

AJR Chloe Webber Transcript

0:00:01 - Anncr

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan.

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Dr Chloe Weber with us on the show today. Chloe says she's a mama on a mission. I plan to find out exactly what that mission is, how it began and how it can help all of us live healthier, more productive lives. In addition, I have lots of questions about Chinese medicine and herbs, and what's the difference between them and Western medicine and pharmaceuticals, and why do Chinese herbs seem to have a special energy frequency to them? Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Chloe. Chloe, what a treat to have you on the show today. Thank you for making time for us.

0:01:39 - Chloe

Oh, thank you. It's such an honor for me to be here. I'm so excited to finally get to chat with you.

0:01:44 - Julie

Oh, I feel the same way Mutual admiration society, and this is the first time we've actually gotten to meet you say you're a mama on a mission. What's your mission and what was the catalyst that began it?

0:01:58 - Chloe

What is my mission and what is the catalyst? It's interesting because it's sort of become a dual mission. What is the catalyst? It's interesting because it's sort of become a dual mission. So my first mission was to expand the reach of Chinese herbal medicine and use them for public health interventions. So I am very obsessed with the Chinese herbs and the system of Chinese herbal medicine and how we can use that in order to build health, to create a proactive medical model, to counter the current reactive medical model that we have with pharmaceuticals and Western medicine.

0:02:28 - Julie

Okay, so let's explore that for a minute. That's not a small mission of mine, okay, but that's a big one. So what got you to be obsessed with Chinese medicine?

0:02:40 - Chloe

Well, let's see, I had done acupuncture for quitting smoking cigarettes when I was a teen, and then later for allergies, and I was looking to start doing something in the realm of public health. And once I started volunteering in public health and in hospitals I was realizing that so much of it was just putting a bandaid on the issues that were there instead of addressing the underlying ailments that were going on. So I sort of stumbled into a school of Chinese medicine in Colorado when I was trying to figure out where I wanted to do my master's and I absolutely fell in love with it because it's just such a beautiful medical paradigm that's so safe and so

effective. So from there I started looking at. You know the different ways that we can practice in Chinese medicine. So it's very hard to get a job as a doctor of Chinese medicine. You can't just. You know there are some jobs in hospitals and some places you can get, but really you sort of have to start your own thing.

And in the West what I found is that people are really well attuned and well aware of acupuncture, even if you're a little bit nervous about the idea of having needles put in you. You've heard of it, you know somebody who's done it, whether it's for fertility or for pain. You know, those are some of the most common things that we see people use acupuncture for, but here I really wasn't seeing anybody using Chinese herbs to the capacity that I see them used clinically and that I was watching them be used in China in the hospitals, and so I really felt like creating a model that allows people to understand and to use the full scope of our medicine, which includes customized herbal formulas, was going to be the most powerful way to really help people ship their health moving forward. What is it?

0:04:30 - Julie

that you really were attracted to in. You said and I'm paraphrasing here I don't remember exactly what you said, but what I'm hearing in my head is the elegance and efficacy of Chinese medicine. I know nothing about Chinese medicine other than acupuncture, acupressure, or acupuncture, acupressure and herbs. That's it. I have no understanding. So this is one of the reasons I was so excited to have you on, because I have a bazillion questions, just basic questions about what is it? I know it's ancient, but how does it work? How does it differ from what we know as medicine in the Western world? And what was it that really piqued your curiosity when you first were exposed to Chinese medicine?

0:05:21 - Chloe

Yeah Well, so in Chinese medicine, I think the fundamental difference is that we're looking for the underlying patterns of disharmony within your body, right. So I always like to use a headache as an example. So in Western medicine, if you have a headache, you're going to get a painkiller, right. But we have no idea where that headache is coming from in Western medicine. So we're just getting rid of the pain and moving on with our day, which, largely, is effective in certain circumstances and necessary in others, right. But what we want to do is we want to understand what's actually causing these disharmonies, these patterns, these symptoms that are showing up. So in Chinese medicine, that headache might be due to deficiency. You might be totally run down. You might not have enough electrolytes or water. You might just be burning the candle at both ends. You also might be super stressed. That impacts the liver. In Chinese medicine, the liver is in charge of the free flow of qi, of energy, throughout the body. So when you get very stressed, that qi constrains and that can cause energy to rise up to the head, right, it could be from digestive disharmony, which we know also in that sort of a headache. Often you're going to see a band, you're going to feel like there's a band around your head. So in Chinese medicine, instead of just looking at the symptoms and trying to get rid of the symptoms, we're trying to figure out what is causing these symptoms and how can we bring the body back into homeostasis. So it's much more elegant, it's much more proactive and it actually gets to the root causes of the ailments, as opposed to just getting you off of somebody's office very quickly. Though I do always tell my patients I'm like I don't want you here forever. I want to see you, I want to get you better from whatever you're coming to see me for, and then we can do check-ins. But I want you out living your life and feeling healthy and good, not coming to get acupuncture every week.

But that being said, when it comes to herbal medicine, in Chinese medicine, what we do is we have about 400 different herbs in our pharmacopoeia, so these herbs are herbs that we select to create dynamic formulas. So, as I was talking about, say, with, like the liver, in terms of stress in our system. So when somebody has a headache and that's caused from liver what we call liver cheese stagnation, so stress causing stagnation of chi within the body, the stagnation

of energy. We're going to have herbs that are going to support the movement of the qi within the body, the stagnation of energy. We're going to have herbs that are going to support the movement of the qi in the liver. So these are likely going to be herbs that have anxiolytic properties. Right, they're going to help reduce anxiety, calm the mind, soothe the spirit in Chinese medicine. But we're also going to have herbs that are going to increase blood flow to the brain. I should maybe take some.

So it's dealing with the symptoms that are arising. But we're also building health fundamentally by addressing those underlying imbalances, because once you address those imbalances, you really have the potential to live your most vibrant life and really live in health and harmony. So, to me, I think what attracted me so much to this system was that it's just such a radically different perspective on health. I just do not understand, you know, like I mean, we're seeing it today very viscerally with the response to the UnitedHealthcare CEO who just got shot. The healthcare systems, the pharmaceutical systems, the Western medical model is literally killing us, and I just saw so much potential for us to bring this century-old wisdom, this beautiful tradition of fostering health based on the wisdom of nature to people today in a way that's really palpable and effective.

0:09:08 - Julie

So when I scan somebody and I've worked with four clients already today our sessions piece it's all remote and I get somebody on my radar. That means I have like a big screen TV in my head and I'm like a human MRI. I can see inside their body. And this woman this morning told me that she's had a chronic headache for decades and she said none of the doctors can figure out what's going on. They give me all these medicines. When the medicine wears off, I still have the headache and nobody knows why. And so I got her on my radar.

Chloe, she's full of mold. She lives in New York City and I said honey, you are full, full, full, full full of mold. I said where's the mold? She said well, I do have a water leak under my kitchen sink. And I said well, how long has it been there? She said, oh, long time, years and years and years. How long has it been there? She said oh, long time, years and years and years. And she said the mold's really black.

I said all right, you're being exposed to black mold which is super toxic, and that's your body letting you know with those symptoms something's off here and let's see what we can do. So, energetically. I removed the black mold out of her body. You her a follow-up email with stuff like that, because the healings that I see happen on the energetic level and then they integrate into the body and they need physical help with it. If you have a client or a patient that comes in that has mold exposure, how do you determine that when you're doing the intake and you're trying to figure out what to do to help them? Do you get that information intuitively? Is there something that goes along the lines of a protocol? Because Western medicine doesn't detect it. They don't know how to look for it.

