

Clara Cohen: Welcome back to the AcuPro Show. Today I'm looking at one of my absolutely favorite tool we have in our Chinese medicine toolbox in order to support our patients. And honestly, one of the most underrated. We're talking about moxibustion, sometimes called moxa therapy.

In this episode, I'm going to walk you through what moxa actually is, where it came from. It's older than you think, the different forms and technique you'll use in clinic for specific treatment protocol.

When to reach for moxa over other tools and the safety rules. Of course, you absolutely cannot skip. Whether you're a student who just started learning about moxibustion for the first time, or a seasoned practitioner who's been underusing it.

This one's for you. Let's go.

Welcome to AcuPro, a show dedicated to making Chinese medicine and acupuncture. Easy to grasp and fun to learn. Hi, I am your host, Clara Cohen. I support practitioners and students and like you in changing the world one patient at a time. My goal is to share my passion for TCM and empower you to achieve superior patient care.

I love to showcase the amazing benefits of acupuncture because after all, acupuncture rocks.

I have a little story. Before we start every single year on the first day of class with a fresh group of students, I asked the same question. What brought you to Chinese medicine? And everyone, of course, has a different answer. It's always amazing and beautiful. But then I run through everything they're going to learn. Of course, they know they're here for acupuncture and Chinese medicine, and most of them know about herbal medicine and nutrition.

But someone always raises their hand and asks. What's tuina? And right after that, another person goes, what's So I love tuina. I should do a whole episode on tuina, but that's Chinese massage, including acupressure.

So for people that do shiatsu, for example, that's derived from T Japanese answer to Trina. Tuina, I means pull and push. So we're not gonna talk about that today, but we're gonna talk about moxibustion. Honestly, when student ask that question, I love it because moxa is one of those therapy that sounds mysterious or weird until you actually understand it, and then it becomes one of

your most reached for tools. Here's a simple version. moxibustion is just heat therapy. Moxa is actually dry mugwort, which is a plant in the Latin, it's *Artemisia vulgaris*. You burn it near the skin or on the skin, but obviously you're gonna put a buffer between the moxa and the skin to not burn the skin. And we're gonna learn that and talk about this like salts or ginger slices, for example, and that heat penetrates deep into the body. It warms the meridians, it promotes circulation. Great to move qi, great to move blood. So super good for blood stasis. I like to think of moxa as the sunshine of Chinese medicine. It drives out cold, brings in warmth and strengthen yang.

If acupuncture is the precision tool. moxa is the deep, nourishing warmth that helps everything work better. And yes, when I teach moxa to a room of 30 students, all lighting up sticks at once. The hallway smells very strongly of mugwort and someone always pokes their head in wondering what on earth is going on? And always asking, are you smoking pot in here? Oh Lord. This is one of my favorite moment every semester.

Before we talk about moxa use and moxa techniques, I wanna take a quick detour into history because understanding where moxa comes from completely changes how you think about it.

Here's something that surprises most people. moxibustion actually came before acupuncture needles. In some of the earliest Chinese medicine texts, that's right, they're saying that there was fire before there were needles. Fire. Remember the discovery of fire, the story of moxa starts with something beautifully simple.

Humans figure out that warmth. Relieved pain. Ancient people noticed that sitting by a fire or pressing something warm against a sore spot made them feel better. And over time, this evolved from general warmth into deliberate targeted heat therapy applied to specific location on the body. Yep. Heat is what Chinese medicine is really a big proponent on.

We're not gonna talk about cold plunges and cold therapy because that's a debate I will have an entire episode on, but not right now. So archeological evidence plays organized moxibustion therapy back at least to the Chong Dynasty, which means 1600 bc That's crazy, right?

How old that is? Fast forward to the Chin and Han Dynasty, roughly third century BC and Moxa is fully documented on bamboo slips and silk manuscript as a mainstream medical therapy. So it's really ancient. One of the most exciting archeological found the medical silk text from Mawangdui Tombs dating to around 168 bc. These text including works like the moxibustion Classic of the

11 foot hand Meridians. Yeah, not 12, they only had 11 at that time. Describe moxa treatment along pathways that are early versions of the Meridian system we still study today. And here's the wild part in these text.

moxa isn't a side note. It is the primary treatment. So as you could see, heat has been. In therapy in Chinese medicine for a long time. This actually leads to a really fascinating theory. Some historian believe that Moxibustion helped give birth to Meridian theory. Think about it, when practitioners repeatedly burned mugwort along certain line of the body, they notice consistent pathways of sensation.

