

Clara Cohen: You know the Yellow Emperor are classic TCM Classic.

It's been translated many times by many people, but my copy and the copy of. Most TCM students and practitioners, probably the copy that we see everywhere, which has been done by Dr. Mao Shing Ni. Well. I think we're gonna have a little surprise today because this is my guest today. Dr. Mao is in the house on the Acupro Show, and he's coming to share his years of wisdom, specifically on longevity.

I'm gonna turn 60 soon, so I wanna listen. I wanna take all the wisdom in and so we can apply it with our patients, and we can apply it to ourselves. Are you ready? Oh, 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: A major TCM rockstar or celebrity on the show today, I am blown away and you are going to be blown away too. My guest today has been on tv Dr. Oz, The Doctors, he is been featured in a lot of places. The New York Times, for example. Are you impressed yet? Oh. Wait a minute. He's been on Sex in the City.

If you've ever seen the show, he was Doctor. Wow. Which is so funny. But really, really why I'm excited is because first of all, this guest has so much experience and he has done so much for our TCM community around the world, even though it's located in California. Welcome to the Dr. Mao Shing Ni to the Acupro Show. Thank you for being here.

Dr. Mao Shing Ni: It's a great pleasure to be on your show, Clara. And and I want to thank you for doing this to promote exchange. In the profession, but also for the broader audience of the world so that they can learn more about traditional Chinese medicine.

So thank you.

Clara Cohen: I didn't know this, but I found out that you were also the co-founder of Yo San University, which my dear friend Dr. Sonia Tan went to and did a whole doctorate at that university in California. And I'm just like, wow.

Okay. So you founded a university, you have the Tao of Wellness, which is your practice in California in Santa Monica. That's been there for a long time. But what just surprised me that I didn't know about you is that. are part of the 38th generation of TCM doctors within your family and grand family and back family.

Basically, that's 38 generation of people that passed on the same love for Chinese medicine. So I'm just so impressed with that and I just read, let me know if that's true, that your daughter. Is going to continue the lineage because she went and decided to also do TCM. So how does it happen that everybody gets the TCM bug within your family?

Dr. Mao Shing Ni: Well, it's an interesting story. First of all, Yo San University, Yo San is my grandfather's name. And we wanted to honor his legacy because without his efforts our family tradition have been lost. And so he really kept it together and between him and my father, they straddled this.

Really major historical turmoil of last century, right? So you had World War II and communists takeover. My father escaped from China to Taiwan, and then from Taiwan eventually brought the family to the us. So a lot has gone on and we want to make sure that as Chinese families, we honor our ancestors.

It's an important thing. We wouldn't be here with our, our ancestors, and so we're just honored to be here. And this year actually we celebrate our 50th anniversary in America, which is also another landmark. And yes, as you mentioned our oldest daughter. Has just joined our practice.

She graduated from Yo San and got licensed, and so she just joined. So it's a, really beautiful time for our family. We are very fortunate and blessed that the next generation wants to do this. It took a little while, which is okay. They have to arrive at their own time. My brother and I were, we were kind of interesting because.

I think we were groomed to take over early on, so there wasn't really a thought of doing other things, although I managed to do other things too while had it. But my kids, you know, being born in America, they have different ideas. Anyway, I have a middle daughter who had just enrolled in Yo San last year.

So she will in about four years or so, she will be also joining the practice hopefully so.

Clara Cohen: That is unbelievable because you know, it's not always the case. Not everybody wants to do what the parents do. I love that you said they have to arrive to that conclusion themselves. Of course they gotta want to and love it. So now you got two daughters That's amazing.

And you work with your brothers. So it's very, very big family love for TCM and I just found that so fascinating. I know when you said I did other things, 'cause I know you have a big background in nutrition and. You've written many, many books. I was looking online and I've seen at least 18 books that you've written a lot of them on longevity because that's a passion of yours, and I wanna talk about this before we continue.

