

# Colorado School of Traditional Chinese Medicine Newsletter

Issue 86

January 2018

Welcome to the new class of students for the Spring 2018 Trimester. Good luck to all students who will be taking the NCCAOM Exams in 2018. We are always looking for articles about Oriental Medicine from mainstream newspapers, magazines, cartoons, etc. Thanks again to those who have contributed articles and cartoons. We are also looking for articles written by our students, graduates, and faculty. Also, please let us know other things you would like to see in the CSTCM Newsletter.

Newsletters come out three times a year at the beginning of each trimester, in January, May, and September. We are trying to e-mail all newsletters to graduates. If you are receiving a paper copy of the newsletter and not an emailed copy, please send us your e-mail address to [admin@cstcm.edu](mailto:admin@cstcm.edu). Please help us save on postage and save some trees too. The newsletter is also always available on the CSTCM website.



**Chinese New Year (Earth Dog) is February 16, 2018. CSTCM Chinese New Year Open House & Potluck will be Saturday February 24, 2017**

## INSIDE THIS ISSUE

- 1** CSTCM News
- 3** Library News & Updates
- 6** Upcoming 2018 Workshops
- 7** Alumni Corner
- 11** National & International AOM News
- 11** AOM in Medical Journals & Research
- 12** Chinese New Year – Year of the Dog

## CSTCM NEWS

### Honors List for Summer 2017

The Honors List recognizes scholastic achievement in any given trimester for accelerated and full-time students (12 credits or more) whose average percentile of all courses taken for that trimester was 94% (3.7 GPA) or better, with no Incompletes. The Honors List will be noted on student's transcripts and posted on the bulletin board. M.S.Ac. and M.S.TCM students are listed by their earliest enrolled course.

**Trimester 1 – Jill Becker, Dierdre Mangan;**

**Trimester 2 – Layne Bronson, Sophia, O'Keefe, Heather Stacy, Candace Gossen, Chloe Andrews;**

**Trimester 3 – Madeline Bergner;**

**Trimester 4 – Haley Chiles;**

**Trimester 6 – Brooke Engel, Kandi Justice, Jennifer Preston, Claudine Rousseau, Chau Simon, Jillian Steele, Dee Watts;**

**Trimester 7 – Sarah Adel, Brittney Chowning, Cherron Dow-Chacon, Alicia Grimes, Sakshi Mears, Lindsey Strong;**

**Trimester 9 – Brooke Holmes, Michael Rist, Renata Silveira, Michael Sugiura, Isaac White;**



**Anna Tsang transplanting yì mǔ cǎo,  
益母草 Siberian motherwort**

The **CSTCM Spring 2018 Graduation Ceremony** will be Sunday, April 22, 2018. We wish those graduates success in the Oriental Medicine profession. See the announcement for more info.

Again, please contact faculty member **Anna Tsang** to volunteer to work on the CSTCM Herb Garden Project. We encourage all faculty, students, and graduates to participate in this project. Anna can always use some volunteers. See flyers for meetings.

We continue to plan Winter/Spring, Summer, and Fall Trimester social events. The Winter/Spring event will always be the Chinese New Year Open House and Potluck and the summer event has been the Dragon Boat Festival and a barbeque at school. In the Fall Trimester, we have been having a free clinic day for National AOM Day (October 24) and for Veterans Day (November 11), and a bowling night. Anyone who has other ideas should contact **Administrative Director, Vladimir DiBrigida**. Some other ideas that have been suggested are a picnic, or something scheduled around National Herb Day, October 14. We continue to work very hard to increase the sense of community among students, graduates, administration, and faculty. We encourage students, graduates, and faculty members to suggest activities they would like to see for all school members to participate in. Any ideas?

Office hours for all administrators for this trimester are posted on office doors, on bulletin boards, and can be found on our website <http://www.cstcm.edu/> or call 303-329-6355. Other times are available by appointment. We are doing our best to accommodate

students with convenient office hours that meet both students and administrative needs. The easiest way to be sure of talking to someone in the administrative office is to make an appointment. Students and faculty can always use the Message Center on the door of 302 to drop a note through the mail slot in the door at any time and you will receive a prompt reply. We will make every effort to ensure all voice mail messages are returned within 24 hours. Please let **Administrative Director, Vladimir DiBrigida**, know if you are having any problems with messages or e-mails.

The **Academic Dean's Office** hours for appointments this trimester are posted as noted above. Please make an appointment if you would like to talk to the Academic Dean or Assistant Academic Deans; also other times are available by appointment. Anything related to students, faculty, classroom instruction, or the curriculum should be taken to the Academic Dean's office.

The **Clinic Director's Office** hours for appointments this trimester are posted as noted above. Other times are available by appointment. Concerns, problems, or questions relating to Acu Moxa Techniques, Clinic Forum, Clinical Observation or the Student Clinic should be taken to the Clinic Director.

**Yan Jing Supply Store** hours this trimester are: Monday, Tuesday, Thursday 9:30 – 9:00 pm; Wednesday and Friday 9:30 - 5:30 pm (closed 1:00 - 1:45 pm for lunch); and Saturday 12:30 - 7:00 pm.

Don't forget **Tai Ji Quan** on Friday's from 4:30 - 5:30 pm and **Qi Gong** on Saturday's from 8:00 - 9:00 am and the combination of **Tai Ji/Qi Gong** on Fridays 6:00 - 7:00 pm. Students must take the required number of hours as part of their curriculum and hours taken above the requirements are free. All others pay \$5 per class. The classes are open to the public.

In November 2017, several CSTCM students participated in a Cadaver Lab at Anschutz Medical Campus. For those that are interested, the next **Cadaver Lab** is scheduled for **March 29, 2018**. For more information please see the flyer posted on the board.

**Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.** *Patricia Neal*

We will continue offering **Free NCCAOM Exam Prep Workshops** in 2018 for CSTCM students and grads. The workshops are offered on Sundays, with Acupuncture 9:00–12:00 PM and Chinese Herbal Medicine 1:00–4:00 PM. Spring workshops are January 9 and 15. Contact the Clinic Director's office for more info and see the 2018 CSTCM NCCAOM Exam Prep Workshop flyer.

### 2018 CSTCM SCHOOL EVENTS

- Spring Open House** - January 18
- Chinese New Year Celebration** – February 24
- Spring Graduation** – April 22
- Summer Barbeque** – July 7
- Dragon Boat Festival** – TBD
- Summer Graduation** – August 19
- Fall Open House** – September 13
- AOM Day** – October 24 - CSTCM October 20
- Veterans Day** – November 11
- Deck the Halls** – November 23
- Bowling** – December 8
- Fall Graduation** – December 16

See flyers for more info.