Warmth and relief. Over time those felt pathways got mapped and refined into the Meridian system. We know. Is that crazy? So in other words, moxa may have traced the meridian before needle ever did.

The classical text, the Yellow Emperor Huangdi Neijing discusses moxibustion extensively, especially for condition of cold deficiency and chronic illness. Historical records, even mention moxibustion doctors as a distinct type of practitioner. Moxa was its own specialty. I love this.

So the next time you light up a moxa stick in clinic, remember, you are practicing in over two to 3000 years of continuous healing tradition. Moxa isn't just a smoky afterthought we sometimes treat as. In many early texts, it held higher status than acupuncture needles did. It is a core therapy, a foundational therapy, and if you've been underusing it, consider this your official reminder to change that.

If you lack in confidence treating pregnant women, my complete TCM treatments for pregnancy online course is definitely for you. Over the years, I have seen how amazing Chinese medicine is when it comes to treating pregnancy issues, preparing patients for labor, and for poor childbirth recovery. I have helped countless of women through their pregnancy journey from postnatal care to post childbirth.

I created this course specifically to give you the confidence in treating pregnancy patients successfully, and most importantly, safely. You'll get six continuing education hours after you pass a multiple choice quiz and receive a certificate. You can download the PDF versions of the slides. You have access to the course for.

Ever so you can watch it over and over again if you need to. And I offer a seven day money back guarantee because I stand behind my product and I wanna

make sure my courses are very beneficial to you and to your patients. Listen to what people who invested in this course had to say. Unfortunately, the education I received at school around cervical ripening and induction was extremely minimal.

I appreciate all your resources so much. My patients respond so well when I treat my treatment to what I have learned through your course. I don't know what I would do without your expertise and your love for sharing TCM. You are the best. This makes my day because this is why I do what I do to invest in my complete TCM treatment for pregnancy.

Check out the link in the show notes below, or go to my website acuproacademy.com and click the TCM course tab on the menu bar.

Okay, so let's get practical. moxa comes in several form and knowing when to use each one is key. First, the two big categories of application, indirect, moxa, and direct moxa.

Indirect moxa is the most common method in the west. The burning moxa never, ever touches the skin directly. Think moxa sticks Hovering over points or a moxa box, resting on the body. It's safe, it's accessible, and it's very effective. Now direct moxa, on the other hand, small moxa cones are placed directly on the skin.

This can be non-scarring. The cone is removed before it gets to burn all the way down and touch the skin. Or in rare traditional context, the practitioner may let the moxa burn the skin for scarring.

Now, we're not allowed to do this in Canada and in a lot of country. I agree. I don't wanna burn my patient. I don't think they would enjoy this. This would not be a good moment. So always check your regional regulation on this one, but I'm pretty sure that direct moxa where the skin gets to be burned is only happening in China and maybe other countries I haven't been to.

But let's keep it safe and continue to do more indirect moxa. And with those categories, here are your main tools, moxa cones which are hand rolled from mugwort into small cone shapes. They're classic and they're versatile.

You can put them on a needle, you can put them on a slice of ginger, so they're very safe and you wanna make sure that they are not going to touch the skin because we wanna continue to do indirect moxa. Moxi sticks, sometimes called moxa rolls.

These look like a big herbal cigar, right? They are a smoking one and non-smoking one. Even the non-smoking one still a little bit of smoke and it definitely has a smell. So you hold them over an acupuncture point and you move them in circle or you do bird pecking, which means you go close and away.

Close and away. And we're gonna talk about all those techniques in a minute. It's great for beginners and it's very patient friendly. Moxa boxes, which I think are not used as much in the west. Those are wooden or metal boxes that sit on a larger area like the abdomen or the lower back, and they basically distribute heat over that wide region.

It's perfect for the protocols that cover multiple points at once. The one thing I have to be honest about, in a lot of clinic, opening a window is not an option. Maybe there's no window in the room or you are in an office building.

So we have to be mindful that the moxa smell is very distinct and the entire clinic is gonna smell like it. Some practitioners also don't like to use moxa sticks because they get headaches from exposure to it without proper ventilation, because some clinics don't have great ventilation.

Right? So the good news, smokeless moxa does exist. It's charcoal based. And much more clinic friendly for smoke sensitive spaces or patient, but I have to say, it still will smell and it still will have a little bit of the smoke.

