

Clara Cohen: Have you ever thought about, is there mold in my clinic or in my house? Have you ever thought about, does my furniture, my lighting, my walls, my air quality in my clinic for my patients and myself or in my house, impact my health and my patient's health? So today on the show I have Reya Vora. She is such a wealth of knowledge when it comes to our environment and we know in TCM. The cause of disease can come from the outside, which is our environment.

But she shared with us so many great nuggets. Not only the impact of what our environment has on our health, but what to do to help us correct it. Are you ready? Let's go.

Welcome to AcuPro, a show dedicated to making Chinese medicine and acupuncture easy to grasp and fun to learn. Hi, I'm your host, Clara Cohen. I support practitioners and students 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

Clara Cohen: Welcome to the AcuPro Show, Shreya. I'm so glad you're here all the way from London. So across the pond for me and today's conversation. I'm looking forward to it 'cause you're the first person that's coming on the show to talk about our environment, specifically our home environment.

But before we do, I would love for you to share your journey in what you're doing today, how you ended up where you are today, and what we're gonna talk about. So I would love to hear your journey.

Shreya Vohora: Great. Thank you so much. Firstly, I'm so happy to be here as well. I've been in the interior design and construction space for about 14 years. I have own company. My family have been in this industry for 38 plus years, so we've always been in the built environment space. 10 years ago I got really unwell and it was a combination of different things and so I was in my early twenties and you're meant to kind of feel as though like you should be able to take on the world, but I really didn't. And a bunch of different things happened. There's a few different things. The first thing was I realized I had a hormonal problem. I remember going to a doctor, and this is traditional medicine doctor, and he said to me I was about 21 years old or 22 years old, and he said, I should give up the dreams of ever being able to have children. Which just shocked me now. I've come from a family where, you know, we're Indian. Our Ayurveda

and traditional medicine has really been something that we've always kind of done. And growing up we would always you had a cold and you did certain remedies. There was always a solution for something. And so the idea of just being told that and being told there was no solution or being told take this pill for the rest of your life, that made no sense to me. 'cause I was like there has to be a reason why. And at the same time, met a nutritionist, I did functional medicine, and we started kind of fixing my hormones and I learned about endocrine disruptors.

And so I became completely godsmack. I was like, hang on a minute. in this space. What are all this stuff in my cleaning cupboards and in the furniture and the upholstery that are these. hormone disruptors. I'm in my early twenties and I'm putting stuff on me or sleeping in things that are basically gonna cause me to have fertility problems. Why is nobody talking about this? Same time, a few other symptoms kind of happened. At the same time I was trying to fix a bunch of other problems I realized I had mold toxicity

Clara Cohen: A lot of people try to figure out if they have mold in their environment. And sometimes they get people come. In and like, no, I think it's okay. How did you decide, first of all, to go look for mold, and then how did you go about it?

Shreya Vohora: I was getting continuously sick. I had severe fatigue, and I'm somebody who's a go-getter. I mean, I started my first business when I was 14 years old, so I'm someone who just gets up and go. idea of struggling to get out of bed every single day just felt completely foreign and wrong to me. And I'm also somebody who doesn't get ill often. And so I was here, I was getting continuously ill. I had severe brain fog and fatigue and all these other different things, and I couldn't place it to anything. And I was actually listening to a podcast a Dave Asbury podcast, and he was talking to someone about mold', and it was literally like that moment of like, ding, ding, ding, ding, ding, ding, and all those symptoms. I had moved at the time, so I was like, okay, there's nothing in my current space, but maybe I have it in my blood from previously. And then I started thinking of a couple of things. In my university dorms, there was a massive leak. And what they did is while I was away for Christmas, they just literally, I think just took it out and painted over. And I realized you shouldn't do that. And at the same time, my landlord, there was another massive leak in the property building that I was living in afterwards and he just cut out the localized plasterboard. They didn't actually fix it. So I think I'd probably been exposed to really bad mold for about four years, and in these both situations.