The **Free Weekly Tutoring** will continue this trimester and is open to all students. The tutor will be **Ziv Greenfeld**, L.Ac., Wednesdays 1:00 to 2:00 pm. If you have any questions or comments about tutoring, please contact the Academic Dean, and also see the Free Weekly Tutoring flyer.

The **Free Proficiency Exam Study Workshop** will continue this trimester with Mark Van Otterloo, January 21; 10:00 - 12:00 pm; see the flyer.



**New Student Orientation - Summer 2017**

Students should check out the **Trudy McAlister (Scholarship) Fund** website at:

<http://www.trudymcalisterfoundation.org/application/>

### CSTCM Library News & Updates

**Library** hours for the Spring 2018 Trimester are: Wednesday 9:00 am - 12:30 pm & 2:00 pm - 7:00 pm; Tuesday 9:00 am - 10:00 pm; Monday, Thursday, Friday 9:00 am - 7:00 pm; Saturday 1:30 - 6:30 pm. The Library Guidelines handbook is available in the library to answer any questions about procedures.

If anyone has any Oriental medicine or holistic medicine books or journals they would like to donate to the library, we would deeply appreciate it. Also, western medicine books or journals published in the last 5 years would be appreciated. Please contact **Academic Dean, Camille Rodriguez** or **Administrative Director, Vladimir DiBrigida**, who have oversight of the Library, if you have any questions or comments about the library. Input is always welcome.

Book Review:

**Reading the Body** by Ohashi

“Love this book’s description of the simple art of observation. Learning how to read someone’s body is monumental in correct diagnosis. Enjoy the chapter about body positions, especially the feet, shoes, legs when lying on the treatment table.”

\*find it in the Chinese Cultural Practices section (#1-7718)

**Thank you to the following people who donated books and materials to the library: Greg Shim, Judine Farley, Penny Wells, Noelle Mantas, Julie Odler, Misun Oh, Anne Chew, Shu-ju Cheng, Mary Savage Tibbetts**



**Tai Chi Chuan on the rooftop of 1441 York**

Welcome to our new Administrators: **Kara Hayes** is our Receptionist; **Kirsten Weeks** is our Administrator for the Dean's Office (ADO); CSTCM grad **Zack Gutman** is our new Assistant Clinic Director.

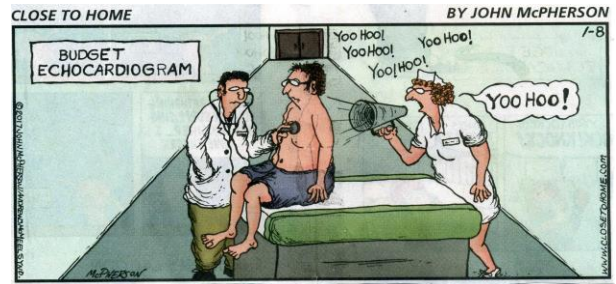
Welcome to our new faculty members for this trimester: **Kate Fleming** is teaching Survey of Medicine; CSTCM grad **Fung Fung Lim** is teaching Western Medical Referral; CSTCM grad **Bradley Larsen** is teaching Western Medical Terminology.

Welcome to our new Clinic and Teaching Assistants: CSTCM grad **Kati Betters** and **Ben Hawes, L.Ac.**, from New England School of Acupuncture, are assisting in clinic; **Robin van Maarth, L.Ac.** is assisting in Acu Meridian and Point Practicum 2.

Welcome the following new Grad Care Clinic practitioners: **Jessica Barrett (17)**, **Eurie Kazlaskia (16)**, **Becky Manders (16)**, **Isaac White (17)**

Welcome to our new Observation Practitioners: **Diana Hermann, L.Ac.**, specializing in dermatology in Fort Collins, and CSTCM grad **Drew Henderson, L.Ac.**, specializing in sports injuries in Westminster.

Welcome to our new Outside Clinic Evaluator, **Bonnie Kenney**.



We are still looking for someone to take over the **CSTCM Internal Arts Club**, formed by student, now graduate and faculty member, **Joe Wollen**. It was taken over by **Bradley Larsen**, who has graduated. The goal is to spread awareness of internal arts and offer the community the chance to learn traditional Tai Chi Chuan of all styles, as well as Qi Gong and push hands. We encourage everyone to participate.

We often find personal items left in classrooms and around the school. The Lost & Found is located in the Receptionist's office. Also, students should always put their name in textbooks for easy identification in case they are lost. Anyone could claim a textbook if it doesn't have a student's name in the book.

### Acupuncture Helps Animals Too



Photos from left to right: The Gathering Point Community Acupuncture clinic in Tucson, AZ; Cheat Lake Animal Hospital, Morgantown, WV; Ridgewood Veterinary Hospital, Ridgewood, NJ; MN Pets, Minneapolis, MN; Quinte Animal Hospital, Trenton, ON

## CSTCM PROCEDURES/POLICIES

*The following is repeated in every newsletter to remind everyone of a few important policies and procedures.*

Please remember the file holders in the hall across from classroom A. Most forms and procedure/guideline handouts that a student might need are stocked in these file holders. Students should inspect these forms and handouts and make sure they are using the most recent versions. Please notify the office if any file holders are empty.

If anyone is experiencing phone messages or e-mails not being returned, please notify **Vladimir DiBrigida** with details of the problem.

We have had a lot of problems in the past with the computers and printers in the library. Please treat them like they were your own. They continually seem to crash and need repair. Most areas of the school have wireless access for laptops; let us know of any problems.

Please do not make over 8 copies at a time on the copier in the library (Room 202). The cost is 10 cents per copy. We have always had a usage policy, but the copier still gets over-used and always seems to need service. If you need to make over 8 copies, you must get permission from the Receptionist, the Librarian, or the library staff. Also, please do not print over 3 pages on the printer in the library. **The copier in the Administrative Office is not for student use.**

Please make every effort to pick up around you when class is over and put back any tables and chairs that have been moved around. We also have had problems with the classrooms and the building being left unlocked, which has led to theft problems.

Please, please, everyone make every effort to check that all windows are closed, the classroom doors are locked by the last person leaving the classroom, the handicap side door, and the building front door are all locked by 10:30 pm. The treatment tables in the classrooms also need to be locked up every night. Also, please turn off all lights at the end of the night classes and turn up/down thermostats.