It's not completely smoke-free. Let's be real here. Now, let's talk about some of the most iconic moxa techniques that have been used for centuries that you'll love to use in practice. Ginger moxa, A thin slice of fresh ginger with small holes poke through it is placed on the skin. A moxa cone sits on top of the ginger and the moxa cone is lit. The ginger acts as a buffer, like we said earlier, as a protector and as medicine itself because ginger is very good in drying.

Warming and helping digestion and pain. Right. now you have moxa and Ginger as a treatment. The combo is brilliant for nausea, let's say on Ren 12 for diarrhea.

On ren 8, ren 6, ren 9. Digestive issues, early stage cold, like you could put a slice on bladder 13, the back-shu point of the lung. That is working really, really well. It warms the middle jiao. It expels cold and damp and regulates the wei qi. So my favorite points to use Ginger, like I said, with moxa, is on the belly Ren 12, Ren 6, Ren 9 nine, but also if you wanna use it on bladder 13 or bladder 12

in the upper back, specifically for children, obviously you wanna make sure that it is done by a qualified practitioner and it is done safely.

I don't use garlic moxa I have never used garlic moxa, but I've seen it and I've been taught garlic moxa. I just have never used it.

Have you signed up to my weekly newsletter yet? This is why I share exclusive content. I don't share anywhere else

I compare points, give case studies, share, infographics. Lots of great information. So if you're not on it yet, the link is below for you.

Salt moxa. This one always gets a reaction from my students. You fill the patient's belly button, which is where REN eight is located with coarse salt. You place a small moxa cone on top of that and you light it up. The salt conducts the heat beautifully in the treatment, deeply warmth and revives kidney yang.

So it's indicated for severe cold condition for yang collapse and chronic yang deficiency, it's very powerful because remember, salt relates to kidney in the five element. So it's really good to nourish kidney, right? We have a lot of food like seaweed that is really good for kidney yin, but when you add moxa with salt, now you have the warmth.

So it really helps with kidney yang. Now with the salt, it's not easy because then when the patient gets up, there's salt everywhere. So you have to kind of be aware that you're gonna have to clean up a lot after this. And of course, what do you do if the patient does not have in "innie" meaning, a dip in the belly button, but they have an "outie" where the umbilical cord was cut differently and now.

You can't do that, right? Well, if you can't do that, you can use moxa by itself. You can always use a moxa stick to go on any acupuncture point, including ren 8, indirect moxa, of course, garlic moxa. So that's not used as much.

You can use a slice of garlic. Because traditionally it's been used to disperse toxins, reduce swelling, and draw out pus in early stage infections or sores. It's a bit more intense. Garlic has strong dispersing energy, but it has a rich history of use in TCM for these presentations. I don't use garlic moxa.

For moxa sticks techniques, the cigar techniques, you hold the stick about half an inch above the skin and either keep it still. Until the patient can tell you, Ooh, that's getting too hot. So you can pull out and go closer again, or you can move it in slow circle, or you can use the little bird pecking motion like a bird.

You're moving towards the point and away from the skin towards and away, so you're kind of bird pecking, but obviously you do not touch the skin. Treatment time is typically three to 15 minutes per area depending on each patient's and what you're trying to do, what your treatment is about. Now let's look at moxa protocol. This is the gold of today's episode. I'm gonna walk you through four specific moxa protocols for common menstruation patterns.

Number one, cold in uterus. We know that one, it's very common. What do we wanna do? We wanna warm the uterus, right? So the pattern to recognize is usually a sharp, cramping pain that improves with heat. That's what I had as a teenager, and acupuncture actually was done on me. I don't remember if moxa I was used or not, but I know that I went through acupuncture because my dysmenorrhea, when I was 14, was so bad.

I was in bed two days every month. I couldn't go anywhere. I was vomiting. It was so bad, and acupuncture did it for me. So I will always be grateful for this. So, when there's cold under the uterus, that means cold congeals. That means blood stasis will come up, right? And so when there's cold under uterus, there's also blood stagnation.

So usually it's sharp cramping pain that feels better with heat, the blood's gonna have clots in it, and the person's gonna have probably a cold, lower abdomen. Or cold hand and cold feet. So we can do moxa. We can use a moxa stick, obviously, but we can use moxa on ren four, ren six, ren eight, spleen six, spleen eight, because spleen eight is the xi-cleft point of the spleen, which is one of the best point for dysmenorrhea or cramps.

