Introduction to Traditional Chinese Medicine

Hi, everybody. It's Dr. Betsy Greenleaf. And welcome back to another episode of the Solving Sexual Dysfunction Summit. I'm really excited to have with us today, Dr. Jayne Dabu.

Thank you, Jayne, for being with us today. Thank you for having me. I'm excited to be here. So this is going to be fun because we don't have anybody talking about this, which is traditional Chinese medicine.

And so I'm really interested in finding out what our things in traditional Chinese medicine between acupuncture and herbals that can help with hormones and libido.

But before we get into that, I was just want to ask you a little bit about what is traditional Chinese medicine and how did you get into it? Oh, that's a great question.

So traditional Chinese medicine, it's a complete holistic system, right? Comprised of many modalities. People usually just think, oh, just acupuncture.

But there's so many other things. There's acupuncture, there's herbal therapy, there's qigong and taichi, and there's dietary therapy. There's other aspects of it that we don't usually talk about, but people think it's separate.

There's Feng shui is actually part of Chinese medicine. There's even cosmology, you know, like astrology too. And we also have things like Chinese based reading.

However, you will come to me and maybe ask me for these things. Like I'll read my astrological chart. But back in the day, thousands and thousands of years ago, the court physician was like the advisor to the Emperor and the Empress.

And so the court physician would advise him on all of these things and even Chinese calligraphy. So basically the teacher to the Emperor and the Empress, and this is the medicine for anti-aging, because it was really for the royal family, because they wanted to continue the dynasty.

So if they kept their health up, then they could continue to rule for thousands and thousands of years. So it was always the elixir of life trying to find, you know, I want to be immortal.

Jayne Dabu's Healing Journey

Okay, so that's basically Chinese medicine nutshell and how did I get into it? That was your second question. Yeah. Oh, so interesting. So I it was not anything on my radar, I'll tell you that actually my first career, I was a professional ballerina, so that was what my dream was.

So Chinese medicine was not even a thought. And then, you know, you retire from that. And then I ended up in corporate doing information technology for a large media, you know, a movie company in Atlanta.

And I got really, really sick there. It was. The stress was just horrible. I went from doing something I absolutely love to something I just hated. Every day. I don't know if anybody can relate to that.

It was not good for me. And as a result, I got very, very sick and I ended up with uterine cancer in my twenties. Yeah. Wow. And so one of my good friends was going to Chinese medicine school in California, said, You need to go see an acupuncturist.

I'm like, actor, what? She just said, Just go. So I started seeing an acupuncturist in Atlanta and I went to another

place that worked with nutrition.

And it was just amazing because all of that together really helped to heal me. And I actually had to go to five different gynecologists to actually diagnose me.

Well, how. Easy. And I think I was working on myself holistically because, you know, you wait around for the Western medicine game trying to figure this out and I'm like, I got to take my health into my own hands.

Long story short, went ahead, did that. And of course, we said, well, we got to do a hysterectomy to figure out what stage right. And I didn't want to play with my life, but I was, you know, for several months working on myself mentally, emotionally, spiritually, everything they say in Chinese medicine.

And I said, okay. And I just went ahead and chose a date and they did not take my service or my ovaries. I had my ovaries, so I learned how to be my own advocate.

But they took out the uterus and when they went to pathology, the pathologist called me, was like, I don't see that tumor anymore. It's not even there.

So I had healed myself from cancer and hindsight 2020, you know, looking back and like, oh, maybe I should have asked for them to look again before I wasn't, you know, but I was in my twenties. I was young.

So I think. You still would have gotten the same answer because I think I know being in traditional medicine field, they're like, we don't know what it is until it's out in a petri dish.

So it's like they take it out and put it back. Yeah. So I mean, after that, I quit my corporate job and I was like, I'm going to Chinese medicines. And it was a well-paying job, but I didn't care.

You can't pay me a lot of money. Like when you sell your soul and you have all this stress. No one can ever pay enough money. So I was like, Forget it.

I'm going to go be a poor student and do this like I need to help people. This is amazing. And so I've been doing it and never looked back. Oh, my goodness.