For those of you who are watching the YouTube video right now. I have my copy here of the Yellow Emperor and we all know the Yellow Emperor, the classic of TCM. I have this copy. It is so worn because I had it in school for five years and I've done so much work using this book. Guess who translated this translation? Ah, Dr. Mao. That's his book. was like, no way. So I'm sure you all have a copy of this. Well, this is the same beautiful doctor, so I just wanted to say that. But before we start talking about, you know, all the books you've written and specifically longevity. I know you went to China and you spent years and years, over 25 years talking to. Older people, the elderly generation, basically, you know, centenarian people that are over a hundred years old or around that. And so I would love to hear what got you to wanna do that? What was interesting to you to wanna do that? And then what surprised you of anything in comments all those people had when you went and did your research?

Dr. Mao Shing Ni: Well, I think it started when I was six years old. I, I had fallen from the rooftop about a three story house and so that was not planned. It was an accident.

Clara Cohen: Yeah,

Dr. Mao Shing Ni: so no, no, I was in a coma for a little while and and I couldn't walk paralyzed spinal cord injury concussion, major brain damage, so forth.

But anyway. Everybody said I would not survive, or if I did, I'd be a vegetable and I wouldn't be able to live a normal life. So, of course I was very fortunate

being born into the right family. My father was able to with his skills and my mom, loving care that I recovered.

And so subsequent to that, I maybe overcompensated became an athlete and became super competitive. And so when I got to medical school I wanted to know. Sort of ways by which I can kind of not only maintain my youthful vitality, but how to keep it going forever. My first exposure to a nurse engineering was Dr.

Nan, who was, a Tai chi master in China at the time and he was 95 years old and was still really youthful and healthy. So I initially started with interviewing him, and then from there I decided, you know what? I'm just going to interview as many centenarians as I can to observe and discover their lifestyle, their diet.

What they did to achieve such long life and health. And so I learned a great deal with that. And then combined with training in both western medicine and Chinese medicine, and particularly functional medicine to. This was over 40 years ago. In those days, functional medicine was not the term, but nevertheless, we know that today functional medicine deals with understanding how the body functions from a biophysiological perspective. Back then, I was really interested in, well, how can I put this together and integrate and present this information? It started as a selfish project for myself, and then I decided, well, I should just share my findings.

So it became a book called Secrets of Longevity which I was surprised that it became a bestselling book and got translated into 22 languages. And I recently, just this last year, I released a second edition of this book.

Clara Cohen: I want to talk about that and. So you have a PhD in nutrition. So my first question is, I'm sure you looked at their diet. What is one thing, or a couple of things you saw that you're like, wow, they all have this diet wise in common? 'cause of course it's more than just diet. There's relationship, there's community there's fresh air, exercise, whatever that you discovered.

But what was the first two things you noticed when it came to diet? 'cause I know that's something that you're passionate about.

Dr. Mao Shing Ni: Yes. So on the diet front, it's really interesting. A majority of these centenarians were poor. So they were eating what was called the Chinese diet, right? Which is plant-based with an occasional condiments of animal products, of holidays and special occasions and so forth. Beans and

legumes and whole grains and lots of vegetables and nuts and seeds were their mainstay.

And I recall that there was a study called the, the China study it was very impactful because these two scientists went to China compile like large demographic data. Show that the overall Chinese population had vastly lower risk for heart disease, stroke, cancer, and diabetes, and they mainly attributed to the dietary difference between China and us.

Now, that was back in the seventies and my studies began in the early eighties. Now China has changed a lot. It's industrialized. It's modernized, it's caught up with the rest of the western world. And their diets have changed a lot, and meaning a whole lot more animal products, fats, processed foods and so forth, meaning they, they've kind of taken up a lot of our bad habits of the west.

And so now the large demographic studies are not coming in as favorable as it used to be. So, so my point that I'm trying to make is that. Being poor actually was an advantage because you just couldn't afford to eat modern processed foods and you didn't have access to a lot of animal products. And so that was the first thing I noticed was how simple their diets were, you know, nothing fancy and it was wholesome and mostly organic and so forth.

And because a lot of them grew vegetables themselves.

Ad: Diagnosis has to be the hardest part of Chinese medicine. We always say there is no wrong treatment in TCM, only the wrong diagnosis. This is why I created my second book, Chinese Medicine Made Easy, to make it easy to grasp using a lot of colorful visuals. I have included all Chinese medicine foundation, yin-yang theory, five element, zang-fu organ, all of it.

All diagnosis, of course, including tongue and pulse, practice case studies to help you improve your skills, as well as give you access to my online fillable intake form to use with your own patients. You can download the digital version on any device, and it comes with many video links to complement it.

