

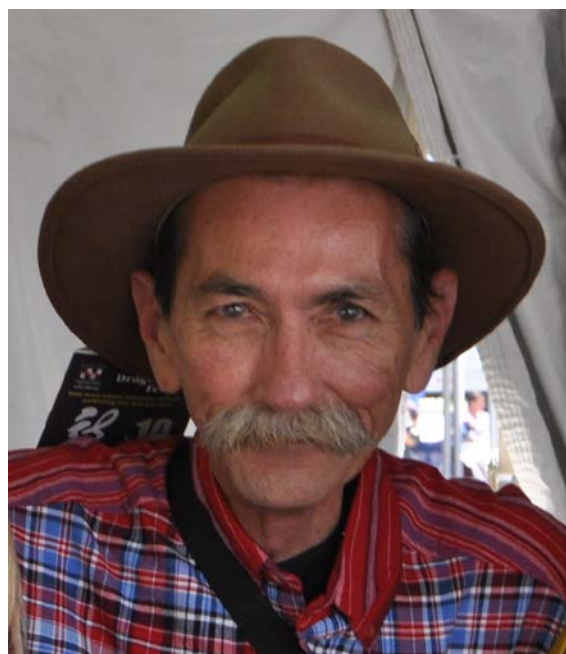
Colorado School of Traditional Chinese Medicine Newsletter

Issue 87

May 2018

Welcome to the new class of students for the Summer 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. Please help us save on postage and save some trees too. The newsletter is also always available on the CSTCM website.



George Kitchie, founder and President of CSTCM, plans to retire in 2018

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CSTCM NEWS

Honors List for Fall 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.T.C.M. students are listed by their earliest enrolled course.

Trimester 1 – Corey Brown, Paige DeBolt, Cathryn Houdek, Kristen Gress, Emily Sealy;

Trimester 2 – Jill Becker, Dierdre Mangan;

Trimester 3 – Layne Bronson, Candace Gossen, Sophia O'Keefe;

Trimester 4 – Madeline Bergner;

Trimester 5 – Haley Chiles;

Trimester 6 – None;

Trimester 7 – Kandi Justice, Piper Mullins, Jennifer Preston, Claudine Rousseau, Chau Simon, Dee Watts;

Trimester 8 – Cherron Dow-Chacon, Jeffrey Lum, Lindsey Strong;

Trimester 9 – None.

The **Academic Achievement Award**

recognizes the student with the highest average percentile of all courses taken for the year and is awarded annually at the Chinese New Year Open House.

The **2017 Academic Achievement Award** went to **Cherron Dow-Chacon**, and Haley Chiles, Sophia O'Keefe, and Layne Bronson were runner-ups. All four students received \$500 CSTCM and Golden Flower Scholarship Awards for 2017.



**2017 Academic Achievement Award Winner
Cherron Dow-Chacon**

The **CSTCM Summer 2018 Graduation Ceremony** will be Sunday, August 19, 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

continued

taken above the requirements are free. All others pay \$5 per class. The classes are open to the public.

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 12:00–1:00 PM. Summer workshops are June 24 & July 8. Fall workshops are September 16 & October 14. Contact the Clinic Director's office for more info and see the 2018 CSTCM NCCAOM Exam Prep Workshop flyer.

2018 CSTCM SCHOOL EVENTS

Summer Open House – May 10

Summer Barbeque – July 7

Dragon Boat Festival – July 28 & 29

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 12:00 to 1:00 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 on June 10, 10:00 am - 12:00 pm.

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

<http://trudymcalisterfoundation.org/index.php/contact/> or

<http://trudymcalisterfoundation.org/index.php/application/>

MOTHER GOOSE AND GRIMM by Mike Peters



CSTCM Library News & Update

Library hours for the Summer 2018 Trimester are: Wednesday 9:00 am - 12:00 pm & 1:00 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.