Don't forget the "What's New Board" in the hall by classroom A. This is a way for the administration to communicate with students concerning issues like NCCAOM news and exam dates, Clean Needle →

Technique Courses, CSTCM policy changes, student representative meetings, faculty meetings, etc. The bulletin boards are organized into sections like CSTCM workshops, other workshops, housing, for sale, national organizations, etc. Also you can use the suggestion boxes in the hall by classroom A and in the library for suggestions or comments. A reply to suggestions will be posted on the board periodically.

Check out our website [www.cstcm.edu](http://www.cstcm.edu). We updated the website regularly with new **Employment Opportunities**, new **TCM Blog** entries, new entries for the **Alumni Practitioner Directory**, and various links for helpful sites to assist students with study aides. Recently, we have added **3 new testimonial videos**. Please give any comments, suggestions, or Blog ideas to **Vladimir DiBrigida**. Don't forget to follow us on Facebook [@cstcm.edu](https://www.facebook.com/cstcm.edu), and connect with us on [LinkedIn](https://www.linkedin.com/company/cstcm.edu)



**Vladimir consumed too much on Halloween**

**We want to continue to encourage all faculty, students, and graduates to join our state (AAC) <http://acucol.com/> and national (AAAOM) [www.aaaonline.org](http://www.aaaonline.org) organizations to help support Oriental medicine in the U.S. Applications are available in the office or apply on-line. Our profession is relatively small in numbers and everyone has a voice as to the direction it will take in the future.**

**A book tightly shut is but a block of paper.**  
*Traditional Chinese Proverb*

### **Bù dào huáng hé xīn bù sǐ**

Literally: Not having arrived at the Yellow River, the heart is not dead.  
Meaning: Only when there is no road left does one finally feel despair.

### **Scholarships for OM students**

#### **Mayway Scholarship Program**

<http://www.mayway.com/scholarships>

#### **Nuherbs Scholarships**

<http://www.nuherbs.com/giving/scholarship>

#### **Tylenol**

[www.tylenol.com/page.jhtml?id=tylenol/news/subptyschol.inc](http://www.tylenol.com/page.jhtml?id=tylenol/news/subptyschol.inc)

#### **AAUW (Women only)**

<http://www.aauw.org/what-we-do/educational-funding-and-awards/>

### **Other Scholarships & Grants**

**FastWeb** [www.fastweb.com](http://www.fastweb.com)

**College Collection** [www.collegescholarships.com](http://www.collegescholarships.com)

## **CSTCM STUDENT SERVICES**

Students can show their CSTCM ID Card and receive discounts at: Apple, Microsoft, and Dell; and places around town like movie theaters and some restaurants may still be giving discounts with an ID card. Please let us know if you find any other discounts so we can inform everyone. All CSTCM student services can be found in the CSTCM Student Services Guide. Some other businesses reported to give discounts with a college ID are: Ann Taylor, Banana Republic, J. Crew, and Eastern Mountain Sports.

Also with ID Card at some participating stores: join Amazon Student Free Two-Day Shipping, Spotify 50% off membership, Supercuts 20% off, Sam's Club discounted membership & a \$15 gift card, AMC movie theater discounts on Thursdays, Burger King 10% off, Chick-Fil-A free small drink, Arby's 10% off, Buffalo Wild Wings 10% off, some Chipotles 15% off, Radio Shack 10% off, Amtrak 10% off, TCBY 15% off, Subway 10% off, Ann Taylor 20% off, McDonalds 10% off, Domino's Pizza, Jo-Ann Fabric 10% off, Goodwill 10% off, some Dairy Queens, Greyhound Bus 20% off.



"Exactly which school of acupuncture are you from?"

## **UPCOMING 2018 WORKSHOPS**

CSTCM scheduled workshops for 2018:

- **Tongue Diagnosis**, Instructor TBA, February 25, 2018
- **Constitutional Facial Acupuncture**, Mary Elizabeth Wakefield, L.Ac., March 3-4, 2018
- **In Depth Master Tung's Magic Points (Parts 1 & 2)**, Susan Johnson, L.Ac., Part 1: April 28-29, 2018 and Part 2: November 17-18, 2018

Also see the flyers for the **NCCAOM Exam Prep**, **CSTCM Proficiency Exam Prep**, **Tongue, Pulse**, and **Business Management** workshops in 2018; free for all CSTCM students and graduates.

All workshops and registration are available on our website. Continuing Education Program Administrator, **Parago Jones** is working on arranging more workshops for 2018. Suggestions for workshops can be submitted to Parago. For more information see the flyers on the bulletin board as they are posted, and check the CSTCM website.

*continued*



"Between massage, Pilates, yoga, the gym, tai chi, and therapy, I don't have any time for myself."

## ALUMNI CORNER

Any CSTCM Diploma graduates, who wish to obtain the M.S.TCM or M.S.Ac. Degree, must meet all admissions requirements and curriculum of the programs at the time they enter the program. They should get a catalog from the office and submit an application and application fee. Graduates who are interested can also get an information sheet from the office on their Transfer Credit into the programs and courses they will need to take. The Spring 2018 Trimester begins January 2. Contact the office for a schedule. There are currently 13 graduates from the old Diploma program who have graduated with their M.S.TCM or M.S.Ac. Degree.

### Missing Grads

**Patricia Householder (93), Darin Levine (98), Mike Mitchell (96), Martin Pahl (96), Hyo Jin Park (05), Ai Sato (98), Kaeryn Silvera (03), Jessica Steyn (99), Jeffrey Taylor (99), Alejandra Vidarte (98), Cindy Wells (95).**

We continue to update our graduate database and want to be sure graduates receive surveys, newsletters, and flyers for upcoming workshops. Please contact the **Academic Dean** or **Vladimir** if you have not talked to them recently. CSTCM currently has 666 graduates (218 Diploma grads, 341 M.S.TCM grads, and 107 M.S.Ac. grads).

CSTCM grad **Judi Terrill (99)** was featured in a Denver Metro Media article in October 2017 titled *Local healer helping youth in need with low-cost or free care.*

CSTCM grad **Marc Hanson (98)** reports that everything is good in Hawaii. He has been developing and testing Pilates Studio Pro™ for more than two and a half years.