0:11:05 - Chloe

No Western medicine does not. I actually am dealing with me and my son, Remy, have had mold, radon and carbon monoxide poisoning over the past two years in our house, so I am very well versed in this these days, but when it comes to Chinese medicine, we do a very intensive intake. So we're going to look at your tongue, which is an external representation of your internal organs. I've heard that it's something that's pretty easy to actually do. We're going to take your pulses. So from your pulses we're not just looking at your pulse rate. We're actually feeling the state of the different organs within the energetic push of your pulse on your wrist, on both wrists. So we're checking three different points on each wrist and then checking the power of each of those different points, and then, on top of that, we normally do a 30 minute to an hour intake where we go through basically all of your past, present symptoms experiences. We might even go into, like, what was your birth like? How did that go? When did

this happen? I think that that's one of the things that is a very basic thing for practitioners to start looking at is when did this symptom occur? You know, when did this start? Did you have some sort of an emotional trauma around that time? Was there a shift in your environment?

But in Chinese medicine, you know it's interesting because it sounds like very sort of woo-woo medicine, because we use environmental descriptions in order to. We use environmental terms like dampness, cold, heat, wind in order to describe the physiological actions that are going on within our bodies. So back in ancient China and and uh, eastern, uh, you know traditional Eastern medicines, like they did not have microscopes, they didn't know how to diagnose mold or certain pathogens. But in our system we will find that through our examination as dampness or damp heat, sometimes damp cold. You might see it as something we would call as phlegm, misting the mind. So we have these different terms for what's going on. But really what we're seeing is that there's some sort of pathogenic invasion that we need to clear out through our herbs and acupuncture. So it actually is pretty phenomenal at treating mold and sort of stealth pathogens like Lyme and Epstein-Barr and all of these sort of wonky ones that are really difficult for Western medicine to assess of these sort of wonky ones that are really difficult for Western medicine to assess.

0:13:51 - Julie

So I have to assume that you're using a lot of intuition when you're doing this and do you find that you get information just kind of downloaded into your head where you're being led of what to ask next as you're doing the intake and you're saying, okay, this fits together, this fits together based on my training?

0:14:05 - Chloe

And oh, by the way, I'm being led to ask my patient this other question that may or may not relate to whatever it is that you're discussing it's so funny you say that because I was just talking to my intern who's about to graduate from Chinese medicine school and I was saying that it's wonderful to go to school and you learn all of these incredible acupuncture points and protocols and all sorts of stuff.

I was like, but when you get out of school, it's just jazz, you know, like I always think of it as like as a musician. If you're a jazz player, you learn. You learn all the fundamentals, you're probably incredible at the classics, but like you go and you just play and so like, once you're sitting there with another human, it really is about sort of sitting there and holding space and trying to energetically tap in and be like what is this Like? What does this person need? Like both in terms of their health but also their soul right now, in this moment for me as a practitioner because you know, sometimes your patients just need a hug and a pull, like, and sometimes there's just, you know, there is that underlying piece that a lot of practitioners don't have the time, the space or the training to really get to.

0:15:20 - Julie

Well, and I concur about, there's always an emotional component that's in place before any kind of medical condition materializes and I will do that at the end of a session with somebody, and it's always. There's always, always, always, always something there, maybe something that's benign, like somebody called you a you know whatever when you were three and it hurt your three-year-old low feelings at the time, or it may be something dramatic, this gal with the mold and I always explain it doesn't matter what it was. What matters is, as soon as we illuminate it, it eradicates what I call the energy block where it originated. And in her case, she was seven years old. She was in a car accident with her parents. Nobody was injured, but it was really traumatic emotionally for her and she's in her 70s now and she said, oh my God. I told her that I think the year was 63 or 64 or something and she said, oh my God, I haven't thought about that in decades. But as soon as I said the year, she knew instantly what it was

and it looks like it forms a little energy block to me, Chloe, and it looks like a little kernel of popcorn.

And here's my layperson explanation. I'd love to hear your take on this and then emotional energy piles, piles, piles on top of it until there's enough pressure that causes a blowout in the energy field membrane, which is the container that I see that holds the energy of the spirit and the body, and they got a leak. And so once we illuminate it, and as soon as we illuminate where that energy block began, it eradicates the energy field membrane, heals. The person goes back to working on full power and I would say 99% of the time with my clients, something will come up. Sometimes it's past life and then we'll correlate it with what's going on in their current life, but they always know. As soon as I say here's the year, they'll say oh yeah, that's when my parents got divorced, that's when I went to a new school, that's when I got divorced, that's when whatever. It's fascinating to see how quickly they know exactly what it is because that information comes into their head. Do you find something similar with your patients?

0:17:48 - Chloe

Absolutely. I feel like, exactly as you said, sort of shining that light allows them to accept the reality of the trauma or whatever it was and how that has rippled throughout their life ever since that happened, even if they've just been sort of trying to shut that down a bit. One of the things that's really fun with Chinese medicine also and I'm sure you see this with your clients is like each of our organs in Chinese medicine have a different emotion, and so that's another way that's really fun for us to play with finding out what's going on with somebody. So the lungs store.

The grief in Chinese medicine so that's a super common one for us to see is if you see somebody who has a chronic cough or lung cancer or anything going on with their lungs that they can't clear, like, was there some sort of grief around the time that this started? Did something happen that you hadn't been able to let go of? You know the heart is joy and you don't want too much joy, but you certainly don't want too little, and so it's. You know it's sort of trying to find that balance within each organ. The middle way is like a very important concept in Chinese medicine, where it's like you want all of the emotions in balance. You don't want too much of any of them, but you also want to feel each and every one of them.

So I think that that's always an interesting one to play with with patients also and sort of say you know, I you know and you can. Often for us, we can feel it in somebody's pulse. We'll say you know, I feel like you have an aversion to sadness, I feel like this emotion is really likely difficult to you, and these are things that you know. As practitioners, you get better and better at seeing, but they're also things that are trained into our system so that it is something that we can pick up, just basic, based on you know, doing a really thorough intake through the lens of Chinese medicine, based on you know doing a really thorough intake through the lens of Chinese medicine.

0:19:47 - Julie

I don't know about too much joy. I'm like bring it on. I don't know that somebody can really have too much joy. I'd much rather be on the joyful side of the scale than on the sad, Definitely on the joyful side.

0:20:00 - Chloe

The books talk about the excess joy being running naked up to the top of the hills Joyful. So I think they're really. I think the classical text on that is sort of referring to like either schizophrenia or like bipolar where you're going like too far on that.

0:20:21 - Julie

I'm not going to be running naked at any hilltops because I don't want to scare anybody, let alone myself running naked someplace. But anyways, yeah, that's hilarious. I want to back up for a minute and get a little granular with you, since I really don't have an understanding of Chinese medicine With the herbs that you have.

When I look at Chinese herbs you have, when I look at Chinese herbs, they have an energy to them that's different from the rosemary or the thyme or the lavender plants that are in my garden, that are growing or that I bring inside or I dry or I buy dried herbs from the grocery store or someplace like that. Is it a different kind of herb? Are they infused with energy from you know, maybe a disciple of Lao Tzu or somebody, or the emperors? What's going on with that? If I see Chinese herbs, it's like they have this energy that emanates from them. I'm picturing a manger scene from far away at Christmas time where you can see. You can't see the baby Jesus in the manger, but you can see the halo that's emanating from the manger, and I see that with the Chinese herbs. What's that all about?