Thank you to the following people who donated books and materials to the library: Vonda Muncy, Patricia Andres, Wayne Swanson, Bruce Stoebner & Denise Ellinger



Mark Manton & George Kitchie at the CCAOM National meeting in Albuquerque, NM in April 2010

In 1989 CSTCM was founded by current owners George Kitchie, Shi Cheng and Mark Manton. For 29 years George Kitchie has served as CSTCM President and Mark Manton as CSTCM CEO and Shi Cheng as CSTCM Vice President.

After 29 years of devoted service to CSTCM, George Kitchie has decided it is time to retire as CSTCM President. This will result in a change at CSTCM as Mark Manton will take the position of CSTCM President when George retires later this year. George and Mark have worked closely since the inception of CSTCM and have continued working together since the beginning to ensure CSTCM's development and ongoing success.

George's dedication to CSTCM for the past 29 years has been exemplary as he has devoted himself to the successful operation of CSTCM's academic programs and ongoing accreditation. He has provided outstanding service and guidance

continued

to CSTCM over the past 29 years and is now set to pass the reins to his longtime partner and co-founder Mark Manton. Mark plans to continue CSTCM's tradition of excellence and to continue with the ongoing development and improvement that has been the foundation of CSTCM since the beginning. CSTCM has flourished over the years because of the dedication and ongoing commitment of all its members, including the advisory board and our excellent admin, faculty, students and graduates who have all contributed greatly to the success of CSTCM over the years.

CSTCM will provide notice of the official retirement date later this year and will share plans on honoring and acknowledging George's many years of outstanding service to CSTCM. Until then George continues as CSTCM President and Mark as CSTCM CEO. They will continue working closely to ensure a smooth and successful transition of the president's role at CSTCM.

Welcome to our new Administrators: NA

Welcome to our new faculty members and assistants: CSTCM grads **Lin Liberti** (15) is teaching Tuina 2.

Welcome to our new Clinic and Teaching Assistants: **Lisa Compton, L.Ac.** from Boulder, CO is a Clinic Assistant.

Welcome the following new Grad Care Clinic practitioners: NA

Welcome to our new Observation Practitioners: NA



**2017 Golden Flower Scholarship Award winner
Haley Chiles**



We are looking for someone to take over the **CSTCM Internal Arts Club**, formed by student, now graduate and former 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.

Check out our website 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. 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)

We often find personal items left in classrooms and around the school. The CSTCM 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.



**Michael Sasnow, Chris Cannon & George Kitchie
taking pulses in 1992**

continued

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 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.

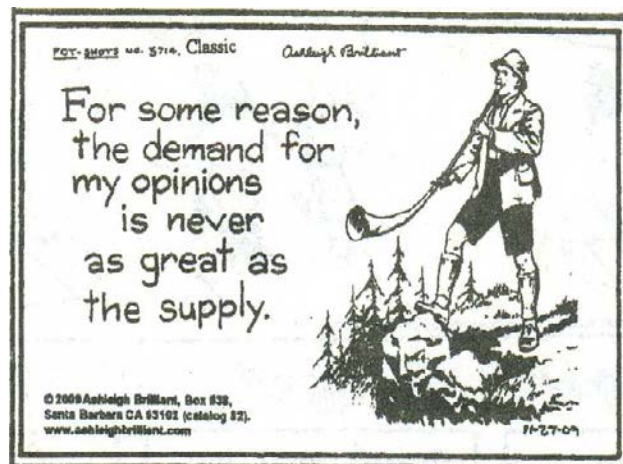
Don't forget the "What's New Board" in the hall by classroom A. This is a way for the administration to communicate with students concerning issues like NCCAOM news and exam dates, Clean Needle →

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.



**2017 Golden Flower Scholarship Award winner
Layne Bronson**

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 or (ASA) www.asacu.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.



富不过三代 (fu bu guo san dai)

Literally: Wealth does not pass 3 generations.

Meaning: It's rare that the wealth of a family or business can last for 3 generations (the first generation works extremely hard, so that the second generation reaps the benefits, but by the time the third generation arrives, the value of hard work is forgotten and the wealth is squandered).

