Acupuncture and Integrative Medicine

A Publication of Pacific College of Health and Science

www.PacificCollege.edu

Welcome to Our Annual PACIFIC SYMPOSIUM Issue of AIM

By JACK MILLER, President

Dear Healers,

elcome to our annual Pacific Symposium issue of AIM. I hope this finds you in good health and good spirits. If you are like me, there are better days and not so better days. Yet, I am still optimistic that the human mind and spirit will prevail and create solutions to our current challenges. As social distance is required, our spiritual connection becomes all the more important. No, not important. Critical. Essential. With these thoughts in mind, we bring you Pacific Symposium 2020.

As much as we would love to maintain our onsite tradition and brave the circumstances, the safety of our community comes first. For a generation and a half, we have gathered beside the San Diego Bay to celebrate that community. While the location will change to our online virtual space, the community remains the same. Our spiritual connection is independent of time and space.

continued on page 4

PRSRT STD U.S. POSTAGE **PAID** Bolingbrook, IL PERMIT N0.932

FALL 2020

PACIFIC POSIUM 2020

Tan Tien: *Strategic Defense for the Emperor*

By KIIKO MATSUMOTO and MONIKA KOBYLECKA

here are very few concepts in Chinese medicine that are more often mentioned than Tan Tien. Protecting and strengthening the Tan Tien is an important practice to maintain good health. But what exactly is Tan Tien and how can we assess it in the clinic? Let's break it down.

There are three energy centers that make up the body: upper, middle, and lower. Most often these are described as "upper Tan Tien" or spiritual center, "middle Tan Tien" or emotional center, and "lower center", known as the "true Tan Tien". strategic: it is always in the north because the North Star is the symbol that represents him. In the same way that ancient travelers relied on the North Star for navigation, the role of the Emperor is defined: he serves as the example for the city and its people – you look to him to understand and navigate your way of life.

Given the significance and importance of the Emperor's role, it's no wonder that there were several structures built to guard and protect the Emperor's palace, including expansive grounds and a high perimeter wall with guards surrounding the palace. Similarly, in the body, the three Tan Tien regions play that protective role.

INSIDE THIS ISSUE....

- 3 Quan Yin for the Win
- 4 Classical Five-Element Acupuncture Case Study
- 6 The Modern Application of Ancient Mei Rong
- 8 Is This Hidden Injury Beneath Your Patients' Symptoms?

COLLEGE different ano science 7445 Mission Valley Rd., Suite 105 San Diego, CA 92108 www.PacificCollege.edu 800-729-0941 Each of the three Tan Tien areas has a specific role and location but they are not independent of one another. One way to understand this relationship is to examine the design of ancient imperial grounds, like those of the Forbidden City.

THE IMPERIAL CITY STRUCTURE OFFERS PROTECTION:

The placement of the Emperor's Palace within the Imperial city is very

CLINICAL APPLICATION OF THESE CONCEPTS:

The importance of Tan Tien in general is established in the classics of Chinese medicine, specifically chapter eight of the Nan Ching, which lays 10 Vibrational Acupuncture: Integrating Tuning Forks with Needles

11 Pacific Symposium 2020

19 Signs of Potential on the Face

20 Cháo Yuánfāng on

Epidemics

continued on page **5**

At Kan, Quality is a Way of Life.

Our Extensive Chinese Herbal Formula Line Includes:

Kan Herbals Kan Traditionals Kan Essentials Chinese Modular Solutions Gentle Warriors Sage Solutions Jade Woman/Jade Man Herbals MycoHerb Alembic Herbals Kan Singles

Scientifically Assured Quality, Consistency, Potency and Purity.

All formulas are manufactured and tested exclusively in the USA.

Only the freshest and highest quality herbs are procured, many of them organic when possible.



Identity testing is performed to ensure that the right herb is being used every time.

Quality control tests and examinations are performed on all incoming ingredients.

Quality control tests and examinations are performed at every stage of production.

Because we manufacture our products from beginning to end at our state of the art facility in California, we ensure that the quality of our products is guaranteed every time.



CHINESE HERBAL PRODUCTS YOU CAN TRUST

380 Encinal Street, Suite 100 > Santa Cruz, CA 95060 800.543.5233 > customer@kanherb.com > www.kanherb.com



By DR. EAST PHILLIPS, DAOM, LAC

saw a funny meme recently that got me thinking.

At the top it read "*Choose Your Fighter*" and below this heading sat photos of three women:

- Susan: She is gossipy and addicted to wine.
- Karen: Summons the manager.
- Brenda: Watches Grey's Anatomy and believes she is a medical expert.

It got me thinking: Do I need a fighter right now? If so, who should it be?

Like many of us, I have been riding a roller coaster of emotions. I feel inspired and motivated one moment and unsure, confused, and tearful the next.

Then there are those moments in which I allow myself to go deep down any of the many rabbit holes that are present right now. That's when I get into even more trouble.

I inevitably feel as though I am caught in the whitewater at the beach on a big surf day, pounded by waves, held beneath the water, unsure of which way is up, having difficulty breathing, and screaming, "Help! Somebody save me!"

But how can I help others if I need someone to help me right now?

This brings me back to that meme: "*Choose your Fighter*."

In a sense, aren't we all fighters? We fight for our patients. We are helping them to feel comforted, protected, listened to, and loved. Who, then, can be our fighter? I will suggest we pass on Karen, Brenda, and even Susan from the meme mentioned above.

Instead, I would like to select Quan Yin¹ as our guiding light. Quan Yin, a principal deity in Buddhism, is known as the Goddess of Compassion, something we all most certainly need right now—compassion for others *and* ourselves. With Quan Yin leading the way, can we, as healthcare providers, tap into her unwavering compassion and offer the same to our patients, especially right now?

How many of you are frustrated at the current state of affairs, ready to throw in the towel and give up your practice? Are you making plans to move to a small island or mountain range somewhere and grow coconuts or herd sheep?



cries of pain and suffering coming from the people of our planet. The countless prayers for help, hope, comfort, and strength from so many suffering people were her reasons for returning. Instead of entering heaven, Quan Yin chose to return to our planet and help deliver us from our pain and suffering. She came back to comfort us with a blanket of compassion and mercy. humility. What keeps you grounded? Do you engage in grounding activities or rituals regularly? Quan Yin reminds us of the importance of being grounded so that we may continue to serve and assist others.