**We are interested in what our graduates are doing and your classmates and schoolmates would be interested also. Please let us know if you appear in any articles or on TV, publish anything on OM, teach workshops, are faculty or administration of another OM school, etc.**

**Graduates**, did you know that CSTCM receives 1-2 referral requests for acupuncturists each day? →

That's a potential of many new patients yearly. We will gladly provide your clinic information to these callers. Please send us your clinic information by sending your business cards, and in writing or by e-mail [admin@cstcm.edu](mailto:admin@cstcm.edu) to request to be placed on → the referral list. We need your name, name of clinic, address, phone number, treatment specialties, etc. Also, we have added a section on the CSTCM website for all of our grads with links to their clinic and website, and a world map locating our grads. If you are interested in having a link to your website, please email us the website link to [admin@cstcm.edu](mailto:admin@cstcm.edu). For more information contact the ADO, **Kirsten Weeks**.

**Are any graduates interested in forming a committee to create an alumni association? Please contact the Academic Dean if interested.**

Again, we really would like to do more alumni updates each newsletter, as this has been a popular part of the newsletter. We are sure other classmates and graduates would be interested, especially those that haven't stayed in contact. This alumni column could also be about students who have just graduated and what they have decided to do about practicing. Graduates can send us a note (attention **Vladimir**) by mail, fax 303-388-8165, or e-mail [admin@cstcm.edu](mailto:admin@cstcm.edu). *continued*

**We would like to thank all students, grads and faculty who have referred prospective students to CSTCM. We deeply appreciate your loyalty and help with student recruitment.**

**We are always looking for grads or others with a bioscience background to teach bioscience courses and those with 5 years or more experience to teach TCM courses. If interested, please submit a CV and call the Academic Dean at 303-329-6355, ext. 15.**



Mayway offers discounts to recent AOM graduates. Graduates can receive a Mayway Graduation Packet, which includes a 20% discount certificate, product samples, and other materials. Contact Mayway at [graduates@mayway.com](mailto:graduates@mayway.com)

We have added a section on the CSTCM website for all of our grads with links to their clinic and website, and a world map locating our grads. If you are interested in having a link to your clinic and website, please email us the website link, to [admin@cstcm.edu](mailto:admin@cstcm.edu). For more information contact the ADO, Kirsten Weeks.



**CSTCM Photo Archives**  
**Graduating class - Spring 2002**

Jeff Blustein, Christine Burns, Jeff Fandrich, Mark Montoya, Sherry Pender, Marsha Pruett, Christina Schultz.

Any CSTCM graduates who need transcripts should go to <http://cstcm.edu/transcripts>. You can download and print the form, fill-out, and fax to 303-388-8165, or email to [admin@cstcm.edu](mailto:admin@cstcm.edu).

The U.S. Bureau of Labor Statistics (BLS) has a new code for Acupuncturists, SOC-29-1291, which will be included in the next edition of the BLS Occupational Handbook to be published in 2018. This event positions acupuncturists for a number of new opportunities as it now sees this profession to be trackable and growing.

## CLEAN NEEDLE TECHNIQUE COURSE SCHEDULE 2018

2018 CNT English Course Dates in Colorado:

Exam	Application Deadline	Location
6/2/2018	4/2/2018	SWAC
11/4/2018	9/4/2018	CSTCM

[See schedule on bulletin board for other dates, locations, and most recent CNT info]

## NCCAOM

Continued reminder, you can download a Candidate Handbook and Application and Recertification info at the National Commission for the Certification of Acupuncture and Oriental Medicine (NCCAOM), at <http://www.nccaom.org/>.

Students don't forget to check out the NCCAOM On-line Practice Tests (\$60-75 / 90-day subscription). NCCAOM Study Guides are updated and posted on the NCCAOM website. An informational exam webinar is also available on their website.

The Apprenticeship Route of eligibility for certification as a Diplomate of Acupuncture and a Diplomate of Chinese Herbology will be eliminated effective December 31, 2021. Please review the Apprenticeship Route FAQ for more information.

Nov. 15, 2017, the NCCAOM is going paperless.

NCCAOM has selected International Consultants of Delaware (ICD) to exclusively perform academic credential validations and assessments for NCCAOM Certification applicants who were educated outside the United States. See their website for details.

NCCAOM has announced a few changes in the Recertification Program and PDA categories. See their website for details.

NCCAOM Academy of Diplomates has created a website <http://www.academyofdiplomates.org/>.

The 2017-2018 NCCAOM Job Task Analysis is underway.

After June 30, 2017, the FOM exam module will be offered only in a fixed (linear, not adaptive) format for two, 2-week exam administration periods during August 14-26, 2017 and November 6-18, 2017.



## CCAOM

The Council of Colleges of Acupuncture and Oriental Medicine (CCAOM) will hold their Spring 2018 Meetings in San Antonio, TX, on May 14-18th. **Mark Manton** will attend the meetings to represent CSTCM.

CCAOM offers a CEU course on-line. The 3 credit course is titled *CNT and Blood-Borne Pathogen Review* and the cost is \$50, including course & certification; satisfies NCCAOM safety & ethics requirement. The course can be found at [www.CCAOM.org](http://www.CCAOM.org).

CNT courses are being offered in South Korea, Hong Kong, Beijing, and also in Taiwan this year.

The new 7<sup>th</sup> edition of the CNT Manual is on the website. There are many key changes.

## AAC

The AAC has an e-mail discussion group. It is only open to AAC members. You can send an e-mail introducing yourself to [www.aacforum@egroups.com](mailto:www.aacforum@egroups.com) or [www.aac-list-subscribe@yahoogroups.com](mailto:www.aac-list-subscribe@yahoogroups.com). The AAC address is 13918 E. Mississippi Ave., #67482 Aurora, CO 80012, phone 303-572-8744. Their website is <http://acucol.com/>, and e-mail to AAC@NTW.net. The AAC is also now on Facebook at Acupuncture Association of Colorado.

The AAC has their newsletter and blog on their website, and membership renewal is available online.

The AAC reports that the Board of Physical Therapy's motion to dismiss the legal challenge to dry needling Rule 211 was rejected.

**Student membership is free while being enrolled.**  
Go to <http://acucol.com/amember/signup.php>.

The 35<sup>th</sup> Annual AAC Conference will be held on April 21-22, 2018.

We encourage all graduates, students, administrators, and faculty to join the AAC in order to support the profession. CSTCM students, **Brittney Chowning** and **Cherron Dow- Chacon**, are the current AAC Student Representatives. CSTCM graduates **Mark VanOtterloo (11)** is the AAC President, **Stephanie Shober (09)** is the Treasurer, and **Sandi Lyman (15)** is a Board Member.