They were both behind my bed, so you can imagine every night I was sleeping in this and was continuously there. So I then did a blood test and it was through a blood test. We then basically figured out that I had it and sort of then kind of went down the journey, but it I couldn't localize it to my current flat that I was living in because I had moved, but I'd been feeling these symptoms for a year or so, so something's not there. Now I'm obsessed with mold in terms of how you make sure that nobody gets it. And so that was a thing that I came back and after I fixed myself, I realized in the industry. As a contractor, as a designer, we never have the conversation around how are we managing mold? During construction, how are you managing mold when you get it? I started talking to plumbers. Started talking to other builders. I started talking to other people. I was like, how are we dealing with damp? How do we deal with this? And you start to look at all these different things the same time, the hormone stuff.

And then I went down this rabbit hole of realizing there are so many things in our environment that impact our health. And for me, the shock was that I was a victim, but I'm also kind of part of the problem because in the industry. So that's kind of what it became.

And going back to my childhood there's always an underlying root cause for a problem. The symptoms when they start surfacing, there's something there. And I was like, you know what? If you're getting all these other different things, something's wrong.

And it might not be wrong because of you, it might be because of the air you're breathing.

Clara Cohen: Absolutely. And Chinese medicine is exactly the same. We're looking at the cause, the root cause all the time. And the root cause can be obviously emotional, but it can also be your life. Lifestyle and environmental. And I feel like sometimes we brush off the environmental like, oh, it can't be that, or it can't be that bad.

And I did read your story and I know that the reason why they told you you couldn't have kids is because they diagnosed you with PCOS. Right. So polycystic ovarian syndrome. And so yes, when you're like, oh, okay, your period is irregular, there's all those symptoms that come up with it, and then we're giving you the diagnosis.

And I absolutely agree with you because the whole point is to look for the root cause. And TCM for five years to do my degree, we had. Four different classrooms, and every time we were in classroom number three, within 20

minutes of being there, I would get a sore throat and then, you are in there for three hours or whatnot, and then you go, you leave the classroom and within half an hour that sore throat would go away.

At first I didn't kind of pay attention. I was like, oh, I'm getting sick. I get a sore throat. Right? But then at the end. Day I wasn't sick and then it happened again and again. I'm like, wait a minute. Something's not right.

Clara Cohen: time I'm in that room right, you, you pay attention. You're aware. You're like, it's always room three.

So I remember going to after school and say, you know. Below us is a carpet, we're not on linoleum. A lot of people drop their water bottles all the time, their tea all the time. The carpet's pretty dark, so you don't know.

You can't see really a lot of stain. But you're like, wait a minute, that water that's been dropped so many times, you know, is it molding underneath what's happening? And you're like, oh no, it's fine. I'm like, it's not fine.

And so now anywhere I go, if I start getting a sore throat and I leave and it's gone, I'm like. Wait a minute. What was in there, right? What? What was in that room? So it's kinda like my cue, which is really good. Not everybody has that sense or that cue, but it's something that I've been aware since going back to school.

So I love that you're sharing this and the environment. You obviously dove deep into this subject for personal use, but eventually to try to be bringing awareness to everybody else, right? So I love that. And that's usually how we get into what we are passionate about, is because it affected us.

Shreya Vohora: Now I can look back with gratitude and I'm like, my pain can at least help one person. I'm happy.

Clara Cohen: Exactly The first question I had for you, if you look at the top three environmental toll stressors or disruptors that basically affect our central nervous system, our health, and brings us out of homeostasis, what are the top three that we should look for?

Shreya Vohora: I think people are aware of say good water, so I don't wanna mention that. 'cause I think most people think about, okay, I need to have filtered water. The three for me particularly right now, it's winter for both of us.

And so indoor air quality is actually often worse than outdoor air quality and people don't really think about it. Studies typically say that it's anywhere between three to five times more because essentially happens during winter is we're. Creating these sealed boxes. We've got ACS on. We don't open up windows.

There's very little ventilation. Most modern building is not built like it traditionally was, which where it naturally had ventilation, it would breathe. They don't breathe now because we need to be energy efficient and all of that stuff, which essentially means you're creating a sealed box and now you think about, okay, now what's inside that? So we have so many things offgassing, because we don't realize, from formaldehyde to VOCs, to you then might have microplastic so to carbon dioxide, to all of these different And we basically are living in a chemical soup. It's really true. So one of the things that I say is yes. You know your surface stuff, right? Maybe could be your paint. It could even be what your insulation is behind it. A lot of fire retardant stuff is horrific for our health. People decide, it's very convenient and we're gonna spray our sofa with stain retardant stuff. We're gonna have bed linens because it's nice not to iron our bed.

