The Better Question: What If a 3,000-Year-Old Framework Explains What Every Modern Diagnosis Has Missed? Transcript

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Introduction to the Resiliency Method

So, how does chi stagnation show up? Well, chronically, it manifests as depression, anxiety, irritability. I saw a great release of it the other day on my acupuncture table.

Somebody just laid down and literally started crying. That can even be a movement of chi. Welcome to the resiliency method, the truth about healing. I'm Dr.

Erica and we are here to uncover the root causes keeping you stuck. Together we'll restore your energy, your focus and your resiliency so you can finally heal, regenerate and feel truly alive again.

What if everything that you have been told about chronic illness is only half the story? What if the fatigue, the inflammation, brain fog, symptoms that keep coming back, no matter what you try, aren't really random?

And what if aging isn't just a process of accumulated years and birthdays? What is there a pattern, an ancient, readable, reversible pattern that your body has been trying to show you all along?

I'm Dr. Erica Schultz. I am an acupuncturist, functional medicine practitioner, and the founder of the resiliency method. For over 15 years, I have been bridging the intelligence of traditional Chinese medicine, ancient medicine with the most advanced tools of modern longevity science.

And what I've found changes everything because your body is not broken. It is not failing you, it is speaking to you. And once you learn the language, healing and aging well becomes possible in ways that symptom management never allowed.

On this podcast, we go upstream. We talk about root causes, not diagnoses. we talk patterns, no prescriptions, magic supplements or biohacks. What actually looks like to heal completely, age well and to build a body that's as resilient as you are.

So welcome. Let's begin. what does Western medicine do exceptionally well? acute care, emergencies, infections, trauma. Man, if you break your leg or you need emergency surgery, Western medicine is extraordinary.

When it comes to chronic illness, the stuff that doesn't go away, we tend to hit a wall. And the reason is this, Western medicine is fundamentally a symptom treatment model.

If you have high blood pressure, here's a medication to lower it. You have depression. Here's an antidepressant. you Have autoimmune flares. Well, Here is an immunosuppressant Now I'm not saying those interventions are never necessary, but notice what's missing.

Nobody is really asking why you have high blood pressure. Why is your immune system attacking your own tissue? Why has your nervous system dysregulated?

And the implicit assumption in the symptom treatment model is that each disease is its own separate problem requiring its specific drug or protocol. Rheumatoid arthritis needs one thing, IBS needs another, anxiety, something else, it's something completely different.

And I'll say too that that's not just the Western model, that oftentimes the way we're treating it in natural medicine too. We're looking at ways to manage symptoms, albeit not without a pharmaceutical chemical petroleum-based product, but actually through, you know, supplements.

Western Medicine vs Root-Cause Healing

But we're still, a lot of are still really just managing symptoms. But what if it's wrong? What if many of these conditions, they share the same underlying patterns, and we're just seeing different expressions of the root imbalances?

So here's what makes this more than just a philosophical point. Modern longevity science has identified what researchers call the 12 hallmarks of aging, 12 distinct biological mechanisms through which the body deteriorates over time.

So things like DNA damage, mitochondrial dysfunction, the accumulation of senescent cells or zombie cells, chronic inflammation, and the loss of cellular communication.

And what researchers are discovering is that these hallmarks aren't really independent. They actually feed each other, they cluster together, and they share root causes.

Now, that's exactly what traditional Chinese medicine has been saying for over 3,000 years. And many of you know, if you've been listening to my podcast or you're a patient or becoming a patients, you'll know that that is my doctoral level of training is in that medicine.

And the three patterns that I'm going to describe to you today will actually map directly onto those biological mechanisms. So this isn't coincidence, this is just two very different knowledge systems that are arriving at the same truth, but from different directions.

Segment two, introducing TCM pattern recognition. Now in Western medicine we diagnose by naming a disease and in traditional Chinese medicine or we call it TCM, we diagnosed by identifying a pattern.