That is such a miraculous story. That is amazing. And then we've been talking a lot with this summit about how stretch stress affects libido. So we it's.

Not just health, but libido and health and fertility and and all those things put together. Absolutely. So when you asked me, I was like, yeah, this high.

I understand all that down there. I may have that cancer, you know, but still, you know, I thought taking out the UTIs, would that affect my libido, going, you know, going to Chinese medicine school right after I learned all those secrets and I put them into practice.

And so I, I went straight to that book. I started looking up everything. You know, there's some issues after hysterectomy, so you gotta think about those things.

But yeah. So now I'm so curious, what is it with Chinese medicine that they would say about libido and hormones and then what kind of things do that gets recommended with Chinese medicine?

Yeah. Okay.

Yin-Yang, Patterns, and the Three Treasures

So I'm going to have to give you a couple of foundational things. So now, you know, it's a combination of therapies, not just acupuncture, but with them everything.

And you know, the symbol, everything is yin and yang. Yes. The correct way is to say yang, not yang. So that's the American way. So it's yang, right? And that's like light, that's dark, that's male, that's female.

And it's all about balancing that. You can liken it in Western medicine to something like your autonomic nervous system. And to break that down for people, it's like your fight or flight, like stress under stress or, you know, your relaxation.

Like you have an on and an off switch for your body. And it's the same in Chinese medicine, yin and yang, same thing just to relate that, to correlate them.

So in Western society we're running, running, running, we're running, running. That's more yang but we don't really take that time to have that yin phase right.

You can even liken it to exercise like running like actual running basketball, cardio. That's very yang oriented. But then you have to balance it with yin exercises like yoga.

Taichi does that makes sense? Yes. Humming to Chinese medicine. There's we also look at things as excess or deficient. Right. You can have a male, you know, a man that's, like angry and like, oh, he's purple face.

He looks like he's about to have a heart attack. You're just angry, right? But you can also see a male or a female that's, like, really timid and really, like, really low voice, super deficient, you know, like that.

Right? So you can tell that it's very easy to make those comparisons and everything is a pattern in Chinese medicine, Western medicine. It's conditions like you may have PCOS, there's a name for it, there's a label for it, or you have one.

What's another one? You know, heavy bleeding. I forget the western what's the Western medicine? You know. And I like Dysmenorrhea. Dysmenorrhea or amenorrhea or erectile dysfunction.

Those are all labels and names. But for us we have patterns. It's kind of like you have we're in the fall pattern now, at least where I live, what happens in the fall?

The leaves turn colors, they change. Maybe there's mold, it's cooler, right? But we group symptoms together, and that's a pattern. And usually like someone will say, oh, I have this, you know, exactly what pattern?

And then they're going to say all the other symptoms that go with it and you put it in that pattern. And when it's that pattern, then you choose all the points that go with that pattern, all the foods that go with that pattern, all of the what else?

The diet that goes with that pattern. So it all stays within that pattern. Now, when it comes to libido and hormones, well, let me back up a little bit.

Let's start with the three treasures. The three treasures in Chinese medicine. You should always protect your jing, your chee and your essence, those three.

And they say if you protect those three, then you'll live forever. Right? You're jing is your essence for men. It will be sperm. For women it will be like tea, the eggs, the ovaries, the the.

Even your menstrual bleeding. Right? Protect that. So you can say hormones always pick your DNA, your blueprint, your essence. Right. And then you have your key, which is your energy.

And like I said before, you know, in Western society, United States, it's go, go, go, go, go. We exhaust ourselves and to no end. It's always that on switch that we never rest and turn ourselves off.

And then we have Shen, which is our mind, our mental capacity and just our emotions. You should always not

control them, but protect them. Don't go crazy.

Don't stay in anxiety. Don't stay in depression too long. You can go through it, but you know you've got to get help for that. So you have to protect those three treasures that every single human being has.

And if you don't don't, then that's when it will start to affect many systems, especially the hormonal system, your libido and everything else that goes with hormones. Right.

