

Clara Cohen: You know, on the show we don't talk a lot about acute disorders. We talk a lot about chronic problem because I think NTCM, that's what we look at the most, right? When people come to see us in our clinic, most of the time they've had this chronic issue for a long time. Once in a while they come because they hurt their back sprain and ankle.

But in my practice, it's been mostly chronic issues that I've seen, right? And so today, what's interesting is have you ever thought maybe you have. pylori bacteria dormant in your stomach and it's affecting you, but you didn't know about it because it's been sitting there and kind of enjoying its time, sitting in your stomach doing its own thing.

My guest today is Grace Kalakay. She's an acupuncturist, we're gonna talk about something we've never talked about on the show, and it's the possibility that a lot of chronic disorders that we can't find a way out of for a lot of our patients. culprit may be that little virus or bacteria that's dormant in an area of the body. She has a tool that kind of blew me away and she was really gracious because I was the Guinea pig here.

So I could try what she's doing and see for myself what she does to really support her patients the best way possible. Are you ready to meet Grace? 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

Welcome to the AcuPro Show, Grace. I am so glad you're here. Now, before we start, I just wanted everyone to know that Grace and I never met, but we have a friend in common who kind of hooked us up and she thought that it'd be a great idea for Grace to come on the show, and I'm so glad she did because we're gonna look at what Grace did. And now we're gonna talk about today, which she sent me something in the mail. I had to do some kind of fun testing came back and we're gonna talk about all this testing. But yes, grace is an acupuncturist in Maryland, so on the east of the us, a little bit on the other side for me. So welcome to the show, Grace.

Grace Kalakay: I am so happy to be here. Thank you so much for having me.

Clara Cohen: I'm glad you're here. So before we start looking at what you did, which is you added up a tool to complement to enhance your acupuncture practice. But that didn't happen right at the beginning. Before we start talking about what you do that is not completely within the TCM toolbox, you went outside the toolbox to help your patient.

I would love to hear how long you've been a practitioner and why did you go outside of TCM to look for what we're gonna talk about today, which is bio resonance.

Grace Kalakay: I've had my practice here in Maryland since 2017. I maybe like you and so many others, love my job. I am so lucky that I get to wake up every day and be an acupuncturist. This is never gonna get old for me. I love what I do so much. But actually it was around the time of the COVID-19 pandemic when I started to really think about, well remember how scary COVID was.

I mean, people were just like dying left and right. They were on these ventilators. There were these. Vaccine scares, like people afraid to take the vaccine. There was a lot of unknowns happening right then and there. And then I really thought, what is it, that I can do to really support my patients through this?

And at this time we were hearing about long COVID. Right. People that were having long lasting symptoms after a COVID-19 infection, and even that was a little bit mysterious, right? Some people would get exposed to the virus. We know that they would actually be fine. Maybe they would have no symptoms or like a sniffle, and then other people would get exposed to it and it would actually be detrimental completely. Maybe even fatal. So I started to think about what else I could do to support my patients, and I remembered this machine from Germany that I actually had an experience with 20 years ago. So this is enough. A new machine, but I remembered because this is a machine that I happened to get on honestly at that time, just for fun.

I heard about it while I was studying abroad and I just really wanted to try something new and I don't know, maybe you're like me or maybe there's people out there like me that I'm always just whatever is interesting and new out there, I wanna try it type of thing. So I got on this machine in Europe and I remember.

Telling this doctor, there's nothing wrong with me actually. I'm curious about this technology and at that time, he actually claimed to be one out of 12 in the world that had this special technology. I dunno if that's true or not, but in any case, I didn't tell him that. I actually was having problems that were stumping doctors here in the United States. I didn't tell him that. I wasn't trying to be sneaky or anything. I just honestly thought I was a medical anomaly. I had doctors telling me things like we're not really sure what's going on with you.

We've already done our tests. And we've tried different medications. They told me I was on like a watch and wait protocol. And so that's why I didn't bother mentioning that to the doctor I saw overseas. But he put me on this fancy machine, and I remember he started to go through a list of dormant infections, including dormant viruses, that he was picking up a knee using resonance or heart frequency.

And, after he finished his list, as I was 20 years old, I was in my undergraduate studies. I remember just being kind of horrified a little bit and just telling him, listen, I don't know what to do with this information you're giving me right now. And he assured me though, that this wasn't just a test, that the remainder of the session was going to be therapy to correct those, hertz or those problematic frequencies that he was finding me and also using frequency is how he was doing it.