And this is a subtle but profound distinction. A pattern isn't just kind of what's wrong with this organ, it's a description of how energy, blood, and fluids are moving inside the body or failing to move quite frankly.

throughout the entire body, and it's not really a diagnosis. So let's briefly talk about the difference between a pattern differentiation and a diagnoses.

Now, a diagnosis is a description of location and status. So a diagnoses also will align to a drug or a medical procedure. And it really doesn't inform or treat based on root cause.

It's just a descriptions, it's a label. For example, diagnosis for chronic issues often ends in the word itis or the ending itus. An itas in Latin, which is where a lot of our medical terminology comes from, is inflammation.

That means inflammation and nothing more. So if you have colitis you, have inflammation in your colon. If you has esophagitis, you inflammation your esopagus.

You have cystitis. It's not an answer, it's a descriptor designed to line up to a medical procedure or a drug. But sometimes people get that label and it is almost as if they are kind of duped into thinking that Now, their problem is solved, right?

But that's really just the beginning. Now a pattern differentiation is more informative, but it still isn't really a root cause either. But it does inform us a bit more about what the body is doing in the face of that root-cause issue.

So here's an analogy I love. Think about a river. The river represents your body's vitality. Your energy, your circulation, and your metabolic processes.

Now, when the river flows freely, the whole ecosystem, along its banks, is healthy. But what happens when it gets blocked or when debris accumulates or there's a storm?

Well, when the water becomes stagnant, you really want to start to see these problems downstream. Plants die, animals leave, the whole environment starts to change and deteriorates.

And here's the key. You can't fix the downstream problems by clearing them one at a time. you actually have to go upstream and remove the blockage. Well, TCM is fundamentally upstream medicine.

It asks, where is the flow disrupted and why? And what do we need to restore it? Now, there are many TCN patterns that practitioners work with. But in my clinical experience, nearly every patient with a chronic condition, no, I'm going to say every Let's put it that way.

Every person with a pulse is experiencing really acceleration aging, regardless if you have actual symptom picture and diagnosed with chronic illness.

But with this, you present with some combination of these three foundational patterns. So let's get into each one of them. Pattern number one, Qi stagnation.

Now the first pattern is Qi Stagnation, now if you're new to TCM, Chi, pronounced like C-H-E-I, chi is often translated as life force energy, or simply as the body's vital energy.

Okay. So think of it as, the animating force that kind of keeps everything moving, flowing and functioning. Now in modern terms, we might approximate it as the combined function of your nervous system, your hormonal signaling, and your cellular energy production.

Chi stagnation means this energy has gotten blocked and it's not flowing freely through the body's meridian system. And let me define that term properly because It's really more concrete than most people realize.

TCM Pattern Differentiation Basics

Meridians are not mystical, invisible channels. They correspond to the network of vessels, arteries, and neurovascular pathways that run throughout the body.

So if you have any familiarity with Chinese medicine, sometimes when you're first encountering it, sort of like leads you to think that you've got to like kind of come up with this whole new paradigm or way or theory of how the body works.

And that's really not true. In acupuncture points, the specific locations that we needle are what modern research actually increasingly recognizes as neurovascular nodes, which is a fancy way of saying, hey, there's a lot of electricity there.

There's lot nerve endings there, There is lot more activity that's more concentrated in these sites where these nerve endings, these blood vessels and the connective tissue kind of like intersect their intersection points and they communicate.

And we talk about chi flowing through the meridians really talking about the flow of what your body actually runs on, oxygen, glucose, vital nutrients, and nerve signaling.

And as researcher Donald Kendall described it, the true concept of Chinese medicine really is that it operates under known physiological principles. involving the complex organization of the neural, the vascular, and the endocrine and somatic systems.

So when we say Qi is stagnant, we really mean in modern language is that this flow, this coordinated communication between your nervous system and each of your vacular systems and your cellular metabolism, your organs, well, it's been disrupted.

So how does Qi stagnation show up? Well, chronically, it manifests as depression, anxiety, irritability. I saw a great

release of it the other day on my acupuncture table.