0:21:39 - Chloe

I love that you say that I'm so obsessed with it. It's like it's truly embarrassing how much I love this medical system. Our herbs are just so powerful it is that does allude to how important it is to get high quality herbs that are grown as sustainably and organically as possible, and that also alludes to some of the challenges of getting herbs Chinese herbs grown here in the States. I do think that there's a tremendous amount of energy and qi and wisdom that is coming from the land in China, and I know a lot of people who have tried to grow these herbs in the States and some of them work, but a lot of them. We really just cannot replicate the efficacy of the plants coming from China.

And one of the things that I love about my products, with both of my product lines, is we use a spagyric extraction technique. Have you ever heard of this? So it's a really cool extraction. It's super unique.

So what my extractor, warren does is he takes all of the Chinese herbs and he tinctures them in organic grape alcohol so that's said to be the spirit of the plant and then he takes all the plants afterwards and he burns them for six to eight hours and somehow magically which I still have yet to figure out exactly he reconstitutes all the salts and minerals from the ashes, so that's said to be the body of the plant, and so then they bring the spirit and the body back together, creates this incredible all chemical reaction and the minerals create these incredible crystals.

I mean, our herbs are so energetically powerful when they're extracted this way and it really really energetically powerful when they're extracted this way and it really really brings out all of the potency and beauty of the Chinese herbs. But to answer your question, yes, I think that there is magic in the soil in China. I think that there in some places are lots of toxins in the soil in China as well. So I do think it's important to make sure that you're sourcing your herbs well, but I do think that some of the power is sourced directly from those traditional farming techniques and from the soil itself there in China.

0:23:54 - Julie

Talk about woo-woo medicine. Good heavens, I mean, if that's not woo-woo medicine with what you're doing with the herbs, I don't know what is.

0:24:03 - Chloe

But we have pharmacological research on every one of these Chinese herbs now, which is like my, like. You could say what you want Western medicine. We've got all the research people possibly ask for.

0:24:15 - Julie

So Well, women's medicine, the stuff that I get to see gets validated and corroborated. See, in my mind's eye gets validated and corroborated. When they go back to the doctor's office and they do a CT scan or an x-ray or something, they'll say okay, how did your liver get regenerated, how did your kidney get regenerated? This isn't possible, but this is what it's showing on the scans and my client will say stem cell energy and they'll look at them like what? And yeah, it's amazing what can happen.

Back to the herbs. I am super, super allergic to mold. Sounds like you are too. You talked to me about dried herbs and my first thought is they are full of mold because they're dried and God only knows where. I know coffee beans are really moldy. I know chocolate's really moldy because they'll harvest the cacao beans or the coffee beans, put them in 40 or 50 foot tall piles in some warehouse someplace in the jungle and then they'll be to dry supposedly, and then they'll scoop them up and put them in bags and send them all over the world. So when I'm thinking of the Chinese herbs, I'm thinking, good heavens, if I take that stuff, is that am I going to just get an amazing mold reaction from that. How do you ensure that mold isn't a problem?

0:25:41 - Chloe

With. You know, for my companies I only source from this one company, spring Wind, and so they have been around since the 70s, and the founder, Andy Ellis, was just obsessed with making sure that we were getting the highest quality, cleanest herbs on the market. So they have every single batch tested. So we have COAs on every herb, for mold, for heavy metals, for any sort of pesticides. And then what I love about our extraction technique also is that we're getting the raw herbs, so we're getting those COAs. I'm not getting an extract from someone, I'm getting literally. I mean, I just happen to have them, like I just happen to have a big thing. I literally am getting like the raw herbs and then we're extracting them ourselves and then through the extraction, this is Hopon thing. I literally am getting like the raw herbs and then we're extracting them ourselves and then through the extraction, this is hopon pee. I would put this in the water if I could.

0:26:32 - Julie

She just held this up for those of you that are listening. It kind of looks like a snake coiled together.

0:26:38 - Chloe

What is that it is. I don't remember what it is in Latin, but it is a heart tonic. It supports the heart and the liver and it's a happy herb, so it's one of those. As I said, I would put that in the water for everybody if I could. It's like so safe and effective. I have it in many of my formulas. I love it. But yeah, our extraction technique also really rules out any chances of mold being in the finished product as well.

0:27:05 - Julie

Okay, great answer. And the spray that you have that I've used if my throat's a little scratchy. What the heck is that man? That stuff is just miracle spray. What is that?

0:27:18 - Chloe

AB9 is amazing. So I was telling you about my dear friend, Maria, who's down in Panama, who's an integrative doctor, so that is actually her formulation. I met her. So my son, Remy, has a rare genetic disorder and Maria's son has some challenges as well, and so we were both at a clinic in Guayaquil, Ecuador, where we used to see this doctor, Dr Roberto Tamayo, who was basically doing neurohacking on kids with special needs. So it was hyperbaric ozone, alpha brainwave stimulation and ionic, but he had all sorts of weird stuff and you had a different brain scan every time.

But anyway, so I randomly crossed paths with Maria one day in the clinic and she's been one of my good friends ever since. But Remy had had have you ever heard of molluscum? It's like the viral warts that kids get from like swimming pools or stuff. So Remy got that at one of the swimming pools in Ecuador on his knee and I've treated that with herbs before and it can really be quite a pain. It's really an annoying thing to treat and Maria hands me the AB9 one day, and so I took it and sprayed it on Remy's knee. It was gone within an hour and I was like what is this?

0:28:33 - Julie
So it's an antiviral.

0:28:34 - Chloe
So it's an antiviral. The base is colloidal silver and then it has cell salts and MSM in it, so it's a really low potency colloidal silver, so it's super safe. It's great for literally anything. You get a bug bite, a bee sting, you spray it on. You have a pimple, you spray it on that. If you're feeling sick, you know you can gargle it. You can spray in the back of your throat, under your tongue. That thing is like I always. It's sort of like Windex in my Big Fat Greek Wedding. You know where it's like. You got a problem, you just spray the Windex on it.

Oh, that's how I feel about AB9. I love it. I'm so grateful that you let us share it through Radical. It's such a good product. Yeah, well, and the thing about colloidal silver is I always think of that as a bacterial thing, so it's interesting that you're telling me that it's being used for that. It worked on a viral situation with your son as well. Oh, yeah, no, I've used. I've used that for for any sort of cold flu and again, and when I would go to Ecuador I would almost always get some sort of strep throat. I would go down there with a whole you know kit for me and Remy throat. I would go down there with a whole kit for me and Remy, but gargling the AB9 for like a minute and then spitting it out was what would really just knock it out the fastest.

0:29:54 - Julie
Yeah, terrific Backing in to the herbs themselves. I know that you've trained in China, in hospitals there, as a Chinese doctor. Are these herbs used for? Do they do surgery first of all, like we think of surgery here? I'm an inventor of surgical devices sold throughout the world, but I never sold to China. So do they do surgery like we know it in Western medicine?

0:30:24 - Chloe
Oh yeah, western medicine is very popular in China. Oh yeah, western medicine is very popular in China. A lot of the doctors were just so amazed that so many of us you know Americans were interested in studying classical Chinese medicine, very excited about it. But yeah, western medicine is very popular there.

0:30:49 - Julie
So is it an amalgamation of the Western pharmaceuticals and the Chinese herbs in the Chinese hospitals, and is that successful? I'm thinking anesthesia. Are you going to give me some kind of Chinese herbal mix for anesthesia, you know, are you going to give me some kind of Chinese herbal mix for anesthesia, or are you going to give me some kind of anesthesia that I'd get here in the US?