Or if, like me, you like to read a real book, the hard copy ships all over the world. Before you invest in this book, you can download a sample of it to make sure that the format of the book is everything you were looking for, because I wanna make sure that you are absolutely benefiting from it. Listen to what people have to say about my green book, Chinese Medicine Made Easy.

"The more I read, the more I like this book. It is simple to follow. All information is super organized with great pictures, makes memorizing a lot easier. This book will definitely make my learning a lot more productive." Yay, so happy to hear that. "You've done it again. You are amazing. I wish we had your resources 20 years ago back in TCM school."

This also makes my day, because this is why I do what I've been doing with AcuPro Academy for quite a few years now to support everyone. Check out the links in the show notes below, or go to my website, acuproacademy.com, and click the shop tab on the menu bar and get your copy today.

Clara Cohen: I love what you're sharing with the diet, just because later on they talk about the blue zone and they talk about same idea, right? Lots of beans, lots of whole grain and vegetables. So I kind of like that. And the second thing I want to say, when you shared about being.

Poor. It's interesting. A few years ago we went to Scotland and you learn the history when you go in places and in Scotland it was same thing in the Middle Ages. All the kings and the queens and the people that had a lot of money, all they ate was meat. That's it. While the poor people ate vegetables and oatmeal because that's all they could afford, but the poor people were never sick.

Well. Because they had daily bowel movement, which the king and queens didn't have because all they ate was the meat. So I love that you share that because it's a very commonality in other culture as well.

Dr. Mao Shing Ni: Yeah, and these wealthy individuals develop gout and kidney problems because of that. Yes.

Clara Cohen: Yes.

Dr. Mao Shing Ni: But anyway, I think that was the first thing I noticed was the simplicity of their diet. And it's also true, because I translated the L Emperor's Classic and in it it referenced the best kind of diet is simple, you know, simple diet it's sort of plain.

Nothing fancy. You know that balance of course, of the grains and vegetables, and yes, you need to get a little animal protein, but it could be from good quality fish, lean meats, hopefully grass grazing eggs and so forth. But if you decide you want to be a vegan, you can also, you know get plenty of nutrients just from the beans and legumes and other kind of nuts and seeds. I talk about a lot of different foods in my secret to longevity book because if you look at different

populations, for example, if they had access to berries, they ate a lot of berries, if they had access to particular nuts.

or seeds, that was also good too. So, again, just depends on. What location they were, but like you said, the blue zone. Right. The type of seafood, even like sardines. Sardines were for poor people, right? Because wealthy people ate large deep sea fish that required a lot more effort to catch. Sardines swam near the surface of the water.

And they were abundant and plentiful, and they were cheap. Well, it turns out today we know that sardine is probably the healthiest seafood for you because it has no lead or mercury or any kind of heavy metals and contaminants because most of the heavy metals, they will actually sink to the ocean floor.

So the bottom feeders get it. And also the large. Fish. Because they're on the top of the food chain. So they accumulate from everything they eat, all the other fish and seafood. The cheapest food turns out to be the healthiest for you.

Clara Cohen: It's so true. I love it. I never thought about this with the sardines, but you're right. That is so funny. So before we talk about your book, *Secret of Longevity*, 'cause I want to talk about this as well, I wanna go back to those hundred years old people and what did you see? When you said they were poor people, they probably were not in the cities, they probably, like you said, were more outside, more farming. So. Less stress. Was stress a factor? Was emotional stress a factor? How did you look at that as well?

Dr. Mao Shing Ni: Yes, stress is a factor. We know that today the social fabric of your life makes all the difference in terms of supporting you. And similarly, the centenarians I interview were surrounded by family and friends and neighbors. They formed communities. So yes, there are times of famine. There are times when maybe money was tight, but they helped each other so they were able to get through it.

And because of that social support, the relative amount of stress was a lot less than what we're dealing with today. Today each person is almost an island on his or her own. You feel very isolated. And you may feel so-called connected through social media and, and tools like that, but you really feel isolated and that is a big factor.

And their environment. You mentioned about the rural areas. Yes. Most of them lived in the countryside. They were farmers and because of their lack of means

they had to walk everywhere. So I ironically, no, centenarians went to the gym for sure, because that just didn't exist in their generation.