And, lo and behold, a few weeks after that session, I started to feel better. The things that I was struggling with actually started to resolve, and I remember being afraid to call home just yet. I didn't wanna get my parents so excited to tell them that I was feeling so much better. I thought I would kind of see how it played out, and months later I felt amazing.

So. When I returned back from the United States, I told my mother, I said, you will not believe this. I am completely better. I saw this doctor, I told her about the whole process and one of the things he said he picked up in me is a frequency associated with a chemical called trichlorethylene.

I said, I don't even know what that is. And then she told me for the first time ever that that was the chemical that they found in the water. And they learned about it. Yes. The day that they brought me home from the hospital as a newborn in Johnston, Rhode Island, there was a note on our front door saying there's been trichloroethylene exposure in the reservoir. She never told me this story, so I just was shocked hearing it. And she started to go on and tell me that how scared they were here. They brought home their new baby and they were

so excited and they get up to the front door and they see this note and she said, that was the water I drank my entire pregnancy with you.

They called the pediatrician and they just said, yeah, same thing. Just watch and wait and see what happens. Looking back, I had different things that came up even in my childhood, eczema and then maybe a brief bout of asthma when I was younger, maybe 10, 12, but those, we kind of push aside, right, as kind of normal childhood illnesses, really.

But looking back over the years, I guess it did kind of make sense, right? That my systems were struggling particularly my immune system. That was a really long explanation of how I brought this machine into my clinic, but that's just it. I remembered when I was hearing especially about long COVID, I remembered that there was this German machine that could pick up dormant viruses in the body, and that's when I sought it out and brought it in my clinic.

I've had it in my clinic now since 2021.

Clara Cohen: Okay, so you brought the machine. I assume it was very expensive.

Grace Kalakay: Yeah. Like luxury car.

Clara Cohen: So that's a big step, right? I think it's because you felt so impacted by you went to Germany by the event and what it did for you that you were allowed, okay, I'm all in. I'm gonna spend that money, I'm gonna bring it for my patient. Right? So I totally

Grace Kalakay: Yeah.

Clara Cohen: Now we all have a lot of patients that come in and have done all the tests, and they tell them everything is normal. But in TCM we see it's not because they have a bunch of symptoms that tells us there's imbalances. There's things that are not working, even though they were told. No, you're fine. We've done it.

All the tests and you're fine. This happens all the time. I remember much younger than me, but in the eighties a lot of people had what now they call fibromyalgia, but at the time in the eighties and early nineties, it was, oh, I'm in so much pain. I'm in so much pain. And you would go see the doctor, and the doctor would say, oh, it's all in your head.

And you know, they kept telling you this, but the person kept saying No. And then more people, more people, more people. Eventually they give it a name and they realize, okay, it wasn't just in her head. Right. And we see patients that come in and they've been told, everything is normal, all your tests are good, great.

It's reassurance.

However, it's like, well, but why am I feeling this way? Why do I have those symptoms? I don't feel good. How is it that it's normal? Right? It can't be because I don't feel that way. Right?

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: So understand. a new tool to your clinic before we talk about what exactly that machine and the Bioresonance does, which obviously now

that you talked about Herz, it's all energy, but did you bring this, you said, for long COVID, but also to try to help patients that had this issue where everything seems normal. And they're not getting results and nothing is helping. And maybe you try acupuncture and herbs and it's still, it's helping, but it's just not getting to what they need to be or where they need to be. Is that also why you brought this in?

Grace Kalakay: Exactly right. There's, a large number of people, 40 million to be exact is the new statistic for the United States. Anyway, of this large group of people that don't fit neatly in the diagnostic paradigm of our traditional medicine.

And as acupuncturist. We are, honestly, we're kind of like the cleanup crew. I feel like, anything that doesn't get sorted out with traditional testing and treatments those people end up in our office. And because of that, we really have, honestly, kind of the worst-case scenario.

Every person that walks in here, and quite honestly, it's very rare that somebody tries me first. I'm usually the last stop for people, and I think many acupuncturists might agree with that. Even though we have amazing tools with acupuncture and herbs, cupping and all of our manual therapies, gua sha everything that we have.

There's occasionally a time or two where we have a very complex patient who, yes, like you said, responds to acupuncture, but then maybe after a few days, weeks, their symptoms come back and it's just like, okay, what are we missing here? And there's nowhere else to send these patients. Here in Maryland, so I happen to live nearby some very prestigious.

