

Happy New Year to you. I hope that 2026 brings you everything you wish for and so much more. Today I wanna share what is coming up in 2026 for you at Acupro Academy and recap a bit of 2025 and all the amazing things that happened in the past year.

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.

Lemme tell you a little bit about our New Year's Eve, Craig and I.

Sit down, have a great dinner, and then we put candles and some nice background music, and then we recap all the stuff that happened in the past year, including our favorite moments, the favorite people that we met, the favorite places we've been, whatever that we wanna share, both of us. It's so cool to recap and be grateful for what happened.

In the past year, we also talk about the challenges and how we could have handled them better. And then we discuss what we wanna accomplish in the new year with our health, family, friends, relationship, work, everything. And it's so much fun because we write it down and at the end of the year we can look and see if we have accomplished what we had said to set and do.

Or not, but you know, it's a lot of fun and it's a great evening, and we're usually in bed by 10 o'clock. So no, we do not go and make it to midnight because we like to wake up on January 1st, take the dog and go for a hike. This is how we start every single year, because to me, being outside in nature is what makes me happy.

And it's the same for Craig. So. This is how we celebrate the new year every year. We pick a word that will embody that year.

In 2025, I picked the word flawless. It doesn't mean perfection, it just meant smooth, easy flow, like qi, moving really well, not stagnated and stressed like liver can be. So that was my word, and I try to make everything flawless. And I have to say, it's been really helpful in my personal life and my professional life.

Was everything flawless. No, there was always some hiccups, but everything was more smooth. What is my word for 2026 optimization. I know it's not as sexy or as kind of cool as

flawless. But it's really what I wanna do. I wanna optimize my entire being, meaning I wanna optimize my health. As I said, I'm going to reach 60 soon, and although my health is really good, I think I can optimize it, make sure that I do all the testing to prevent anything from happening because I have to say that, you know, when I get injured, it takes me much longer.

To recover. I really wanna optimize everything so my husband and I can continue to really enjoy hiking, mountain biking, and all the activities we really, truly love to do. I also wanna optimize how I practice, how everything flows better, and I wanna optimize Acupro Academy because I get so many questions all the time and they're the same question over and over, and over.

So obviously we need to optimize so it's easier for people to find what they're looking for, because often we'll get emails asking, do you have any online course? And I'm like, how do you not know this? It's everywhere on my website, but it's not always specifically well displayed, so I wanna make sure that everything is more optimized.

Everywhere. That's my word for 2026.

And I would love for you to tell me what your word is. If you're watching this on YouTube. Please leave your comments below and let me know. If you are listening to this on the podcast, I would love for you to send me an email or a DM on Instagram at Acupro Academy or Facebook or anywhere you follow me somewhere else.

To let me know what the word of the year you wanna embody would be.

January 10th in 2024, I created the Acupro Show, and it has been such a growth journey. I absolutely love coming to you every week on Wednesday. With the Acupro Show, it's been so much fun to meet new guests, new people, learn a lot from everyone, and for me to make an impact with more people that actually love to listen to podcasts.

So if you haven't followed the show yet, you can follow the Acupro Show on Spotify on Apple Podcast. It's completely free, and that way you don't miss out on all the weekly. Episodes,

The Acupro Show podcast has now reached 150,000 downloads. So, so amazing.

We now have done two years, so we have over 102 episodes, which is a lot of work, but so rewarding because so many of you have told me that you love to listen to the podcast wherever you're running, you're driving or whatever. You are listening to podcast. The first year I had to go ask people to come on the podcast to share the value.

And so we can all benefit now people are reaching out and wanna be on the podcast. That's really good, right?

I also created for you 24 new videos on YouTube. I do a lot of reels or shorts, little short bites as well, which I put on YouTube and Facebook and Instagram and everywhere.

Because those are kind of fun to have a little reminder revision or something new that maybe you hadn't heard of before. So I love to create the short bites, but the long form really brings so much more impact. So if you are not subscribed to my YouTube channel, acupro Academy yet. Please do so so you don't miss out on what's coming up .

And I have playlist under my YouTube channel, so if you're looking for something, I have a playlist on treatment, on Meridians, on diagnosis, on foundation. All those videos are in one place, so it's easier for you to look them up because often people will ask me, Hey Clara, do you have a protocol for low back pain?

Or Have you ever made a video for low back pain? And I'm like, yes, I have. But not everybody can see all my videos, especially if you're not subscribed. So you look under the treatment protocol playlist and you can found it there, right? I'm always trying to make everything easier for everyone. Also, if you are looking for something, go to my website, [acupro academy.com](http://acuproacademy.com) and use the search bar because you can put things like tinnitus and see that I have written a blog on tinnitus treatment protocol and a video on it.

So all those things makes it much easier for you to found what you're looking for because all this content that I create is for you to benefit from and in turn your patient. Make sense,

Before we continue, I wanted to thank you for all your supports. I receive DM emails and comments every day thanking me for all the work and all the content I share online. So. I'm just so grateful and humbled by the love I receive and I can't share them all, but I'll share this one. I am grateful that I came across your videos a few years ago and discovered your work Since then.

I fell in love with you. I listened to you every day. My husband and children have been singing acupuncture box around the house ever since. It's not enough to say how much I adore you, how much I enjoy listening to you, how infectious you are, and how much you brighten up my day. I want to support your work, and I've bought all your books even though my English is not perfect either.