But they did by, walking everywhere and being active physically. You had to carry bags and whatever it might be. And it's interesting. I think today we get stuck in our head like, oh, exercise means going to the gym, but just taking stairs. And now that, for example, gas prices has gone through the roof, I'm suggesting to my patients, Hey, do your body a favour walk to work or take the public transport You have to walk or bike, do whatever you can. Leave the car at home. Because the fact is, if you mobilize your body, majority of centenarians I interviewed, walked an average of an hour to two hours a day minimally. These are folks in their hundreds. I mean, we're talking 102 105, and they're still walking one to two hours a day albeit slower pace than what they used to.

But it is definitely part of their exercise routine. Many of them did practice some form of MINDBODY practices like Tai Chi or Qigong which I found to be validating because again, we teach this as part of Chinese medicine. And it's nice to be able to see with that testimonial, but also the research done on the benefits of Tai Chi Qigong, where truly we can help patients maintain health and vitality.

Clara Cohen: Exercise is movement and you're absolutely right. 'cause we sit more, on device more. It's a lot more sitting.

I'm originally from France and I'm from a small town. I didn't grow up with a car, so we walked everywhere. Everywhere. And we walked all the time and it was. No big deal to walk an hour to go spend the day with a friend and walk home. Even when I was nine, 10, when you were young and when I moved to Canada, everything is much further right? It's bigger road everything is much further. For you to go places. So my goal was to always be able to live somewhere where I don't have to always take the car to go do things, my groceries, you know, all that kind of stuff.

So I totally understand it's harder in North America because everything is much more vast. It's not like in Europe. I know everything is much more close. And then when you're in the village, of course you're used to everything around. I totally understand that perspective now. The secret of longevity, this is one of the book that you had published and then you did a second edition just came out last year. We'll have the links in the show notes for everybody. So you guys can check out Dr.

Mao's books as well, but The Secret of Longevity, you did a second edition. Can you tell me why and what did you add up into it? That was not in the first edition, right? Why did you wanna redo it?

Dr. Mao Shing Ni: Oh yeah, so the original edition was published 15 years prior, and at about that 15 year mark, my publisher reached out to me and said, Hey, would you be interested in doing a second edition? So I thought about it. I went through the book and I thought, well. Gosh, you know what?

99% of this information is completely valid and still true because they're based on Chinese medicine principles. So it, it hasn't gone outta fashion for sure. And it, you know, science continues to validate, so that's good. But what we thought was useful was we had just come out of pandemic, and so immune health was top of mind for most people.

So the publisher and I decided we're gonna feature three new chapters, one of which was on immune system, how to really maintain a vibrant, healthy, functioning immune system to prevent illness. Second one was all the environmental changes are happening, and so because environment with the climate change and so forth.

We are also seeing disease patterns and merging. And so that was another thing. And climate change can also impact health and longevity for sure. I mean, in Europe when you have the heat wave or in America. Older people died because their body couldn't adjust.

They got dehydrated, they overheated, they didn't have air conditioning or access to. So climate change definitely is a damper to your longevity if you're not prepared for, so, so anyway, I decided to do a chapter on that. And the third one was an expansion on the stress management tools. Because of the fact that we are seeing more stress, there's no question.

Mental health has been on a decline easily since the turn of this century. Since year 2000. We have witnessed and experienced more and more social stress, and maybe it coincided with the onset of social media. Which it's a double-edged sword. It's good in that it keeps you informed, but it's bad because it's information overload and you might feel overwhelmed.

You might feel like you have to keep up with so and so, social trends and so forth. And then the online bullying. So there's a lot of increased amount of stress. Information is not always good. I mean, it's good when it's useful and

you can act upon it, but so much of the information we get, we can't do anything about.

It overwhelms you if you can't do anything about it, right? So then in that case, I tell my patients, you know what? Just reduce. Reduce your exposure. You don't need it.

Clara Cohen: Yeah, and I would love for you to share for acupuncturists who are listening, what are the emerging patterns we see from environmental changes? What do you see most in clinic? What does it look like?