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

AAUW (Women only)

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

Other Scholarships & Grants

FastWeb www.fastweb.com

College Collection 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.

UPCOMING 2018 WORKSHOPS

CSTCM scheduled workshops for 2018:

- **Engaging Vitality: An Introduction to a Palpation Based Approach to Qi**, Charles Chace, L.Ac., June 10, 2018 (7 PDA's)
- **NCCAOM Exam Prep**, Melissa Durgin, L.Ac. - **Workshop**, June 24, 2018 (9 am – 1 pm); **Practice Tests**, July 8, 2018 (9 am – 1 pm)
- **Pulse Diagnosis Workshop**, Greg Cicciu, L.Ac., July 15, 2018 (7 PDA's)

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.



Drew Henderson, with Parago Jones, receiving his Appreciation Award for 20 years at CSTCM



George Kitchie & Vladimir Dibrigida at the CCAOM National meeting in Coeur d'Alene, ID, October 2009

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ALUMNI CORNER

Any CSTCM Diploma graduates, who wish to obtain the M.S.T.C.M. 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 Summer 2018 Trimester begins April 30, 2018. 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 677 graduates (218 Diploma grads, 348 M.S.TCM grads, and 111 M.S.Ac. grads).



Anna Tsang & George in 2005

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.

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

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 e-mail 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 interested in having a link to your website, please email us, the website link to admin@cstcm.edu. For more information contact the ADO, **Kirsten Weeks**.

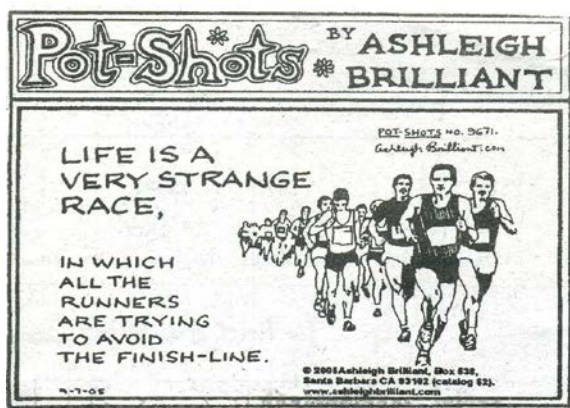
Again, we really would like to do more alumni updates each newsletter, as this has been a popular part of the newsletter. We are sure other classmates and graduates would be interested, especially those that haven't stayed in contact. This alumni column could also be about students who have just graduated 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.

We would like to thank all CSTCM 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.

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.

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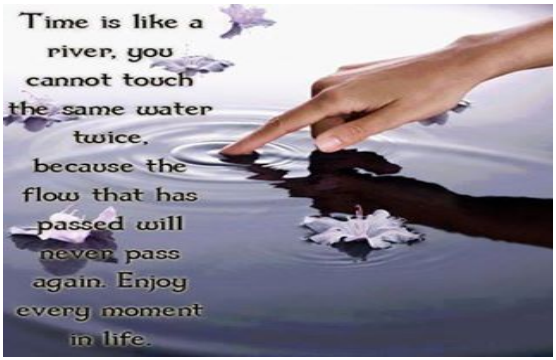


We have added a section on the CSTCM website for all of our grads with links to their clinic and website, and a world map locating our grads. If you are interested in having a link to your clinic and website, please email us the website link, to admin@cstcm.edu. For more information contact the ADO,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



CSTCM Photo Archives
Graduating Class – Fall 2002

Barbara Barton, Mel Drisko, Judith Farley, Wei Fang, Michael Rich (not pictured), Cynthia Wyzga. Pictured, but graduated in a different class: Lori Pitzer (Spring 2003), Cathy DiMaggio and Geri Korri (Summer 2003)



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 and Expanded Content Outlines are updated and posted on the NCCAOM website. An informational exam webinar is also available on their website.

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

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.

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 Academy of Diplomates, in partnership with Echo Media Group, are working hard to increase the awareness of acupuncture and Oriental medicine and the visibility of the NCCAOM certified Diplomates. They will publish monthly status updates on their Public Education campaign activities on their website <http://www.academyofdiplomates.org/>.