Institutions like Johns Hopkins, like NIH and people see me after they've already been to those specialists. So, this has really been a very useful, handy tool to whip out, when I have cases like this, and I will say. Not everybody that comes to me for acupuncture even knows I even have this machine.

So I don't talk about it with every single person. It's the patients who are truly stuck. And who I feel like I'm hitting a wall with. Those are the patients that I suggest. And you know, you also spoke about, sadly this group of people that these 40 million people, what we need to remember is that these are real people, right?

These are people who can't make it at their jobs every day, chronically fatigued or unable to really feel really good at home when they're trying to take care of

their families. Having trouble in school, struggling in class. I mean, these are real people in real lives, people that are not able to really function the way that they used to or should.

So this is a really big deal, this group of people. And I think it's really especially sad. You know, I'm not sure. How we got to this place. But there was a time when our big institutions used to kind of roll up their sleeves like, okay, we're not sure what's going on with you, but we're gonna figure it out.

But honestly, I see them dismissing patients very quickly. And a lot of my patients will come in and sadly, their doctors will just say this is just all in your head. They'll refer 'em to a psychiatrist or , they'll give them lexapro or Prozac or something like this.

I see this even happening now with children and teens. This is becoming a really big problem. And this is a problem that not only acupuncturists see, but many other specialists in the alternative field, but also even our specialists and doctors. Our GPs and PCPs will say.

Yikes. We're having a really hard time. There's this large group of people that we don't know what to do with, and they're struggling big time right now with this. Back in the eighties, nineties, even 20 years ago there wasn't much of a pushback, I feel like with patients in this category, but now I think doctors and specialists are really starting to feel the heat because now patients are actually pushing back and they're saying , no, this is not in my head.

I know that there's something wrong. They're not having it anymore, and so this is another reason why. I'm taking this German technology. Yes, I have it in my clinic, but I'm really trying to connect specifically with licensed acupuncturist, practitioners of that sort, functional medicine doctors, but also directly with specialists, endocrinologists, rheumatologists, PCPs, people who need another avenue to, send, patients that

aren't fitting neatly into their paradigm. And I think what's really interesting about this too is. We have some therapies for people who have been diagnosed with things like fibromyalgia or autoimmune diseases. We have immunologies we have injections and, infusions. We have medications, but we don't, through research those therapies and treatments only work 30 to 70% of the time depending on what it is that we're treating.

So. We don't really have like super awesome home run therapies for a lot of these conditions anyway.

Clara Cohen: Thank you for sharing that. I appreciate, you explaining and it is true. We don't always think it that way and for me, I love different tools. I like the balance acupuncture. I like microsystem, like the ear. I like certain tools, like you said cupping. One of my big favorite one is nutrition because I had a degree in Western Nutrition before I went into TCM.

So having both is something that I love to use to talk to patients about now. I'm gonna share to everyone that's listening what you did for me and you were so, as your name says, grace, so gracious to send me a kit, a bio resonance kit where everything came in the mail. It was beautifully presented, everything was explained what you had to do, and I had to cut some of my hair, a little str of my hair. And a couple actually, and then send them back. Everything was easy. I didn't have to pay shipping, I just had to put everything in the envelope and send them back to you. So that was really, really cool. And then a few days later, which, you know, across the border, 'cause I'm in Canada, I receive my report from the bio resonance and the hair samples and I receive a little vial of something that we're gonna talk about that was recommended for me to take. So before we talk about my personal case, and I'm gonna be, the personal patient here, it's very selfish of me. I want you to explain what is Bioresonance, what is it exactly, and how do you explain it to patients or to us?

Grace Kalakay: Bioresonance is using Hertz to scan the body and looking for matches, frequency matches. So like you said before, everything right comes down to a hertz, right?

Everything in this room, everything in your room, we see a bunch of solid pieces in the room, but we know that that's not the reality of the items around us.

Clara Cohen: So vibration basically of the hertz is vibration. Right? That makes sense. So it's kind

Grace Kalakay: Yeah.

Clara Cohen: for the vibration within the body for that piece.

Grace Kalakay: Yeah. Yeah. So we'll put our physics brains on for a minute. And we know this about the world around us, and we know this about our bodies. In fact, there was a piece of research recently that came out on PubMed talking about. Using Hertz in the way to detect cancer, which is really interesting.