## AAAOM

Check out the American Association of Acupuncture and Oriental Medicine (AAAOM) website at [www.aaaomonline.org](http://www.aaaomonline.org). You can also check out job postings on their website. They currently have 29 postings for job opportunities on the website.

The AAAOM is also on Facebook at @aaaomonline. We encourage all graduates, administrators, students, and faculty to join the AAAOM to support the profession. AAAOM has reduced their professional membership to \$99.

## ACAOM

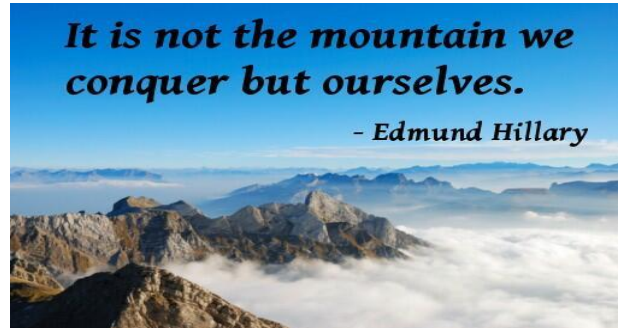
The Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM) website is <http://acaom.org/>. The website lists all accredited and candidate programs, ACAOM news, frequently asked questions, and other areas.

ACAOM has approved the Standards for a Professional Doctorate (PD) degree in Acupuncture and/or Oriental Medicine.

ACAOM continues to work on the Revised Masters Standards. They now have USDE authorization to approve distance education courses, not programs.

*It is not the mountain we conquer but ourselves.*

*- Edmund Hillary*



## WORLD HEALTH ORGANIZATION NEWS

The World Health Organization Family of International Classifications (WHO-FIC) has posted online the new database of ICD-11 codes including a new section for Traditional, Complementary, Integrated Medicine (TCIM). This profession will now have insurance billing codes for Acupuncture and CHM specific diseases.

## ITM

Institute of Traditional Medicine (ITM) on-line has an internal java based search engine to quickly find any topic. Check out the ITM website:

<http://www.itmonline.org/>. The ITM Start Group Journals are one of the best OM journals published, especially related to Chinese herbal medicine. The full set is in the library in 3-ring binders, from 1999 to 2005, when they stopped publishing the journal.

## DID YOU KNOW?

AARP Magazine, USA Today and BottomLinePublications.com published the following statistics over the past few months:

**24 hours without sleep is the same as being drunk.** "For college students, new parents and employees dogged by deadlines, the all-nighter is nothing new. But going without sleep leaves you basically drunk, putting you at the equivalent of a .1% blood alcohol content as you drive to work, make decisions and interact with others."

**...one in every 25 patients in the US gets an infection in the hospital?** And of the 648,000 patients who develop an infection each year, 11% die as a result. Before going into the hospital: Check your hospital's infection-control records at HospitalCompare.org, a Medicare Web site.

**25.8 Million** = number of Americans who have diabetes

**26%** = your chances of developing diabetes if your spouse already has it

**45%** = your likelihood of developing diabetes if you lead a stressful life

**885,000** knees and hips are replaced each year in the U.S.

**\$186 Billion** = annual cost of osteoarthritis

**18%** = how much you reduce your risk of getting arthritis if you run

**People who drink 3 cups of coffee a day** have a 65% lower risk of dementia.

**Eating 2.4 ounces of nuts** every day can lower bad cholesterol by 7.4%



## YANG SHENG 養生 NOURISHING LIFE

*Continued from the September 2017 newsletter.*

A little earlier in the Táng Dynasty, Sūn Sīmiǎo described the Twelve Reductions in Volume 27 of Qiān Jīn Yào Fāng (Essential Formulas Worth a Thousand Pieces of Gold, published in 652):

Someone who is good at maintaining life constantly reduces thought and recollection, reduces desires and deeds, reduces speech and laughter, reduces mourning and merriment, reduces joy and anger, reduces preferences and aversions. Enacting these twelve reductions is already a turning point in nourishing nature.

Excessive thought endangers the shén-spirit;  
Excessive recollection scatters the zhì-will;  
Excessive desire confuses the zhì-will;  
Excessive deeds tax the physical body;  
Excessive speech exhausts qì;  
Excessive laughter damages the zàng-organs;  
Excessive mourning makes dread in the heart;  
Excessive merriment makes yì-cognition become extravagant;  
Excessive joy makes one forgetful, disordered, confused and chaotic;  
Excessive anger destabilizes the hundred vessels;  
Excessive preferences make one lose focus and become illogical;  
Excessive aversions make one dispirited and cheerless.

When these twelve 'excesses' are not removed, yíng and wèi violate their limits while qì and blood move haphazardly. This is the root of abandoning life. Only someone without excesses and without insufficiencies [of these twelve activities] has nearly achieved the dao.

## RECENT ORIENTAL MEDICINE IN THE MAINSTREAM MEDIA

**CBS Evening News**, Giant pandas at the National Zoo in Washington, D.C., treated with acupuncture to stimulate growth of muscle mass, 11/14/2017; **CBS Evening News**, Tai Chi for Exercise, 10/24/2017; **Chicago Daily Herald**, Acupuncture may help with seasonal allergies, 9/16/2017; **Time**, Tai Chi Can Help Older People Prevent Falling, 8/28/17; **Cleveland Clinic: Health Essentials**, Knee Arthritis Got You Down? Acupuncture Can Bring Relief, 7/5/17; **Consumer Reports: On Health**, Exercise for Your Mind, September 2017; **Consumer Reports: On Health**, Get the Benefits of Tai Chi, November 2017; **Consumer Reports**, Real Relief from Back Pain, June 2017; **Denver Channel 9 News**, Tai Chi May Help Heart Disease Patients, 10/11/17; **Men's Journal**, Root Relief (Ginger), December 2017.

## CELEBRITIES & AOM

**Ndamukong Suh**, NFL defensive tackle for the Miami Dolphins, views acupuncture as part of his health plan.

Actress **Natalie Portman** told Marie Claire magazine that she regularly uses acupuncture to overcome stress and to aid in fertility. In fact, the actress even said she uses it to supplement her exercise routine.

**Justin Trudeau**, Canadian Prime Minister, receives cupping therapy according to the National Post, "on the forearms, as in Trudeau's case, it would most likely be used for conditions like carpal tunnel, tendonitis, repetitive strain or elbow problems."