Simplicity may be one of the missing keys to happiness right now, especially with everything in such flux. Could simplicity be a key to more feelings of inner peace? Ask Quan Yin, perhaps. How can you keep your humility, especially during these tumultuous times, where so many people disagree? Can Quan Yin show us a way to have compassion for others even if we do not agree with their perspective? Can Quan Yin teach us how to stay humble even when we feel so strongly that we are right? In some translations, *Quan Yin* means "she who hears prayers". I would venture to say that people are doing a lot of praying right now. They pray to Quan Yin, God, Buddha, Jesus, archangels, and an almost unlimited number of deities, higher powers, and ascended masters. Have you ever considered that all of those prayers get answered through us and our work? Perhaps the enlightened beings and higher energies might bring these people to us because we can help them?

So, when asking yourself: "Should I stay, or should I go?"

Stay. Continue to be a lighthouse for others. Lighthouses get people through horrible storms; they are guiding lights of hope and safety. They stay put. They don't move. They shine bright and even brighter when maintained properly.

To do this, you will have to choose your fighter wisely. While Quan Yin is an excellent choice for your fighter, she is not the only option. There are others out there. You simply need to look for them. When choosing your fighter, make sure to find one that comforts you, fills up your compassion and love gas tanks, and makes you feel grounded and protected.

I want to leave you with an oracle card² that is currently displayed next to my computer. It reminds me of my current fighter, Quan Yin. She encourages me to approach everyone with more compassion, forgiveness, and unconditional love, including myself.

> QUAN YIN Care and Compassion

Meaning of this card: "Choose to be love. Do what is right for everyone involved. Offer a helping hand."

AIM

REFERENCES

- 1. Also spelled Kwan Yin, Kuanyin, or in pinyin, *Guanyin*.
- 2. From the Angel Tarot Cards by Radleigh

What if, instead, you stayed? Quan Yin stayed–did you know that?

Legend has it that after Quan Yin reached full enlightenment, she was on her way to heaven to live out eternity in nirvana. Before entirely leaving this world, she heard How can we do this for our patients? What would that look like for you?

Her heart is full of unconditional love, which she shares with humanity. Can she help us exercise our ability to love unconditionally?

Most depictions of Quan Yin show her barefoot, symbolizing her groundedness, simplicity, and Valentine @ Hay House Publishing

With a commitment to helping others actualize their greatest potential and wellbeing, **DR. EAST PHILLIPS**, DAOM, LAC, has been a licensed acupuncturist since 1999 and professor of Chinese medicine at the Pacific College of Health and Science since 2004. She currently resides in Del Mar, CA with her husband and two kids and continues to help practitioners, students, and the general public with her books, lectures, masterminds, various workshops, events, coaching and wellness-related products. You may connect with her at **www.doctoreast.com**.

Acupuncture and Integrative Medicine • www.PacificCollege.edu

Classical Five-Element Acupuncture Case Study

By NEIL R. GUMENICK, MAc (UK), LAc, DiplAc

Originally printed in Acupuncture Today – June, 2007, Vol. 08, Issue 06

he patient is a 28-year-old female, single, and employed as a wardrobe consultant in the live entertainment industry. In her initial examination, employing the diagnostic criteria of odor, color, sound, and emotion, she emitted a scorched odor, expressed a lack of red color—ashen-gray skin tone lateral to her eyes—a lack of laughter in the sound of her voice, and a lack of joy, emotionally.

Therefore, I concluded that the Fire element was her primary imbalance. By interacting with this patient in her initial examination, I determined the Officials (organs/functions) of Fire most in need of support were her Heart Protector (pericardium) and Triple Heater (San Jiao).

A patient's basic diagnostic indicators do not change, except in intensity, according to one's relative state of balance during the whole of one's life; thus, one's primary imbalance does not change to another element. Therefore, except for certain and specific clinical findings (such as energetic blocks), all of a patient's treatments are directed to support, balance, harmonize and benefit their primary imbalance, addressing the levels of the body, mind, and spirit, according to the unique needs at the time.

Main Complaint: Emotional distress over a recent breakup with a boyfriend. The patient described her state prior to treatment as follows:

"By the time I sat down in the office, I was already in tears. The past three months have been overloaded with change, and I reached a breaking point. Confusion, pain, and an overwhelming lack of control are paralyzing me from accepting the changes I'm facing. I have hardly eaten or slept in two weeks and feel completely drained on all levels. Most important, I feel betrayed by infidelity. I have been searching for new career opportunities and a "fresh start" and now that I am finally getting those opportunities, everything feels wrong. Instead of looking forward, I feel cursed with having to move forward. In reality, I've been given exactly the choices I asked for, and now I'm not allowing myself to accept or embrace the any of them. In fact, I am denying these things access to my life and in doing so, causing major disruptions to my well-being."

When the session began, she further stated, "I'm overcome with guilt, sadness, and a profound sense of loss. I wasn't up to handling any of this the infidelity and the pain it caused me and my longtime partner and best friend, choosing which of three amazing job offers in my field to accept, and adjusting to a new city alone."

Secondary Complaints: Rashes on left hand, on and off for seven years and inflamed at the time of initial treatment. She had described the history of the skin condition as fluctuating between red, dry, and flaky with deep crevices, or wet and swollen. She had seen 10 different dermatologists over the years. The dermatologic diagnosis was unknown, and although many topical ointments had been prescribed and used, none had been effective. She had lost 20 pounds in the two weeks prior to treatment due to her complete loss of appetite.

Significant Medical History: Several fractures of the arm, wrist and fingers in early childhood. At age 16, she had a bad dental infection, following extraction of wisdom teeth. In 2001, she was diagnosed as manic-depressive and was prescribed five antidepressants, which "turned me into a zombie and made me suicidal. I lived two miserable years in a druginduced fog". She gained 40 pounds when she stopped taking them.