Dr. Mao Shing Ni: I think environmental disease are on the rise. I just recently wrote an article. About wind. So in TCM, we take it for granted. We say to each other and our students, that wind is the carrier all disease. It's like the king of the pathogenic diseases, right? Because it carries everything.

was very lucky. I live in the Palisades and over a year ago we had the fires. Which many of my neighbors burned down, including ones on both sides of me. But my house was just slightly damaged. And anyway, we're not back yet, but we're working on trying to get back after the repairs and everything.

We had like a hundred mile winds. It was really, really unfathomable, the amount of wind and debris and everything. So besides fanning the fire. The wind is bringing out the spores, the fungal spores from the soil bacterial spores. So we are seeing an increased risk of valley fever as an example, and other soilborne illness that's happening.

The cases are tremendous. We are seeing a lot of patients come down with it. Besides that environmentally we are also dealing with patients with exposure to mold mycotoxins. I think this is an opportunity for our profession here because Western medicine they have no clue.

They can throw antibiotics or antifungals at patients, but they're really not helping patients work on detoxifying and helping to clear the toxins out of the body. And it's interesting, in TCM, wind relates to liver and so we talk about both internal and external wind but both of them affect the liver.

And so if it affects the liver, the way they get rid of the wind, besides opening up the pores and promoting diaphoresis, which by the way is the number one way to detoxify, right? So we can also. Incorporate technologies like infrared saunas, for example, which we've been using in our clinics for 30 years or so.

And so promoting diaphoresis, but also what about the other exit points, right? So the liver becomes a very important organ system to work with because we'll see many of these symptoms. Well exhibit both neurological, which has a lot to do with the liver, the, the wind, the internal wind condition, right?

Neurological symptoms and digestive symptoms. So we could do testing on mycotoxins in the blood for mold and also for these other fungal spores as well. So, because they do show up as mycotoxins too. So that's one way as a profession we can really. Guide the patients back to health with nutrition, acupuncture, herbal therapy, cupping diaphoretic therapy like infrared, as an example.

I'm not so keen on the cold plunge or the cryotherapy because in TCM, you know, cold causes stagnation. And while I think people find it to be kind of fun and useful, I find it to be actually potentially harmful down the road. So this is the one area that I am not so keen on in terms of that cryotherapy.

I understand that if you isolate specific areas to try to cool down tissue, it could reduce inflammation very quickly. But it's not a long-term solution. It's because, again, you don't wanna create stagnation. You want to flow, you want to open and move even inflammation.

Clara Cohen: I totally agree. I'm on social media everywhere and I share a lot of TCM information all the time. And, every time I talk about, how Chinese medicine does not really like people doing cold plunge, specifically women doing menstruation, that's even worse.

All that kinda stuff. I get pushback so much. It's like, oh, there's no study, blah, blah, blah, blah. And I'm like, how do you feel after going inside this cold plunge? During your menstruation? Well, I have cramps, but they don't connect it. Right? I have lots of cramps, but there's no connection. No, I feel really cold.

My hands are cold. My feet are cold. I'm like. Okay. Okay. Then let's just look at all this. So I totally hear you on the cryotherapy and the cold plunges. One thing I wanted to ask you, because of the longevity passion you have, and because I'm gonna be 60, so, hey, I'm listening. I wanna live healthy for a long time because it's not just about. for a long time. It's looking like you did with those people that were over a hundred years old and still walked every day, and were able to continue to physically and mentally be able to function within their community, which, you know, I wanna do that. I don't wanna live to 105 and not be able to do anything.

What's the point, right?

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: Let's say you have a new patient come in for whatever reason they came in. you're gonna address that, but what do you tell them about preventative health and longevity?

So they don't get worse going towards, those diseases that they call geriatric disease, that, people feel like naturally they're gonna get them and it's like, no, it's about prevention as well. So what do you say? Is there a couple of things or three things you say? You know, if you did those three things, you will go a long way into feeling really good as you age?

Dr. Mao Shing Ni: Well, that's a good question. Thank you. First of all, patients that come to TCM practitioners are self-selected. I mean, they're already interested. So they're looking for something alternative to Western medicine, and so it's pretty easy to have a conversation about the reason why they're coming in.

We're gonna resolve it. And if it's chronic, you know, like diabetes or heart disease and so forth, we're gonna prevent it from getting worse. But in terms of appealing them to doing things preventatively just about, everyone wants to prevent. And you're right that living long is senseless if you're gonna be sick.

