



## Traditional Chinese Medicine: Holistic and Scientific Tactics For Brain and Mental Resilience

**Cheng Ruan, MD**  
with **LeTa Jussila, DAOM**



### **Cheng Ruan, MD**

Well improving brain function has a lot of roots in traditional Chinese medicine and the concept of healing is really rooted in this overall concept of philosophy that things should really be balanced. So I'm proud to introduce Dr. LeTa. She's a doctor of acupuncture and oriental medicine and a national wonders expert and she helps individuals achieve and maintain their health goals really efficiently but also with proper support and guidance. And one of the things about Dr. LeTa is that she's so scientific and evidence based from a Chinese medicine background and I think she's so powerful to talk about how the brain can heal with philosophies from traditional Chinese medicine. Really proud to introduce Dr. LeTa. Well welcome to the summit, I'm so happy for you to join us,

### **LeTa Jussila, DAOM**

I'm so happy to be here. Thank you so much.

### **Cheng Ruan, MD**

Yeah, no problem. So you know the Chinese medicine and that's sort of my family background as well. We really view brain function and just functionality and energy in general a bit different and the terminology is a bit different but can you discuss with the listeners how Chinese medicine really views the brain its function and how we look at imbalances.

### **LeTa Jussila, DAOM**

Yeah. Absolutely. Well you know we've been talking a lot in the summit about the western approach and so I wanted to share a little bit about how Chinese medicine views the brain so you can feel empowered around what's actually happening. So functions of the human body in traditional Chinese medicine are based on the theories of yin and yang in the five elements. So probably a lot of you have heard that before now in traditional Chinese medicine, we nickname it



T. C. M. The functions of the brain are dispersed to what we call the five zang organs. And you don't have to know too much about that. But basically they are maintained by this comprehensive functional interactions among the organs. So for instance, you know in modern Western medicine the brain is absolutely the most important organ, right? So it acts as the control center. Well in contrast, the brain is not included in the organs of traditional Chinese medicine. So the brain functions are scattered all over the human body. So for instance, just to make it real simple, the five zang organs that are associated with the brain and various emotions are the heart, the liver, the spleen, the lung and the kidney. Now there's an emotion tied to each of these organs that correspond to brain health. And the heart is associated with happiness, enjoy, the liver is associated with anger and frustration. The spleen is associated with cyclical thinking, deep thinking, worrying the lung is governs sadness, depression, that feeling of loss and then the last one kidney is associated with fear. So in Chinese medicine therefore you know brain diseases or brain disorders that becomes systemic, they're not diseases of a single organ like the brain. In Chinese medicine. The treatments there are about normalizing the activity of the organs but also the functional interaction between those organs that then affect the brain, does that make sense?

### **Cheng Ruan, MD**

Yeah, and I kind of see like systems, right? So instead of looking in Oregon like a physical organ, there's different systems that that kind of run through and the brain is a conduit, right? The brain a lot the, or the actual brain, the physical brain allows these conduits to be connected like a superhighway, which is sort of a brilliant, brilliant thought because even in Western medicine we recognize that a lot of the conduits that we see connections, whether there's neurologic nerve conduit, there's hormonal immigrant conduit and there's a new conduits called exposed matrix which is probably rooted in Chinese medicine. These conduits are basically us looking at these systems from a functionality perspective rather than just organ perspective. And if we, if we just put the root of medicine, like the way it is, that's actually what medicine came from, we want to worry more about the function than what the actual organ does. So yeah, but people get a little confused when they're like, oh, you know, my spleen is messed up but we're talking about Chinese medicine explaining, we're talking about the organs, explain, you know, maybe two very different things.