So I imagine if bio resonance makes its big debut, I imagine it's going to be in the way of cancer since that's what I'm seeing clinicians discuss in research. In fact, there is a research article that came out in 2020, that's really a discussion. They actually name the exact hertz that certain cancerous cells resonate at.

Really interesting article. If anybody follows me on social media, yes, you'll be able to see that. I've shared that there. That's essentially what bioresonance is it's scanning the body, looking for hertz. That's problematic, essentially. So when I say problematic. If we can measure the hertz of like a virus, right, or a bacteria, then we can look for a hertz or a frequency match in the body.

And also we remember that even our organs, when they're healthy and in balance also resonate. At their certain hertz. So, in that way, the bioresonance machine is also looking, sending out a resonance or a frequency, and then listening back for what it receives. If it receives a stressful response or if it receives a hertz that's different than one that's healthy and normal and imbalance, it will flag it as problematic.

So it scans the body looking for problematic systems and organs and dormant infections like viruses and bacteria, heavy metals, chemicals, parasites. And this is really interesting because right now we don't really have a great way to look for dormant pathogens in the body. We can test for antibody levels, which is really popular to do.

Especially with like Epstein-Barr, Lyme, right? We do that with Lyme. We look for antibody levels and we can see the history of infection, but we can't really tell if it's, is it a dormant infection? Is it latent, really? And this is where Bioresonance can really help since it'll detect frequency, which is smaller than blood work, smaller than cells.

And that is what that piece of literature that came out in 2020, that is what these clinicians were discussing because they were saying, if we can catch cancer at its hertz form, you know, this is before any clinical manifestation whatsoever. This is before cancerous cells may be even develop. The article continued to say, you know, the treatment of this, that's a whole nother story.

But they said, you know, basically, why aren't we using hertz to detect cancer if we know that exact hertz? So, a very long answer to what Bioresonance is, but I imagine that we'll be seeing more of this type of talk in our future. I do believe it's, our future.

Clara Cohen: Yeah, and vibration is everywhere. There's a couple of things that I wanna unpack here. When I'm about to do something, let's say on the computer, let's say I'm writing my new weekly newsletter for my community. I don't wanna be disturbed, and I always love to listen to binaural beats. Specifically 40 Hertz.

Because 40 Hertz is really good for focus, and it's in my background and I'm in, and nothing will disturb me. I'm very focused, so I use. Music frequency, I guess binaural beats. Quite often when I wanna focus when I wanna relax, sometimes I will have a different one. And because each frequency connects to different part of the body, like you said, I've looked at frequency with the chakras and, and different area in the body, and what frequency resonate with Yin Tang or the throat chakra and all the chakras and what.

Help them kind of getting balance, I guess from that perspective. So for people that have never heard of binaural, I love this. I love frequency. So, and then when you talked about. What I could think of, and maybe you tell me I'm completely wrong with this, but you know how they have animals, specifically dogs that can detect certain disorders. I think that's what dogs feel. It's a vibration, but they're so sensitive with the body that they can feel those vibration that we, as a person that's just sitting in front of you, you know, we can't detect that vibration, but I feel like animals have such a better sense that they are able to do that. Is that the same thing or am I completely off?

Grace Kalakay: No, no. I think that you're on about that, and that's a good point about the dogs. I think that once we. Get out of the mindset that says we know everything about the body and how it works. Once we can kind of get out of that is when I think we're gonna start to see some breakthroughs in our testing, in our treating for various diseases.

Clara Cohen: Okay, so now walk us through. Let's say you have a patient coming in because I was far away from you. You send me a kit to be testing my hair. Which you know was great, the hair analysis and it came back, and we can talk about this, but if patients are in your clinic, then you can use the equipment or the machine that you brought into your clinic.

So can you walk us through what's the difference between sending a kit for someone that's far away versus someone that's in your clinic? What do you do for that perspective?

Grace Kalakay: The neat thing about both of those scenarios is that the testing is just as accurate, so people don't actually have to be at my clinic to get that

accuracy. For the residents testing, which is so exciting. So when somebody comes into my clinic though they wear a headset for 10 minutes and that's how long I need to get.

All of the information that you even have in your report. So Yep. Organs and organ systems, stress. A list of dormant pathogens that were identified in the scan. And then even there are some suggestions to eliminate foods that came up as part of the scan as well, which is really interesting. So foods will come up that may be stressful at that time.