Additional Systems Review:

Sleep: Describes herself as an "active sleeper." She awakens frequently, sleepwalks and has very active dreams. She usually wakes feeling tired and like "I've been working all night". In the two weeks prior to this treatment, she reported being unable to sleep.

Appetite: As described above, none in the past two weeks.

Bowels: "I didn't really eliminate for the last two weeks because I didn't eat. I'd drink water and kombucha tea."

Urinary system: Passes water about 6/day, no nocturia, and drinks 3 liters water/day. Has a history of urinary tract infections.

Periods: Since off birth control pills, periods light and short, every 28 days.

Perspiration: Tends to be excessive. Temperature: Tends to feel alternately very cold or hot.

Medications: None at present. **Pulse Findings:** NOTE: In this

system, pulses are palpated and

recorded based upon a scale of -3 (indicating maximum hypo-activity) to +3 (indicating maximum hyperactivity) and a check mark indicating "normal," or how this patient's pulses would feel if she were fully balanced and healthy in body, mind and spirit, with each organ/function having an appropriate and proper amount of energy. Degrees of hypo or hyperfunctioning are recorded in increments of ½. With practice over time and skilled guidance, increments of ¼ also can be detected.

Based on the above scale, in this patient, all 12 pulses were found to be equal but very deficient, registering -2 on all officials. **AIM**

EDITOR'S NOTE: The complete article can be found online at https://www.pacificcollege.edu/ news/blog/2020/07/21/classical-fiveelement-acupuncture-case-study.

PROFESSOR NEIL R. GUMENICK is founder and director of the Institute of Classical Five-Element Acupuncture, which offers training in this profound system of body/mind/spirit medicine. He has maintained a private practice in Santa Monica, CA since 1981 and has served as a professor at Yo San University and Emperor's College. Neil holds three degrees and an advanced teaching credential from the College of Traditional Acupuncture (UK), awarded by the late Professor J.R. Worsley. He was recipient of the 2007 AAAOM Pioneers and Leaders in Acupuncture and Oriental Medicine Award, and is one of the world's foremost practitioners, teachers, and writers on the subject of classical Five Element acupuncture.

WELCOME TO OUR ANNUAL PACIFIC SYMPOSIUM ISSUE OF AIM continued from page 1

Pacific College is no stranger to online education, especially the optimal online educational experience: synchronous delivery. Ten years and over 1000 Pacific College doctoral graduates are a testament to its effectiveness. We'll apply that depth of experience, plus all the creativity we can muster, to make Pacific Symposium 2020 a real-time, really fun, really cool conference. And along the way, you're going to learn a lot! We will be offering a combination of live presentations by 18 speakers along with special offers (steals and deals) from our unbelievably generous vendors. Every day we come up with another fun idea to bring the community together and deliver you some virtual San Diego sunshine.

presenters and veterans. For the first time at Pacific Symposium, Aimee Raupp will present the timely topic of how fertility is affected by the conditions of the world around us. Dr. Butch Levy will help attendees understand

Dillberg for a panel presentation on integrative approaches to orthopedic and pain treatment.

Pacific Symposium 2020 will feature not one, but three keynote lectures. Jeffrey Yuen will address

recent proposal to criminalize the defamation of Chinese medicine. This is one not to be missed. This keynote will take the form of a provocative interview of Professor Kaptchuk by our good friend, Holly Guzman. Eight more esteemed veterans of Pacific Symposium will present clinical or philosophical pearls, about which you can find more inside these pages. We hope each of our presenters will enlighten you, challenge you, and help you reach your goals. Mostly, however, we hope you will experience the Pacific Symposium tradition of fostering the deep connection within our beautiful community. AIM

As usual, we have a mix of new

the complexity of modern illnesses and the importance of being able to use the tools of other paradigms for information and treatment. Peter Holmes will discuss the necessity, when using essential oils, to apply Chinese medicine theory. Shellie Goldstein will help us all keep looking young by applying Chinese medicine, Channel Theory and biomedicine to the topic of facial aging. Rounding out our first-time presenters are Dr. Cameron Bishop and Justin Flores, two orthopedic and pain specialists who will team up with veterans Matt Callison and Dr. Dustin Chinese medicine's role in the recovery from COVID-19. Lillian Bridges will show us how to monitor our defensive Wei Qi with facial diagnosis. Lastly, Professor Ted Kaptchuk will present China's role in fostering Chinese medicine within its borders and globally. Is it helping, harming, or both? He will discuss the development of TCM in modern times and the interaction between China's agenda, U.S. developments like integrative medicine, and Japanese and Korean traditional medicine. Professor Kaptchuk will also tackle Beijing's

Warm regards, Jack Miller Pacific Symposium

Acupuncture and Integrative Medicine • www.PacificCollege.edu

4 FALL 2020

out a case for this energy center as the very root of a person. Thanks to this chapter, we understand that a strong Tan Tien is responsible for the wellbeing of all meridians and organs, protects shen, and is thought to be the "gate" of inhalation and exhalation (a concept that is emphasized in all martial arts practices).

This is very similar to the role of the Emperor, who sets the course for the well-being of the entire community. The health and safety of this leader are of utmost importance and the entire structure of the place in which he resides is designed with protection in mind.

POINTS ALONG THE REN CHANNEL AND CONNECTION TO TAN TIEN:

- Ren-3 is the symbolic place of the Emperor North Star.
- Ren-5 character is commonly translated as "stone gate". In the Forbidden City, we see that a series of stone stairs lead to the Palace—possibly serving as a last protective measure to keep the Emperor safe.
- Ren-16 character can be translated as "middle garden".
- Du-24 character is upper Tan Tien and the character can be translated as "shen garden".

It's important to point out that, in ancient times and in the context of the Forbidden City, the character we currently translate as "garden" had a very different meaning. At the time, it was used to refer to a defensive or protective structure and therefore differed greatly from what we picture today when we hear the word. With that in mind, consider that the upper Tan Tien point, Du-24, might represent an army of guardsmen perched on top of a high perimeter wall. Their eyes are toward the Emperor and their role is protection – not unlike the modern-day secret service or similar protective details.

The "middle garden" is a symbolic place of a second line of defense and is under the watchful eye of these guardsmen as well.