Somebody just laid down and literally started crying. That can even be a movement of Qi. And acupunture really helps facilitate, especially when you're talking about a lot of chronic stress, built up energy.

you know, sometimes it takes entering the room to start having that response. All right. And so, you, know this depression, anxiety, earbell, these things are, they show up as PMS, so premenstrual tension is a really good one, loading, emotional volatility in many women.

that, you know, experience oftentimes and it shows up as digestive issues too. So, especially when you're talking about when, and you can just notice that little bit of increase in stress or that event or whatever, all of a sudden you start having gut symptoms.

Man, I remember being like that like years ago before I knew anything about anything. Just being, like, even at a party where you supposed to have fun and having like the worst stomach ache ever.

It's awful. Anyway, if you show up is fibromyalgia, It could show up as chronic pain without a clean structural explanation, pervasive feeling of like being stuck physically, emotionally.

And here's really the modern correlation. When we look at stress-related disorders through a Western lens, we often see chronic activation of the sympathetic nervous system, the flight or fight system.

Elevated cortisol, dysregulated hormones, disrupted gut motility, neuroinflammation. These are all things that are downstream consequences of what TCM calls chi stagnation, but here is where I want to push back kind of a common oversimplification.

Because yes, stress, and especially emotional stress is a major driver of state cheese stagnation, but it's far from the only one. And this is something that gets missed constantly in both conventional and even integrative medicine.

Chi stagnation can be triggered by physical obstructions just as much as emotional ones. So let me walk through the big ones that I see clinically. Toxins is huge, toxins in the bloodstream, toxin is deeply held.

These things are like heavy metals, aluminum, lead, mercury, along with pesticides and chemical exposures. Literally these things clog the neurovascular pathways we just described.

They interfere with cellular signaling. They can poison the mitochondria. And they can really create a physical gridlock in the entire meridian system.

This isn't a small problem. Research actually shows that toxins like aluminum accumulate over decades in bones, the brain, liver, and along the nerve pathways of the body.

And once they've lodged there, they actively disrupt the very cellular communication networks that really keep Qi moving and keep us healthy. The flow stops, the chi stagnates, and the aging clock tick-tock accelerates.

So the other thing too that can be a chi, you know, stagnator is stealth pathogens.

Qi Stagnation and Its Causes

And I'm talking about chronic infections that the immune system has really never fully cleared, Lyme's disease, Epstein-Barr virus, various co-infections.

Well, they create an ongoing immune activation and a systemic inflammation that blocks energy flow throughout the body. And these things are called, quote unquote, stealth pathogens because their standard testing often misses them, yet they are profound and under recognized driver of cheese stagnation in patients with chronic illness.

And really, again, with anyone with a pulse, because a lot of us are, I want to make note, are really waiting for that symptom teeter totter to really fall over before we take action or health.

And that's one of the biggest misnomers. really the things, the barriers that are getting in a lot of women's way because they're waiting for their body to break down fully before they take action beyond doing like diet and exercise.

And I'm telling you girlfriend, if you've got a pulse, you have these stealth pathogens hanging out and they have to be addressed because that silent aging process is working their symptom free or not or minimal symptom-free or Now, another area is mycotoxins.

Mold exposure is one of the most overlooked causes of cheese stagnation that I see clinically. Mycotuxins, the toxic compounds that are produced by mold, are fat soluble.

So that means they can damage your brain, your nervous system. They penetrate beyond the bloodstream and they enter the brain-blood-brain barrier, they could disrupt mitochondrial energy production, and the obstruct lymphatic and circulatory pathways.

Now brain fog, fatigue, chronic pain, mood dysregulation, all of these are classic Qi stagnation presentations and all are potentially rooted in mycotoxin burden.

Scar tissue, that's another one. This one kind of surprises people. Physical scars, even sometimes tattoos from surgeries, injuries, C-sections, and even dental procedures can actually interrupt the communication pathways running through the area of the body.

In TCM, we actually call these interference fields. Now, a scar crossing a meridian line creates a short circuit in the energetic network that disrupts flow far beyond the local area.