### **LeTa Jussila, DAOM**

Yeah, we, you know, we talk about the spleen but it's really the organ and the system and all the things attributed to it. But you know, one thing I will say Cheng is that, you know, the brain is considered closely related to the function of the kidneys. So people will hear that a lot, Chinese medicine teaches that the bone marrow, the kid kidneys and the brain function are very closely



So, an example would be when your kidneys and the system in Chinese medicine are not working till its full potential, it's going to lead to less bone marrow, which then leads to not enough blood. And then what happens is that you don't get that blood nourishing the cerebral functions and ultimately, you know, crying diseases like, you know, in the brain, like dementia and stuff start to happen. So there there is this kidney base, and again, when I talk about kidney, I'm talking about the organ and the system that then feeds into the liver about that quality of blood. So, so we always look at that kidney and the liver usually first.

### **Cheng Ruan, MD**

Yeah, that's a powerful statement because even in Western medicine, if we think about the kidney, the liver and the brain interaction. And so one of those people with end stage kidney and liver failure, you know, they develop your remaking Stiefel apathy, which basically means that the brain is not functioning because the kidney and the livers aren't necessarily working in Chinese medicine, we're not really explain that factor from someone who's actually dying from organ failure was explaining it from even just functionality, Right? And so from the preventative side, it's that's a powerful thing to to look at. Even though in Western medicine we have a name for it is basically it's an observation of someone you already making stuff a lot of the multi organ damage etcetera etcetera. So that absolutely makes sense. How can we utilize this knowledge for ourselves to start healing the brain?

### **LeTa Jussila, DAOM**

So we do refer to the brain as the sea of marrow. Okay, so one thing I would say is that, you know, I can go into a little bit of detail if some of people like to geek out on the actual you know, try to bring home a little bit more of this concept instead of having to be theoretical. So in Chinese medicine theory, you know, we understand that, you know pathology and physiology of the brain belong to the heart. In fact I didn't mention this yet, but you know, in Chinese medicine, you know, we don't really name the brain as an organ. We the the heart, we call the mind. So we always say, okay, we have two minds and no brain but you know, that's just something silly.

So you have to understand that the heart is one of a big aspect to brain health because we, you know, the heart pumps the blood. It you know, it has a lot to do with getting the blood to the brain. As far as the heart is also in charge of spiritual activities. Joy love, we know cardiovascular issue is huge all over the world, not just in the United States. So when we look at the aspects of each of these five organs, they control different aspects to the brain. So for instance, with the heart we have it controls memory and concentration and motor activity. Mental activity of course the hearing, the taste, smell, touch. But when my understanding is that when we look at neurological diseases and we analyze them from symptom by symptom and I'm looking at

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patients with a wide range of changes or deficits. Usually they're these they're all directed to one, you know one malfunction of one aspect of the system. So and I know that in Western we take a look obviously at the nervous system but in Chinese if someone's having a lot of emotion, it's usually associated with one certain aspect of the organ that then affects an aspect of the brain function. So for instance, you know, you know the intellect, you know someone that you know, a woman that maybe is has cyclical thinking, she's deep in contemplation, she might be a writer, philosopher, lawyer, someone that's really using that aspect of the brain is going to wane. The spleen function which again takes all the nutrients from the stomach it transports it transforms the nutrients, I mean it has a lot of other things that will then circle back to, could this person have concentration, Can she have long term memory? Can she have, you know, etcetera, etcetera. So you know, we always want to look at what's that primary emotion that we're feeling and living our life from that is depleting the sky and the functionality that's affecting the brain.

### **Cheng Ruan, MD**

Wow. So if we take a look at a lot of the brain disorders that we describe in Western medicine, for example, Parkinson's syndrome, Alzheimer's dementia or just contents of impairment in general, major depression, anxiety disorder. These are sort of compartmentalized into different diagnoses. But at the same time there's no great medicines for any of this, right? Because we're kind of assuming that if we just treat the neurotransmitters in the brain, things get better. Well, that's true for some people for the most. That's not necessarily true, especially in something like Alzheimer's dementia. So if we read that medicine book, which is the end of Alzheimer's, then we realize that hey, you know, Alzheimer's is not just one thing is different systems, you have to optimize different organs as well, right? There's different, there's different connections and you call it 36 holes in the roof, you gotta pack each one, each one is connected to a different part.