And then you have all these sexual dysfunctions. So in Chinese medicine, there are three organs in Chinese medicine that have a lot to do with libido and hormones, and especially for the sexual health in general.

The kidneys actually believe it or not, in China, and they look at the kidneys as very important. We call it the gate of life. Ming men, you know, Ming men means the gate of life, the gate of vitality.

And so that is what protects your kidney essence, we say. Right. So that is important for we sake. For kidney yang, it's the male sexual drive. Kidney yin is for female sexual drive.

So when kidney young for men, it starts to deplete. You'll get erectile dysfunction impotence, you know, because they are wasting their kidney chee either overwork in drinking doing all these horrible things, like maybe not taking care of themselves, smoking over, you know, just poor eating, not good.

You're exhausting your kidney. YOUNG So of course now you don't want to have sex, poor sexual activity. Or they also have in the books for men to excessive sexual activity.

So that can also cause problems as well as sexual dysfunction, too, having too much sex, male or female. And then for women, kidney yin so are born well for women we call it well the Chinese name is Tian Wei, the bleeding, the menstruation.

Right. So if we don't protect our menstruation, inhabit regular throughout our life, then obviously there will be infertility, you know, just fertility issues.

You'll have lots of problems there. In pregnancy, everything leads up to it. We have poor diet, stress, stress. Stress exhausts us. And then we also go through perimenopause, menopause, which the kidney yin goes down, then you have the hot flushes and all of that stuff happen.

And when the kidney end goes down, then also libido goes down. So we think of those things. But the other organs also associated with just sexual dysfunction would be the liver organ medicine, the liver organ.

They say, is like the commander of the body. It tells the body, it tells all the other organs what to do, like that she has to go this way. That way this it controls and says this is where the blood flow goes.

That's what that's what they say in Chinese medicine. Right. But you have Western medicine. It's used for detoxification. That's really important. So and you know, there's so many things to liberate us.

But for us, if your stress, you hold it and bind it in the liver. So when you are very stressed, guess what?

Kidneys, Liver, and Heart in Sexual Health

There's no good circulation there. And the other organ is also the heart to a lot of anxiety, depression. Nobody wants to have sex. You're having a lot of anxiety and it causes a stagnation in the liver.

And then now it's affecting your hormones. So those are the three organs that would be the main ones. But of course, digestion, there's other ones too, but those would be the main ones for Chinese medicine.

I hope that made sense. It's absolutely, absolutely fascinating. And it's so I just find it so interesting because it's,

first of all, so enlightened because we think of Western medicine being so modern.

But sometimes I think Western medicine really just doesn't have a clue in Chinese medicine. And so long. And to have this kind of knowledge and it's something that we've kind of skipped over in, in traditional Western medicine, like I'm like, you know, the world would be a different place if we incorporated, you know, more of this.

It would be nice because it's how to live daily, you know, and that's what people need to know. And when I work with people, you know, I give them guidelines, you know.

Well, I had mentioned the guidelines from before and we all chuckled in Chinese medical school when we read this and this. Let me read it. It's from the Swede dynasty, 581 to 618.

Those years, right? The classical, the simple girl is what it was called. And they say at age 15, if you're in good health, then the frequency of ejaculation for men should be two times a day.

They even have guidelines here. The average tell one time of day poor health. Well, you know, and they have it by ages like 20 and then all the way up to 70 years old, like maybe at 70 years old.

If you're in good health, you should have an ejaculation every 30 days. Average health, none. You know, because when you have four males in ejaculation, you're letting go of your kidney essence and you want to hold on to your essence leading to qigong and taichi.

It's all about preserving essence so you can have vitality and you could have longer life, right? Because we're talking about the emperor here, right?

You don't have the emperor, right? And it's the same. They even have minimum recommended frequency of ejaculation according to age as well. So they have like age 20 every four days and you go all the way up to age 60 every 30 days. So they have guidelines.

It doesn't have to be below 20, but loosely, you know, just loose guidelines. And even the amount of sex one should have also changes from the seasons because you follow the seasons too.

So in the spring you have higher sexual activity and then it declines in the winter. So everything goes in cycles because Chinese medicine mimics nature and that's mimicking.