So not necessarily. Allergy, but stressful. And also vitamin suggestions based on the scan will come up in the report. If somebody sends a hair sample, same process. I just take the hair and I put it into the machine. Run the 10 minute program.

Clara Cohen: Why is the hair the best place to figure out the hertz?

Grace Kalakay: It's not maybe even necessarily the best. There are other ways. It's just I felt like the easiest. Right. I just need a little bit of hair and it's non-invasive, right? It's not blood or anything like this. So it's really easy to take from. It gives me the information that I need.

And if somebody were here in my clinic, rest of their hour or so session would be to correct any of those imbalances that we found also using hertz. For example, if it's treating a specific organ, we may use programs then specifically for the lungs, for example, delivering the corrective or the healthy frequencies associated with the lungs.

To that patient. And then if we're gonna be treating any pathogens, I'll be taking the frequency, the exact hurts of that pathogen, putting it into the machine, and then running programs to neutralize that resonance in the body. If somebody is using hair sample testing, I actually take a small bottle of mineral water.

I place that in the machine and I run the same programs, but the machine sends those residences into a small bottle of water that I then send off to the patient, and that's their therapy since they can't be laying here at my clinic.

Clara Cohen: Okay, so for the people that are on YouTube, I have the little full of vibration and hertz water. So I have the little vial here that Grace sent me, and if you're listening, it is just a, a normal little tincture bottle looks like.

And then my name is on it. And so when I receive this and my report, I actually send a message to Grace and I said, well, what's , in this? Vial that I receive, and so now I understand better. It's literally mineral water that you are basically trying to change. Do you change the resonance of that mineral water to match what I need to receive?

Is that what it is?

Grace Kalakay: That's such a good question. Yeah. So remember that water is a great holder of frequency, right? Great holder of resonance. In fact, it's hypothesized that that is how we do. Hold dormant pathogens in the body. So in other words, dormant infections that are in the body, are they actually in there or did that exposure happen?

And then just the imprint of that virus, like on our cells, basically is enough for the body to. Sense that there's an infection and kick up an inflammatory reaction, right? Kick up an attack towards that pathogen. But since our body has so much water, it's hypothesized that that is, maybe how we hold onto certain vibrations and frequencies.

But you don't have to look very hard to find that. We can manipulate water molecules with vibrations. And with resonance, so that's exactly right. So that small bottle that you have there has the neutralizing resonances for the pathogens that we found in your scan. Yeah.

Clara Cohen: Okay. That's what that is. Okay,

Grace Kalakay: Yeah.

Clara Cohen: So this bottle, you gave me instruction with it, right? There was a couple of instructions specifically or. Also what to avoid. So I'm just gonna share, I'm taking my glasses off 'cause you know I'm gonna be 60, so I need glasses on, glasses off.

This is the fun part right now.

Grace Kalakay: I know about that.

Clara Cohen: I know, right? I just wanna read a couple of things just to kinda get your opinion on it and what I received. So it says on the page there, it says Imbalanced organ and organ systems. And the first one that came up for me was esophagus and stomach readings show stress primarily in the stomach lining.

Pylorus and general stomach area. This may relate to digestion or stomach discomfort. And further down the, pages that I receive, it's interesting because it says, energetic stresses. These are external or internal stressor that may be affecting your energy imbalance or balance. And one of them says, E coli. Which,

Grace Kalakay: right.

Clara Cohen: The stomach and the other one is h pylori, which is also going to be obviously affecting the stomach and the stomach area and the pylorus and all the stomach area. So that was fascinating to me because of course, I don't know if I have h pylori. I've never been tested for it.

So it's very interesting for that. And then the other one that came up was gallbladder, mild imbalance in bile ducts and the gallbladder that could affect digestion and bile flow. So that also came up as an imbalance and what I wanted to share too, for people that are listening, you gave me 14 days of high energetic stress, food.

And so to avoid almonds, this is pretty much what I eat every day. I eat almonds, so it says almonds. I'm like, oh my gosh. I eat almonds every day. I love almonds, ginger. I have ginger tea every day, turmeric, ginger tea every day. chocolate cow's milk, ice cream. I don't do much of that. I do have cheese, but it's a lot of goat cheese, so it's not much.

I do have chocolate, a piece of dark chocolate on a daily basis and added sugar. I don't have that, so, but the almond and the ginger, it's pretty much every day. So you made me so sad. Not you, but the report, I was like, but I love my ginger tea. Not in the summer, but in winter.

Grace Kalakay: Yeah.