The 2017 NCCAOM Job Analysis Study is still underway.

CCAOM

The Council of Colleges of Acupuncture and Oriental Medicine (CCAOM) will hold their Spring 2018 Meetings in San Antonio, TX, on May 13-18th. **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 now \$50, including course & certification; satisfies NCCAOM safety & ethics requirement. The course can be found at www.CCAOM.org.

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

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

CCAOM adopted but delayed the revised TOEFL English language competency requirement for all degree programs, effective date of January 1, 2020.

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 or 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.

Student membership is free while being enrolled.

Go to <http://acucol.com/amember/signup.php>.

The 35th 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 Shoher (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. You can also check out job postings on their website. They currently have 35 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; membership is free for students .

ASA

The American Society of Acupuncturists encourages Licensed Acupuncturists to join their state association that is a member of ASA. You will be considered a member of the ASA at no additional charge. To find out if your state association is a member of ASA, go to their website www.ASAcu.org.

ACAOM

The Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM) website, <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.



Mark Manton, George Kitchie and Shi Cheng at the CCAOM National meeting in Safety Harbor, FL in April 1999

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.

ACUPUNCTURE TODAY POLLS

Acupuncture Today did the following polls over the past few months:

Do you accept insurance?

No	52%
Yes	48%

How do you fulfill your CE requirements?

Live event	12%
Online	19%
Combo	69%

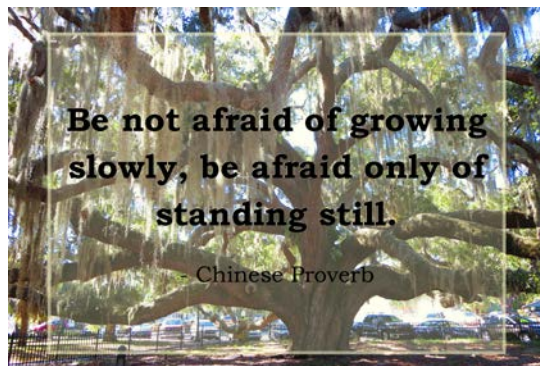
On a monthly basis how many hours do you dedicate to volunteering your services?

0-2 hours	54%
3-4 hours	18%
5 or more hours	28%

What is your primary acupuncture association?

ASA (American Society of Acupuncturists)	13%
AAAOM (American Association of Acupuncture and Oriental Medicine)	31%
Other	56%

You can subscribe to their free e-newsletter at acupuncturetoday.com. Check their classifieds for Practices for Sale and Job Opportunities. They have a free new app at www.AcupunctureToday.com/app.



AOM PODCASTS

Heavenly Qi - <http://www.heavenlyqipodcast.com/>
Mastering Nutrition by Chris Masterjohn, PhD - available on iTunes:

<https://itunes.apple.com/us/podcast/mastering-nutrition/id1107033358?mt=2>

NATIONAL AND INTERNATIONAL ORIENTAL MEDICINE NEWS

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.

The **North Carolina** Acupuncture Licensing Board lawsuit against the North Carolina Physical Therapy Examiners is ongoing. [See the notice on bulletin board]

In 2017, Wyoming signed into law their first Acupuncture Practice Act.

New Hampshire passed bill HB575 which allows the board of acupuncture to certify individuals as acupuncture detoxification specialists.

The Ohio Association of Acupuncture and Oriental Medicine was able to successfully change Medicaid rules to include acupuncture which began in January 2018.

RECENT ORIENTAL MEDICINE IN THE MAINSTREAM MEDIA

Good Housekeeping, I Tried Acupuncture for Hot Flashes, December 28, 2017; **Consumer Reports**, Alternative Treatments for Arthritis: What Works, What Doesn't, December 21, 2017; **Bottom Line/Personal**, Surprising Benefits of Acupuncture, December 15, 2017; **The Washington Post**, Effects of breast cancer can be eased by some non-drug therapies, October 2, 2017; **Reader's Digest**, 7 Compelling Reasons You Should Try Acupuncture for Weight Loss, October 2017; **Cleveland.com**, New Medicaid rule will further open acupuncture services to 108,000 Ohio patients with low back pain, migraines, January 2017.