0:31:12 - Chloe
I didn't. I wasn't watching any sort of surgeries. I was mainly doing, you know, internal medicine, which is really my specialty. But and we did a lot of stroke rehab and pediatrics A lot of neurological stuff is really fascinating stroke rehab and pediatrics. A lot of neurological stuff is really fascinating with herbs and acupuncture.

There is a lot of research on using acupuncture as anesthesia. That was something that I think Nixon like really popularized after he saw that done in China. So that's definitely something that can be done by a highly skilled acupuncturist. I would not be competent in my skills for doing that, to be honest, but what I saw generally in the hospitals was that people were getting acupuncture pretty much every day, sometimes twice a day. They were on herbs and then they would be on low doses of pharmaceuticals were appropriate.

But what's beautiful about integrating all of that is, yeah, sometimes Western medicine is appropriate in certain circumstances. But when you're using acupuncture and herbal medicine, we can really potentiate the effects, make it safer and allow it so that you're using way less dosage of the pharmaceuticals and for shorter periods of time. So I always like to recommend that we don't throw out the baby with the bathwater when it comes to Western medicine, but we also have to be realistic about the limitations and the side effects of the pharmaceuticals and a lot of these potentially unnecessary surgeries or interventions that are going on which raises two questions in my mind.

0:32:44 - Julie

One is there's lots of heavy metals in the anesthesia in Western medicine. When somebody's had surgery and I'm working with them to help them heal, I always do a heavy metal detox energetically and there are tons of heavy metals that come out of anesthesia from surgery and I know heavy metals can be in other medicines and things like that Western medicine. As far as that goes. When it comes to comparing the herbs with the pharmaceuticals, do the Chinese herbs have less side effects than the pharmaceuticals?

0:33:25 - Chloe

Yes, I think the worst side effect I've ever had a patient have is, you know, some sort of digestive disharmony. Again with Chinese medicine. Ideally, this is a hard thing for us to scale. I have a model for it but it's a little beyond my abilities to pull off at this current juncture. But ideally in Chinese medicine you're getting a customized herbal formula right, and if you're not getting it customized, you're getting one by a highly trained herbalist who is looking at the nuances. So since we're using multiple herbs together, it's so much safer than even using just one single herb. Right, it's like one single herb.

Even so, there's an herb Hushawu that one is very famous in Chinese medicine. It's used to blacken the hair. It's an adaptogenic herb, wonderful herb. I use it all the time. Right? There's research studies on how Hushawu can cause liver damage, but it's only going to cause liver damage at extremely high dosage when it's not prepared correctly, and in no way would any Chinese medicine doctor who's trained in herbs ever prescribe it in the way that these research studies are indicating that it might cause an issue. Right? So we're using these herbs together so that they're much more safe and much more effective. So even if there's an herb that can potentially tax the liver a little bit. There are other herbs that are going to support liver function and balance that out. So herbs are super safe and effective.

One of the things that I also like to point out is that, like we know that nature is so much more brilliant than we will ever be. You know like our bodies are so much more brilliant than we will ever be. You know like our bodies are so much more brilliant and complex than Western medicine than we will ever understand. And that's exactly the same with nature. So when we're using herbs to heal, we're bringing that wisdom into our bodies and allowing that to connect with the wisdom of our own bodies in a way that these you know chemically derived pharmaceuticals just do not have that level of nuance and understanding and connection with our natural energy. As you're saying, you know that the energy of these plants is integrating with the energy of our bodies in a way that I can't imagine that pharmaceuticals are doing.

0:35:46 - Julie

Well, in pharmaceuticals, a lot of them are made from plants. I mean certainly aspirin which is over the counter, but, good heavens, aspirin can cause a lot of side effects, like brain bleeds and gut bleeds and stuff like that. When I was pregnant with Jonathan, my son it was about maybe a week before I had him my mother and my grandmother I was living in LA at the time and my mother and my grandmother were out for back-to-back baby showers two weekends in a row and my grandmother, who was in her 90s at the time, had been told by her doctor to take a baby aspirin every day. Well, she had a GI bleed and it looked like a slasher movie in my guest room. We called the squad.

I rode with her in the ambulance, you know. We got to the emergency room. My grandmother was super healthy by me, mom and she. You know. They got her kind of stabilized. She got in the emergency room. Her blood pressure was fine, her pulse was fine, everything else, and I think she was 92 at the time and she said, okay, I'm ready to go home now and I'm like, yeah, maybe not. What was from the aspirin that she was taking, that baby aspirin that she'd been told to take and she'd done it for many years and I thought, for heaven's sakes, how many people, especially who are elderly, are doing that because they've been told, and that was crazy, that that had to happen to her.

0:37:20 - Chloe

It's horrific, I mean again. I think that the current outrage is exemplifying the level, the state of despair and frustration with the medical paradigm as it is. Not only does aspirin cause a myriad of issues, but with any pharmaceutical you know, I've been. I just started a line on women's health so that we can support women's hormones, because Chinese medicine is phenomenal at it, and I am swiftly entering my perimenopause years, so I'm like I better get on this, right. And so I'm looking at the side effects of birth control, right. And so these are what we're giving to young teenage girls in order to regulate their cycle, which, a reduces our ability to detoxify if we're eliminating our cycle B, it not only causes multiple nutrient deficiencies, it causes dysbiosis, but there's a tremendous amount of research on it impacting the development of our brains and causing lifelong issues.

You know like, and it's like maybe we should look into these and maybe we should actually inform our patients and each other about what's going on, what the long-term implications of these medications are. But I think so many doctors don't know the long-term implications and the research is obviously not really going to happen once these drugs are approved. These companies have zero interest in providing research on how these drugs are causing harm. So you have to find industries that are interested in looking into that, which is a very costly and challenging thing to do and challenging thing to do. But again, when it comes to you know, even something like aspirin that is originally from an herb, it's like once you hone it down to this one constituent and give you a ton of that one constituent, then it's much more likely to see side effects. When you're using whole plants together. There are so many different phytochemicals in there that are working together to support you. It's just a completely different dynamic.

0:39:29 - Julie

On the birth control thing, everybody I know I was on the pill probably for 20 years and I read this stuff now and I'm thinking, oh my goodness, you know the damage that it could have done and maybe did.

And maybe I've healed it since I've been on the other side of perimenopause. You know, menopause is when you haven't had a period for a year. So once you're done with your periods then you're in menopause for the rest of your life if you're a woman. So but the thing that's so interesting about it is that research that's coming out now and they're finding that it's not the end-all, be-all and it can cause a whole lot of other problems. And I know I've read articles

about I think it's Prairie Myrithica that was used in Thailand. The first known use of it was 700 or 800 years ago and it was used for menopausal and perimenopausal symptoms and I think these women have been using this stuff for forever and they you know, they knew, I know in Europe the bioidentical hormones have been used for millennia and in different forms, certainly from herbs and then in the last century or so with a prescription. But they were way ahead of us in the US with all of that stuff.

0:40:53 - Chloe

Well, in the US we just started including women in research studies in the 90s.

0:40:58 - Julie

Yeah, true, good point.

0:40:59 - Chloe

So it's like you know, and also I always love to point out, that Western medicine is the third leading cause of death in America. So you know the level of short-sightedness and the lack of concern about understanding the female body and how it's working and what we're going through is so pervasive. I mean, I'm sure you've had the experience, as has probably every woman on here, any woman listening to go to your doctor and say, hey, this is what's going on in my body and I'm feeling this kind of way or I'm having these symptoms. And I think 50% of women have had a doctor tell them that those symptoms are all in their head, because it's something that they just don't understand. I think only about 20% of Western doctors are actually trained in menopause, which is something that 100% of women are going to go through.