I've seen patients with persistent systemic symptoms that trace directly back to an old surgical scar and that had really never had any therapeutic addressing of it.

Here's where this connects to the longevity in a very direct way. When mitochondria are poisoned by toxins, and when cellular energy production is disrupted, you're not just experiencing fatigue.

You are accelerating the aging process at the molecular level. Are you tied to treatments, protocols and gurus who promise results but don't deliver? You're Not Alone.

For years, I struggled with my own long-term illness and I know how frustrating it feels when nothing seems to work. That's why I developed the resiliency method.

It's a science-backed approach to combine the best of Western and ancient medicines to restore your body's natural intelligence. Patient after patient has discovered what's possible, living stronger, brighter, and more spiritually connected than ever before.

Whether you're facing autoimmune issues, hormonal imbalances, weight struggles, or just feeling stuck, you don't need another quick fix. You need a clear path forward.

Take the first step with a discovery call at drericaonline.com forward slash discovery. That's D-R-E- R-I-K-A online. com forward, slash, discovery, or dive deeper with the full initial consultation at Dr.

Erica online dot com, forward slashed initial dash consultation, because your health, your clarity, and your freedom cannot wait. So mitochondrial dysfunction is one of the 12 hallmarks of aging and it impairs your body's capacity to produce ATP to repair DNA effectively and to maintain cellular integrity.

Cheese stagnation as rude is really often a mitochondria crisis. It's addressed in ancient language. So the point I

really want to make is this. Cheese stagnation is not just a stress problem, it's a flow problem.

And anything that obstructs the body's neurovascular circulatory and energetic pathways, whether that's emotional tension, toxic burden, a chronic infection or physical scar tissue can be the cause.

And this is why the intake process in TCM looks at your environment, your exposures, you're infection history, and your surgical history. All of it. Because all of this tells us why that she isn't moving also.

Okay, pattern two, blood stasis. Now the second foundational pattern is called blood stasis. This is a stagnant, poorly circulating blood that creates tissue damage, inflammation, and dysfunction.

And then TCM healthy blood is warm, it's oxygenated, flowing freely. Blood stasis occurs when circulation becomes sluggish and when blood becomes thick and dark, when it pools in areas that shouldn't, think of it as the difference between a vibrant oxygenated stream and a dark murky pond.

And really, how does this really show up? Well, It's the pattern behind, for example, conditions like endometriosis, the tissue damage, adhesions, dark clotted menstrual blood.

It is the fixed stabbing pain. The pattern is cardiovascular disease, plaque formation, arterial stiffness, peripheral circulation. Things like rainouts, chagrin.

even scleroderma, which is one that I've known. It's the driving pattern in autoimmune conditions like rheumatoid arthritis, lupus, where chronic inflammation is really essentially destroying the body's own tissue.

And it shows up as fixed pain, pain that doesn't move or that stays in one location, Which is a classic blood stasis hallmark. Now, the modern correlations run deep here, so blood stasis maps closely onto what modern medicine calls microcirculatory dysfunction, impaired blood flow at the capillary, those tiny, tiny little areas of your peripheral vascular.

system, and really is really seen prominently in peripheral vascular disease. So think diabetes, people that have chronic venous insufficiency, varicose veins, it maps into these hypercoagulable states and it map onto endothelial dysfunction.

Now, that's a big fancy words saying really essentially where the inner lining of blood vessels and even organs lose their ability to regulate flow and that prevents clotting and maintains vascular integrity.

And here's where the longevity science becomes essential to understand. Blood stasis, it's directly connected to what cellular biologists call cellular senescence or zombie cells if you've heard of that term.

So essentially, this may be the most important mechanism that you need to know about linking TCM pattern theory to aging process itself. Because anytime you have a place where the body needs to keep sending new fresh oxygenated blood there, you'll have this accumulation over time of red blood cells and that can sometimes result to having blood stasis.