You know, it's something interesting about that. And I just came across a study and it had to do with testosterone levels in men. And because I was trying to look up like what were standards for testosterone levels and what kind of research they've done?

And I was actually shocked that there was this pretty large Western study that looked at male mortality. So the risk of dying and associated with testosterone levels.

And what they found was that men's testosterone levels is the highest. This brings up the season. They was the highest in the late summer to early fall and it was the lowest in the winter.

And in the winter was when we saw the highest levels of deaths related to that low testosterone. And then what made me think of seasons with you. About seasons, too, and that's why a lot of the you know, the court physician had to teach the emperor, you know, moderation and how to live forever.

Don't lose your essence. Don't lose your genes, because, you know, you can spread your seed everywhere, too. And also for the females, too. What do you eat at different stages of your life?

Because, you know, maybe it in 42 or fifties or 60, you can't eat like you ate when you're in your twenties, you know. And for women, they say every in Chinese medicine I don't know about Western medicine, but in Chinese medicine, they say every seven years that hormones change.

In Chinese medicine, for men, it's every eight years. So if you do the math, you know, obviously, you know, 40 to 49, you know. It correlates it may yeah.

Matches up quality matches up. So and even for fertility, you have to eat a certain way. I love it when the mothers bring younger else. To me that just started menstruating because then I start to teach them This is how you should eat, you know, for your menstruation, you know, and this is and then before and then when women come in, they want to get pregnant.

This is how you should eat. This is, you know, all of the lifestyle you should have or even post pregnancy. This is how you eat or even going into menopause or perimenopause.

This is how you should eat now and then. Perimenopause and perimenopause and menopause and post menopause. There's guidelines for everything. And it's so good to share that with people because they don't know.

We just eat the standard American diet all the time, so it makes sense. Yeah. And then where does the where's the role of acupuncture come in with all this?

Oh, yes. So with acupuncture, I think of those acupuncture points as switches, right? Like a switch to turn on a light, turn it off. Right.

Acupuncture, Blood Flow, and Targeted Treatment

So as you know, the doctor, too, when you put a acupuncture point in, basically there's an affair. It like movement towards the brain and efferent away from the brain.

So you're basically controlling you. You have an exact so if you have, let's say, shoulder pain, I don't have to be on the shoulder. I could go on your leg and there's a switch there that will turn on that part of the brain to stop the pain over there.

That is so cool. I was very targeted. Does that make sense? So if you're like, Hey, I have problems in male or female. Obviously in the genitalia pelvic area, there are points for that area.

And Chinese medicine is a medical art. It's not really protocol based. You know, you will have you'll need that because it's emergency medicine, obviously.

Right. But for us, it's a medical art. Like you can make lasagna. I can make lasagna, but we have different ingredients. In the end, it's lasagna and you still get the same result, right?

I love even Chinese medicine. You're very creative with what you do and as you do this longer, it's like you choose less points and it's like they have done right.

So that I hope that made sense. You know, it was actually and I love when when the two worlds start to combine because I heard recently that there was some kind of study where they were able to map out, I don't know if it was with functional MRI, there was some kind of imaging study and they were actually able to prove these like nerve nodes that were on the body that they're going, oh, my goodness, look at there's these nodes of nerves, these like little packets of nerves, and they're corresponding to the acupuncture points.

And like once again, I go, Oh my God, look at that's something they've known about for thousands of years. And we're just going like, All right, well, we need to see proof.

And now well, now we're finding the proof. So I just I find it incredibly, incredibly fascinating. Well, it's good you brought that up because I read a study also.

Well, they were doing acupuncture points on in their cities animals. Right. And they wanted to look at all the different. It was like somatic nerve bundle this number two, number three, number four.

And they wanted to see how the acupuncture points on the front paws. The back paws, you know, there's acupuncture for animals, too. But how and where would the blood flow go?

And these and high exercise animals? And they would, of course, the ones they chose were for hormones and they saw for the female animals, the blood flow goes straight to the uterus.