So with Chinese medicine, you know, we have thousands of years of evidence-based research on the safety and efficacy of our system and supporting women's hormones effectively and it really it's one of the things that I treat most commonly. It's one of the things that I love treating most Infertility also, I mean any women's health issue. Chinese medicine just has such a beautiful framework in order to support our hormones, no matter what it is that we're going through. You know PCOS, endometriosis, all of it and obviously infertility is one of my favorite things to treat, because being a mom is my favorite thing in the world, so it's such a blessing when you get to help other women do that. I'm sure that's something that you've gotten the joy of doing in your work as well.

0:42:39 - Julie

Well and in my life, His Majesty, we call my son, his Majesty, he's the center of the universe. The interesting thing about this too, is my career was in Western medicine as an inventor and manufacturer of surgical devices for close to 30 years and then as a sales rep selling hospitals place before that. And Western medicine, I think, is fantastic. If I've got an acute situation, if I'm bleeding out, you take me to the closest level, one trauma center. You know they're going to fix me, they're going to do surgery on me, they're going to do what they need to do. They're just not trained in the healing modality of somebody that doesn't have something acute, and it's not the doctor's fault, it's the model, it's. Their doctor's bag includes their prescription pad and procedures and that's it. And they haven't been trained in anything else.

And I think what we're seeing, certainly with a lot of Western medicine doctors, it's the number one burnout career in America and perhaps in other parts of the world. And so I feel badly for these doctors because they've got six minutes to spend with a patient and they're not judged on how many people they heal. They're judged on how much billing they can put in through the insurance which is going to bring in their revenue into their practices, and that's why I think, on one side of the equation, it's a blessing that we're seeing that, because it's encouraging us as individuals to search out for other things. Talk to you, talk to somebody like me, do other, different, what I call part of the healing equation. You know there's lots of different modalities

that we can put together to help with the healing puzzle and I would love to hear your take on this, Chloe.

But the people are dying off who just would do what the doctor told them to do without questioning and we have access to all of this information now, and certainly my generation and you're a lot younger than I am your generation and others they don't just take it at face value anymore. I find that with the older people that they still are in that mindset that if the doctor tells me to do this, I'm going to do it, and whereas if a doctor tells me to do something, I'm asking them 15 million questions and I'm researching it on my own and I'm using other modalities to help me heal. Are you seeing that change in the zeitgeist in Americans and in other people that are primarily used to the Western medical system?

0:45:44 - Chloe

I do. I think people are really fed up. I think COVID really elucidated some of the issues with the system overall. You know, having people wait until they were nearly dead before they would go to the hospital, and then clearly, a lot of the different policies were just completely fabricated and nonsensical. I think people are disillusioned with the Western medical model, to say the least. And I think not only are they disillusioned with it, but many of them are getting rejected for the treatments that their doctors are actually recommending. So they're being forced to go outside of the Western medical model in order to find alternatives, because their insurance isn't even covering it. And again, I agree with you completely I do not envy the job of any Western medical practitioner. I think every one of them, I'm certain, if not every one of them, almost every one of them went into this with the hope of healing a lot of people and helping people. I do not think that doctors are getting into that job in order to scam people, but I do think that the system has just gotten so bastardized that it is. It's absolutely atrocious.

I do think more and more people are opening up to alternative medicines. It's a bit of an uphill battle to some degree, because it's also something that needs to and is getting more and more accessible over time. But I think currently, you know, there is that sort of financial barrier to entry and that's one of the things, one of the reasons why I lean more on herbs as opposed to acupuncture, because in China A herbs are the backbone of the medicine. In China, that's really the foundation of it, besides lifestyle and exercise and movement and dietary therapy. But in China you're getting acupuncture, you know, multiple times a week.

In America that's just not financially possible, even if you have the time to do that. Or if you have the time, you don't have money. If you have the money, you don't have time. Either way, getting acupuncture multiple times a week in America is very unlikely. So to me. I'm like herbs are a way that you can create a ritual and start building health day by day, whereas acupuncture is a little bit more difficult. But yeah, I'm looking forward to seeing these things become more and more accessible to everybody as we expand the reach.

0:48:13 - Julie

I'm starting to see that there are big university-based medical centers and other medical centers that are private, where in their oncology units they have an acupuncture clinic. And I know people, I have clients, I have friends where they'd get chemo and then they would immediately go to the acupuncture practitioner and have a treatment because it lessens the side effects of chemo. And I believe that since this is starting to materialize on the especially the academic, in the academic medical centers not a lot of them, but there are enough big ones that are starting to implement that that we're going to see a shift in that.

0:49:02 - Chloe

I hope so. It's very interesting. It's a really interesting time in Chinese medicine in America. So A in a lot of the hospitals if we can get jobs in hospitals they do sort of make us use protocols with our patients. So any of that nuance of who is my patient and what do they need is taken

out of the relationship with our patients. It's just. Here are the acupuncture points that have been shown to help with X, y or Z. So you are going to do those points.

And also Western MDs and chiropractors can take a weekend course in acupuncture and get called acupuncturists. So you also have to be cautious of who you're working with. If you want true acupuncture you've got to work with somebody who has an LAC after their name, so that means licensed acupuncturist. We have a bunch of different letters. I'm like a doctor Chinese medicine I don't even know what my doctorate is. I'm a doctorate in acupuncture and Chinese medicine but I also have the LAC after my name's a licensed acupuncturist. We might have MSOM. So we have different.

You know, getting licenses in acupuncturist is technically a master's.

You can go on and get your doctorate but, as I was saying, a lot of MDs and chiros can do basically a weekend course and a lot of them, especially MDs, get much better insurance rates than we do. And in Chinese medicine, just to give a brief background on our training, so just to get the master's in Chinese medicine to get licensed as an acupuncturist and herbalist, we do the course equivalent of four and a half master's degrees or two law degrees in three years and that's just our base level education in the States. So it's a little bit more intensive than a weekend course and there's a lot more nuance and study that goes into it that allows us to really go to a deeper level of healing with our patients. So it is cool, it's wonderful that it's being incorporated. I'm trying I'm personally trying to figure out how we can move this forward in a positive way so that we are integrated more, so we're getting more research in there, but also while honoring the traditional values and perspectives of Chinese medicine.

0:51:33 - Julie

I've never had acupuncture. Does it hurt? How big are the needles? What's involved? I mean, lots of people have done it and survived, but it's a totally fair question.

0:51:45 - Chloe

It really can be fairly intimidating when you see some of the needles. The needles are actually so they're filiform, so there's no hole within them, and you can fit 30 acupuncture needles in one hypodermic needle. So one needle that you're getting a shot from you can fit 30 of our needles in. They're about the size of a hair. So you really I wish I had one on me, but you can really they're very, very pliable. It's kind of astounding that we can actually even get them through your skin.

In some circumstances Some areas might be a little bit more tender than others. We tend to do a lot of points on the feet and on the hands. Those are really powerful points. Those also great areas where you can do sort of acupressure on yourself. So some of them might, you know, be a little bit of a pinch or a little bit uncomfortable when the needle goes in. But most people absolutely fall asleep and zen out when they're getting acupuncture. So it's if you're feeling any discomfort, it's very mild and it's passing very quickly. And then you get to go into this like very peaceful theta, brainwave, goodness state where you're just, you know, able to to really tap into your own healing abilities.