Clara Cohen: have issues with almonds. I knew that. I do love almonds, so. That was very interesting. And of course you asked me to take, drops from the energetic mineral water that you sent. So tell me when people receive this, do they have to come back and do it again to check in a few months?

Like where do we go from there? Let's say I take this for two weeks. I stop the almonds. I stop the ginger. I be a good, good patient. What happened after that?

Grace Kalakay: To have a follow-up scan is ideal, right? To see what has changed. So after that two week period, I usually have patients wait like another

week or two after that, and then they might send a new hair sample to see where we're at or in your case, I think, I'm not sure if you were struggling with any health issues, but you know, if you were just doing this for.

Fun. You might not do a follow-up at all. or if somebody is just feeling good, yes, maybe no need to have a follow-up. But for somebody who's struggling with a long history of chronic illness, it might be a good idea to see what's changed. And I will say sometimes, especially with really long, chronic health issues. There might be sometimes like layers of things, we might be uncovering things as we eliminate them, in cases like that. , You mentioned the H. pylori. H, pylori is. Kind of famous for living dormant in the body many times. And it has even a history of having no symptoms at all, even in its dormancy.

But that we know, even just looking at research, the CDC talks about h pylori in that way. And even the American Cancer Society lists it actually as a cause of cancer, which is really interesting. When I first brought this into my practice. Of course, you know, I was thinking about COVID to 19, but I couldn't help but also think about my experience with Bioresonance, right?

And the chemical exposure that I had. So, you know, also in the back of my mind, I'm thinking, yes, I need to find the, all the chemicals in my patients. I need to do this just like with happened with me. But I quickly learned that most people don't have chemical exposure. That my story is really unique in that way.

For most people it is viruses and bacteria, common ones like e coli, and h pylori and others. And I started to see the more patients I had in my clinic, this is gonna be really interesting I started to see, that certain patients with certain conditions started to come up with these same dormant viruses.

For example, I would have my patients with chronic dermatitis, eczema, skin conditions. They would come up with the same virus, cytomegalovirus, which is in the herpes types of viruses, common childhood virus. Most people have had exposure to it. And, my patients with pots or pandas, heart palpitations or a strange heart racing behavior.

These are patients again that were already seeing the top doctors and cardiologists at Hopkins. They would come in here and they were coming up with the same bacteria versions of streptococcus. And then I started to eventually just say, has anybody else found these before?

Am I seriously just uncovering this for the first time since I wasn't hearing anybody talking about it? And then I went to PubMed and I started to find

decades of research going back to the seventies, even decades of research showing that. Viruses like cytomegalovirus they've related to chronic dermatitis, eczema, and I found research articles showing streptococcus not only being tied to pots and pandas, and other like heart like AFib and other illnesses, diagnosis like that, but also even mood disorders, depression, bipolar disease.

All of these things are also listed in the research. So again, I was quite. Astounded and shocked just because I have a lot of colleagues in various different fields. I have a lot of doctor friends. I just was surprised that nobody's really talking about this. And even in acupuncture school we of course learn about.

The divergent channels, right. We learned that the body can store pathogens in the body. It will just do this. 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.

Grace Kalakay: So going through graduate school, that was always actually a really interesting concept to me. I don't know. Was that ever interesting to you? Like learning about the divergent channels?

Clara Cohen: Oh, it's interesting because all the layers and all the channels, we resonate to and my favorite is the eight extra vessel and the

Grace Kalakay: Mm-hmm.

Clara Cohen: Those are my

Grace Kalakay: Sure.

Clara Cohen: I love those. But I know people that love the dermatome, they love the muscular region. All I you, I haven't met many people with the divergence.

So good for you. You are like the unique one.

Grace Kalakay: Well, that's it. I mean, even in acupuncture school, we didn't get a lot of talk about the divergence. And even going back into the classics, there's not a whole lot of time or, you know, a lot of information dedicated to it. But I think that the ancients they were onto something about the divergence.

Even in this, fancy scanner system that I have, I can actually go into like the scan for the liver for example, or the scan of the large intestine. I can actually see what pathogen is actually, what did the body store there? Like what pathogen is stored there? And this really made me think about my diversion

classes in acupuncture school when I looked at, for example, somebody with fertility issues.

And I looked at the lower abdominal organs, the uterus, the ovaries, fallopian tubes. And I looked at the pathogens that might be stored there. You won't believe what I was finding in there. I was actually finding things like the flu virus. I would find influenza, I would find streptococcus.