Stomach 29 because stomach 29 is the only point in the body that actually warms the uterus. So you wanna add up moxa to it because that will be a great conductor. Now the patient will be supine. You place a moxa box over the lower abdominal region that covers ren four, ren six, ren eight.

Stomach 29. If the box is big enough, and then you can leave the moxa box for 10 to 15 minutes. Now you never leave the patient unattended with moxa. You gotta stay in the room, right? We can do this daily, starting five to seven days before the menstruation and continue through the first day or two days of the period, and then you can stop once the flow is really smooth and the pain is gone.

So what we're doing is we're warming and moving the Chong vessel and the Ren vessel to dispel cold, and ease cramping from the inside out as well as move blood circulation.

Before we continue with today's episode, I wanna share something that honestly feels like a big moment for me if you've been following me for a while. You know, I've always said no to all sponsorships. I've been approached many times, but I turn them all down because if I don't genuinely use a product or love it, I will never recommend it to you.

But today is different. I am super excited to introduce my very first sponsor. Drum roll please. Jane app. I'm also a Jane Ambassador, so this is a company I actually use and love. I am saying yes because I've used Jane for years in my own multidisciplinary clinic. Truly, it's the best practice management software and electronic medical record.

I've ever worked with before, Jane, we were using a clunky system that made everything harder than it needed to be. When we switched the entire clinic, felt the difference immediately. Jane is built by people who actually understand what it's like to be a practitioner. Running a busy practice. One of my favorite features is online booking.

There is nothing better than waking up and seeing patients booking their own appointment. Well, I was asleep. Your patients can book when it works for them and the wait list feature. Fills last minute cancellations automatically. I love that. I used to spend so much time calling eight to 10 people just to fill up one spot.

Jane also automates the things we never enjoy doing, like intake forms, reminders, confirmation. It honestly feels like having an extra assistant handling all the moving parts. You can focus on what really matters, which is supporting your patients and being the TCM rockstar practitioner. You truly are.

There are so many features I could talk about, but we would be here all day if you are looking for a system that brings more ease, more clarity and comment to your practice. I truly. Recommend Jane. You can check it out at jane.app/demo. And because you're part of the Acupro community, you can use my code `acupro one mo one month` when you sign up to get a one month grace period on your new account.

The link and the code are also in the show notes below for you. Now let's get back to today's episode.

Let's look at a second protocol. Qi stagnation. Moving the chi. So the patient usually has distended pain that gets worse with stress or emotional upsetting, right?

They will say that they have breast distension, PMS, they sigh a lot. They have a wiry pulse. They feel stressed, clumsy. So what we wanna do here is we just wanna move qi and so we can use liver three, spleen eight, and again stomach 29. So you can needle those points first and then while the patient is resting with your needle, you can follow with a moxa stick and you can hover over stomach 29 over liver three, spleen eight.

Kind of go for about one or two minutes on each point. Use slow circular motion around the needle.

And once the area starts to become warm and slightly pink, you are good to go. Right? So altogether, you don't have to do it for long, but I would say about a minute or two per point. And we wanna do it a couple of times, starting at least seven days before the menstruation. 'cause obviously this person has more PMS, right?

In this instance, we're not driving the cold out. We're gently moving Qi. The third protocol is yang deficiency.

We wanna warm the root, so the patient usually has dull, dragging pain that feels better with pressure and warmth. They love a massage. They love the heat. Remember when it comes to pain, if it feels better with massage or pressure, it's a deficiency. If it feels worse on pressure or massage, it's in excess.

The flow is scanty. The person is fatigued. They probably have low back ache during menstruation. They're always cold. They have loose stool. Basically they're this typical spleen and kidney yang deficiency. So we can use point like Ren 6, Ren 4, Du 4 four for the lower back. Kidney three, stomach 36, spleen six.

All those points are gonna be great. There is not a strong pain, so we don't need spleen eight because it's more like an ache, right? So. We are going to start with the patient being prone, so face down and we could put a moxa box over, Du four or the lumbar area, and then we can use a moxa stick and hover over the whole area and the sacrum area as well.

Then we can flip the patient supine and apply the moxa box on ren 4, ren six plus we can add up some moxa on stomach three, six, and spleen six, for example. Now you can also needle and do moxa at the end. Or you can do moxa first and needle second. It is your preference. It is always how you feel about your own flow in clinic that feels right to you.