DU-24 -THE GUARDSMEN OR SECRET SERVICE DETAIL

Needling Du-24* has a positive effect on releasing the following reflexes¹:

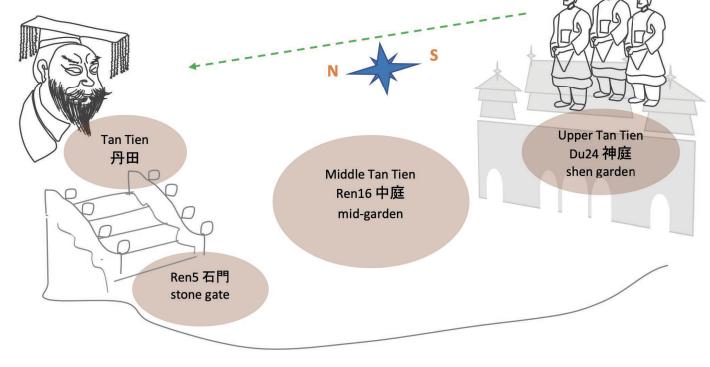
- Tan Tien reflex at Ren-6 to Ren-4 & Ren-9
- Middle Tan Tien reflex around Ren-16
- Pressure pain around Ren-12 when patient does not have any stomach symptoms/involvement

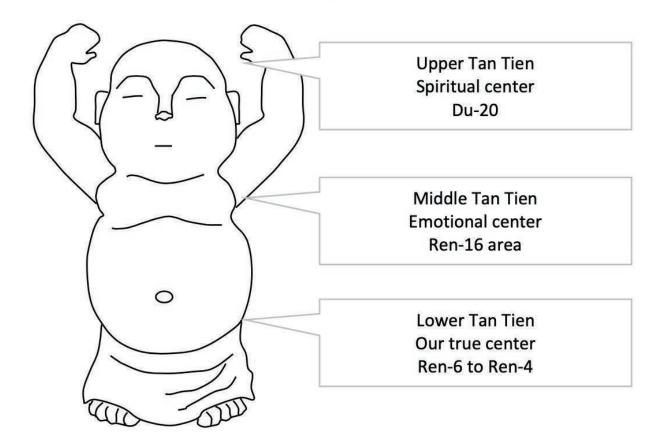
*Du-24 should be needled away from the face and in the exact location that releases pressure pain in the above-mentioned areas.

Simply put, Du-24 is the central command that allows all the protective forces around the Emperor to align and to function at their optimal level so that the Emperor can remain strong, healthy and calm.

THE NORTH STAR is also a symbolic place of the Emperor's seat. The gate to the palace was always placed in the south so that the North Star was behind the throne – he always had to face south when seated.

Multiple layers of protection stand between the external world and the Emperor. Most notably, the Guardsmen at the peripheral wall represent the key observers of what is happening: they keep a watchful eye on the grounds and the Emperor.





Finally, there is an interesting overlap between the ancient concept of the word "garden" as a protective force for the Tan Tien and the modern Western understanding of the function of the great omentum. In addition to being the largest organ in the body, the great omentum plays an important role in protecting the abdominal cavity from invaders and infections.

> "Since the beginning of the twentieth century, abdominal infection control and wound isolation were well-recognized functions of the omentum. The British surgeon Rutherford Morrison in his publication 'Introduction to Surgery' (1910) called it 'the policeman of the abdomen'."¹

This is an overlap that is worth exploring further in the clinical setting. **AIM**

REFERENCES

- 1. For more information about this reflex and treatment strategies, refer to *Kiiko Matsumoto's Clinical Strategies; Vol.1*
- 2. Omentum: a powerful biological source in regenerative surgery. Valerio Di Nicola. *Regenerative Therapy*. Elsevier, 1 Dec 2019.

KIIKO MATSUMOTO is internationally known for her scholarly work on acupuncture and the interpretation of Chinese Classic

texts. She is best known for her ability to integrate the work of very important Japanese Masters including Master Nagano, Master Kawaii, and Dr. Manaka. Her clinical practice is based in Newton Highlands, MA but she teaches all over the world. Ms. Matsumoto has been collaborating with **Monika Kobylecka**, LAc to create teaching materials which describes her latest research and work. In addition to this collaboration, Ms. Kobylecka practices Kiiko Matsumoto Style (KMS) acupuncture at Children's Hospital Los Angeles (CHLA) and teaches hands-on introductory classes in KMS.

Acupuncture and Integrative Medicine • www.PacificCollege.edu

Reliable

Acupuncture Malpractice Insurance

- AAC is an active participant in your acupuncture community
- Our legal professionals are experts in handling acupuncture and oriental medicine claims
- AAC helps promote and fund acupuncture research and education programs



The Modern Application of Ancient Mei Rong

By SHELLIE GOLDSTEIN, AP, LAC

hinese medical cosmetology (*mei rong*) has a welldocumented and venerated history dating back to the 3rd century BCE Qin Dynasty. Chinese medical physicians were employed to perform acupuncture and herbal medicine on the concubines of empresses and emperors to enhance natural radiance, delay signs of aging, and maintain a youthful and lustrous appearance. Available at that time to only the wealthiest, this imperial secret was a holistic regimen designed to preserve beauty and maintain health.

The modern application of mei rong, referred to as cosmetic facial acupuncture (CFA), is rapidly becoming a recognized and desired alternative or adjunct to well-established beauty-enhancing services such as Botox[™], fillers, and surgery. Cosmetic acupuncture is currently the third most popular speciality within the acupuncture profession. In fact, the results of a 2014 NCCAOM certification needs assessment survey regarding acupuncture and facial rejuvenation found that 62% of patients inquired about cosmetic acupuncture services for the purpose of appearance enhancement. However, within the community of Chinese medicine practitioners, its application remains controversial. Some believe that modern *mei rong* treatment is a diversion from classical Chinese medicine, a waste of time, and that ot even diminishes the integrity of the profession. Others say it has deep roots in Chinese medical culture; that treatment reinforces the fundamental principles of TCM, and that it plays a significant role in the health and wellbeing of those seeking it.