I would find COVID-19. It was like a flashback to, a professor that I had in acupuncture school saying that. The body will store pathogens in certain organs and many times hollow ones like the uterus or the gallbladder, and it was like a flashback to that moment and it didn't make sense.

But then when I saw it coming up on the scanner and I can go into this machine, it made perfect sense. And how the body decides where to store organs. I suspect maybe has to do a little bit with genetics. Right? Somebody you know that has a history of hysterectomies in their family, right?

Maybe there's something in their genes that has their body storing pathogens in the uterus. Or somebody with gallbladder issues that are in the family same thing. And when it comes to the gallbladder, this is really interesting. I actually found a research article showing that they were pulling, gallstones out of course, whenever they pull anything out of the body, organs or stones, tumors, right?

It always goes for testing. And this article was saying that when they were tested gallstones or gallbladders that were removed from the body. They were testing positive for bacteria like salmonella, which was really interesting to me. Yeah.

Clara Cohen: Yeah, and it's interesting too because when you're talking about genetic, I feel like if there are pathogens that are dormant, stuck in certain organs, sleeping in there and creating havoc at the same time,

Grace Kalakay: Mm-hmm.

Clara Cohen: intergenerational trauma that get passed on on top of it. And so it'd be interesting to see. What happened at the cellular level when there is intergenerational trauma affecting, let's say. You know, the gallbladder. And then at the same time there's also a pathogen that's been there, or a virus has been there for a long time. So it'd be very interesting to see what correlation, or if they are connected or if they're not connected or if it'll weaken that whole energetic organ in a way.

Right. It's fascinating because I love the six stages and the four levels, but. Specifically the six stages, because the six stages are there to show us. Yeah. Acute pathogen invasion at different levels or different stage. You know, it's like, okay, it's going to the Shao Yang and the Tai Yin, et cetera. I feel like we can also use it for exactly what you're talking about, for pathogens that have been dormant in certain area and are creating symptoms that are probably maybe a lung qi deficiency and a spleen qi deficiency because the pathogen is stuck at the tai yin level.

Grace Kalakay: Yes,

Clara Cohen: for a long time,

Grace Kalakay: yes.

Clara Cohen: You could see that really playing a role.

So I kind of connected that way. So thank you for explaining that.

Grace Kalakay: Yes. Oh, I think of the six stages too. When I think about these dormant pathogens, and I'll often curate the needles that I use while somebody's receiving resonance to kind of yes, give a perfect storm of healing essentially. Yeah.

Clara Cohen: That's really cool. so my last question for you is at the beginning, I forgot to ask you, but I was like, wait a minute. So you bought the machine. How did you learn? All the hertz, all the frequencies. how does one learn that, okay, I can get the machine, but what do I do once it's sitting in front of me?

Right. I need to learn. So how did you do that?

Grace Kalakay: Okay, well I don't necessarily have to learn any of that, which is really lovely. I mean, this is a really high tech machine, so I scan the body. It tells me what it picks up. It tells me the hertz, and then I take the information from that. So essentially I'll take a vial of water and I'll put it into, there's a scanning machine and there's a machine that delivers therapy.

So I'll put it into that scanning machine and I'll basically make a custom water vial, of problematic hertz frequencies and I'll put it into the therapy machine to receive therapy. The machine itself is very easy to use. I have a way that I use it that works really well and that I found is really effective.

So that's really my next venture is trying to put as many of these labs in and out through the United States and actually the world. As I can, I just installed a lab in Costa Rica, which is really exciting. In fact, there were people lined up day one to get on the machine. It was so exciting and great, and I had this very amazing surreal experience.

I was actually overwhelmed. I was actually like, crying when the first patient walked into the room to receive their bioresonance scan and therapy. I just knew that I was gonna be able to make a huge impact on all of these people out there that are suffering and could give them some relief.

Clara Cohen: That's awesome. And that's all it's all about. This is what it's all about. This is what we went into TCM.

Grace Kalakay: Yes.

Clara Cohen: To, try to support people, help people, because if they don't have any other help, someone has to help them. Right? People feel desperate. So this is so cool actually. And the bio resonance lab, we'll have the link below so everybody can go and check it out. I wanna land the plane with, give me a story of a patient that came in with a certain problem and then once you did the treatment just like yours, gimme a case with a real disorder or symptom or whatever happened. 'cause I would love to finish on this kind of note, 'cause I think that's so key to understanding how we can change patients' lives every day.