Linens, we're gonna have wrinkle-resistant bed linens. of that is chemicals. You are basically just breathing in. So for me, indoor air quality I think is one of those ones that we don't talk about enough realize that actually the impact it has.

Ad: Here's the truth: your patients are already taking supplements. They're Googling, they're following influencers that have no clinical experience, and then they come to you for answers. This is why I asked Dr. Alex to create the Integrative Guide to Vitamins and Nutrients. This is not just about vitamins and minerals.

This is about deepening your practice, building trust with your patients, and expanding your ability to provide true integrative care. This course is designed specifically for practitioners like you who wanna bridge the gap between Chinese medicine and functional medicine in order to provide amazing patient care.

This is an online prerecorded course, so you can go at your own pace. You get four and a half hours of continuing education and a certificate after you pass a quiz, and a seven-day money back guarantee so you cannot lose. Don't wait. Invest in this course today. The link is below for you.

Clara Cohen: So the air quality, I love that you share that because. In 90 9% of the case, specifically in cities, like you mentioned, if I looked at my audience, everybody is an either in school or a practitioner, right?

And most clinic, including my own, you cannot open windows. The windows are sealed, like you said, it's basically either, it's controlled air, either heat or AC in the summer, et cetera. There's airflow, but in a way, we can't open window to get fresh air while in my house.

Like we open the windows all the time, like all night. My windows are open so I can breathe fresh air. I have my big, you know, comforter over, so I stay warm, but my window is open. I need to breathe fresh air and the best. I've always slept is when I sleep outside, like camping. That's my best sleep because you're breathing, you are in the woods.

On top of it, you're in the forest. You are really breathing great oxygen released by nature. What can practitioners who cannot open the windows of their practice, right, or students that obviously are in classroom where you can't open windows, what can we do? A little tip to help us because we can't, you know, most of the time we can't change the paint.

We can't redecorate the whole place. Is there something that we can do at least help the environment?

Shreya Vohora: First thing that I'm gonna say is air purifiers get an air purifier. You need to get a good HEPA grade air purifier. I think it's essential for everyone to have anywhere is a really good air purifier. If you can't open the windows, I mean, if you can get a little bit of, and that will be amazing, but if not one of the things that I did at a place where I was staying in an Airbnb. I couldn't open the windows. There was something happening and so they had like scaffold and they couldn't open it because then strange men could walk in and that felt a bit uncomfortable for me. So, so what I did was, while I was like standing there and I was aware for like five minutes, I just stood with the door open and I just stood there for a minute and just allowed a bit of fresh air.

But I was standing so I didn't leave the door open and goes, but I just allowed a little bit 'cause I need a bit of cross ventilation. So if that I, that's not always practical, but you know, you could try that. But I think otherwise just getting a good air purifier. of the things that I find really interesting to explore is actually whether the practitioners found any difference in any of their patients by after putting an air purifier, it won't be immediate. It needs to clean up the for a while. Particularly patients that are really sensitive or might be struggling with a

lot of inflammation or a lot of chronic issues there's a lot of research out there around good air quality and it helping with recovery.

It lower down your stress. If people have respiratory issues. Things like that. In schools as well. One of the things having low CO₂, so one of the big problems actually, if you think about it, is most school rooms, when we do meetings, our CO₂ levels, if you measure them, go above 2000 PPM. Actually good cognitive performance is anywhere between 600 to 800 different studies say different things. And so most rooms, if you actually notice, we actually get higher levels, which is why we actually feel tired. You know, that feeling. If you've ever been in a meeting room, in a conference room and you just wanna go to sleep, well, maybe it's because they're boring, but often it's because the CO₂ it's really, really like high.

So our brain is starving for oxygen. So we basically, it can't function, which is why it starts to go to sleep. So there's those interesting things to explore and they've done really interesting studies. classrooms where children, when they've measured that, particularly around CO₂, 'cause it's the one that's been measured the most, but when those levels have been lower, children's exam results and decision making capabilities have been higher.

Clara Cohen: That's awesome. That's interesting because they are more and more in the world. I know it's in Scandinavia, where they do outside school, where the whole day in school is outside. They learn outside. It's all outside. There's no indoor classroom. Now I know it's not always possible in every country, because depending on the weather, I get that.