The Shen Nong Ben Cao Jing, the first compilation of Chinese pharmacopoeia, contains 43 herbal cosmetology references. Sun Si Miao, the renowned TCM physician and author of the Sui and Tang dynasties, included 105 mei rong formulas in his classic texts Bei Ji Qian Jin Yao Fang and Qian Jin Yi Fang. Li Shi Zhen, the great doctor and scientist of the Ming Dynasty, mentioned 270 cosmetic herbal drugs in his epic treatise, Ben Cao Gang Mu. Descriptions of agerelated skin conditions are found in the classic work Huang Di Nei Jin, in which the relationships between appearance enhancement and internal organs and meridians are explained, and acupuncture, moxibustion, facial massage, and qigong anti-aging treatments are described.

mony in the zang-fu organs, meridians, qi, blood, and fluids as the core of cosmetic complaints. A dysfunction of any or all of these can be reflected on the face in the form of wrinkles, loss of muscle tone, decreased skin elasticity, skin problems (acne, rosacea), a withered or dry appearance, and more. The etiology of these conditions is embedded in the pattern recognition, diagnosis, and treatment of qi, blood, and fluids as they influence and are influenced by the elements, organs, and meridians.

As practitioners of CFA, we know that patients' primary complaints are generally one of a myriad of disharmonies. For example, those presenting with allergies often have abdominal disturbances, loose stools, and possibly heaviness in their extremities, all of which can be related to spleen gi deficiency with dampness. Treating the spleen can resolve allergies, and at the same time address abdominal disorders, loose stools, and limb heaviness. Patients presenting with menstrual problems related to liver blood deficiency and qi stagnation commonly experience muscle spasms, headaches, and trouble sleeping, which treatment of the root of menstrual disorders, the liver, can alleviate. Patients with chronic low back pain related to kidney yang and essence deficiency often feel tired, are chilled, and can be prone to sexual dysfunctions, all of which treatment of the kidney can resolve.

A growing number of today's consumers initially seek acupuncture for their sagging face muscles, wrinkles, and aging skin rather than the classical familiar complaints. Although seemingly different at the onset, the educated CFA practitioner soon realizes that the underlying issues are one and the same. Lack of muscle tone, or sagging face muscles, is generally an issue of the spleen. Repetitive muscle contractions leading to wrinkle formation can be resolved by treating the liver. A kidney yang deficiency is ultimately the root of most advanced aging complaints.

Equally, if not more important, is the relationship between physical complaints and emotional conflict. In Chinese medicine, there is no dualism between the body and mind and hence no hierarchy of somatic and psychological symptoms. A spleen disorder can cause mental confusion, a liver imbalance can lead to anxiety, and a disharmony of the kidneys can present as depression. In our youth-driven culture, there is an over-

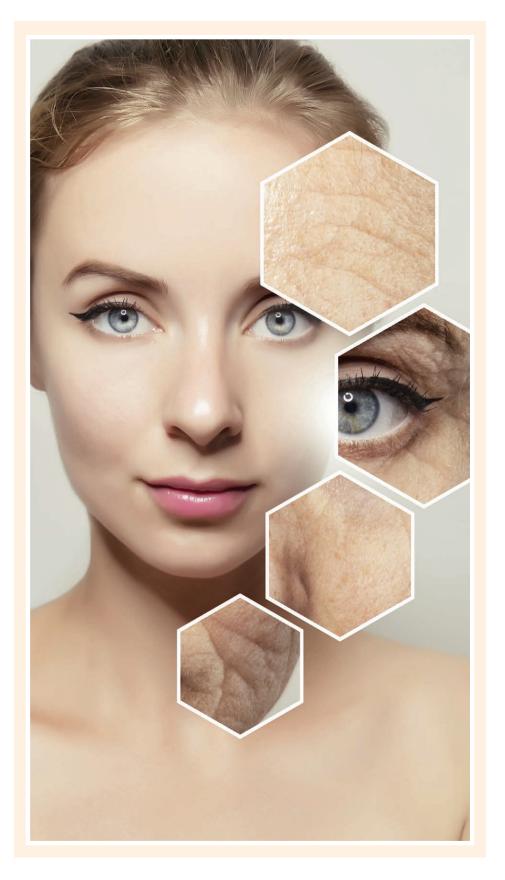


800-838-0383

In keeping with the philosophy of *mei rong*, modern practitioners of cosmetic acupuncture view a dishar-

continued on NEXT PAGE

Acupuncture and Integrative Medicine



whelming urge to enhance one's appearance and erase the visible signs of aging when faced with the realization that one is getting older. Generally referred to as a 'midlife crisis', this period of life is often driven by the awareness of ones mortality and commonly characterized by periods of psychological upheaval and emotional instability-namely confusion, anxiety, and fear. During this phase many patients turn to acupuncture to erase face wrinkles, tone sagging face muscles, reduce puffiness under the eyes, re-sculpt the contours along their cheeks and jaw line, and rejuvenate their withering complexions. The truth however is that they are not simply looking for a superficial makeover, but for emotional and spiritual healing as well.

by treating the underlying root cause. The common thread between both is the knowledge that superficial symptoms, whether allergies, menstrual disorder, low back pain, or sagging face muscles, face wrinkles, and signs of aging, are a reflection of a deeper internal imbalance. Our goal as CM healers is to help our patients live healthier and happier lives. Their reason for seeking treatment should not

Affordable

Acupuncture Malpractice Insurance

- Pacific College has chosen AAC to cover you while in school, in part, because of AAC's low rates
- Lower cost limits of liability and program options available
- Special Pacific College student discount available upon starting with AAC



In essence, acupuncturists of all walks are trained to view the body, mind, emotions, and spirit as one, and to address the exterior symptoms be ours to criticize or deny. AIM

SHELLIE GOLDSTEIN is the founder of the Academy of Advanced Cosmetic Facial Acupuncture Mentorship & Training Program, author of *Your Best Face Now: Look Younger in 20 Days with the Do-It-Yourself Acupressure FaceLift*, and creator of Touch+Glow: The Natural Acupressure Facelift Kit. She is a recognized leader and lecturer of facial acupuncture, offers numerous distance learning continuing education online courses for cosmetic facial acupuncture, and is frequently featured in the press and social media.





www.acupuncturecouncil.com

Acupuncture and Integrative Medicine

Is This Hidden Injury Beneath Your Patients' Symptoms?