0:52:59 - Julie

Oh, early in my career, sold those anesthesia trays. I'm telling you those needles, they were just frightening and if anybody's ever seen an epidural needle, holy Moses, they're just mortifying. When you see them, I always tell my clients that are going to have epidurals I say, okay, don't look at the anesthesia tray, Don't look at the needle. You don't want to see it because they're so massive with those and those needles are all disposable, correct?

0:53:29 - Chloe

Yeah, no, they're all single use. We do not reuse needles at all. I mean, we're talking about ancient China. There are different things, but in today's modern world we get them, we use them, we throw them out, we put them in the sharps container. We're very strict on that Okay.

0:53:46 - Julie

How does somebody find a practitioner that's legit when if they want to go get acupuncture, and are there some insurance companies that pay for it, or is it primarily out of pocket?

0:54:03 - Chloe

There are a decent amount of insurance companies that do pay for it. So you've got to. You can call your insurance company and check. Also, a lot of acupuncturists have insurance companies that will call for you like have some sort of a program where they can call for you and check your insurance status and whether it covers acupuncture. You can often get reimbursed for it as well if your acupuncturist doesn't take insurance.

What I normally recommend doing is so there's the NCCAOM website, so that's our national certification board. You can go there and look up acupuncturists locally to you. But what I generally recommend is just Googling acupuncturists in your area and then going through their website and seeing who resonates most with you. So some people really focus on acupuncture. Some people do incredible energy work. Some people focus on women's health. You know, similarly to Western medicine, we sort of run the gamut in what we enjoy working with and what we really specialize in, you know.

So, again, like for me, I don't really do much acupuncture for pain management. It's something that I can treat and if I have a patient come to me who is already my patient, who sprains their ankle or has a back injury, certainly I'm not going to turn them away from helping them alleviate their pain, but it's not my primary focus as a practitioner, whereas I have other friends who their entire practice is sports medicine and they're just absolutely brilliant at it. So I would check and see what websites. Feel free to call up the practitioners. Talk to them. You can ask them what their training is. Again, generally, just look for that LAC after their name. They'll say that they're a licensed acupuncturist or that they have a master's in Chinese medicine or oriental medicine or a doctorate in one of those fields. So that's generally how I recommend that people do that. If you're really having a hard time finding somebody, you're always welcome to reach out to me and I can put some feelers out and see who's in your area. But yeah, there's a lot of really brilliant practitioners out there.

0:56:11 - Julie

So I'm laughing to myself when you said Oriental medicine, because I was in LA a couple years ago and we were going someplace my son and daughter-in-law, Mallory, Dr Mal, who's a veterinarian and I said something about oriental food and she didn't even take a breath close. She goes orientals for rugs. I said you got to use Asian orientals just for rugs. I want you to remember that. And so I heard you on you know an Eastern medicine doctor say oriental.

0:56:46 - Chloe

And I'm thinking, if Dr Mel was here, she would tell you no well, she is correct.

It has been sort of pulled from our language recently, but it has not been pulled from our license. So it's, um, it has been sort of pulled from our language recently, but it has not been pulled from our license shirt, um, so it's. It's not something that's like totally kosher to say these days, as as a half Jew I can say kosher, um, but uh, but so it's. It's definitely a term that we're trying to remove from the medicine because for various cultural reasons, but it is, my degree is still MSOM. It's Master's of Science of Oriental Medicine was my initial degree, so you might see it in some of this title. But yes, we are more culturally sensitive these days.

0:57:32 - Julie

Here you go, which brings up the point that I know when she was in vet school that they were that they use acupuncture on the animals and I wasn't aware of that. But that's certainly a specialty of acupuncture. Is it acupressure too, or just acupuncture?

0:57:52 - Chloe

I think some doctors are using acupressure too. Yeah, yeah, it's very cool. I love using herbs for, uh, you know, I, I've, I've always had a lot of pets. I've always wanted to stick needles in them. I get scared to do it. I'm sure they'd be fine, but I'm always like, well, they're going to get up and walk around and then I'm going to be chasing them, pulling needles out of them, um, which would probably be fine but not ideal. But I give my pets herbs all the time.

I have so many people who use Radical Roots' products for their pets, especially the CBD line. We have one that's like Zenzu, which is really just our complete spectrum, our adult grown-up version of just straight full-spectrum hemp extract. So we have that for pets. It just has a paw print on it and it's a lower dosage. But I always tell people no pets that I've heard of have had any issues with the other herbs that we have. So if your dog has anxiety, I'll be like just give them the rest and relax my dog and my cats. I had a senior dog who passed last year. She had been on my pain management formula relief remedy for years and it was a total game changer for her. So herbs are acupuncture for pets. They do phenomenal with both.

0:59:09 - Julie

Speaking of herbs and speaking of LA, I used to go to Chinatown a lot when I lived out there, because the food is amazing. We'd go get some dim sum, you know, in Chinatown, and they have herb shops there. So I'm thinking I don't want to go to an herb shop because I don't know what in the heck I'm getting, and anybody can walk in there and buy stuff and is that problematic? I mean, I would think that I would come to you because you know what the heck you're doing, but just to walk in off the street and be buying herbs, is that? Talk to me about that.

0:59:46 - Chloe

Well, that's how I started when I was. When I was, before I started Chinese medicine school, I lived in like right by Brooklyn's Chinatown and I grew up in Chinatown, Manhattan, and my family's been going dim sum my whole life, probably sucking me into this world bit by bit. But I remember, before I went to Chinese medicine school, I remember wandering into an herb shop and I was just dying to show the guy my tongue and I was like what do I get? What's happening here? And so now one of my favorite party tricks is to go to one of these herb shops and start identifying all the herbs in Chinese by sight and the people there are just like what is this white girl doing? What is happening right now? So I've never seen the miscategorized herbs. So they have the herbs that are there.

But herbal medicine, especially Chinese herbal medicine, is so nuanced in terms of how we are creating these formulas. We really don't use single herbs. There are some that you could use as a single herb. You could take some ginseng. You know, ginger is a Chinese herb. We use a lot of different spices as herbs cinnamon, fennel, cardamom all Chinese herbs that we use regularly. A lot of medicinal mushrooms. These are things that I would recommend getting, ideally organically, somewhere and starting to incorporate into your diet, and maybe making teas with mint tea, ginger tea, chrysanthemum is a great one that we use a lot, so there are ways that you can start doing it.

I do have concerns about people taking dosages of single herbs that are inappropriate for their constitution. It's easy to read something online and to say, oh well, this is going to be right. For me, it's much more effective when you have a practitioner again who really understands the

nuance of what's going on underneath the body and underneath the symptoms that are presenting. Also, I do worry about the pesticides and heavy metals that might be on some of these herbs. So you know, to me I'm very picky about the foods and the herbs and everything that I put in and on my body. So that is you know. So I don't personally buy herbs anywhere but from Springwind Mountain. Rose Herbs also has herbs that people can get organic as lay people. I think there are a couple other ones that you can get them also if you wanted to play around and start making teas yourself or something.

1:02:20 - Julie

Okay, I got just a few more questions as we're starting to wind down here. What exactly is hemp, and why is it so powerful when it's combined with Chinese herbs?

1:02:34 - Chloe

Well, hemp is the bane and beauty of my existence. It is such a powerful plant. Is hemp marijuana? Well, it's a sister plant to marijuana, so it's in the same family, different genus. So it's basically CBD. You've heard of CBD. Right, CBD is a cannabinoid.