And in fact, it becomes tortuous. So lifespan and health span are equally important. So health span speaks to the quality of your health. Whether you have energy, whether you have good function, whether your brain is still intact, so that you can enjoy your life.

It's not that difficult. People make it very complicated. I see what's happening out there. In the biohacking world of longevity and peptides and all kinds of things that are introducing to patients. You know, the IV infusions of all kinds of cocktails.

But at the end of the day, you can't replace the basics. The basics are sleep. You have to restore. If your body doesn't restore. And so in TCM we talk about yin and yang, very simple. So yin and yang must be balanced. And so if you, during the day are active all the time and you are lopsided, so you have a lot of yang and you have very little yin which is accumulated during nighttime when you're sleeping, then you're, gonna go into a deficit.

Deficit in over time will burn your system out and your age very quickly. So sleep becomes critical. That's the kind of number one thing. And it's not just like getting eight hours of sleep. Sure. I think numbers are important, but you have

to make sure it's deep restorative and now you can measure your sleep patterns with a Aura ring or a, Apple Watch or a Samsung.

Or something. I mean, there's a lot of devices you can use to measure. Just kind of get an idea of what your sleep cycle looks like, how many times you wake up throughout the night how much time you spending deep rem sleep and so forth And so that'll give you an idea of your sleep quality, and this is where the opportunity is for our profession as well.

A lot of patients don't realize that they don't sleep well. I think it's important to measure and then to be able to show, okay it looks like you're not getting enough deep REM sleep. Let's help you with this protocol over the next month, or four to six weeks with acupuncture special herbal formula.

You know, meditation and sleep hygiene before going to bed. Here are three things you do before going to bed, and then you'll be able to show in the measurement whether they're using these devices or not. That they're sleeping better, but more importantly, they're feeling better.

They actually feel the benefits. So that's number one. Number two, what you eat matters. Last couple years, the GLP one, revolution's been kind of crazy, right? Ozempic, everybody wanna get on Ozempic. But there are a lot of side effects there. The gastroparesis is one of them where the, the flu sits in the stomach and doesn't empty right or very, very slowly empty.

And then they're losing lean muscle tissue, right? So they're actually atrophy. so there are all kinds of other issues that can, can come from using GLP, and as soon as you stop GLP, the weight comes back on. So

Clara Cohen: And it's probably worse and there's all the side effects. It's probably affecting your liver, your kidneys. I'm like, is this really worth it?

Dr. Mao Shing Ni: that's the problem. People are looking for this quick fix and I'm so disappointed at Oprah. All these years she's trying to promote body positive imaging and asking people, look, I'm struggling with my control, my weight, and so forth, but I'm making progress by making right choices about eating and stress and so forth.

Right? But just for her to kind give in and just endorse the GLP one. Seems like a cop out to me. It's like 30 years of your work just down the drain. I don't know what you stand for anymore. I respect Oprah a lot, but I feel like her messaging it's like, all right, give into the GLP one. It's not fixing anything.

You still gotta do the work. So what you eat matters, right? Choosing the right foods, eating the right quantity, eating it at the right time. All matters so that you can be nourished. And then recently there's this high protein kick, which to me it's also misinformed because not everybody can take all that protein.

As you get older, your kidneys can't process proteins as well. If you have kidney disease, you have to be very careful. So here you have like everybody taking extra protein supplements and those supplements are not good because. Many of them are processed. So here you are trying to eat healthy and you end up eating processed food because you're jumping on the high protein bandwagon.

So it's kind of distressing to see some of these things that are happening. And so I try to educate my patients. You know, I wrote a book called The Tao of Nutrition. That was my very first book actually. 42 years ago actually.

Clara Cohen: Wow.

Dr. Mao Shing Ni: It's about food as medicine. That's a whole concept of TCM nutrition.

It's like every food has a therapeutic property, so eat according to what your body's needs are. We also a course that people can take online to learn about food as medicine. So what you eat how much rest you get. And what you do matters for sure.

Movement is key. We talked about it earlier already. If you don't move your Qi, and that's the number one cause of illness, right? That's the root stagnation of Qi leads to illness. And so if you keep your qi, your blood, your lymphatic, your ye. Flowing properly to where it needs to go, then there is healthy function.