By FELICE DUNAS, PhD

hat do Angelina Jolie, Hilary Clinton, Lady Gaga, and Henry VIII of England have in common? Traumatic brain injuries (TBI). In Henry's case, history changed. While unconscious after a joust (which he lost), Henry's second wife Anne Boleyn was so upset that she miscarried a dearly wanted male child. When he awoke, he began developing behavioral symptoms related to his TBI which resulted in the ragefilled, tyrannical personality for which he became known. Anne never made it past year three of their marriage for want of that lost baby boy. She was killed on false charges of having had sex with her brother.

Each year Americans sustain 1.7 million brain injuries. Symptoms can be minimal and temporary, persist as a difficult undercurrent in a patient's health, attitude, or behavior, or worsen throughout life. They may be physical, mental, or emotional, in any combination. The lifetime cost of a serious TBI can be as high as \$3 million. Often not realizing the cause, many present in our practices with common



TBI complaints years, even decades, after the initial incident or incidents.

The Mayo Clinic divides the symptoms of TBIs into these categories:

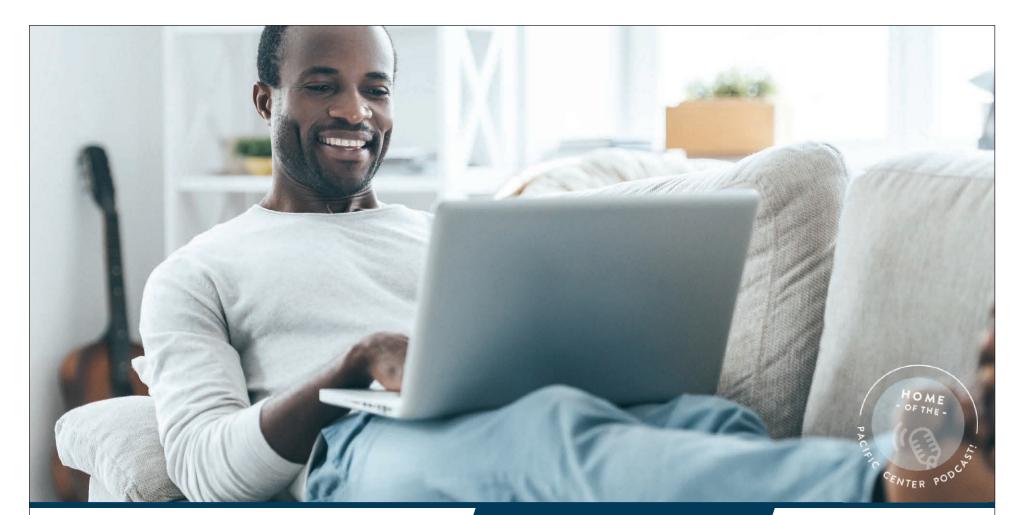
- Physical complications such as seizures, vertigo, headaches, infections, and blood vessel damage causing strokes
- Intellectual problems, categorized as
 Cognitive function, such as memory, learning, attention, concentration, and judgement
 - Executive functioning problems such as in planning, decision-making, problem solving, and organization

- 3. Communication problems, which can be broken into:
 - Cognitive, such as difficulty understanding speech or writing, trouble following and participating in conversations
 - Social, including difficulty understanding non-verbal cues, trouble taking turns in conversations, organizing thoughts, or forming words with one's facial muscles
- Behavioral changes, including difficulty with self-control, lack of awareness of one's abilities, high risk behavior, verbal or physical outbursts
- Emotional changes such as depression, anxiety, mood swings, irritability, lack of empathy, and anger
- Sensory abnormalities like loss of taste, smell, ear ringing or vision problems, inability to recognize objects, skin tingling, pain or itching, and balance problems
- Degenerative brain disease such as Parkinson's, Alzheimer's and Dementia pugilistica (caused by repeated blows to the head as in boxing); research suggests that

repeated or severe traumatic brain injuries might increase the risk of degenerative brain diseases. This risk can't be predicted... and researchers are still investigating if, why and how TBIs might be related to degenerative brain diseases

I once worked with Grace, a 53-year-old woman with severe headaches. They started during puberty and, over decades, worsened until she could barely function at a part time job. I did a 2-week intensive with her, treating her daily and sending her to a Rolfer, who also worked intensively with her to address her posture and minimize stress on the neck and head. Several days into the process, she uncovered a memory of being hit on the head with a hammer by her older, but still very young brother when she was, perhaps, three years old. She recalled laying on the ground and feeling unable to get up, which frightened her. But then popped up, as 3-year old's are

continued on **NEXT PAGE**



CHOOSE FROM OVER 100 ONLINE CEU COURSES + LIVE WORKSHOPS

Check the catalog and purchase online at **PacificCenterForLifelongLearning.com**

Jeffrey Yuen Jill Blakeway Matt Callison Jake Fratkin Giovanni Maciocia and many more!

Courses approved by



PDA Provider Number 046 Continuing Education Provider Number 100



8 FALL 2020

Acupuncture and Integrative Medicine • www.PacificCollege.edu

wont to do, and went on as normal until she had a growth spurt in early adolescence and the headaches began. They had only gotten worse, over the years. Nothing, including medical treatment from pain specialists and neurologists, improved her condition. But her headaches were down 70% by the end of the intensive. We understood the cause as being related to pressure exerted on her brain from the injury to her skull during its developmental years, and trauma sinking into the blood level. The healing process could, ultimately, be completed, though the blood stasis portion would take much longer. I sent her home to get a full neuro workup and to start a long regimen of herbal tea.

Grace is a typical example of TBI symptoms showing up years after an injury. Though she had been to pain specialists and neurologists, the cause had not been found. It was the trauma of the injury in her early childhood sinking deeper into her system, exacerbated by her rapid physical growth and the opening of the eight extra channels during adolescence, that caused her body to no longer be able to contain the injury symptom-free.