CELEBRITIES & AOM

A blog post by **HoopsHype.com** from December 30, 2017 titled “NBA players trying acupuncture to relieve pain, maximize effectiveness” lists several current and retired professional basketball players who have tried acupuncture for varying reasons. Among those listed in the article are:

Jamal Crawford, Point Guard/Shooting Guard for the Minnesota Timberwolves.

Draymond Green, Power Forward for the Golden State Warriors.

Retired players like **Jared Jeffries, Chauncey Billups, Kobe Bryant, Shaquille O’Neal, Steve Nash, Jason Kidd, Charles Barkley, Yao Ming, Grant Hill, Jeff Hornacek** and **Kevin Johnson** among others reportedly used acupuncture during their playing days to enhance their recovery.

Steve Short, the Director of Sports Medicine for the Denver Nuggets is also a trained acupuncturist and encourages his players to get acupuncture treatments regularly.

BEARS BADLY BURNED IN CALIFORNIA WILDFIRES HEALED WITH HOLISTIC APPROACH

Reported on the CBS Evening News, January 25, 2018

Two bears badly burned in wildfires that raged across southern California in December have returned to the wild following the success of an experimental holistic healing approach.

The adult female black bears underwent a number of alternative medical treatments which included wrapping their wounds in fish skin, acupuncture, chiropractic care and transcutaneous electrical nerve stimulation (TENS).



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.

ID

He looks about fourteen or fifteen. It’s hard to tell with the animation missing from his face. One thing is sure – he’ll never be any older.

We know him only as John Doe. We need to find his real name. We look for a wallet, a card with a phone number – hopefully an address.

All we find are three pictures – yearbook photos of pretty girls. There’s a writing on the back of two: “Luv ya always” and “To Spanky, Love, Maria.” It’s a start at least.

There’s some writing on his chest, a neat script below his right nipple. It says “Spanky.” Must be him. He doesn’t look like a Danielle (the name scratched on his right bicep).

The beeper on his belt is full of messages. It went off a couple of times during CPR. We didn’t have time to reply just then.

One phone number appears twice. A girl answers and we take a chance: “Hello, Maria?”

“Yeah.”

“Do you know a guy named Spanky who rides a motorcycle?”

“Uh-huh.”

“We need to get in touch with his parents right away.”

INTERESTING TCM & BIOSCIENCE STUDY WEBSITES

Free Flashcard Making Software:

<http://www.wadec.com/cuecard/>

<http://www.cram.com/medical>

<https://www.studystack.com/>

AOM IN MEDICAL JOURNALS & RESEARCH AT MAINSTREAM UNIVERSITIES

American Journal of Obstetrics & Gynecology, Effectiveness of app-based self-acupressure for women with menstrual pain compared to usual care: a randomized pragmatic trial, November 15, 2017.

Behavioral Sciences, NADA Ear Acupuncture: An Adjunctive Therapy to Improve and Maintain Positive Outcomes in Substance Abuse Treatment, June 16, 2017.

Clinical Journal of Sport Medicine, Does Acupressure Hit the Mark? A Three-Arm Randomized Placebo-Controlled Trial of Acupressure for Pain and Anxiety Relief in Athletes With Acute Musculoskeletal Sports Injuries, July 2017.

JAMA, Acupuncture for Stress Urinary Incontinence, October 2017.

JAMA Surgery, Drug-Free Interventions to Reduce Pain or Opioid Consumption After Total Knee Arthroplasty: A Systematic Review and Meta-analysis, October 18, 2017.

Journal of Integrative Medicine, Acupuncture's Role in Solving the Opioid Epidemic: Evidence, Cost-Effectiveness, and Care Availability for Acupuncture as a Primary, Non-Pharmacologic Method for Pain Relief and Management—White Paper 2017, November 2017.