So senescent cells are really the cells that have stopped dividing but actually refuse to die. And they accumulate in tissues as we age and they secrete a cocktail of inflammatory molecules called the senescence-associated secretory phenotype or a SASP, things like IL-6, TNF, these are inflammatory mediators that actually damage the surrounding tissue and they impair immune function and actually promote further circulatory dysfunction.

So bad news bears. So here's the feedback loop. Blood stasis will create chronic tissue hypoxia or that just is a fancy word of saying not enough oxygen to the tissue and the areas of the body that aren't getting adequate oxygen and nutrients.

That hypoxia is a major trigger for pushing cells into senescent states. So there's all those senescents cells then release inflammatory SASP factors, which are the same cytokines that worsen blood stasis.

It's just like perpetual engaging and re-engaging state that continues to feed off of itself, a really vicious cycle. That damage to the endothelial cells, well, that promotes further circulatory impairment.

So the cycle tightens, the blood stasis continues, causes more senescence. So senesis worsens with bloodstasis. The river gets murkier. Think of that murky river.

It explains something that's really critically important about aging. why we develop fibrosis and scarring as we get older. Senescent fibroblasts, the cells that are responsible for connective tissue repair, for example, well, they begin with excreting excessive collagen and tissue remodeling enzymes, and this creates the tissue fibcrosis.

Blood Stasis and Circulation Problems

the nodules, the adhesions that show up in so many chronic conditions and so may x-rays or MRIs or CT scans, and they correspond directly to the TCM description of blood stasis masses that form over time when circulation remains impaired.

So poor wound healing is another consequence. And when tissues are full of senescent cells, well, they've lost their regenerative properties in their capacity.

So, injuries don't recover fully and this process really correlates with the aches and the pains and slow recovery that people often chalk up to just getting older, but which are really actually signs of progressive blood stasis and cellular senescence that it drives.

And then there's the cancer connection, which I want to address directly because it's clinically significant. Hopefully it'll get, you know, what you call it, censored for saying the C word.

So poor circulation though creates tissue hypoxia. Remember hypoxia just means lack of oxygen to the area. And hyboxic conditions over time, they activate pathways that select for more aggressive cellular phenotypes.

So chronic low-gauge inflammation, the inflammatory process that's present in blood stasis, will they provide growth signals for abnormal cells? And stagnant lymphatic flow will impair immune system surveillance.

And this is why in TCM, cancer has long been understood as advanced expression of blood stasis patterns that have been left unresolved and why modern oncology is increasingly recognizing that circulation optimization is part of both cancer prevention and treatment.

Now, bloodstasis also doesn't arise in a vacuum. So guess what creates it most of the time? Well, a persistent steady good state of chi stagnation. So when energy isn't flowing, circulation suffers, when toxins clog the neurovascular pathways, you know, we're talking about obstructive chi patterns and blood stagnates downstream.

And this is why treating one without treating the other leads to relapse. So remember what we said, we gave those different examples of what stagnates chi, right, slows down the body.

And if you don't deal with those things, and especially if your somebody that has a history of cancer and you didn't go back and deal those with things that led you to the point where your chi was stagnating and your blood was then becoming more in a stasis state, then you're prone.

You're going to be susceptible to relapse. It's really important for you, especially, if have a History of Cancer diagnosis. Now, let's get into pattern number three.

So pattern three is phlegm dampness. So the third foundational pattern is phlegm dampness. And this one tends to get the most, wait, what? Reactions from people that are new to DCM.

It's probably the important one, really, truthfully, and is, I would say, one of the more overlooked patterns that a lot of healing programs, protocols are not really getting to.

Now that name sounds archaic, but when I explain it, it'll make more sense. Most people actually have an immediate, oh, that's me when actually do describe it.

So, phlegm dampness refers to the accumulation of metabolic waste, toxins and excess fluids in the body. Now when the bodies metabolic and lymphatic processes are overwhelmed or sluggish, this damp-ness accumulates.

first in the digestive system and then throughout the entire body by creating a thick heavy congestion that slows everything down. So how does phlegm dampness show up?