Because the comments was left underneath a video where I said, I'm so sorry. My English sometimes is not the best. It doesn't matter if English is not your first language. You can still benefit from everything that I publish. So thank you all again. I'm so grateful for everyone.

I'd love to kind of recap a little bit of what happened last year, like we do with my husband at New Year's and what to look forward for 2026. In 2025, I brought you a lot of courses to really elevate your skills. First of all, Dr. Sonya Tan came in with a second level of a balanced acupuncture course, and now you can bundle level one and level two.

We also had Alex Dragon, an naturopathic doctor that came with a course on vitamins and minerals. I took the course. I love it because it educate us and in turn we can educate our patients when they are taking the wrong vitamins or minerals to help them because they Google everything and they might not quite understand how it.

All works. We also had Dr. Rebecca Stevens, part two of a musculoskeletal acupuncture course. Now she went through the entire lower body and in 2026 she's coming up with the upper body. 'cause I know a lot of you have been asking, when is the upper body coming? It's a lot of work because she's so in depth and she does a lot of needling demonstration in those courses.

But it's coming this year. The upper body for you. In 2025, I did masterclasses because I love to connect live with everyone. It's something that I really truly enjoy. And so in 2026, we're gonna continue to do live masterclasses, and I know not everybody can attend. So the replay is always available when you need it.

This year I created a new course on TCM treatment for perimenopause and menopause. And the feedback on this course has been amazing because so many of us are going to see. Women going through this stage of their life, right? That is in our clinic all the time. And that course will truly help you have the skills to support women going through menopause and perimenopause.

Another thing I did in 2025 is I went back to YouTube live. I hadn't done YouTube live in two years. And again, I love to connect live with you, so it was so much fun. And we talk about frozen shoulder. In my YouTube channel for you if you've missed it under the live tab. And then I did something completely new this year.

My weekly newsletter is now offering so much value every week. I differentiate points like kidney three and kidney six, how to use them in practice 'cause they're so similar. I do case studies with differentiation of diagnosis, treatment, acupuncture points, herbal formula. I really bring a lot of value every week.

So if you're not on my newsletter yet, the link is below for you or go to acuproacademy.com/newsletter to sign up. It's completely free and you get so much value. And I share really exclusive content that I don't share anywhere else. So make sure to join that newsletter 'cause I'm so proud of it and I have fun creating it every week just for you.

what I'm bringing to you this year, 24 new long form videos on YouTube weekly podcast every Wednesday with a lot of new guests coming and some coming back because you love them so much.

For the last year and a half I've been working on an ear acupuncture course. It's finally almost finished. It's coming your way. I have a lot of demonstration in this class, so it is a lot more work for me to film everything, so it takes more time. And then I am working also on my fourth book, which is on Chinese medicine, herbs and formula.

This also is taking a lot of my time. It's very intricate. It's not easy to organize and also to get pictures of all the herbs, so we have a lot of visuals, but it's coming your way. Yay. This year we're going international. I just published my three books in French. They're not available for my French audience, and this year I'm bringing more courses in French, but also translating my first book.

Acupoint Made Easy in Italian. And Spanish, so it's coming your way. If you speak Italian or Spanish and you feel more comfortable in your own language than in English. Oh boy. Here we go.

Happy 2026. I cannot believe it. I still remember when it was the Y 2K in 1999 and everybody was worrying that going over to 2000 was going to crash the world. Do you remember this? If you were around, this was quite interesting. We are 26 years later. It is just mind blowing how fast time goes by.

I am going to reach six. Decade, I mean, 60 years old soon. Oh, that's mind blowing too, because in my head I still feel like I'm 30. Right. I have to say that my favorite decade is definitely the eighties. I love the clothes, the fun time we had in specifically the movies and the music, the eighties music.

You gotta agree with me was the best. Come on, Michael Jackson, Madonna. All the groups. All the fun. Pop music we had. I wanna share something with you. My husband and I love to do DJ night. What is DJ Night? We don't have a karaoke machine or anything. We put YouTube on tv and then we take each turn to pick a song that we wanna sing along.

So for example, I'll pick Billie Jean by Michael Jackson, and then we get to watch. The video and sing along, and then Craig will pick something like Bon Jovi and we'll watch the video and some of those videos I had completely forgotten. It's so much fun. We do this for like an hour, an hour and a half.

Sometimes we stand up and we dance because it's kind of like a, a fun dancing tune sometimes. It helps us remember some stories that happened when we were younger, and so it's such a fun night if you've never done DJ night. When we have friends coming over or staying with us for the weekend, we always play DJ DJ night, and when there's four or five of us, we get to listen to music.

We never were exposed to. We had a friend that came and she loved Spanish music, so we listened to that a lot. We have listened to French music. We've listened to. Techno music. We've listened to opera because we have friends a little bit older and love the opera. You don't have to be old, but I'm just saying that's her favorite thing.

So it's a lot of fun. You should give it a try. I just wanted to share that with you because DJ and I, it's something that we really, truly enjoy and we usually do it maybe once every 10 days. Every two weeks we're like, oh, oh, tonight let's do DJ night. So hopefully that give you an idea for the new year.

I wanted to thank you for all your support. You are amazing. TCM rock stars. Don't ever forget it. I have so much fun creating content, connecting with everyone, and make sure you follow me on social media because I post daily on Facebook for the last 10 years I've posted daily on Facebook.

Isn't that crazy?

Happy 2026. You are a TCM rockstar. May this year be your best year ever and no matter what, keep rocking it using TCM because after all acupuncture rocks!