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

Support Care in Cancer, Acupuncture for cancer-related fatigue in lung cancer patients: a randomized, double blind, placebo-controlled pilot trial, December 2017.

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.

A surgeon at my hospital was having an affair with one of the scrub nurses. He was doing an arterial bypass procedure on a patient, and for some reason he wanted to get this nurse's attention. Apparently he couldn't get it very easily, and he became annoyed. So he took the clamp off the artery graft and blood gushed out right across the operating room. It splattered everywhere. Against the wall, everywhere. It was horrible, but that's what he did to catch her eye. The patient lost about three pints of blood.

YANG SHENG 養生 NOURISHING LIFE

Continued from the January 2018 newsletter.

The last line means that finding the balance between too much and too little of these twelve is the key. In other words, we are not to avoid these activities completely, but it is better if we can 'tum down the volume' on all of them.

Cultivating benefit

If everything to reduce and avoid seems like too much negativity, there are also lists of activities and characteristics to promote. The Seven Constants come from Cháng Shēng Mì Jué (The Secret of Longevity) by Shí Tiānjī (19th century?, Qing dynasty).¹ In the book, the Seven Constants are headings for paragraphs. But since then, people have extracted the headings to make a list. The words below in parenthesis are summaries of the idea, not a translation.

1. Constantly preserve good feelings (even when others do bad things, say and do good things)
2. Constantly preserve kind feelings (take pleasure in helping others and avoid anger)
3. Constantly preserve contented feelings (even when you are suffering, appreciate what you actually have)
4. Constantly preserve healthful feelings (appreciate whatever level of health you currently have)
5. Constantly preserve a peaceful heart (reduce desires; with few desires, the mind is naturally peaceful)
6. Constantly preserve an awakened heart (in the Buddhist sense)
7. Constantly preserve a happy heart (the author says this promotes longevity)

These may seem like nice ideals, but how does one actually achieve them? The final two lists are my personal favourites because they describe activities

continued

The art of medicine consists in amusing the patient while nature cures the disease.

Voltaire (1694 – 1778)

we can do to adjust our mood and raise our level of contentedness. Both of these lists come from Shòu Qīn Yang Lǎo Xīn Shū (New Book of Longevity for Parents and Providing for the Elderly).² They are called the Five Activities and Ten Pleasures.

Jīng Chū Táng Zǎ Zhì (Miscellaneous Notes from the Hall for Plowing the Classics) by Ní Zhèngfǔ³ described the Five Activities: 'Quiet sitting [a style of meditation] is first. Contemplating books is second. Viewing mountains and water, flowers and trees is third. Discussing things with a good friend is fourth. Teaching children and younger siblings is fifth.'

He also described Qí Zhāi's Ten Pleasures: 'Studying the meaning and principles in books; learning methods of calligraphy; calming the heart-mind with quiet sitting; idle talk with helpful friends; drinking a little until half intoxicated; watering flowers and planting bamboo; listening to the qín and enjoying cranes; burning incense and brewing tea; climbing the city walls to observe the mountains; telling parables and developing chess skills.'

The Five Activities and Ten Pleasures consist of quiet sitting, reading uplifting books, getting out in nature or gardening, in-person social interaction, helping others, pursuing pastimes, and savouring small sensory pleasures such as tea, incense and music. In fact, vision, hearing, taste and smell are all mentioned. Many of the Five Activities and Ten Pleasures include creative outlets and mild physical or mental exercise. They speak of spending time alone and in supportive social situations. The specifics of the list could be updated for modern times,⁴ but the essence of it is still appropriate.

Discussion

If you will indulge me and allow some personal comments: I have been discontent all my life. I always thought I would be happy when everything was in place and all my problems were resolved. Of course, this is an illusion. If I have any wisdom to impart as I grow older, it is to appreciate the small moments of pleasure or beauty; do not disdain them while waiting for great things to happen. Even when there are difficulties, it is still possible to enjoy many mundane pleasures throughout the day- the smell of a flower as you walk past someone's yard, the colours of the sunset, a smile from a friend (or stranger), the aroma of coffee as it brews, truly→

savouring a cup of fine tea. These are all inexpensive or free pleasures that many people, preoccupied with their own problems, never notice or appreciate. Yet they can be like the relief of a cool evening breeze after an excessively hot summer day.