Right? And so a lot of these end stages diseases. I think in the pharmaceutical industry, which is kind of looking for like that one golden ticket, you know, to improve outcomes. but we really have to take that from a far more holistic perspective and this is why this is why for most brain disorders for most point disorders, there's very few like medicines that actually do anything and even if they do, they're temporary and even when they're temporary they only a certain percentage improved right. It's not like we're seeing these miracle things that occur with brain disorders with pharmaceuticals. So we really have to take, you know rethink how the brain functions into the entire body, which is why I really enjoy the Chinese medicine, you know concept of this whole thing. So I want to take a break from that thought for a second. I want you to tell people about you like what is your, how did you get into this, what's your background?

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### LeTa Jussila, DAOM

You know, I was working at Levi Strauss in San Francisco, I was like right out of college and a few years in loving san Francisco, I got a call saying my sister got around 3 to 6 months to live, she had diagnosed with non Hodgkin's lymphoma and metastasized to 34 of her vital organs. and you know this is like 30 years ago and they just basically said you know it's a little bit too late. So I packed up my life in three days and moved home and this is we had dial up yahoo at that point for internet and they were very popular. Yahoo groups right now. There's a lot of facebook groups and whatnot. To make a long story short. I got into energy medicine. I got into herbal and I got into food as medicine. So I was you know, making these horrible bitter dick auctions things I didn't know and you have to understand that I probably was drinking coca cola. The vegetable was my lettuce on my hamburger at this point. I mean I knew nothing So I didn't realize I was a healer. I had no idea she was the only person out of that study out of 60 women that not only lived, there were only a few people that end up living because you know, they tried to put as much carbon as possible, especially with such a finite sentence and she had no side effects none And they attributed to the energy healing.

The food is medicine, very specific foods, macrobiotic cooking and whatnot and then the, the very bitter um, the herbal medicine that I did. And so I realized I actually thought I was going to become an M. D. I was, I felt like I wanted that stature and clout. I really wanted to remind people that even though there's numbers on a piece of paper and getting a diagnosis is so scary that we should also value things we can't measure, you know, not just from the labs and not just from this cat scans and whatnot memory. So I made it a point to find a holistic approach. And so I work very closely with of course people like you Cheng who is an Integrative Western medical doctor because we need to keep people in relationship to all kinds of medicines and healing modalities. And so yeah, I just decided that I want to help people. And I made a commitment that if I can do anything is to remind people how much power we have over our own bodies and to stay in relationship and have a team of people throughout your life that can support you and not just going to see someone when you don't feel good..

### Cheng Ruan, MD

Yeah, absolutely. What a powerful story. And I also want to talk about your background on zoom here, those of you who are listening to audio. At first glance it looks like a whiskey case, but it's not so that in the background there's different slots of different bottles there. But I assume this is the traditional Chinese medicine, herbal pharmacy. Right? So I'll tell you why this is important to me because one glance at that reminds me because that's where I grew up in traditional Chinese medicine, herbal pharmacy with my grandfather practicing medicine. So every morning

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it's a concoction of different herbs. So it really brings back to my childhood as well, which is a really really nice thing to see. All right, so let's kind of resume our discussion a little bit. Let's get into the herbs, you know because we talked about the different organ system that a human has. But there's also different systems and classifications in Chinese herbs right?

### **LeTa Jussila, DAOM**

Well and any caveat is that you know everyone who's listening, you are a sacred individual being and if you have siblings you know that you're different, you have different systems. I'm sorry, symptoms than your brother or sister. So I say to you that you know as much as I'm going to share with you, you know herbs for memory and cognition and things that have been tested for 5000 years, you really should be mindful at you know what you're taking in your body. And I always recommend seeing a licensed herbalist. But having said that there definitely are some things that we have in our farm a copia that do benefit the brain. So you know the first is that we have lemon balm. I mean it's a sleep aid but it improves memory and cognition. It's really amazing and I'm starting with some simple ones that I think you would know and have access to. The second one is rosemary. I mean it stimulates memory.