It was. Wow, fascinating. Yeah. So I talked about that study a while ago, but it was really, really cool. And they even saw the acupuncture points that would go to the middle section into the brain.

So you can control blood flow with Chinese medicine. So so you can talk about so many different conditions. Right. It's just where do you need the blood flow?

Just tell me. I don't care where you need it. Just tell me. Right. Which would be great for erectile dysfunction, because erectile dysfunction is a blood flow problem.

Exactly. So with acupuncture, sure, there's that. So you say, okay, you have erectile dysfunction. Okay, great. Okay, let's go ahead, take care of this.

And then you have to so pick the points, the point prescription, we call it, and well, diagnose, first diagnose and the treatment plan. And then you would go ahead, pick the points and then you would pick the herbs that go with that pattern.

For me, well, you'll say erectile dysfunction, but I could say kidney yang deficiency. And there are herbs that are that go straight to the kidneys and help the kidney energy in that whole meridian.

So. That's right. That's a we don't think of food that way. Yes. But food travels and actually influences certain organs. And they figured that out in Chinese medicine.

And so that'll be for the food. And it's the same thing for the herbs. What meridian does it go to? What organs does it affect and what type of affect will it have on that organ?

So we categorize food and even herbs into so many things. So like let's talk about, I guess red ginseng, the color red and you want something more me so think of, you know, blood and red and helps circulation.

Ginseng helps to dilate, so helps with blood flow and it will go to the pelvic area, not just white ginseng. I'm talking red ginseng. There's a specific one.

Is that. Yeah. Yeah, that does make sense though. And you know, and to give you even a simpler example, I don't know, have you eaten sushi before? Oh, yeah. Yes, yeah, yeah.

Just so the viewers understand this, how we even look at food so she in general is actually just that whole dish would be a very balanced like have the combination of it because they say anything underneath the water brings cold into the body.

Right. That's what they say. So fish are underneath water. Okay. Yeah, cold. But let me give you a different example. If you ever had Ginger, like put it in your mouth, what do you feel in your belly?

Do you feel hot or cold? When I usually feel a little warm. Warm, yeah. And that's the effect of ginger. It warms you. So it's good for digestion. So they say when you eat fish, it's kind of it's cooling has a cooling effect.

How about when you have peppermint? Do you feel hot or cold when you have peppermint? Said, I would say cold cooler, right? Yeah. So that's the energetics of that food.

We call it the dietary energetics. So if you have sushi, right, you have the fish.

Food Energetics and Herbal Support

And then what else do you have that is maybe warming. Up the ginger and of SRB? So you have the ginger over here that's warms the cold that you just put in your stomach and then you have the wasabi which disperses anything that may be stagnated because cold brings stagnation.

And then actually there's a herb that they usually put, but they always put plastic, something plastic. It looks like grass or less or something, but it's actually an herb that you chew on to kill parasites.

That's the real way, because then the wasabi will disperse it. Oh, wow. So that's a really balanced meal. So you should eat the ginger, right? So if you have cold, you should have warm, and then you should, and then anything else happens, you know?

And that's what we do too. It's the same if people come to us and they have know on Western drugs. We also know there's energetics to drugs too. Does that drug make you feel cold?

Does it make you feel dry? So like, let's take Mucinex. If someone takes music, it's drying cessation comes in, they're dry. I have to moisten them with my acupuncture points.

Recommendations for dietary therapy. I have to do the opposite of the side effect if they're off to dry. So that makes sense. And this makes sense. Now I'm starting to think about like when it comes to herbs, you know, sometimes especially Western medicine in the way we've been trained, everyone's looking for the pill that's going to fix things.

But, you know, even if we took the herbal knowledge from Chinese medicine, it might not be the right herb because it might not be the right season or the right pattern for you.

So it's not like you can sit here and like ramble off. Well, we got these these these these Arabs that are going to help out hormones and libido because like.

Right, you. Know, individual. It is it's the first personalized medicine because it was for the wife. Right. And it was for them. And like I could tell you a whole bunch.