I want you to understand this aspect of trauma. It is the force that continues to sink into the body's energetic system long after anatomy heals. It is what causes the college student's tennis elbow or ankle strain to turn into arthritis at that joint site 30 years later, even if there were no major symptoms in between. Like all injuries, they begin hot: the body creates inflammation, a local event of fire and water, white blood cells and plasma, at the site of injury. Like injuries everywhere, however, excess/hot conditions can turn to cold/deficient states over time, ultimately leading to worsening qi and blood stagnation.

The trauma from TBI, if left untended, can continue to penetrate deeper into our energetic layers, resulting, over decades, in severe physical, behavioral and mental health challenges. This is why you have heard stories of NFL players committing suicide after top-notch, multi-concussion careers. The reckless qi, unsuccessfully governed by the liver, invades deeper into the body and psyche until the patient can no longer cope.

You may wonder why I brought up this long topic for a short article that can't possibly give you insight into the breadth of presentations and Chinese medical etiologies related to this problem, but here is what I can do: I can tell you that your intake questionnaire should include a detailed history for brain injuries. As many patients are not aware of having had one, questions about bumping one's head or getting hit in the head may be helpful wording. Be direct in your questions and ask patients to explain the incidences in detail, even if the patient feels they "are nothing". TBIs can result from simple, minimally eventful incidents such as falling off a bike, walking into a door or falling out of a tree without any recollection of injury as a child. Car accidents and falls, even those during which a patient did not hit their head, can cause TBIs. These pieces of history are important.

Next, you need to be aware that a broad range of symptoms can be caused by TBIs. From being unable to maintain long-term intimacy with others, to learning weaknesses in school, to insomnia, depression, dizzy spells, poor sense of smell taste, hearing or vision, skin pain and what appears to be kidney-related memory loss, anxiety, tinnitus, shooting nerve pain, muscles spasms... these and other symptoms could all be related to brain injury. Hopefully you can see from reading this piece that there are many TBI symptoms/injuries that go unrecognized. When you do your diagnostic evaluation, it is important to look for signs of them.

Think on your practice now. Were you to begin questioning all your patients about past head bumps, might you find some correlations to the health conditions you are treating them for? It's worth asking a few questions and considering this possibility. **AIM**

FELICE DUNAS began her studies in 1970, before acupuncture colleges or a profession in the United States existed outside Asian communities, then devoted 25 years to building the profession in the U.S. through legislation, curriculum, and college development. AAAOM recognized Dunas as Acupuncturist of the Year in 2001 for introducing the ancient subject of "sexuality as medicine" to the American acupuncture profession and for introducing classical Chinese medicine to thousands of corporate CEOs. Dunas has appeared on many television and radio shows, lectured globally, and serves as a consultant to corporations and hospitals on lowering healthcare costs with acupuncture and alternative medicine. She is the author of Passion Play: Ancient Secrets for a Lifetime of Health and Happiness Through Sensational Sex and has contributed to publications including Acupuncture Today, Prevention, Glamour, and Marie Claire.

GOLDEN FLOWER CHINESE HERBS Join us online for Symposium 2020! October 30 - November 1 Visit us in the virtual exhibit hall



Acupuncture and Integrative Medicine • www.PacificCollege.edu

Vibrational Acupuncture: Integrating Tuning Forks with Needles

By MARY ELIZABETH WAKEFIELD, LAC, MS, MM and MICHELANGELO, MFA, CTM

An introductory excerpt from the recently published book Vibrational Acupuncture: Integrating Tuning Forks with Needles, co-authored by Mary Elizabeth Wakefield, LAc, MS, MM, and MichelAngelo, MFA. Vibrational Acupuncture is available from Singing Dragon UK.

MIEC offers precision coverage and unmatched support.

MIEC has been providing Medical Professional Liability Insurance to physicians and other healthcare professionals for more than 40 years. As a memberowned exchange, our mission is to deliver innovative and cost effective professional liability protection and patient safety services for physicians and other healthcare professionals, including acupuncturists. In addition to competitive & stable premium rates, the MIEC Acupuncture Program Coverage includes:

- No Arbitration Agreement required
- Premises Coverage (Slip and Fall) included
- Never settle a case without your consent
- Flat 10% dividend* discount
- Defense Coverage up to 25K for CAB
- Security and Privacy Liability
- Cyber Extortion and Terrorism

To learn more about becoming an MIEC policyholder, or to apply, visit **miec.com** or call **800.227.4527**.

*For acupuncturists who have been insured with MIEC for at least 1 full policy year.



The best part of my job is helping our policyholders; There is no question that is too simple or too routine

ogether, (tuning forks and acupuncture) balance Yin and Yang, both calm and stimulate, and simultaneously ground and lift up the Qi. This permits the integration of Water/Fire polarities within the body, allowing for a flow of Shen spirit in physical form and contributing to the manifestation one's particular destiny."1

The innovative, non-invasive treatment protocols in this book feature the use of precision calibrated Acutonics® Ohm tuning forks, by themselves, or in synergy with acupuncture needling, on the points and meridians of the face and body.

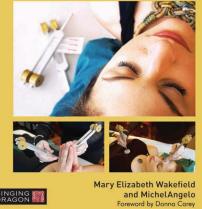
The vibrational effect of the sound resonance engendered by the tuning forks is enhanced by the body's skeletal structure and its watery consistency. As experienced practitioners of vibrational medicine, you will naturally be aware that the human body is comprised of, on average, about 60-65% water, and likewise that sound travels four times faster in water than air.

Consequently, the vibrational Qi of tuning forks is readily transmitted to the entire body through engagement with the Water element, and its key meridian, that of the Kidney. This encourages the healing frequencies to penetrate the most profound level of essence - the Jing.

This dynamic synergy of sound and acupuncture, employed in a treatment, results in a relaxing, clinically effective healing regimen that boosts the immune system, relaxes fear, and prevents disease. Tuning forks are also useful in the treatment of sensitive, needle-phobic patients, as well as those suffering from PTSD.