But they do it in Scandinavia where it snows. So I'm like, if they do it there, you know. But yeah, I bet the children ability to absorb the knowledge and to have cognitive function is probably so much better.

Shreya Vohora: Yeah. And, and you topple it off with being outside in nature, grounding effects, all the good ions and all those other different things. Honestly, I don't have children right now, but if I did have children, I would love to send my kids to a school where they could be outside.

Clara Cohen: I agree.

Shreya Vohora: We spend way too much time indoors.

We basically become in an indoor culture and it's just wrong. It's scary to think about it, but there's certain populations right now we spend 98% of our time in average in the western world indoors.

Clara Cohen: Wow. Yeah, that's why you need a dog, right? I know you have a dog. I have a dog. Hey, dogs take you outside. 'cause they have to go, they have to go hike. I have a golden retriever. He has so much energy. Gotta take him hiking. So, on the days where it's pouring rain and it's cold and you don't feel like going, you still have to go.

But 10 minutes into it, you're so happy you went because the dog, right? So, yeah.

Shreya Vohora: feels great. The problem is with my, I have a jack russell. He's got a lot of energy and he loves to get outside. The problem is he's also a bit of a diva, so as soon as it starts raining or if it's raining a lot, or if it's very cold, he doesn't like to go outside and so he'll hold it and I'm like, you cannot hold it any longer.

We have to go for a walk. And so,

Clara Cohen: I love the divas.

Shreya Vohora: The funny thing is, so he'll like, look, and he is like, no, I'm not moving. So I'll pick him up and I'll have to walk a little bit with him. And then after he's like, okay, yeah, I like being outside. Fine, I'll accept the rain.

Clara Cohen: Love the dogs nowadays. They're so funny. My golden retriever is kind of the same if it's raining really hard. I open the door and he looks and he looks at me and he's like, no. No. But eventually, like you said, once you take them and then they've been there, they're like, okay, resign to it and then it's all good.

That's awesome. Okay, so I love the first one really looking at the quality of the air because that's just such a problem. I can see that like, you know, I'm always outside. I love being outside. Let's say you're in a big city, Vancouver's really good for that because it doesn't have very high level of pollutions.

But there are cities, let's say LA is very polluted specifically in the summer when it's hot. And so the air quality outside is bad and the air quality inside is bad, right? So that makes it even double the problem people that live in those area.

Shreya Vohora: One of the things that I wanna add, which is obviously I said using an air purify, but I think there's another level, which is actually how do we reduce the amount of indoor pollutants you have? So how do you choose products and materials? So if you have control, maybe not in a classroom, but maybe in your own clinic or your own practice or anything like that you might be able to have control over what paints you use or what is the furniture?

The chair, the upholstery, the table, the stuff that you use. So you can choose materials that off gas less have less microplastics. They're not made with formaldehyde, they're not made with things that are gonna basically add to the problem. 'cause I think that's one of the things is, it's a little bit like food, right? If you keep on eating the sugar, it doesn't matter. And you keep on eating all the ultra processed foods. It doesn't matter if you know, you say you know what? I'm gonna have that green juice in the morning because if you keep on filling it up, the green juice or having the charcoal binder or whatever you wanna call it, isn't gonna counteract, you know?

So there needs to be a little bit of a balance. So yes, I think the air purifier is essential, but I think there's, the other thing is what can you actually do to reduce what you put in. So some people might say, oh, but I might not be able to afford, like buying a whole set of like wool and cotton and using natural latex, all these different stuff. And I get it. There's a few different things you can do. And I always think about things of layers and when I talk to clients and when I talk to people. I think there's the extremes, but there's things that you can do from here and they're still better than the way you're at. So yes, going for something that's completely a hundred percent natural. Is perfect, but if you can't get there and maybe it's because you don't have the access to it or you can't afford it. I think the best things you can do is firstly try and buy things that have been sitting around for a while.

So actually new stuff is worse. It's a little bit like new car smell. It's if you can smell something. I don't know why as modern day society, we've associated the idea that smell equals clean. if clean should have a smell like, and so. If when you walk in and that new chair upholstery smell and the new sofa smell, the new car smell, that's not good.