It's a strong antioxidant against just normal aging of the brain. One that I also recommend is skullcap because it detoxify the brain. It's gonna strengthen the nerves and you know one of the most important things is getting sleep and rest right for the brain. You know that lymphatic system to be able to get rid of those toxins and the brain. So skullcap can help you do that. Hence the name skull cap. If you drink tea I recommend Oolong tea. There's jujube, there's salvia. I mean these Chinese herbs help detoxify the brain. They help the heart and the kidney meridians. And what it really does is it builds up your chi and blood it strengthens that okay which is then going to help your spleen your spirit and it's all about the micro circulation.

That's what these herbs do. But you know there are ones like Oculus, right? That's more of an epidemic jer I'm sorry adapted genic. Er So if someone's really stressed right it's going to help reduce inflammation and again going to be affecting for your brain health. But the most you know popular one is Gingko biloba. I mean many people have heard about this powerful herb, it's a powerful antioxidant. It's been around forever but it increases blood flow to the brain which is amazing because you need that key you need that blood. So I I would suggest you know of course working with someone but if you are you know wanting to just support your body then absolutely. I would say you know, extra Regulus, I would say ginkgo biloba very safe long term use and and really help with getting the stress down but also getting that those nutrients to where you need them to go



### **Cheng Ruan, MD**

Yeah. And so you know, for people listening to this, these are real general recommendations. And so it was really good idea to work with Chinese medicine doctor on these things because honestly it gets a lot more complex herbs. I mean it depends like this is a formulation for different seasons and different humidities in climates that you're in. Right? So a lot of things that we've been talking about here, it's not like in Western medicine we're going to prescribe a statin for cholesterol. That's not how it works. It's like, oh your cholesterol's title? What's the body system that's there? What season are you, what gender are you? There's a whole lot that kind of goes into it. You know what your tongue coding? What does your pulse feel like? Right. It's so individualized that it becomes far more far more effective when you work with the Chinese medicine doctor. Now. That's my little my warning for people. But having said that, I want to talk about one of the most popular things that's on the market right now, which is cannabinoids and CBD tell me how you feel about those.

### **LeTa Jussila, DAOM**

Well once I understood that and learned that we have this endocannabinoid system. You know, of course I thought you know, I learned in med school that the nervous system was the most important conductor of of all the systems and so learning that the endocannabinoid system, this system internally that every human has actually is the master controller. Then I realized, gosh, I gotta feed and nourish this endocannabinoid system to make sure it's working and then what other systems. So if someone comes in with Alzheimer's or dementia whatnot, of course I'm gonna be looking at what the connections are for the brain. But I'm also looking at this other system. So you know, if someone's coming in for cardiovascular issues, I'm going to look at the heart and the cardiovascular system but also the endocannabinoid system. So as the master controller, it is really the connector to me of all the systems. And if and if one system isn't working, then it's going to affect the other systems. And so I always say to people, if you have symptoms are definitely a diagnosis, your endocannabinoid system most likely might not be optimal. And so you can re plunge that with the dietary supplement, you know of cannabidiol or CBD and whatnot and other cannabinoids to make sure that that system is working. So I think it's super important to be feeding the brain with these cannabinoids and Turpin's especially for brain health prevention and treatment of. Yeah.

### **Cheng Ruan, MD**

Yeah. No, I think that's a great idea and the really cool part about cannabinoids systems that we know that a lot of Chinese herbs also activate the endocannabinoid systems which is great as well. Do you think that let's we're in this summit for brain health, right? Do you think that there

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will be a time where Chinese medicine maybe like the first line therapy for people with brain health issues without any medications? Do you think that's gonna happen anytime soon?