It takes some discipline and time to cultivate awareness of these things and to value them. One can set daily goals. For example, every day notice ten small pleasures that do not cost anything. Or every night while going to sleep, list ten good things in your life. A while ago on Facebook, there was something going around called 'A Hundred Days of Happiness.' The activity was to post something that made you happy every day for a hundred days. Once these activities become habits, it is easier for the person to experience contentedness for longer periods of time.⁵ Once the habit of noticing what was previously unappreciated is established, the formal exercise is no longer necessary.

One of my hobbies is taking photographs. For a while, I took a lot of photos of fungi. Many are quite strange and beautiful. Once someone said to me, 'How do you find them? I never see them.' I realised that the first time I saw an interesting mushroom, I noticed it by happenstance. But once I started looking, I saw them everywhere. It is a matter of turning your attention to the desired object; then it becomes easy to see. Finding these small pleasures in daily life is the same idea. One does not notice them until attention is consciously turned toward them. This is why the exercises mentioned above are beneficial.

To be continued in the next newsletter...



STORIES OF STRUGGLE & SUCCESS: LOOKING AT THE BURDEN OF DEBT

By Amanda Gaitaud, LAc, Dipl. OM | Acupuncture Today | March 2018

The American Association of Acupuncture and Oriental Medicine (AAAOM) launched a preliminary survey in August 2017, beginning a deeper analysis into the borrowing and repayment patterns of AOM graduates.

The scope of this survey was fairly general in order to perform a broader assessment of the issue and identify areas of significance for further study. We appreciate the 966 individuals who took the time to answer questions and provide their personal experiences. The breadth and impact of this crisis is evident in your responses. Your stories of struggle and success are a critical contribution to our mission of developing effective resources to help AOM professionals build healthy financial futures.

How Success is Defined

While struggle and success can mean different things to different people, for the purpose of addressing the student debt burden, we define success as paying back your student loans. An unaffordable standard loan payment is the most common complaint. Only 30 percent of student loan-borrowers reported being able to afford their loan payments without a struggle. Many reported no other option than enrolling in income-driven repayment plans (IDR) or deferment/forbearance.

While 40 percent of the survey responders took over \$100,000 in student loans, only 16 percent reported earning over \$5,000 per month, which findaid.org identifies as the approximate sufficient income for a single person on a 30-year extended repayment plan for a \$100,000 loan. Income trends in the acupuncture profession will be investigated in greater detail, as gainful employment was highlighted as a top factor affecting debt management.

Struggling borrowers attributed the student debt burden to several common factors. While still in school, students were uncertain about what kind of income to expect at different stages of their career. Many described a difficult transition from student to professional, which led to deferments and forbearances in their loans. Years down the road, the majority of professionals still aren't earning enough →

through their AOM careers to provide for themselves and repay their loans. Graduates complained of inadequate guidance regarding debt management / financial planning, and believe that better resources and would've helped them make better financial decisions... [Read the full article and join the conversation at www.acupuncturetoday.com]



Vladimir, George and Parago in 2009

PHYSICAL THERAPISTS CAN CONTINUE TO STICK IT TO THEIR PATIENTS, JUDGE RULES IN ACUPUNCTURE CHALLENGE

By DAVID MIGOYA | The Denver Post | December 29, 2017

Practice of “dry needling” not limited to only acupuncturists, judge rules.

The more than 6,000 licensed physical therapists in Colorado can continue to offer “dry needling” as a form of treatment after a Denver judge knocked down a lawsuit by the state’s licensed acupuncturists challenging the practice.

In a tightly written, eight-page decision, Denver District Judge A. Bruce Jones dismissed the lawsuit by the Acupuncture Association of Colorado largely because the group’s challenge of a 2012 rule allowing physical therapists to engage in dry needling comes years too late.