It means something is coming off that you shouldn't have it. So try and buy things that are secondhand or display units because they've been out for a while. And then what I like to say to people is before you bring them indoor, so before you bring it into your clinic, maybe leave it outside in a garage or somewhere you can just ventilate off for a while. Maybe 24 hours or 48 hours if you can do it. So you're just reducing the amount of offgassing before you bring it into your

space. You are not bringing those chemicals into your sanctuary, you know, you're leaving that outside. And so that's like the mid layer and then you can keep 'em going up.

That's how I would look at it. It's like the pyramid.

Clara Cohen: I can totally see that because that helps everybody including the environment. 'cause you are reusing, recycling and not buying new. Right. So I love that and you are absolutely right. I love old cabinets, old furniture that is made of old wood and it's just so beautiful and going to buy new furniture to me it looks very clinical, almost like something as you would put that has no soul, not great.

I totally get that.

Shreya Vohora: There's a reason. If you think about human evolution, we've grown up in nature. It's what our body recognizes, it's what our mind recognizes. Whether you look at neuroaesthetics, which is the study of like how our brain and going associates with the shapes, the patterns and things that we see, actually things that mimic nature.

Natural wood, things like clay, plaster. Have been around for hundreds of thousands of years. It's what we recognize and we know. So there's actually a reason why it feels better for us 'cause it makes our body subconsciously feel safe and secure. A lot of things that are new it doesn't understand it realistically.

They've only been around a couple of hundred years, which when you think about in the grand scheme of things. Is nothing. and so I think this idea, people are like, oh, you know if there is a reason why we feel good, there's a reason why we actually like it. Colors, certain colors actually lower stress responses down. And it's not just about, oh, this is pretty, there's actually a neurological reason and often it's about going back to human evolution.

Ad: 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 while 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 so 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're looking for a system that brings more ease, more clarity, and calm into 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 `AcuPro1MO`, 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.

Clara Cohen: So aware of this. 'cause my husband always makes fun of me because I need to drink from something in a glass or in a clay. I don't wanna do plastic and it's interesting because wine for example, people have done wine for a long, long time, centuries.

And they've always kept the wine specifically 'cause you wanna age the wine. So it's better. I'm from France, I'm gonna talk about wine. But anyway. They're gonna do it either in a glass bottle or in a clay pot, which they used to do way before they use glass. Right. And so when I go to the liquor store and I see a wine bottle in plastic, I'm like, I would never buy this.

I would never drink this. I would think it would alter the energy for me of the wine.

Shreya Vohora: does though. It feels different and it has like a

Clara Cohen: Yeah.

Shreya Vohora: because especially if you think clay, they have energy to them. They have like a feel. My favorite thing in the world particularly in India and lots of the places in Asia, people eat out the clay pots and so having tea or yogurt or butter. It tastes like a thousand times better than it does normally.

Clara Cohen: The first time when I was in Turkey. That's first time that I ate a whole stew in a clay pot and I loved it.

Shreya Vohora: thing is so good. Right. Also,

Clara Cohen: Yeah.

Shreya Vohora: say that from an environmental sustainable perspective, it's so good for me. I remember growing up when we would travel around Asia and we would travel around that you ate from a clay pot and after you finish you just broke it and you put outside. There was no such thing as plastic takeaway cup.

So not only was it better for you and it felt great, but also was better for the environment. Now it really upsets me. I'm like, what happened to the old days? It tasted so much nicer. And it was much better for the planet.

Clara Cohen: I so agree. I so agree. So thank you. So we've talked about air quality, furniture quality, what's next?

Shreya Vohora: Okay. So another one that I don't think anybody thinks about a lot is the quality of their lighting. So your overhead lights. I think this is so important for us. A lot of the energy efficient, cost saving lights have very short wavelengths and they have a lot of blue light in them. Whereas if you think about the sun, and again, going back to how we've grown up, it has all chains of wavelengths of lights. And that's kind of why there's a trend as well about red light therapy and red lights and you see a lot of biohackers in the evening wearing red glasses and all these different things and there's two things happening. So one is during the day, which is perfect for someone in a clinic. Blue light makes your melatonin, suppresses, it makes you alert. You're like, yay, I should be awake again, going back, because blue light equals sun you

should be awake. Problem we have right now is we often have this at night, and so we are basically suppressing our ability to go to sleep. And so the evenings when you're meant to be down, 'cause we would have firelight beforehand, which is red, but the studies that are coming out is it's more than just sleep.