That's why you have to see a TCM practitioner that can, you know, distinguish the different pattern, because you can have five different men, all with erectile dysfunction, but you have to treat them differently based on their constitution and their lifestyle with different herbs.

But they'll all be, you know, fixed with whatever they're dealing with. But they'll all sit together and go, What did she give you? Oh, she gave me this weight. What? That work on you? It didn't work on me.

Does that make sense? So you can just ask one herb, but, you know, there's like vaginal dryness, there's herbs to help with that, right? So if there's some dryness, that's why you can help so many like complicated cases and you don't have to have like 12 bottles of different things.

You can put it all in one formula, a balanced formula that will hit every thing that makes, because. We see that too much often in in Western medicine, where you take one medicine for one thing and then you get the side effects of that medicine.

So then you get to go on another medicine to do what the side effects, and then you're going to take another medicine deal with the side effects of the second drug.

Right? Then you come to the acupuncturist. I'm like, Oh my God, what's going on? Let me just try to balance you and restore some homeostasis here, right?

No matter what it is, whatever hormonal issue or whatever sexual dysfunction issue you're having. So but I will say this, though, for the herbs and Chinese medicine in the foods, it's usually warming because you want to warm the

kidneys, as they say, the kidneys go with the season of winter.

Okay. And so in the winter, if you live in a wintry climate, you should always keep your back warm and even just rubbing your kidneys. And I think you've maybe you've taken a Qigong class with me.

I've done a couple of your qigong classes, but I absolutely love when. You like just rub your kidneys. That's how you can warm up pretty fast, too. And you probably feel like, especially if you're cold and low back and it's really nice for you.

So then there would be foods too. Now I could say foods for that, like, yeah, is actually energetic. The plan is actually warming if you eat meat, right, and it warms the kidneys and kidneys are good for just sexual libido.

And, you know, all of that chives is warming to walnuts now. Walnuts, they say it's good for brain health, but it's also good for fertility and sex life.

And they say in all Chinese folk remedy, okay, this is a folk remedy, they say, for impotence to eat 20 walnuts a day. However, if you have like a digestion condition, right, or not allergy, obviously don't do that like something like right.

That particular lotus or somebody can eat nuts. Right. I'm just you know, you got to talk to your team practitioner, obviously. And it also helps to lubricate the intestines.

You know, if you can eat them. Lentils and beans are good and warming chestnuts are also and ginger, like I said, to start cooking with more ginger. Right.

So that makes sense. Yeah. Shrimp is also good. It's warming oysters, of course, but don't get food poisoning. And if you have shellfish allergy, obviously don't eat that.

Which is funny because there is that rumor that oysters are aphrodisiac. So maybe that they are. They are an effort. These are all aphrodisiacs, too, in Chinese medicine.

So even eggs, eggs are a blood immune tonic. So that's good for women. You want foods that help nourish yin, and that's what you should do even after pregnancy. I'm sorry.

I'm running all around the place because it helps so many different conditions, not just from one thing, but you just think of what nourishes yin and what nourishes yang and this group that all together.

And if you do both of them good. You make them. You're making me want to go back to. School. Like I need to know more. It's a long time. You want to go to school, like.

Yeah, I don't think I can start again now, but it's definitely making me going. Wow. I want to know more about this. So even Dungay is good dungay people talk about that a lot.

Black cohosh doesn't work on everybody for women. I found that. Yeah. Because it has a different energetic versus dunk way know. So Romania is also good it nourishes blood and she for women that's a really good one too.

So those are pretty general. We usually have those a lot in Chinese herbal formulas for women. So now they do get into some things for men, you know, like I know they actually even say about seahorses, but, you know, in this country.

Yes. And, you know, there's things that they do. But this I'm talking ancient times, sea cucumbers. I've never eaten one buffalo. I've eaten them. They're no they're like a giant slug.

Yeah. I mean, it's you know, then I'm like, I don't know how to cook that. I was just like. You've tried it twice, and I don't know what made me try the second time, but.

I should try it. I know. I see it all the time like. Oh, but yeah, I hope that's made sense with food. You want foods that warm, you. So that's why we say don't drink like cold water all the time.