But Jones said even if the association’s challenge to Rule 211 was to be entertained, it would fail because

continued

Stop seeing the obstacles you face as reasons why you can't do something. See them as a reason why you can. And celebrate your accomplishments on a daily basis.

Ali Vincent, *Believe It, Be It: How Being the Biggest Loser Won Me Back My Life*. 2009

state laws regulating what physical therapists are allowed to do in their practice are loose enough to include dry needling.

“There is sufficient elasticity in the (Physical Therapists Practice Act’s) definition of physical therapy to encompass dry needling,” Bruce wrote in an opinion issued Dec. 12.

Pulling from a 2013 opinion by the state Office of Legislative Legal Services, Bruce added: “...the definition...of ‘physical measures, activities and devices’ encompasses mechanical stimulation ‘which can include the kind of stimulation of muscles that the technique of dry needling employs. The use of needles to palpate trigger points can be reasonably seen as the use of a ‘device’ to accomplish ‘mechanical stimulation.’”

At issue was a Colorado Physical Therapy Board provision allowing physical therapists to use the same types of needles — known as filiform needles — as acupuncturists use to stimulate what they call “ashi” points. The board issued Rule 211 shortly after it was empaneled following a 25-year absence. It’s unclear how many of the state’s licensed physical therapists use dry needling.

The AAC argued that the public could be harmed because physical therapists are allowed to use dry needling with only 46 hours of training while acupuncturists in Colorado must attend 1,905 hours of classes in order to be licensed. The acupuncturists claimed people were being injured by poorly practiced dry needling — which they say ... [read the entire article online at www.denverpost.com]

MEMORY

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

What Are The Best Memory Vitamins?

By Mark Beselt

This section details the best vitamins to improve your memory. Vitamins and other nutritional supplements should not replace a balanced diet - but they may be able to make up for any deficiencies which are causing your memory to let you down. You may want to consider taking a memory supplement if you are suffering memory loss, particularly if you feel it is associated with the aging process. →

There are three main memory supplements to consider adding to your diet which can improve your memory:

B Vitamins and Memory Improvement

There are several B vitamins - including B6, B12 and B9 (Folic Acid) - which studies have found to improve memory and other mental processes, such as verbal ability and the speed at which you can process new information. There is also evidence to show that taking a B6 vitamin can reduce depression, which is a major cause of memory loss. It can also prevent some heart diseases that lead to stroke...

Scientists at Oxford University have found hard evidence that taking a vitamin B memory supplement may improve your memory, especially if you suffer from aging related memory loss. The two-year clinical trial, published in 2010, found that daily tablets of certain B vitamins halved the rate of brain shrinkage in elderly people suffering from mild memory problems.

The Vitamin B Study

The vitamins in question - folic acid (B9), B6 and B12 - helps regulate levels of homocysteine, an amino acid which in high levels is associated with a higher risk of Alzheimer's Disease. They also help your body to produce more red blood cells which carry oxygen to the brain.

The scientists at Oxford followed 168 volunteers over the age of 70 for two years, giving half of them a vitamin B memory supplement and half of them a placebo.

The study found that people who took a memory supplement suffered considerably less brain shrinkage than those who took the placebo. The result also matched cognitive test scores - with the vitamin B group showing better cognitive skills.

This is the largest study of its kind into B vitamins for memory and suggests that there is a simple and safe treatment which can delay the development of Alzheimer's Disease. Today there are about 5 million Americans, 1.5 Britons, and 14 million Europeans with such memory problems who could benefit from a simple daily vitamin supplement.

[For more info on the Oxford study please click here.](#)

continued

What Foods Contain Vitamin B?

You can get more vitamins into your diet by eating nutrient-rich foods. Let's focus on the three B vitamins that have been proven to help prevent memory loss.

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

The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind.

William James, (1842 – 1910)



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8 seconds for George Kitchie, the rowdy cowboy, in 1969

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