It's also about, the problem they're associating it with some metabolic disorders, inflammation, cognitive decline, a lot of the lights flicker that cause a lot of strain, a lot of stress.

If you've ever been in an airport or in a mall and you're just like, I've got such a bad headache. And often it's because of the flicker and it's that continuous thing. You don't really think, but imagine your eyes are continuously dealing with something that's going on a thousand times fast.

We don't recognize it because our brain is dealing with getting rid of it.

Clara Cohen: Interesting because, I do not like mall. And the reason why is after a while I feel like I'm getting a sore throat. So the air quality is terrible. And then the light also bothers me. If I have to go for something specific, I'll go in and I'll go out and I always think, can you imagine if your full-time job is 40 hours a week in those stores with those lights and that air quality? You have to have some kind of disruption to your health.

Shreya Vohora: So I spent quite a bit of Dubai end of last year. 'cause I've got a couple of work projects out there at the moment. Every time you go to the malls, and it's definitely a mall culture, right? Middle East and base. It's a very mall culture. So I hate shopping, but you kind of have to go to malls there because otherwise there's no restaurants.

So everything else, but honestly, when you go in, I just, I can't handle it in some places. And some of them it's so. Brightly glaring and I, I am so tempted. I was like, I love to do a study and actually look at the health workers of the people that are there and actually there continuously and see what's happening to them.

When you think about the metabolic disorders that are occurring, there was an interesting study that came out, and actually this was on an Andrew Huberman podcast recently as well, where you can actually see now that as metabolic disorders are going up, we also are starting to see that the increased use of the short wavelength, blue cost saving lights. There's still research coming out about it, but it's enough to make me kind of think, you know what? There's something more like we are not meant to be under these short wavelengths continuously as much as we are. And you notice a difference. So I, for example,

have swapped out all of the lights in my house. So I have full spectrum lighting. And at night I do have the red and amber lights and all that because, you know, I'm in this, I like to go to sleep.

I really focus on sleep, I notice such a difference. And the interesting thing is when people come to my house, they're like, oh, wow, your lighting feels so nice. And it feels pleasant. It feels a little bit like what's meant to feel like when you're outside or even if you remember going to olden homes and they have the amber. The old incandescent lights as well. They feel nice. That warm, that warm light. It feels good for us. It just feels a little bit more natural. And I think that's the challenge that, especially when it comes to clinics, for some reason, hospitals and in clinic, in healthcare settings and in schooling, we use terrible lighting that is so hot and it's got so much flicker. It is so high in the blue light spectrum and forgets everything else. And you're like, that's so bad for health.

Clara Cohen: That's exactly it. So when you talk about changing, because then that's a solution, right? So within the clinic, having a full spectrum lighting system is a better solution?

Shreya Vohora: So for practitioners, I would recommend try and get, loads of places now have full spectrum light bulbs is becoming a lot more pop common. So try and do that. You can just swap out the light bulbs in whatever system you have, your lamp or whatever. If you can't I know it's a bit harder in the us but you can get incandescent light bulbs and you can just swap them out.

There are places, they are available. They're just a little bit harder now, but there are out there. Even if you know, you just did one lamp, it makes a difference. And then the other thing actually is just try and get in as much daylight as possible. We cover things up and we have big curtains and things like that, or blinds and actually. Roll them up. Let in as much as light as possible. Maybe if you wanna do privacy. One of the things that I've done on, on a client's job is we've done reverse blinds. So you get privacy from below because it's going up this way, but then the top bit is open. So for a practitioner that would work perfectly well because your patients and your clients are getting privacy, but you're still getting in the natural light, which obviously only works during the day and. Obviously in winter it's a bit harder, but those are the things.

Clara Cohen: But it makes sense and, and when the patient is laying face up, they can see the sky 'cause it's still open at the top. So I love that. I have those as well. I love those curtains that are reversed. That's great. Okay, so we've got air quality. We've got material or what our furniture is showing us is happening, and then lightning.

So those are the, the three that you would share are the most important one. Okay. So I love that. Thank you for sharing all this. 'cause it's fascinating and it's so important and we always minimize things thinking, oh, it can't be that bad, right? But it does affect people. So my last question for you is. If patients are coming into the clinic, what are some red flags symptoms that we could think?

