feel are not tapping into.

And we're missing out. We're missing out on this wisdom. It's really important to bring this into the world today because that's what's gonna bring balance in my perspective.

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](http://acuproacademy.com). I have tons of resources there with treatment protocols, case studies, free courses, and so much more.

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