So for those moxa boxes, we would leave them maybe five to 10 minutes over, Du four, and then when the patient flips over, same thing, five to 10 minutes on the abdominal region.

So we're not just treating the cramps, we're building yang at the root. And the last pattern would be cold- damp, accumulation. So basically this is excess cold, excess damp.

At the beginning we had excess cold, the uterus. This is called with damp. So. The patient usually has a heavy dragging menstruation pain and cold with heaviness in the lower abdominal and legs. They may also have tendency towards edema, loose stools, greasy skin, and a lot of abundant vaginal discharge.

We are going to use point to dry the dampness, like spleen nine, but also we wanna obviously get rid of the cold, so we can use ren 4, ren eight. And because there is a lot of dampness. We can also use ren nine. So we can put the moxa box over the lower abdominal region covering ren 4, ren eight.

We can also do moxa on spleen nine, stomach 36. And ren nine using a moxa stick, usually the box is gonna stay for about 10 minutes.

Now, if you don't have moxa boxes, use a moxa stick. It works really well and this treatment we usually do once daily or every other day, starting five to seven days before the menstruation. Think of this as kind of like drying the dampness and warming the lower jiao. We don't want the uterus sitting in a cold, damp swamp every month, right?

This is really bad according to Chinese medicine.

When to use moxa and the ice bath debate. Moxa shines brightest in cold and deficiency patterns. Here's a quick rundown of common clinical indication, arthritic and joint pain. Sciatica. Chronic low back pain, specifically if it feels cold to the touch. Fatigue.

Cold type diarrhea, infertility, specifically if the patient is yang deficient, blood deficient, or always cold. Obviously we're gonna use it for yang deficiency dysmenorrhea. Also, we can use it for breech presentation in pregnancy. . When it comes to moxa, we can use a moxa stick to go on bladder 67. Again, we're not touching bladder 67 at the end of the baby toe. We are just using a moxa stick and we're making circle around the baby toe. Now the way I do this is if a baby is breech, I will tell the patient that I will use moxa only from week 32.

To 36, you can go up to 37. If there is still room in the uterus, I would not pass that because it can be dangerous. 'cause there's less room for the baby to turn. So for me, I've always done it from week 32 to 36, 36 and a half if you need to. Right. So what you do is the patient comes in and you explain that.

Obviously this is not a guarantee, but for me in practice since 2003. I think it happened twice that a baby did not turn. They probably were very stubborn like I am in life. So usually what you do is you take a moxa stick, I do an acupuncture treatment, I do a full consultation. We do a real treatment and then do not needle bladder 67 because it's a contraindicated point during pregnancy for needling.

But you can moxa it. So what I'll do is i'll moxa for about 15 minutes and I'll alternate each side, each toe, because I'm not gonna use two sticks. I'm only gonna use one and I'm alternating. So it gives the patient a break because it can get quite hot. Right. And the patient will say that, whew, it's getting really hot, right?

And so we do this for the first day. Then I tell the patient, I send them with a whole form explaining how to do this. They've seen me doing it, and then I have a video link they can watch in case they forgot what we just talked about. And I have a entire sheet that they can follow.

They can go home and they can do this for another four days. So usually it's up to five days. Some patients wanna come every day and do it in the clinic, and for me to do it. No problem. Some patients can go home with a moxa stick and do it themselves. So the idea is we hope that the baby turns within five days.

After that, we take a break. We take a break for five days, see what happens. And if the baby still doesn't turn, we can do it again for five days and usually the baby will turn within the first five days. Or the second one. That's what I've seen over and over and over, and I have a quick story for you.

When I first started practicing, someone called me and said, my friend down in the US had a practitioner doing moxa on her, and uh, it turned her baby, can you do this? I was super honest. I said, listen, I learned this in school, but I've never done it, so I can't guarantee, I have no idea. And she goes, well, I have nothing to lose.

And I'm like, fair enough. So she came, we did it. The next day she called me and she said, guess what? The baby turned. And I was like, no way. I was so surprised. I didn't know I would work this fast. I was blown away. And over the

years, I think Chinese medicine still blows me away, even though I've been practicing for so long.

So it is such a great option for pregnant women as long as it's done safely. It's all about safety. It is amazing what it can do. So women can have a vaginal birth, right? This is so cool. Chinese medicine and moxibustion rock.