### **LeTa Jussila, DAOM**

You know we have to change our thinking because you know we know we always like oh I'm gonna go to the doctor or see someone when I don't feel good, right? But the issue is that people don't understand that they have this underlying operating system. Some people call it the subconscious right? But we're always trying to get our needs met right? That our personality has been developed as a strategy. But what happens is that you know depending on your personality and how you operate, which I call this operating system that's going to inform your body and the physiology or I should say the pathology, I mean I say personality is your pathology. So someone that goes around really anxious and you know and stressed, it's like we kind of know what the pathology is gonna be, how is that going to be expressed in the physical but it starts with your mental emotional state.

So this is what's interesting about the Chinese Connection that when you have a dominant emotion of let's say fear, people had a lot of fear the last they were so afraid the last couple of years that is going to affect your kidneys, your adrenals, you know, again, therefore connecting to the brain. So it's a feedback loop. It's like, where do you start? And I believe that, you know, we are moving into a time and some of us are already there when we're not managing our time. We're managing our key, our energy, which really means emotion. We're managing our emotion. It's about emotional regulation and I feel very passionate about that to really help patients figure out how to emotionally regulate instead of stuffing our emotions of like, I don't want to feel that because I'm uncomfortable, it manifests as symptoms and then disease. And so, you know, I always say to people, if you don't start with yourself and really get to know yourself and be curious on your existence and how you feel. It's gonna show up somewhere.

### **Cheng Ruan, MD**

Right? Right. The but that's that's not, it's a very Eastern concept. I think the Western society is like you just go, do what you need to do survive. And then one day you'll be diagnosed with the disease and then hopefully we can treat it. Right? So, but it's interesting that you said your your personality could be your pathology because a lot of stuff, For example, with even with Alzheimer's a lot of the path of physiology starts 40 years prior to diagnosis, right? But in our society we're taught to kind of ignore those things, you know, sometimes and unexplained panic disorder or attention deficit disorder in Children. Maybe that warning stuff later for Alzheimer's disease. So we're looking at things right now, not really from a holistic perspective, but I hope, I really hope that's really gonna change, you know? But you talk about, you know, emotionality

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and modulation and listening to our brains and our bodies and our emotions right at the deep connected level. What are some tools that we can use to tap into that side of us?

### **LeTa Jussila, DAOM**

That's great. Well, first and foremost, you know, I shared with you that one of the fundamental principles of Chinese medicine is yin and yang. Right. And so the first thing you can ask yourself is, am I being really yin in my life or might be really yang? So it's very similar to, you know, you live in the city, it's very yang, it's activity. You want to go to the mountains where it's very yin, it's very yin, right? You didn't see a lot of people during the pandemic, which is very yin and now there's activity. You want to be social, that's yang. So the first and foremost, very simple is ask yourself, are you being very yin or very yang? It's all about balance, right that home. That's the first thing, the second thing is we believe in Chinese medicine, that food will convert to energy. It will help build your blood.

And so, you know, when we always talk about mindful eating, you know, and there's there's a lot we could go here, but you know, we think westerners, we think preparing food is a chore, you know, it's actually an act of love really you know, so it's like we don't tend to we eat on the run, we eat on our cars, we eat at our desks and in Chinese medicine, you know, we studied centenarians and people, you know, blues, blue zones and all the, you know, all these diets and whatnot. And we really promote, you know, you preparing your meal, you're growing your food if you can. But you seeing real food preparing it and eating it like sitting down and being present while you eat it. I mean, that's it, right? That's the first thing. We do know that toxic levels of like aluminum can be linked to Alzheimer's or whatnot. So we are a huge proponent to nontoxic food. So that's a whole another conversation, but just, you know, whether you can buy organic or wild seafood or grass fed beef or whatnot.