## NATIONAL AND INTERNATIONAL ORIENTAL MEDICINE NEWS

Check out the **American Society of Acupuncturists** (ASA) website <http://www.asacu.org/>. Join the state acupuncture association (AAC) to help promote ASA's work.

Six acupuncture organizations have released a 20 page white paper that outlines the profession's value as an alternative to opioid medication for pain relief.

## AOM IN MEDICAL JOURNALS & RESEARCH AT MAINSTREAM UNIVERSITIES

*American Academy of Pain Medicine*, Immediate Pain Relief in Adhesive Capsulitis by Acupuncture-A Randomized Controlled Double-Blinded Study, November 1, 2017.

*Chinese Medicine*, Efficacy of Chinese herbal medicine for stroke modifiable risk factors: a systematic review, September 2017

*JAMA*, Acupuncture for Infertility in Polycystic Ovary Syndrome, October 17, 2017

*Medical Journal of Australia*, Acupuncture for analgesia in the emergency department: a multicenter, randomized, equivalence and non-inferiority trial, June 2017.

*Pain*, The persistence of the effects of acupuncture after a course of treatment: a meta-analysis of patients with chronic pain, May 2017.

*The Journal of Chinese Medicine*, Acupuncture adds benefits to frozen shoulder treatment, March 20, 2017

## AOM APPS

**About Herbs** app is Memorial Sloan-Kettering's search tool for medicinal botanicals for both Apple and Android devices.

**AcuCharting** is an iPad app for charting your acupuncture patients' progress using a 3D human model and SOAP notes.

**iTriage** is a health, doctor and symptoms search app available for both Apple and Android devices.

## EMERGENCY: TRUE STORIES FROM THE NATION'S ERS

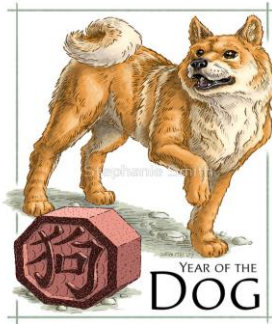
*In a book titled – Emergency: True Stories from the Nations ERs, by Mark Brown, M.D., emergency-room doctors and nurses from across the United States share their most memorable stories from today's war zone of medicine: the emergency room. The following is an ongoing column in the newsletter from the book.*

Continued next newsletter.

## MD DOCTORS TALK ABOUT THEMSELVES

*In a book titled M.D. Doctors Talk About Themselves, by medical journalist John Pekkanen, doctors are portrayed by a portrait that sometimes damns, sometimes exalts but always humanizes the men and women who spend their lives meeting human suffering head on. The true stories come from interviews with doctors from all over the country. The following is an ongoing column in the newsletter from the book.*

Continued next newsletter.



## CHINESE NEW YEAR - YEAR OF THE EARTH DOG

In tales and legends, we often find the Dog condemned to wander between two universes, in the disquieting grayness of intermediary worlds, on the threshold of twilight wastelands marking the portals to obscure regions of the soul.

Fidelity, honesty, and cynical humor are among the predominant traits of a typical Dog. Such a likable personality easily makes friends, usually long lasting; and, being a steady worker, the Dog becomes a trusted and valued member of any community.

The Dog has often been associated with darkness. Under the features of Anubis, found in the Egyptian Book of the Dead, he guides souls during their funeral voyage; or he howls at the full moon, haunting cemeteries with the terrifying Hecate, lunar goddess of the Dead, magician and sorceress "presiding over the apparitions of phantoms and spells".

In the third and last constellation of the ancient Mexican zodiac, called the constellation of the Dog, we find it is he who introduces ideas of death, the end, the subterranean world, a symbol of initiation into death and rebirth.

One recalls the famed Cerberus of Greek mythology: "Lying down in a cave by the river Styx, entwined with serpents, he guarded the gates of Hell and of Pluto's palace. He caressed the shades of night as they entered, and with his three howling heads, jaws agape, menaced those who aspired to leave."

The Dog is handicapped by conservatism, in the sense of tolerating considerable hardship and inconvenience rather than choosing to make major changes. When circumstances force the issue, it takes a long time to adjust, no matter how improved conditions may be, and nothing is really ever as good as it was "in the good old days". They are also considered pessimistic and anxious.

Intensely defensive where friends and family are concerned, the Dog will not stand by while others are maligned: but sometimes a refusal to listen to warnings regarding the behavior of children or other loved-ones can lead to severe domestic problems.

The Dog has a sympathetic ear for other people's woes and is always ready with a shoulder to cry on. The Dog is not afraid to stick their neck out for what they believe is fair and just. However, this laying themselves on the line for others can lead to their own defeat. Rare displays of violent anger are almost always justified; but wrongs are quickly forgotten, and resentment only borne against those outside the intimate circle of family and friends.

Very active and liking sports of all kinds, the Dog can always be relied on to join in at social events, especially if these are outdoors. However, is this real? This can, however, lead to friction at home unless the partner is particularly understanding of the Dog's appearance of being eager to mix.

The Dog and the Pig together form the House of Family; but the Dog, being traditionally a protector and guardian of property, represents the fabric of the home, rather than the people in it. In the Chinese astrological chart, the animal signs in closest relationship to the Dog are those of the Horse and the Tiger. While all three of these signs are overtly Yang or "masculine", with the Tiger displaying aggression and the Horse ambition, the Dog reveals a more positive, constructive side and so symbolizes guardianship and security.

This year, the eleventh in the animal cycle, presents an inauspicious time for nations to consider attacking enemy territory, as resistance will be vigorous. The Dog, remember, is a sign of defense and protection. On the other hand, it is a favorable time to review and improve defense systems. At this time, governments would also wisely decide to increase the extent and powers of police to protect public order. There will be plenty of political action. It will be a good year for the liberal approach.

In business, the areas most likely to be profitable are those concerned with property and real estate, and preferably housing. Security services, and those providing defense equipment, are also in a favorable position.

In financial matters, it is particularly worthwhile checking securities and investments to see whether these need revising in the light of any recent market trends. The Dog is situated exactly opposite the Dragon in the astrological chart, which indicates an unfortunate sign regarding speculation or high-risk ventures.