Okay, so now I wanna address something that comes up a lot in conversation with patients, especially health conscious ones who are into biohacking wellness trend. The cold therapy, the ice bath, the cryotherapy, the constant icing. I had a reel on my Instagram page a few months back and I got 5 million views on it 'cause everyone in the reel comments were arguing about cold therapy versus.

Heat therapy, men versus women who could take it, who could not. Everybody was arguing. I allow everybody to just do their own thing. I did not comment. I just shared what Chinese medicine view is on this subject. From TC perspective, cold therapy absolutely has its place for acute inflammation, excess heat or fire patterns, we are not antico, right? But here's the thing. The modern tendency to apply cold therapy to everyone without looking at if they need it or not, regardless of their constitution, is a very big problem for me.

So if your patients already pale, cold, tired, running on empty, and very much a young deficiency person and is doing cold therapy. Uh, that's gonna be a problem, right? It's gonna slow circulation, it's gonna create more issue. It's kinda like all the women that feel they're doing such a service to themselves and their health.

When they drink green smoothies, cold green smoothies every morning because they're trying to get pregnant and they're not getting pregnant, well, that's creating more cold than the uterus. So that doesn't work neither, right? So I usually try to explain that to them and say, Hey, you cannot make a baby in a fridge.

You can only make a baby or a bun in a oven. Yes. Okay. So a simple way I explain it to patient is if your pattern is cold, if you are always feeling cold, or if you're always so tired, you need a warm bath, not a ice bucket. Gentle warmth, always nourishes while aggressive cold therapy that is daily might not be the best because it constrict.

So we have to know what would work for patient or not. It's a big debate. I'm not gonna go deep into it, but I just wanted to address a little bit. Now the last

thing I wanna talk about is precaution, right? We do not wanna skip this section at all.

Moxa is safe and it's deeply effective. But like any fire-based therapy, like when you use fire cupping, it comes with non-negotiable safety rules. So please, please follow these rules. Never ever leave a patient unattended during moxibustion. Moxa Ash falls everywhere. Accidents happen fast.

Please do not ever do that. Avoid moxa in case of excess heat, excess fire, of course, active high fever or yin deficiency with empty heat. You don't want to add fuel to the fire. Make sense? Do not apply moxa to the abdominal region or lower back region of a pregnant woman at any stage of the pregnancy.

The only exception is the specific breech protocol on Bladder 67. We discussed earlier. And even that should always be done carefully with proper training. I do have an entire course on pregnancy if you don't feel confident about treating pregnant women. That course has made such a difference in so many practitioners that now feel very clear on how safely and effectively to treat pregnant women.

I'll have the link for you. Always ensure your treatment room is fire, safe and well ventilated. Open a window, have a extinguisher nearby. Treat fire with respect, right? We wanna make sure we are safe and a practical tip. Invest in a good moxa holder to put your little cigar. Or to take the cigar out.

Right. A moxa stand. A moxa holder. Especially for longer treatment. It'll be so much easier. Wow, we've covered a lot today. Moxa's Ancient Roots. Its surprising role in the development of Meridian Theory, the forms and the tools we use when it comes to moxa for clinical protocol for menstruation condition when moxa out shines other therapy and how to use it obviously safely.

The biggest takeaway I want to leave you with is moxa is not an add-on. It is not the smoky afterthought at the end of an acupuncture session. It's one of the oldest, most clinically powerful therapy in our entire tradition.

Use it with that intention and your patient will feel the difference. I have an entire episode on cupping therapy as well. I'll have the link for you below because that is also a tool that I love to use and is so effective in clinic. Personally, I think Moxa is one of the most nurturing therapies we have. I mean, once you get past the smokiness, of course, oh, until next time, keep warming those channels.

Keep asking great questions, and I'll see you in the next episode.

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.

And connect with me on all social media at Acupro Academy. I'm on YouTube, Instagram, Facebook, X, Pinterest and LinkedIn and TikTok, and no matter what, keep rocking it using TCM.

Please listen to the disclaimer because the Acupro Show podcast and material shared through Acupro Academy, which is a subdivision of Natural Health Sense Incorporated, are designed solely for educational and entertainment purposes.

The utilization of information from this podcast or any associated material is at the user's discretion. This content is not meant to replace the guidance of an acupuncturist, Chinese medicine doctor, medical doctor, physician, or any qualified professional, nor is it a substitute for proper diagnosis or treatment.

Users are strongly advised not to ignore or postpone seeking medical advice for any existing medical condition with their healthcare professional regarding any health concerns.