So that's important. The second thing is about because we're talking about brain. One of the Chinese medicine philosophies and one of the main branches is meditation or qigong or tai chi, which is a moving meditation, right? Because when you move your body and we tend to sit a lot people say sitting is the new smoking with sitting, you can't move that blood and that chi to nourish the brain, right? So and over activity of the brain like stress which affects the liver. So meditation, you know, tai chi qigong, These are moving meditations, but they also are an underlying medical system. Okay, and so, you know, people think it might be really woo woo to practice tai chi or qigong but it's actually not, it's actually very modernized. Now we do breath work. There's a lot there to get that energy that clear thinking to the brain. It's really amazing. We also teach acupuncture. There are certain points on your body, if you know where they are, that you could massage yourself, which are amazing, especially up here, you know, points regarded to

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connected to the pineal gland which you know of course is linked to the nervous system and the hormone system. So a lot of amazing, amazing points all around the brain and the scalp. So we tend to teach things like qigong or acupuncture and mindfulness first. And then of course we have acupuncture and herbal medicine if there's someone in your home town that can help you if it's something you're interested in.

### **Cheng Ruan, MD**

So you know, these, these concepts are simple but execution is not so simple and I feel like, you know, even myself at times, you know, pulling from the yang side of the driving force to the yang side of the calming force it almost feels like a little too much and one of the things that comes up for me and a lot of people that I know, especially doctors who are really burnt out practicing medicine right now is that there's almost this sense of guilt when we go into the yin side, okay. And this is, this is what I see also in people who are caregivers of other patients with brain health issues, right? It's like, hey, I'm supposed to be on the yang side, so I'm supposed to like go, go, go, go, go, right and whenever I feel like I should be on the yin side and take a step back, I'm drawn to the yang side. What do you think are the energetic that creates that dominant force in people?

### **LeTa Jussila, DAOM**

Well, first is that I believe that we're innately born with a stronger yin or yang, right? You could, you could view that as, you're identified as, you know, born as a male, Born as a female or whatnot. Absolutely, but there is the case for, you know, a woman, you know, I didn't really like wearing dresses, I like to be playing trucks and outdoors and you know, so, so you know in some ways, you know that does or does not matter, we, we learn, we learn so much, right? So what I mean by the learned behavior is that if we took a child and, and, and it's freest form childlike behavior, they will naturally be yang and um, they will naturally play hard and then they will naturally nap and rest as we get older.

We have responsibilities and we have, you know, people that love us like our parents tell us these phrases that become beliefs and without going into too much detail. And I know, you know what I'm saying is what my understanding at this point in my life is that when you study nature and you take a look at a river, the river is going to go over and around rocks. It's going to find the path of least resistance and then it comes up against a mountain and this is going back to the five elements Chinese medicine again is based on yin and yang and these five elements wood, water, fire, metal and earth. And if you study any of those elements, there's a generating and controlling cycle where the elements will support each other or control one another. So for instance, you know with earthquakes, you know, we know that you know what's controlling the

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earth well, what is going to control the earth right? So anyway, we don't have to go through the whole cycle. But to answer your question, you know, it's like we have to slow down enough and care enough about our health and our experience here to say, I want to understand myself who I am, how I'm wired. What actually was learned because not in our natural state, we will know when to rest and we will know when to have activity. And I try to remind patients all the time and if you ever get lost and feel like you have to remember anything, just go out to nature, sit in front of the ocean, hug a redwood tree, you know, study, you know, the earth. Just just be a witness to the natural cycles and rhythms of nature and those are within you and they're trying to inform you. But when you go against your nature and go against the natural cycles where you know, we have artificial light so we'll stay up late. But if we didn't have artificial light and we went to sleep when the moon rises and we woke up with the sunrise, we would find ourselves, you know, getting back to that natural circadian rhythm which also correlates to the Chinese organ clock,