On a more domestic scale, it is a time to examine houses and buildings, and to see whether these afford adequate protection, not only against intruders but against inclement weather, too. This is generally a favorable year for those concerned about their health, as the Dog symbolizes inner-strength and fortitude. For those with marriage in mind,

*continued*

harmonious home life is in store, now is an ideal time to settle down with one's partner. The Dog is the symbol of faithfulness and devotion; and the Chinese believe that marriages contracted this year will be happy and fortunate.

We will become more idealistic in our views, shedding some materialism by doing charitable acts or otherwise championing some worthy projects. It is year to shift away from the pursuit of the almighty dollar and become more reflective.

The Dog's year will lend integrity to our intentions and make us act in good faith. Nothing should concern us so long as we stick to the righteous path.

## Sign of the Dog

**Chinese name:** Gou

**Ranking order:** 11<sup>th</sup>

**Hours ruled by Dog:** 7 pm to 9 pm

**Direction of its sign:** West-Northwest

**Season and principal month:** Autumn - October

**Corresponds to the Western sign:** Libra

**Fixed element:** Metal

**Stem:** Positive

**Dogs are:** honest, loyal, faithful, unselfish, generous, noble, devoted, attentive, selfless, modest, altruistic, prosperous, philosophical, respectable, discreet, dutiful, lucid, intelligent, sensitive, warm-hearted, affectionate, somewhat frugal, straightforward, appealing sexually, amiable, unpretentious, rational, logical

**But they can also be:** anxious, uneasy, pessimistic, doubting everything, life is a vale of tears, disquiet, guarded, introverted, defensive, critical, forbidding, cynical, stubborn, ultra-realistic, outspoken, matter-of-fact

**Work:** very active and honest, appreciated by superiors as well as by subordinates, good manager and often gives priority to their collective interests rather than his own

**Best role:** prophet of disaster

**Worst role:** actor

**Money:** his family needs it so he earns it, thinks of it as mere paper, would have been happier in the age of barter

**Luck:** to be borne in the daytime, dogs born at night will spend life on the alert, an immovable sentry

**Cannot live without:** tenderness

**Adores:** anything occult, mysterious, bizarre,

paranormal, para-psychological, para-everything; likes lightning rods because he is afraid of thunder and lightening

**Hates:** to be shown by means of A plus B the existence of a reality that he is not disposed to accept

**Leisure activities:** films, particularly horror movies and those dealing with the fantastic; peaceful; evenings by the fireside, far from the maddening crowd

**Favorite places:** has a weakness for wild and romantic landscapes, remote regions alive with legends; would feel at home in old Scotland, Ireland, Cornwall, or Brittany

**Colors:** black, navy blue, colors of the night

**Plants:** poppies, water lilies

**Flowers:** orange blossoms, red poppy

**Professions:** head of a company or labor union, boss who cares about quality of the enterprise and living standards of employees, priest, missionary, teacher of retarded children, nurse, magistrate, judge, lawyer, doctor, scientist, researcher, preacher, critic, educator, writer, philosopher, scholar, secret agent, right-hand man for left-wing politician

### **Four Ages in the Life of the Dog according to Chinese tradition**

The life of the Dog is often unstable except during childhood, but only then if his parents are protective enough. They are a friendly, happy, well-balanced, sensitive, independent, and affectionate child and should be given opportunities to be close to nature. They tend to resent the arrival of younger brothers and sisters. They are usually introverted and expect little of others. His youth is often tormented by difficult love affairs, which rarely leave him with good memories. His maturity will be haunted by nightmares, and his old age saddened by regrets at failing to have profited from life when he was young enough to do so. But there is a remedy: to learn during his childhood how to see joy in life as he lives it.

### **Psychology of the Dog**

Dogs are never content. Dogs are not systematically favored by luck. It is also true, according to tradition, that "each dog has his hour of glory." But, a Dog will always be a Dog.

The Dog's constant is expressed as anxiety, and it must not be forgotten when considering the subtleties and complex psychology of the Chinese zodiac animal. Everything is based on and derives from it, and the most contradictory attitudes can result.

*continued*

Law, medicine, missionary, or social work make excellent careers for Dog women. They are not likely to want to stay home and raise kids all the time.

### **Love Life**

Dogs are faithful by nature and prefer long, secure affairs to passing adventures. However, they can appear to be busy chasing the opposite sex. They are simply searching for a soul mate. Dogs often choose mates and partners whose appearance, manners, life styles, or causes appeal to them.

Dogs are not always happy in love. They can be jealous, anxious, and constantly need to be reassured about the feelings of their loved one. Their pessimistic side can become tiring to those partners with the best intentions. In fact, although their moral solidity and their emotional fidelity indicate stability, their strange sense of humor does not encourage those around them to feel secure. Dogs are too honest and straightforward.

### **Family Life**

Dogs are often fussy parents, anxious to do well by their children and slightly smothering them, above all when the child is of the opposite sex. They can be over-protective and worry too much. Loving their children, because for them, children are the justification of their time on earth.

### **Professional Life**

Dogs have everything necessary to succeed in their professional lives except, at times, motivation. They must be able to believe in what they are doing and feel committed to a mission on behalf of humanity if they are to give the best of themselves. Dogs enjoy adapting their energies to another's mission. They are unemotional leaders.

They possess original gifts, but lack sufficient independence and aggressiveness to make the best use of them. They often will simply try to please their parents' wishes for their future. On the other hand, those Dogs free to act as they please and spontaneously enter the profession of their choice prove themselves excellent workers. They never leave a job half-done and when they are the boss, they are just to their employees. No amount of application, attention to detail, preparation, rehearsal, rewriting, or practice will deter a Dog. They will work overtime, stay awake for days, push themselves to the limit until they are satisfied with the results. But, they have the rare gift of behaving simply, naturally, and being themselves. They can be accessible to everyone without losing their authority. However, they can suffer from stage fright and worry about their performance.

Dogs approach to both work and play with

determination. Dog's social and business events are planned meticulously. Dogs pay so much attention to detail, they tend to find themselves drowning in it.

### **Social Life**

Possibly the most likable sign of all in the Chinese zodiac. Dogs know how to get along with others and are not too demanding. They will meet others halfway and are willing to listen to reason. Dogs are actually the best listeners of all in the Chinese zodiac. Dogs choose their friends carefully. Dogs need companions around them who will urge them onward to accomplishment. As for his own loyalty and true ability to behave as a good friend, there is no problem at all. Once they have chosen a friend, they will be friends forever.

You can trust the Dog to hand you the bad news with the good. With his matter-of-fact ways, he may even be quite good at breaking sad tidings, especially to overemotional people. It is against his nature to delay or hedge the inevitable. He is a definite person and will always give you a definite answer. Dogs learn to face the facts at an early age.