Huh? Could that come from the environment in their home or in their work. Is there a specific one that would kind of show up and we red flag? Or it could be anything.

Shreya Vohora: I think it's a thing of when you ask someone the question of When you go on holiday or when you go and stay somewhere else, do you feel better? But it's not just a one day or two day. It needs to be that slightly prolonged couple of days. For example, I had someone actually call me up the other day and they were like. Re I need some advice. wife they're very happily married, so it's not because of him, because, but she's like, as soon as she's home in our bedroom, just doesn't wanna get up. But we would go on holiday and then we went and stayed at her brother's place or something like that.

So it wasn't just, obviously when you're on holiday you're, you're relaxed and that, that kind of is, but she's like, we went, go and stay at her brother's place and we've done other things and she was fine, but as soon as she comes home and then she's in our bedroom, she's not. So I think that to me is a straightaway was like, okay, there's something clearly in the space impacting it. But I think generally, right, if someone has inflammation, if someone has got brain fog, if someone has particularly respiratory issues, those kind of stuff, like these are all red flags for me. Often people ask me the question, be like, oh, but I was fine and my husband wasn't. And I know for example, when I was there, my flatmates were fine. I wasn't. Cause it's about your baseline, I think we don't realize is it's a rain barrel effect, right? So, you know, we have all these other stresses going on in our life. one of us is at different point. So if I have chronic inflammation and I have other different things, you then add environmental stresses on top of that. It's gonna top longer, but, so if you've got somebody coming to you and they have a couple of conditions, I think it's good to say, you know what, let's start thinking about not just what are we doing here in clinic, but also where are you sleeping? 'cause I think the bedroom is the most important thing because it's where we recover. So if you can't do anywhere, anything else. I would say maybe there's a question to ask, which is, what is a bedroom like and how could we reduce the amount of stresses that that person is going under while they sleep so that they have the ability to recover more because their baseline stress level is lower. So that's my take on it really.

Clara Cohen: I think that's great and and that's exactly it. Even in the clinic, when a patient has an acupuncture treatment, they're going to be hopefully in a homeostasis and self-regulating, so they go into a parasympathetic. Recovery state kind of like at night when you sleep really well. So that also plays a role.

So it's kind of like the treatment room and your bedroom. Those are the two that would be great to kind of make an effort to make some change into it and see what happened with that. So I really appreciate you coming. To share all this because it is so key and at the same time, you're right, it's not talked enough.

A lot of people will talk about hormone disruptors from the diet perspective or beauty product or creams or shampoo, all that. But the environment in the home is not talked about. So I really appreciate you, first of all, coming on the show to share, but also to be on a crusade to kind of really help people understand what can be done to help them.

Now that we land the plane, anything you'd like to share before I let you go?

Shreya Vohora: There's a lot more to it. If anyone would like to find out more, I write a lot of articles where I try to go deep dive on my newsletter called Barbara Living Lab at Substack. Dig in there. I also love people reaching out to me and if they've got any questions or they wanna ask advice, I'm on a mission and I wanna bring awareness because I think one, it becomes really overwhelming and I'm really trying to be like, you know what, actually, what are the simple things you can do?

There's a layer we can go from simple to complex, but even the smallest action makes a difference. A lot of this is bio-accumulative. It's not just the one single thing. And I think that's the thing that people forget is actually, you know what, we all individually have the power to make with one small choice.

And that's really what I'm trying to say and trying to make people aware of. Thank you so much for allowing me here and allowing to share this message. 'cause yeah, as you said, a lot of people think about food, they think about this. I always say, you know what, we talk about ultra processed foods.

We talk about all the kinds, but we are actually forgetting is that we lived in ultra processed environments and nobody else is really talking about that.

Clara Cohen: That's such a great point. We'll have all the links in the show notes below, so if people wanna reach out, I really appreciate that and I checked out your blog as well and your articles are great. So I love that you're sharing

this. I thank you so much Shreya for coming on the show. I really appreciate your time.

Shreya Vohora: Thank you so much, yeah.

Clara Cohen: 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, leave a review, and if you want more, go to my website, acuproacademy.com. I have tons of resources there with treatment protocols, case studies, free courses, and so much more.

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