So that's really all those three basics you can't replace with anything else. I wish I could do them for my patients, but I can't. So we still have to get back to those basics.

Clara Cohen: Perfect, and it's so true. Right. Sleep is so important because if you don't rest, you're not gonna recover from the day 'cause everybody has stress. There's things we can't control. The diet, I think it's different. When I first came from France and I moved to Canada, Canada is the same as the us.

I went into a store and I never in my life had seen a massive long aisle full of cereals and chips. And to me it was like. is this staying on the shelf for two

years? That can't be food. How is food lasting for two years? I don't get it. Right.

So It was really interesting 'cause we cooked everything from scratch. I grew up, it was very simple stuff, but it's all from scratch. And so I had never seen this so. the thing. If you grow up with that kind of stuff, it's hard for patients to go, oh, okay, so I have to change the way I eat.

And it's like, well just make a little change by little change, you know? Let's start having some more vegetables, cook your vegetables and have them every day, and then, you know, make little change every step of the way. If you make some changes, eventually you'll see that it's feeling really good and it feels good to do so.

And you're right, movement is another thing that. Our life is changing and people are sitting more than they did 50, 60 years ago. So that changes. So I really appreciate you being here, sharing all your wisdom and your time. I have one last question before I let you go. What do you, Dr. Mao, do for yourself on a regular basis for longevity?

Dr. Mao Shing Ni: That's a good question. I do a few things, right? I get up in the morning, I do my daoyin. That's a daoist yoga type of practice. So right away that's what I do. In bed and on the floor. Right? So once I get everything moving so forth, I get up and I come out take my dog out.

I mean, that's really important. No. Yeah.

Clara Cohen: do you have?

Dr. Mao Shing Ni: have a Labradoodle. Yeah, he is very cute. Anyway, so, yeah.

Clara Cohen: a Golden Retriever.

Dr. Mao Shing Ni: Yeah. Yeah. Six years ago, I was really not a dog person, but since I got this dog, I realized, oh yes, this is really good for one's mental health, no question.

And it's really good for your physical health because he is a big dog. He's a 60 pound dog, so we have to walk him two hours a day. It's more like the dog is taking me for a walk, but I have to walk anyway. Right? So that's how I get the walk in. And I do my Tai Chi, my Qigong, I meditate.

I also teach a meditation course online Tuesdays. And my diet is pretty simple. Three square meals a day. I try to eat at night three hours before bedtime, and more importantly, I try to get to bed by nine 30. I know it's kind of crazy, right? I have not always done this.

This is kind of a more or less a new lifestyle that began about four years ago. Prior to it, I was definitely burning my candles from both ends, so I don't recommend that. Now that I go to bed at nine 30 at night, I don't use an alarm. I wake up naturally at about 5 30, 6 o'clock because my body is rested and I feel great all day.

I have lots of energy and so I'm still seeing patients. I still teach at Yo San University. I still write my books and , I travel quite a bit to facilitate retreats around the world and to speak and lecture. It's not too full. It's not boring either. And it's just kind of like the way that I think I have the best of both worlds, so very fortunate.

Clara Cohen: You're flowing with everything. I'm the same as you. My husband and I go to bed around nine. We read a little bit till 9 30, 9 40. And then lights out and yeah, we're up 5:30-6:00 every morning and it's the best for me. It's the best rest. Like I'm not a late person. I've never been, even when I was 20 I can burn the candle at both ends like you did because I overworked many times.

I've done that. I'm always in bed and I'm always sleeping. I've always done that. I love my sleep. I'm never the person that's gonna stay up till midnight or whatnot. So when I have patients that tell me, oh, I go to bed at 1:00 AM I'm like, how do you do that? For me, that's just foreign.

So thank you for sharing all your wisdom for all the books you've written, including the translation of the yellow Emperor, which I love. And for everything you do, you have meditation online, you have. So many resources. We'll have all the links in the show note for everyone so they can go and really be able to benefit from it.

Thank you so much Dr. Mao, for coming today and for sharing your 38 generation of legacy in Chinese medicine. I love it.

Dr. Mao Shing Ni: Thank you, Clara, and thank you for having me on your show.

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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