Grace Kalakay: I'll try not to cry even just talking about this case. But yes, you can actually learn about Maddie's story if you go to my YouTube bioresonance lab. Maddie just turned 18 years old. She talks about what she was struggling with. She relates all of her symptoms back to an illness, which was really interesting.

Nobody had ever asked her that, she said, wow. It's interesting that you're asking me if I had an illness when this whole thing started because I did. So. She was diagnosed with pandas. She was having irregular heart issues. She was fainting, abdominal pain, fatigue.

She was, missing school. She missed months of high school. I mean, just extremely disruptive. She shares in the video that she went to about a dozen different specialists and. Finally, I guess even ending up at Kennedy Krieger, which is another institution here in Maryland, and was even told that these symptoms were in her head.

They tragically even called her a lazy high school student., I just can't, with Maddie's story, it's just like, it's overwhelming to me. This is why I do what I do. Maddie ended up in my clinic after suffering for about a little over a year.

And after really just a couple of bio resonance sessions is back to her old self again. Feeling great doing all these things. Excited about her future. Just a huge bright light. And I'm sharing her story 'cause I know that she wouldn't mind. And yeah, she's already shared her story on my page.

Everybody needs to watch her story. It's truly amazing and inspiring. But yes, this is why I, I do what I do and especially for kids and teens. Not everybody is on board to try acupuncture anyway, honestly. Sometimes it's a little bit too much for them. So what a great way, what a great therapy to be able to offer , that doesn't involve needles, that's completely painless and safe.

So, Maddie's story, Maddie is amazing and that's just one

she wanted to share it so that she could help maybe even just one person. I'm a licensed acupuncturist.

The interesting thing about me is I actually hate watching people suffer. It's a whole thing. It probably has to do with, I grew up having a mom that was chronically in pain and having chronic health issues. It's maybe because of that, but I have a real issue with it and acupuncture gives me the ability to.

Right with a couple of needles, like take away somebody's suffering. It's incredible. But food and nutrition that is maybe even the top. So it's so cool that you have that background. The only reason I didn't go that way is I felt like it was gonna be impossible to try to coach people about what to eat and what not to eat.

I thought, oh, it might be easier just to throw a few pins in them, or, yeah, put 'em on a bio resonance mat. But yes nutrition also plays a piece, and that also just reminds me to speak about bioresonance, it's just one more tool, right? We know and we tell our patients, it's not just acupuncture, right?

We teach them about diet, we teach 'em about exercise. We remind them to see their doctor and get their blood work done. We remind them to get their routine screenings. You do need all the things really and we really do need western medicine, Eastern medicine, we need everybody on board here to help patients and to prevent disease.

There's a quote from an ancient text, Chinese text that I love. It is, to wait for disease to manifest is like waiting until war. And then trying to make your weapons. I think about that oftentimes, when I think about disease prevention. But this is why I'm in the game here of acupuncture and bioresonance.

I absolutely cannot stand to watch people suffer because of that. I am very impatient. I've gathered tools to give me fast results and get people feeling great, like lickety split. That's what I love.

Clara Cohen: That's perfect. You wanna help people. There's nothing wrong

Grace Kalakay: That's it.

Clara Cohen: the best thing. Right. And I'm an empath, so I don't like to watch people suffer neither. I totally get you. It's all about trying to help people with the tools we have, and if it's not our tools, it's somebody else's tools, but you know, everyone can come and support patients from their perspective.

And so I really appreciate you coming, talking about bioresonance, educating us about options. And tools we, I specifically didn't know about. I appreciate you sending me all the kits and my mineral water. So now I'm gonna start taking it. I wanted to wait for you to explain to me before I start taking it.

So I haven't started yet. So I was like, okay, and then I will report

Grace Kalakay: Very good.

Clara Cohen: I will send you an email. I really appreciate Grace for you to be here. We'll have all the link in the show notes below even your YouTube channel so people can go and enjoy also Maddie's story as well. Thank

Grace Kalakay: Yes.

Clara Cohen: grace.

Grace Kalakay: Oh, you're welcome. Thank you so much for having me. I love your show. I never miss it. And I couldn't help but thinking that this is your New Year's resolution, right? To be doing all the things and all the tasks and going deep in your health. So I thought, oh my gosh, this is perfect for her this year.

But thank you for having me.

Clara Cohen: Thank you so much for your support and for being here. I love it.

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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