1:02:56 - Julie

CBD. You've heard of CBD. Right, CBD is a cannabinoid. It's a big thing.

1:03:05 - Chloe

I mean CBD oil, CBD whatever, and people swear by it because it helps reduce pain. It helps reduce pain, helps reduce anxiety, reduces seizures. That's how I got into using hemp with Chinese herbal products was because my son Rani has intractable epilepsy and I didn't want to put him on seizure meds, considering the side effects of most of these meds and the fact that most of the kids with his disorder do not do well with seizure meds. Most of them are on four or five different pharmaceuticals and having tons of seizures still. But so hemp is really a sister plant to cannabis, but in terms of hemp products that you're going to get basically CBD products. They breed the plant, so it's very high in CBD and very low in THC. So if you're getting a product online or at a store, then it has to have less than 0.3% THC. So the THC is the part of the plant that creates the psychotropic effects, and what we ideally want to have in a product is you want to have a full spectrum product. So you do want a bit of that THC in it because it activates different receptors in the brain and the body and potentiates the actions of the CBD. So, again, we're looking to make it as safe and effective as possible, and that little bit of THC, while it's not going to get you stoned, is really going to potentiate the actions of the CBD. So what's really disappointing is that there are just so many impressively crappy CBD products on the market because there was such a big boom a couple of years ago. And really it's just such an incredibly effective and safe plant and it not only allows people to use it instead of different pharmaceuticals, but it helps potentiate the actions of different pharmaceuticals so that people can reduce the amounts of those farms that they're on again or wean off of those farms. So, particularly like SSRIs and pain medications, CBD increases the serum levels of those pharmaceuticals, allowing you to start weaning off of it. It also activates a lot of the neuropathways that SSRIs work on, so phenomenal again for anxiety, depression, stress, overwhelm.

What's beautiful about the plant is that it activates what's known as the endocannabinoid system in our body. So the endocannabinoid system is what we sort of think of as the Goldilocks system. Again, we're bringing it back to the middle way. So the endocannabinoid system keeps us from going into hyper response or hypo response, and it's so foundational to our bodies that it is actually developed in utero, before our nervous system. So it's really truly remarkable because we have the ability to make our own endogenous cannabinoids. So we make cannabinoids within our body, but what happens with those is, once they're used, then they're sort of broken down by these different enzymes and we can't use them again. So we

make them, but as we go under stressful events, as we have physiological, neurological stressors, we're running through our stores of our endogenous cannabinoids.

So that's why taking these exogenous cannabinoids through a CBD extract was such a powerful thing for people to start ingesting. So hemp used to be in our diet and then it was taken out due to regulations. Once we started bringing hemp back through the CBD boom, people were just seeing such remarkable results, such remarkable results. But then, as with nearly everything, money and greed sort of took over the market and also pharmaceutical companies realized that about 50% of people who get on a high quality CBD extract are able to get off of their pharmaceuticals, and so once that sort of started coming to light, the restrictions became more and more strict. So I've literally never successfully run an ad for Radical Roots. In the six years that I have had my herb company, never once I've had my credit card shut down like six times We've had to rebuild the website like four times. It is such a pain, but I also get and why is that?

1:07:20 - Julie

Why were you thwarted in your advertising for it?

1:07:24 - Chloe

Oh, they just don't let you advertise for CBD period.

1:07:28 - Julie

Because of the big pharma, has so much more pull with the Google or the whomever.

1:07:37 - Chloe

Yeah, so we're not allowed to advertise, so you're being censored.

1:07:40 - Julie

basically You're censored, but you're basically your ads are being censored.

1:07:45 - Chloe

Yeah, and there are ways around it. You can manipulate the system, but that takes money and time and it's you know, it's a expertise that I, as a practitioner primarily and an entrepreneur secondarily, expertise that I, as a practitioner primarily and an entrepreneur secondarily do not have the resources for. So it's something we're working on and there are other ways to market and educate people, but it's a really challenging thing and it's really heartbreaking, because I literally get emails every day from people who are like this product changed my life. That product changed my life. This stopped my kids' seizures, this helped my dad with his chronic pain issues, and you know. So it's one of those things where you're just like man. I know these products are life-changing for people and it's devastating that I can't. I have yet to find a better way to get it out to more people, but I'm stubborn, so I will, all right.

1:08:38 - Julie

Great explanation. Back to acupuncture for a minute. Acupuncture, acupressure my understanding is it gets the chi, or the energy, to move from an energetic, from a spiritual standpoint. From an energetic, from a spiritual standpoint, what's going on there? When I see energy move throughout the body, it can take a number of different ways. What I'm talking about seeing in my mind's eye, when you put an acupuncture needle in what do you call it? A meridian that has a block, what happens there to the energy?

1:09:22 - Chloe

So, again, when we're looking at the free flow of qi and blood throughout the body, we're looking at those 12 energy meridians that you were mentioning right. So either an internal disharmony can cause a blockage of qi, so it can be stress, or it can be a cold. It can be

anything going on internally mind or body right or an external invasion, so it could be an injury. It could be again some sort of you know, lyme or whatever. It's causing some sort of stagnation of qi in an area.

Basically, what we're doing with the acupuncture needles or with acupressure, you, basically what we're doing with the acupuncture needles or with acupressure, is trying to remind the body. We're bringing the body and the spirit to that point, to remind the body what should be happening there. Our body already has that innate knowledge. So we're not doing anything to the point, we're just giving the body the awareness that there's a blockage here. We need to bring energy here to enhance the free flow qi in that area and either support the movement or support the organ that is along that meridian. So each of those meridians, again, are corresponded to these different organs which correspond to different sounds and tastes and emotions and all of these different things, emotions and all of these different things. So it's all intertwined and kind of fascinating, but it really is just a reminder to your body to go to this area and to check in there and to bring that energy there and start bringing nourishment to that area.

1:10:52 - Julie

I do a lot of healings with brain matter and brain matter and my analogies are hilarious, Chloe. I mean they just come in from spirit. I'll think, oh my God, they're going to think I'm nuts. But brain matter looks like the cooked oatmeal to me, has the consistency of soft butter.

When I see scar tissue in the brain from some kind of a brain injury whether somebody fell off their bike when they were four, or whether they played football or been in a car accident or whatever Scar tissue in the brain looks to me like chicken cartilage, the kind that you'd see in a chicken breast, with the bone in that white flexible stuff.

And then when I watch the scar tissue get removed, it leaves a divot. Stem cell energy is used to regenerate that brain matter and when the brain matter is all regenerated energetically, the neural pathways light up instantly and it looks to me like neural pathways in the brain look to me like laser beams that crisscross a room in a museum as part of the security system, or an office or a home. If you watch Ocean's Eleven, you can see the Asian guy who's the gymnast and he's jumping over the laser beams or crawling under them or something like that. Is that a representation from a visual. That a representation from a visual from what I'm seeing in my mind's eye, of what you experienced with acupuncture, where it's like boom, that energy lights back up and now it's flowing properly.

1:12:28 - Chloe

Yeah, are we talking about the same thing? Yes, very similar, and it depends sort of on how you're working with the body. So it depends on what you're working with and in terms of what the symptom is. Sometimes it's more clearing something out of there, but in clearing that, the idea is to allow that free flow of qi and blood throughout the body. I think for me it's interesting hearing you describe it, because so much of what I experience with my patients is in that physical touch. You see what's going on and you feel what's shifting within their body by holding their pulses or holding the different energy points within their body and you're like, oh, I can feel that Like similar. You know, I'll do some variation of cranial sacral on people's feet and see how that energy is then flowing afterwards feet and see how that energy is then flowing afterwards and so but yeah, it is sort of like that the light needs to hit in different places and move along the track more clearly so that it's flowing the way that we need it to.