Should be room temperature, you know, always keep your essence warm because it likes to be warmed up. And it's the same too, when we think of fertility, you know, and you know, that is could possibly be an issue that some people are dealing with.

I mean, yes, there's like deficiency of gin and hormones and all that. Right. Or there could be some excess here and deficiency that, you know, you just got to regulate them.

But sometimes people have unexplainable bull like fertility. And I've seen this and there's actually a diagnosis. I'm thinking of one in particular. There's many diagnoses in Chinese medicine for fertility.

It's not just this person has fertility issues, multiple things here, but one is cold in the uterus. Huh. And we use a warming technique because they say, what's the what's what do they say?

You have a bun in the oven, you got to get oven warm. So even, you know, if you're then like out there watching, like put your hands like, right, you know, underneath your belly button.

Is it cold or is it warm? Does it feel cold or warm? Like we even have to touch the patient, see?

Fertility, Warmth, and Personalized Care

Maybe even check if your tummy is cold or your tummy is warm. You know, there's different temperatures, so you got to see what's going on. There's stagnation there.

Something's not going on. Sometimes just warming up. The uterus really helps with fertility. I know that sounds strange, but that's an actual diagnosis.

And then they get pregnant. You're like, Oh, that's cool. So but stress has a lot to do with a lot of sexual dysfunctions. The basis of Chinese medicine is all about blockages of Chi Either your brain, you're stressed out in anxiety, depression, causing blockage g where your food or your lifestyle is causing.

We just have to help you decipher that. And like what exactly that could be. Right. And as long as a patient's willing to dove into what that is, then, you know, of course, you know, it's awesome.

It's really awesome helping people recognize things and get connected to themselves because once they get connected to themselves and then they have their partner, the partner can get connected to themselves.

Then the sexual relations will be wonderful between them right and better sex life. I hope that makes sense to me. Oh, my goodness, Jayne, this was absolutely like fantastic.

I really I learned a lot in this session. I really appreciate you explaining all this stuff I have. It's like I know about Chinese management. I feel like I have a whole new understanding of it that I never had before.

So I'm sure I'm this excited about it. I'm sure everybody else is going to be enjoying this lecture. Yeah. Where can people find out more about you? Yeah.

So my website is lotusacupunctureclinic.com and I don't know if you so much lotusacupunctureclinic.com and I'll give you our website and you know that's that's my my place here in Virginia Beach.

But you know, I work with people all over the country. I do some telehealth. I also do functional medicine. We talk about nutrition well, you know, regular standard nutrition.

But also the thing about me, I think of myself as a functional acupuncturist because I blend those two together and

then once the patient understands the foundations and we go into the Chinese dietary therapy and really get even super personalized because you have to have a good foundation and understanding and people say, oh, you eat healthy, but healthy is different from clean.

So, you know, we have to understand those things first and then they start to learn more. So it everything builds upon the next because Chinese medicine is all about teaching the patient, you know, let's say teach a man or woman to fish.

They can catch fish for the rest of their lives. And that's what we do. You know, I love them, but I don't want to see them every day with all these problems they need to learn.

About and get better. And kind of the opposite of traditional medicine is, is get people better. And I just keep having them come in and I think that's what people want to do.

They don't want to have to keep coming in and paying co-pays and deductibles or fees or like I want to come and pay and get healthy.

Where to Learn More and Closing Remarks

Yeah. And I always ask them if you're willing to learn, I'm willing to teach you how to take care of yourself now, you know, so there's a lot of patient responsibility, like willingness to get better and wanting to get better because we have all like actually I always joke and say I need like nine lifetimes to learn Chinese medicine because it's thousands of years old.

But I will teach you as much as I know and I keep going and keep learning. It's just you continually learn like there are so many books that have even been translated to English yet.

Oh wow. I know. That's amazing. Yeah. Thank you so much, Dr. Jayne for taking the time to be with us. I really appreciate it. Yeah, thank you so much. I enjoyed it.

All right, everybody stick around because we got more great sessions coming up of the Solving Sexual Dysfunction Summit.