### **Cheng Ruan, MD**

Wow, so powerful. And I was just on your website right before this doctorleta.com. D O C T O R L E T A dot com. You have so many cool resources that are on there that I say even courses as well. So for those of you want to learn a whole lot more than when we're talking about the summit here, please visit that website. Do you feel that a lot of patients that you and I work with. whenever there's sort of an emotional entrapment, I call it, it's probably the best word for it. Maybe a subconscious wall between the conscious and the subconscious state, either because of previous traumas or just previous experiences in general. Do you feel that that is like the one thing to break through first before the healing starts? Or can we go around that with either herbs or acupuncture and stuff like that for that healing process? What do you think?

### **LeTa Jussila, DAOM**

It's a great question? Well, first is that the person has to have some will and that comes from the yin aspect of the kidney. It's that will okay. It's a little bit similar to to erect a donald glycerol honestly, which is what you make in the brain for those that don't know, but you have to have will. So the will is enough for someone to book an appointment with someone a healer or you or you know me, I mean, you know, they have to want to being a willing participant um, in, in the modality in healing modalities. There are treatments designed to break up and break through the energetic blocks. Okay, very specific protocols. When I was learning these protocols in school, honestly, they were beyond you. I mean, you know, a window has to be opened and a bowl of water under the table and you know, we, the thing is that you know, one of the fundamental principles in Chinese medicine of us being in harmony with our environment, it's the environment of you know, do you live in Sedona versus Seattle very different weather.

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Did you just lose a parent? Did you just lose money? Like did you just have a baby? What season are you in? So balancing yourself with the season now on top of that you are you are in your pa but what happens sometimes is that there we call it a possession where something is, you know takes over your power, your possession, it could be a spirit, a ghost entity, it could be a possession of heroin or cocaine, you know, so it can be an external possession or an internal possession And all we have to do. It doesn't matter if we go around what, like you said, Chang go around the back door or the person knows when someone isn't moving forward in their life. When they've tried every herb, they've tried every modality, every practitioner or they haven't tried anything. There's not one way to get there. Okay. And I've seen this in the 20 years that I've been practicing you can tell the patient what you're doing and you can not tell the patient what you're doing and the same effect can still happen.

You know, the patient doesn't necessarily have to be fully on board and the practitioner doesn't necessary, you know, the practitioner is more of a conduit. I mean there is some skill sets that have to be there, but I really believe that in all of my time of practicing in the miracles that have happened with my patients, I swear it's not me, it's coming through me. Absolutely. But there isn't one, you know, formula, they, you know, whether they, you know, age and disease state and background and financial stress. I mean, I haven't figured out a pattern and so as long as, you know, a person is making an appointment with someone and they're finding the right modality and the right healer. I've been surprised every time when things become almost a miracle to me and they of course think it's me and it's absolutely not me. So yeah, I'm of the case of wouldn't it be amazing for us to live in a world where we are all fully participating in our health, especially knowing after covid that we all affect one another globally.

### **Cheng Ruan, MD**

Wow, what a powerful statement and really gives hope. You know, I think people require hope at this point for that healing process. But we can talk to you all day, but we can't before I'll let you go, is there anything else you want to add or how can people find you?

### **LeTa Jussila, DAOM**

Well the only thing I'm gonna add is the best thing you can do for the people that you love in your life is to take care of yourself. So they don't have to. Honestly that's really what I want to say. You know take some responsibility, take the time to really do what you need to do for yourself because you know yourself better than anybody and you can do it. That's what I want to say. And yes I love my work. I love what I do. If anyone is feeling called Absolutely please reach out. You can find me at doctor spelled out leTa, L E T A dot com. And I have a master class that goes

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through the Chinese medicine aspect to support brain health if anyone's interested. That is a free gift for you.

**Cheng Ruan, MD**

Well thank you so much for being on had an excellent discussion and we'll talk soon.

**LeTa Jussila, DAOM**

Thank you Dr. Ruan.