1:13:29 - Julie

You've referenced the tongue several times during this conversation. Can you give us a couple of examples of when you look at somebody's tongue, what are you looking for first of all? Secondly, when you see a couple of different things, what does that tell you about the tongue?

So all of us are going to be looking at our tongues tonight in the mirror when we brush our teeth, and what do we want to look for?

1:13:53 - Chloe

Do it. It's such a cool way to start assessing your health. So one you want to look at the coat of your tongue. So if the coat of your tongue is sort of thick, white or yellow, what's going on there? You ideally don't want to have much coating on your tongue. If you do, that might indicate if it's yellow, it's going to indicate some sort of heat, so that heat is likely in your digestive system. What's going on with your digestion? Check into that, see what's going on. What's going on with your levels of inflammation. If it's white, it might be candida, it might be sort of in our system.

We're looking at dampness, maybe some coldness under that circumstance. So you might have loose stools or just a penchant for food allergies, let's say. But then you also want to look at sort of the shape and the coloring. So some of the most common ones are if you have a red tip to your tongue, that's likely what we call heart heat. So in Chinese medicine the heart stores what we know as the shen, which is the spirit, and so when that shen, that spirit, gets irritated, you're going to see what we call heart heat. So you'll probably have insomnia, maybe some anxiety. So that's going to have a bit of a red tip on your tongue, on the sides of your tongue. One of the really common ones is what we call spleen sheet efficiency. You're going to see some teeth marks. So if you look in the mirror and it looks like you're scalloping.

1:15:21 - Julie

Yeah, I've seen that it's super common.

1:15:24 - Chloe

So again, that's what we call spleen sheet efficiency. In our system the spleen is in charge of processing both foods and emotions. So if you have what we call spleen sheet efficiency, again you're going to see likely loose stools. You might have alternating constipation and diarrhea. That would indicate some more stress added in there as well. You're going to have monkey mind. You're going to overthink things when you're going to bed. You might be having that excessive rumination before you're going to sleep. So that's something to look out for. Again. If you have a crack down the middle of your tongue, so that's something to look out for. Again. If you have a crack down the middle of your tongue, that's likely some sort of stomach disharmony. If it goes all the way to the tip of your tongue, then that's going into the lung and the heart area.

So when we talk about organs in Chinese medicine, another side note that I probably should have said earlier is that when we talk about the organs, we in some circumstances are talking about. When we talk about the organs, we in some circumstances are talking about the physiological actions of the organs, but for the most part we're talking about the energetic actions of the organs. So if I say you have heart heat, that doesn't mean that you necessarily have a physiological issue with your heart. It just means energetically there's something that is going on with your heart, and so that's a pretty important differentiation to make, because I don't want anybody getting all freaked out that their spleen is that they need to get their spleen checked under some sort of path lab or something.

1:16:48 - Julie

Okay, Two more questions. I promise you know, obviously I'm fascinated with this conversation and you've been educating me and I know everybody that's listening to this too. So I appreciate that. If a person was going to make one positive daily choice, what would you advise? That choice be Better sleep, healthier diet, positive community. What would be? Even if you can narrow it down to one thing, what is one thing that everybody listening and watching can do to improve their health?

1:17:30 - Chloe

I mean, you know you touched on the main ones, but you know, because I do think that all of those basics movement, sunlight you know, because I do think that all of those basics movement, sunlight, high quality foods, high quality sleep are really important.

I think one of the things that we're lacking the most in our society is autonomy in our bodies and sort of being able to check in and say this is what's happening and this is what I'm feeling, and trying to start to assess. You know, okay, I did this last night and then I didn't sleep well, okay, I ate this food and then I was bloated. You know, instead of just looking at these symptoms in isolation, start being your own doctor. Start trying to figure out where these symptoms are coming from, because there's a lot of power in that. There's a lot of wisdom in the body and nobody knows your body better than you do, and there's a lot that we can do just on an individual level to start getting to know our bodies and to start fostering health through that. So I think, you know, really trying to be a little bit more observant and empowered in terms of the choices that you're making health-wise, because everybody is different. So I think that that's a great one.

1:18:45 - Julie

I think how boring the world would be if we were all the same. Ah, that would be awful. Yeah, oh, I'm raining. Last question why do we incarnate?

1:18:54 - Chloe

Last question why do we incarnate? Why do we incarnate? For me, I think it's a soul's evolution. I mean, I've learned. This life has been such a fascinating one for me with the journey I've been on with my son in particular. He is just such a beautiful, magical soul. He's taught me so much and to me, there's just absolutely no way that we weren't put together on this planet in order for us to, to grow and heal together, and so to me, that's, that's the lesson and the blessing, and um and and for me, I, I just want to continue to grow and learn and to serve and to see how that journey goes, you know.

1:19:43 - Julie

Yeah, beautiful, you are extraordinary, my girl.

Good heavens you are brilliant. Great job of distilling down complex philosophies and practices and ancient practices into understandable languaging that the novice like me can really take in and have it make sense to me without it being up in the clouds somewhere and some kind of doctor speak, kind of a thing that I wouldn't understand. So the work that you're doing is really profound and I know the work that you're doing with your son is profound and you talk about how much joy he brings you. I know it's been hard and it has been a very difficult journey for you to go through. We didn't even get into talking about your son, but I know just one little tiny bit of it and boy hats off to you for your courage and your determination to really discover what's going to be best for him and, as a result, what's helping other people around the world. So thank you from the bottom of my heart and everybody listening and watching for the work that you're doing and and for how many people you're helping around the globe. I really, I really appreciate it.

1:21:12 - Chloe

Well, thank you so much. It's such an honor to be here and I love all the work that you're doing so much. It's such an honor to be here and I love all the work that you're doing, and truly for me, the greatest blessing is I do truly feel so honored to both be a practitioner of Chinese medicine and do my small part of bringing its wisdom to more people, and I'm just awestruck at the beauty of my son and his tenacity, so that was really it's a joy. It is definitely a challenge,

but I'm really grateful for it and I'm really grateful for the opportunity to be here and, I believe, for everyone.

1:21:46 - Julie

Okay, so how do people learn more about you and your work?

1:21:50 - Chloe

They can check me out at radicalrootsherbs.com and on social. At [radicalrootsherbs](http://radicalrootsherbs.com), I'm most active on TikTok, oddly enough, but I'll try and get some of those up on Instagram as well. And I also have noxisherbs.com, which is my new women's line as well.

1:22:10 - Julie

Okay, and for anybody that wants to try Dr Chloe's products, you just go to AskJulieRyan.com, go to the sponsors page. You'll find it. There's a discount there. Thank you for extending the discount for my community. We appreciate that and I highly recommend that you go to her website and check this out. But you can get to her through AskJulieRyan.com on a sponsor's page too, and we'll have all that stuff in the show notes. Thank you for joining us everybody. I hope you learned a lot. I know we've given you a lot to think about in the meantime. Sending you lots of love from Sweet Home, Alabama, and from Colorado too, where Chloe is. We'll see you next time.

1:22:56 - Ann cr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube. At Ask Julie Ryan and like her on Facebook. At Ask Julie Ryan To schedule an appointment or submit a question. Please visit AskJulieRyan.com.

1:23:10 - Disclaimer

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