Well, weight that doesn't respond to diet and exercise. That's a good example. And what we call weight loss resistance, brain fog, that cotton headed feeling where you can't think clearly, chronic fatigue that isn't explained by poor sleep, sluggish digestion, a heavy bloated feeling in the body, even before or after meals or in general.

Metabolic disorders, so think like things like type 2 diabetes, metabolic syndrome, PCOS, blood pressure issues. The modern correlations are really striking.

Insulin resistance, lymphatic congestion, toxic accumulation from environmental exposures. And here's where the longevity framework is incredibly illuminating.

Think about what's happening in the body when phlegm dampness is present. So metabolic waste isn't being cleared. Toxins, heavy metals, mycotoxins the debris of chronic infections are kind of like being stored in fat tissue.

Maybe even deeply in the bones, deeply the organs, because the body's elimination pathways are always overwhelmed. And this is not just a metaphor. This is actually research on aluminum toxicity shows us that these metals accumulate, you know, specifically in liver and the bone, the brain and along the nerve pathways.

Once lodged there, they actively continue to poison the cellular machinery that keeps us young and keeps this functional. So recall those 12 hallmarks of aging.

Several of them describe exactly what we're seeing in phlegm dampness. So the failure of autophagy to work properly. That cellular trash removal system gets overwhelmed and the garbage piles up inside the cells.

An altered metabolism, the body loses its ability to sense and process nutrients correctly. gut microbiome disruption, always needing to be fixed, pathogenic bacteria and fungi, periflate, the gut lining becomes permeable, and the toxins pour into the system circulation.

In flama aging, the state of chronic low-grade systemic inflammation that really never resolves, that driven partly by the constant presence of metabolic waste and toxic burden.

So one thing that's absolutely critical to understand about phlegm dampness patterns in the context of aging is that your body is not failing to heal because it doesn't know how.

or that you're getting older. It's failing to heal because it's too full of accumulated toxin and waste to do its job. So think of it like trying to run a detoxification program in a facility where the drainage system is already backed up.

You can run all the protocols you want, the cleanses, fasting protocols, supplements, strict diets, but if the underlying accumulation pattern isn't addressed, if flum dampness is still the dominant pattern, those efforts will produce temporary results at best.

Now, this is why so many expensive detox protocols fail. Not because the intention is wrong, but because they don't address the pattern. They don t improve circulation to support clearance.

And they try to drain the clog without fixing the pipe. The dampness comes right back. Segment 6. Now, I want to zoom out and connect all three patterns explicitly to what longevity researchers call accelerated biological aging, because this is where the clinical picture becomes truly sobering and truly empowering.

So modern science tells us that aging isn't just the passage of time. It's the accumulation of damage across multiple biological systems.

Phlegm Dampness and Metabolic Congestion

damaged DNA, dysfunctional mitochondria, senescent cells that won't clear, loss of stem cell regenerative capacity that's really disrupted at a cellular communication level, chronic systemic inflammation.

These things, now we can look at these three TCM patterns again and take a look how they fit in here. Cheese stagnation, well, it's the blocked energy flow, mitochondrial dysfunction, nervous system, dysregulation, toxic burden in the neurovascular pathways, and it directly drives DNA damage.

Mitochondrial impairment and disrupted cellular signaling, these are all hallmarks 1, 7, 10 on the aging list. Blood stasis, well, that's poor circulation, tissue hypoxia, chronic inflammation, senescent cell accumulation.

These are things that directly drive cellular senesis, endothelial dysfunction, fibrosis, immune deterioration, and the inflammatory cascade that ages every organ.

These are hallmarks, three, four, eight, and 11. And you can refer to our 12 hallmark guide in the show notes to get more of those clarity of the 12 Hallmarks of Aging.

Then there's phlegm dampness, right? That toxic accumulation of metabolic dysfunction, result of a metabolic disfunction, lymphatic congestion. Or I would say it's not a result, it is the cause of metabolic dysfunction.

Let me back up, because that's a huge one. Lymphatic congestion, leaky gut continuing or coming back. These things directly drive that autophagy failure, that metabolic dysregulation, gut microbiome disruption, and the systemic inflammation of toxic burden.