### **Environment**

Dogs are often sedentary and deeply attached to the places where they were born. They love to keep a home-base and jealously conserve the old family home full of dust and haunted by memories and souvenirs. Some of them, however, can derive pleasure from leaving their family homes and the ghosts in place.

In general, Dogs give infinite care to the decoration of their homes. They have great taste, are demanding, and analyze everything in the home.

### **Dog and the 5 Elements**

In Chinese astrology, each year is joined to an Element. Each animal is linked successively to each of the 5 Elements. This repeats every 60 years. The 5 Elements are the primary forces affecting the universe. It is their particular association with each of the animals which provides the basis for every horoscope. Movement and fluctuation, Yin and Yang, these forces are in a perpetual state of action and interaction.

Years ending in:

- 2 or 3 Water
- 6 or 7 Fire
- 4 or 5 Wood
- 0 or 1 Metal
- 8 or 9 Earth

**Water** - Yin tendency, can cause indulgence and

*continued*

slowed course, more easy going than other Dogs, seek lost paradise and wander on the edge of obscure woods, aggressive, dynamic, active, enterprising, intuitive, always scrupulous and virtuous, perseverance, lack self-confidence, dramatize certain situations, don't criticize your nature but seek to know self, reflective, sympathetic to views of the opposite side, does not establish very close bonds to those close to him, fated to have large circle of friends

**Wood** - enchanting, warm-hearted, honest, considerate, well-liked, intuitive, seer, find poetic vision, encourage expression of subtle emotions and aligned to the world of the arts and creativity, can cause sudden outbursts and violent anger, can ease anxieties, should not turn to over-eating, hides lack of self-confidence, seducer with charm, lover of natural harmony and poetry, should be self not change, seeks intellectual stimulation, works hard to develop self, partnerships or powerful affiliations, group-oriented, must learn independence

**Fire** - Yang, strength necessary to vanquish doubt and pessimism, self-assured, born leader, creative and pure in expression, super will power, natural honesty, energy and vitality, assume role of secret guide, dramatic, attractive, popular with opposite sex, can be defiant and rebellious if forced to do something against will, fierce when attacked, his bite can be as strong as his bark, independent spirit, should control impulses and hyperactivity which could lead to depression, not easy to live with, perpetually agitated and eternally unsatisfied, can appear to be impossible, belligerent, untiring, honest, pure, nothing will make him change his mind or lesson his resolve, uncompromising leader, as hard on others as he is on himself, will not permit opposition, attracted to mysticism, concerned with spiritual realities, can live completely isolated, exceptional person, accepted for who they are, will not be spoiled by success and fortune, likes new experiences and adventures, relates better to people older than himself

**Earth** - egotist, absorbed by anxieties, fearful of commitment, does not take risks, vigilant and careful, preoccupied with material success, seeks notoriety, devotes self to schemes and social ambitions, generous and devoted but only for opportunities, use the work of others for his own profit, conflicts with essential nature of Dog, needs to self-exam, should exercise and not give in to self-indulgence, could become obese, realistic, pragmatic, canny, imaginative, creative especially in business or commerce, constructive thinker, faithful to beliefs, shrewd and skeptical, excellent banker, company chairman, property developer, or politician, will build reputation and fortune, untrusting, exploit partners, faithful, loyal, sincere friendships, indifferent to contradictions of his nature, quiet kind-hearted but

secretive, over-performer, survivor

**Metal** - unwavering in their convictions, strong mental discipline, serious, decisive, oscillate between beauty and death, prone to unhappy by being torn between material success and spiritual preoccupation, tendency to destruction, discerning and lucid, cannot seem to avoid torturing self by curbing natural impulses, can erect own prison, intuitive, armor condemns him to solitude and doubt, not encumbered by scruples, highly critical, can easily transgress Dog principles of loyalty and honesty, highly developed sense of leadership, organized, doubts persist, difficult to live with, could end up alone

### Animals Faring in the Dog Year

**Rat** - trouble free, creative, not so good financially, pay more attention to business affairs rather than love affairs

**Ox** - problems, set-backs, avoid land dealings, possibilities of marriage

**Tiger** - excellent prospects, foreign travel, sporting pursuits, lively social life, personal life has troubles, little anxious

**Rabbit** - steadiness, planning needed, slow business prospects, little uneasy, vigorous romantic activity

**Dragon** - dangerous time for speculation, pay attention to home, social and business life do well

**Snake** - some adverse conditions, uncertainties, slow business and social life, cheerful family life

**Horse** - adventure, sports records, profitable business deals, house moving possible, will for own well-being

**Sheep** - not kind, confrontations, feel neglected, rewarding family life and romance

**Monkey** - surprises, plans into action, brazen proposals, lucky, waits patiently for the end of certain financial difficulties

**Rooster** - challenges, cry on shoulders at home, not lucky, avoid risks, minor legal problems, don't mix romance and business, financial difficulties

**Dog** - excellent but protected year, few health problems, social life and commercial opportunities at best, increase knowledge, spend time for study or meditation or regain lost credibility, some achievements in career, no large profits or return on investments, house moving possible or home improvements

**Pig** - beginning of better times, non-remarkable, plan and save for big occasion, financially better

## INTERESTING TCM & BIOSCIENCE STUDY WEBSITES

Acupuncture & TCM Study Tools -  
[http://www.tcmstudent.com/study\\_tools/](http://www.tcmstudent.com/study_tools/)  
<https://cmjournal.biomedcentral.com/>



Ellision address has changed: 738 Washington St.

## MEMORY

*This is a continuation of the subject of memory from previous newsletters.*

*In learning TCM, all the rote memorization is one of the biggest difficulties. We will continue the subject of memory in the next newsletter.*

## ADVERTISING

Mailed subscriptions are available to the newsletter at a cost of \$20.00 per year / 3 issues.

### ADVERTISING RATES

**Ads must be digital.**

Full Page	7.25w x 10.25	\$100.00
Half Page	7.25w x 5	\$60.00
Quarter Page	3.5w x 5	\$35.00
Business Card	2 x 3 1/2	\$15.00
Simple classified ad up to 6 lines		\$10.00

ADDRESS CORRECTION REQUESTED

Colorado School of Traditional Chinese Medicine  
1441 York St., Suite 202  
Denver, CO 80206-2157  
www.cstcm.edu