And these hallmarks, 5, 6, 9, 12. So together, these three patterns cover all 12 hallmark of aging. not partially, but actually comprehensively. And this means something profound.

When we see a patient with multiple chronic conditions, we're not looking at bad luck or bad genetics. We're looking a body that has been running these three unresolved patterns for years.

or decades, and the hallmarks of aging are the biological evidence of that. And here's the flip side, the empowering part. Addressing these patterns doesn't just treat chronic illness, it slows the aging process itself.

Improving circulation isn't just about pain relief, guys. It's about clearing senescent cells and restoring tissue oxygenation. Resolving toxic accumulation, it's not just not about energy.

Getting through the day, is about restoring mitochondria, the stem cells, and that cellular repair system that keeps your biological age young. Moving chi isn't just about mood, it's about restoring the nerves, the vascular communication that coordinates healing throughout the entire body.

And this is why TCM has always been understood as medicine, not just for disease, but for longevity. The ancient Chinese emperors who lived into their 90s when the average life expectancy was 30. We're not doing that by accident.

They were actively addressing these patterns. Okay, this is segment seven. Now here's the clinical piece that I cannot emphasize enough because it explains why so many people cycle through treatments without ever achieving lasting resolution.

These three patterns don't exist in isolation. they are in constant communication, feeding on each other and amplifying each in a self-reinforcing cycle.

Qi stagnation, that leads to blood stasis. When energy isn't flowing, when those body fluids aren't following correctly, then from emotional stress, toxic burden, self-infections, circulation suffers, man.

Stagnant Qi means stagnant blood. The tissue becomes hypoxic, no oxygen. Senescent cells begin to accumulate, bloodstasis, the inflammatory cascade begins.

Blood stasis creates phlegm dampness. Oh yes, when circulation is poor and inflammation is unchecked and chronic, the body's ability to clear metabolic waste deteriorates.

It's not just because you're having another birthday, guys. These systems are breaking down. and you have control over this. Now, lymphatic drainage flows, toxins that should be eliminated are instead stored in adipose tissue and bones.

Gosh, what are some of the things that we see as we age? Can't lose weight, osteoarthritis, you know, these things, they all line up. That dampness continues to build.

The cellular trash removal system backs up And phlegm dampness blocks chi circulation. All that accumulated waste creates congestion and heaviness throughout the entire body further obstructing the flow of energy, further damaging the mitochondria, and further disrupting cellular communications that keep every system coordinated.

How the Three Patterns Drive Aging

the cycle completes. So what you end up with in most patients with chronic illness is a body that has been running this loop for years. But honestly, just not even chronic illnesses, it's just a party that's living in our modern day environment.

That stress creates energy blockage, that energy blocking is impaired circulation. The poor circulation allows the toxins to accumulate And the toxic accumulation, well, further disrupts the energy flow.

And in each revolution of the cycle, the biological age of tissue advanced faster than the chronological age. This is why treating one pattern in isolation so often leads to just temporary improvement.

followed by relapse. And while you reduce inflammation but the cheese stagnation and the toxic burden driving it are really still there. You do a detox but blood stasis is preventing clearance and it's unchanged.

you manage stress but metabolic dysfunction has a life of its own and continues. you continue to gain weight. The insight that changes everything is this really though, is that you have to dress all three patterns simultaneously, not just sequentially.

And one can lead to the other, but you want to really address all of them. You want bring the body back into complete balance that way. So simultaneously we talk.

Because they are interdependent and because the hallmarks of aging they drive are also inter-dependence. Segment eight, let me make this concrete. I want to walk through a few major chronic conditions and show you how this pattern framework explains them in a way that a simple diagnosis never does.

Autoimmune conditions, rheumatoid arthritis, lupus, Hashimoto's, they all have blood stasis as their primary driver. The chronic inflammation and tissue destruction are the core pattern.

But almost always there's a significant cheese stagnation component. Emotional stress, well, it's a well-documented trigger for autoimmune flares. And stealth pathogens or toxic burden, they're driving the underlying energy obstruction.

Flum dampness, toxic accumulation, and metabolic burden. It's typically tertiary, but critical to address for lasting resolution and definitely for mental and cognitive function as you age, especially as your age.

So mental health disorders, depression, anxiety, ADHD are primarily Qi stagnation conditions. They also have a flamed damp component to them as well. The nervous system and the neurotransmitter systems are obstructed.

There's too much toxin also stored deeply in the brain that's interfering with the neurotransmitter function in brain itself. And the secondary blood stasis can also show up as neuroinflammation causing as well.

That research is actually increasingly linking to treatment-resistant depression. And then, yeah, again, phlegm dampness shows up as brain fog, cognitive dysfunction, that constant leaching of toxins are stored deeply like aluminum, heavy metal.

They accumulate in the brain tissue, and that's which we know now that disrupts the exact cellular signaling pathways that are responsible for mood regulation and for memory.

neurological conditions, neurodegenerative conditions Alzheimer's, Parkinson's MS, multiple sclerosis, our primary blood stasis, chronic neuroinflammation, reduced cerebral blood flow, disrupted lymphatic clearance.

That's how they show up secondary phlegm dampness again, the encapsulation of accumulated toxins and proteins and cellular debris that accumulate from having those things present and the body always driving cholesterol and formation and containment of those toxins in the brain.

Chronic Conditions Through the TCM Lens

Well, it's what researchers now call the failure of the brains waste disposal system. And cheese stagnation underlies the nervous system dysfunction that's initiated through that cascade.

Metabolic disorders, let's look at that one, type 2 diabetes, metabolic syndrome, their primary phlegm dampness, but they cannot be fully resolved without addressing the cheese stagnation that's driving stress, eating and adrenal dysfunction and dysregulation, and the blood stasis that is driving vascular complications and microcirculatory dysfunction.

And what's striking about this framework is not just that it explains each condition, it's that actually reveals the shared architecture beneath seemingly unrelated diseases.

So an autoimmune patient, a diabetic patient and a patient with early cognitive decline all have some combination of these things and these three patterns.

So they're not that far off. Even though symptom-wise, they look completely different, the patterns are the same, guys. And the proportions might differ, and the exact combo of them might different to different degrees.

But the specific expression is really that they all evolve that way. The tissue involved differs. Alright, so let's really bring this home now. Now, if there's one thing that I want you to carry out from this conversation, it's this.

Your chronic symptoms are not random. They are NOT separate problems. And aging isn't either, they're a pattern and their patterns can be changed. So the three foundational patterns, chi-stagnation, blood stasis, and phlegm dampness are not mystical concepts divorced from modern science.

They are a description of real measurable physiological phenomena or states really that are disrupted, neurovascular flow, mitochondrial dysfunction, chronic circulatory impairment.

These are all things that are resulting from inflammation and cellular senescence and metabolic and toxic accumulation and lymphatic congestion. And these same patterns, through the 12 hallmarks of aging, are the mechanisms by which chronic illness and premature biological aging are this same problem.

They are two expressions of the same unresolved root. The reason so many people cycle through treatments without lasting resolution is that they keep treating symptoms and the downstream effects without addressing the

upstream patterns that are creating them.

And the reason so many people age faster than they should is really that these patterns have been silently accumulating and operating in the background for years without a framework that could actually see them Now, the better question to ask really isn't what medication treats my diagnosis.

Closing Takeaways and Reflection

The better questions really is, what underlying patterns are creating my symptoms? And how are they connected? What does my body need to resolve them at the root?

That question changes everything. Now I'd love to know which of these three patterns resonates most with you and your experience right now. And are you living with the tension and the blockage of chi stagnation or the inflammation and pain of the blood stasis or heaviness in the fog and metabolic sluggishness of phlegm dampness?

Or some of these combinations of all three? Come find me and let me know. And thank you for being here. Take good care of yourself. and I'll see you in the next one.