THE NATURE OF SOUND

Vibrational Acupuncture¹ Integrating Tuning Forks with Needles



specifically from the orbital period of the Earth around the Sun. AIM

EDITOR'S NOTE: The complete article can be found online at https://www.pacificcollege. edu/news/blog/2020/08/03/vibrational-acupuncture-integrating-tuning-forks-with-needles

MARY ELIZABETH WAKEFIELD is the internationally recognized author of Constitutional Facial Acupuncture, an Acutonics® and Zen Shiatsu practitioner, a cranio-sacral therapist, and a professional opera singer. With 30+ years of clinical professional experience as a healing practitioner, she has personally trained close to 6,000 healthcare practitioners from five continents in her treatment protocols. She and her life and teaching partner Michel-Angelo recently published a new book, Vibrational Acupuncture: Integrating Tuning Forks with Needles. Mary Elizabeth maintains a private practice on the Upper East Side of Manhattan, in New York City.

for me. I'm always happy to help.

Ronni Fan, JD, Senior Underwriter

能够帮助我们的医生解答误医保险方面 的各种问题是我工作中最大的快乐。



'Vibration has motion, therefore all life is motion ... behind the whole creation, the whole of manifestation, if there is any subtle trace of life that can be found, it is motion, it is movement, it is vibration.'

– Hazrat Inavat Khan

The Acutonics® Ohm tuning forks are used on the points and meridians of the body and face.

The Ohm Middle frequency is 136.1 Hz, which is approximately a C# in Western tunings, and is derived

FALL 2020 10

An opera singer, classical composer, pianist, medical astrologer, healer, diviner, MICHELANGELO has served as the advisor on astrological medicine and musical studies to Acutonics® Institute of Integral Medicine and co-authored the textbook, From Galaxies to Cells: Planetary Science, Harmony and Medicine. He has written several articles on medical astrology for Oriental Medicine Journal. Other articles have appeared in Dell Horoscope and Infinity Astrological Magazine. In 2019, MichelAngelo self-published two books of original essays, Random Ramblings of an Astrological Autodidact and Miscellaneous Maunderings about the Starry Sky.

Acupuncture and Integrative Medicine



JEFFREY YUEN · TED KAPTCHUK · ANDREW NUGENT-HEAD

JULIEANN NUGENT-HEAD \cdot LILLIAN BRIDGES \cdot MATT CALLISON \cdot SABINE WILMS

SHELLIE GOLDSTEIN · MARY ELIZABETH WAKEFIELD · MICHELANGELO

PETER HOLMES · NEIL GUMENICK · DUSTIN DILLBERG · FELICE DUNAS

BUTCH LEVY · AIMEE RAUPP · CAMERON BISHOP · JUSTIN FLORES

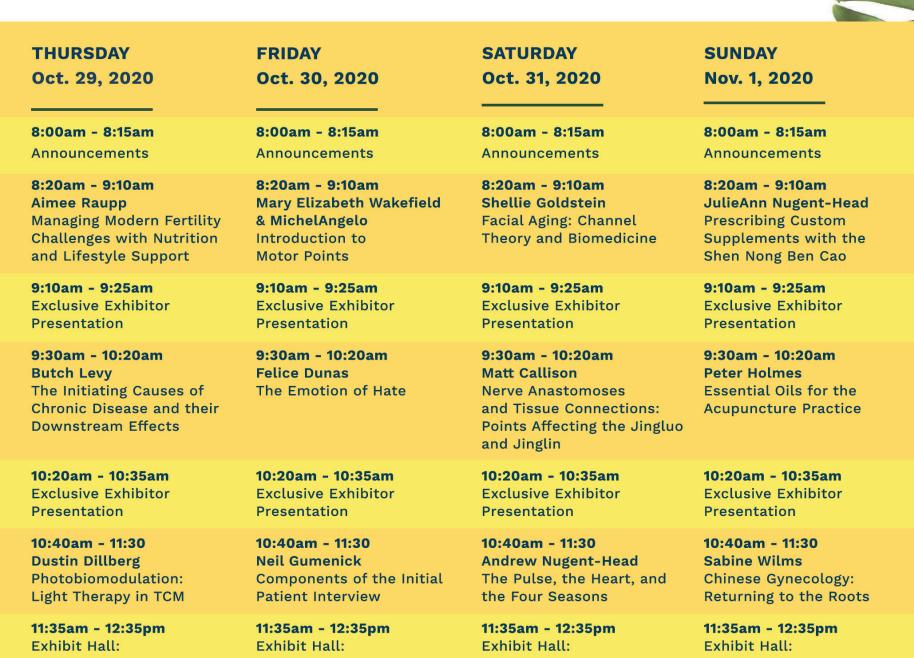
PacificCollege.edu/Symposium

2020 SCHEDULE

This year, both classes and exhibitor presentations will be streamed live online. Access to the conference's CEU classes, each worth one CEU/PDA for a total of 4 CEUs per day, will be available at a flat rate of \$100 per day. **Please note the special rate of \$349 for the 4-day special!** We will feature an exclusive exhibitor presentation between each morning lecture. Before and after the final speakers each day, we will present multiple exhibitors, each with their own Zoom room. Exhibitor presentations will be open to all.

Please note that all times on the schedule are in Pacific Time. We have designed a brand new registration platform, which is the same place you'll be able to download your CEU certificates. At the time this editorial is due for print, the exhibitor line-up is still under construction and will be available soon.

Check the website for updates as we further finalize the conference details: PacificCollege.edu/Symposium



Mu	ltip	le	Ro	om	S
					-

12:40pm - 1:40pm Jeffrey Yuen The Recovery Process in Chinese Medicine Multiple Rooms

12:40pm - 1:40pm Lillian Bridges Monitoring the Wei Qi with Facial Diagnosis Multiple Rooms

12:40pm - 1:40pm Ortho-Pain Panel* Treatment of Orthopedic Disorders and Pain Multiple Rooms

12:40pm - 1:40pm Ted Kaptchuk China's Role in Fostering Chinese Medicine within its Borders and Globally: Helping, Harming, or Both?

1:45pm - 3:45pm Exhibit Hall: Multiple Rooms **1:45pm - 3:45pm** Exhibit Hall: Multiple Rooms **1:45pm - 3:45pm** Exhibit Hall: Multiple Rooms **1:45pm - 3:45pm** Exhibit Hall: Multiple Rooms

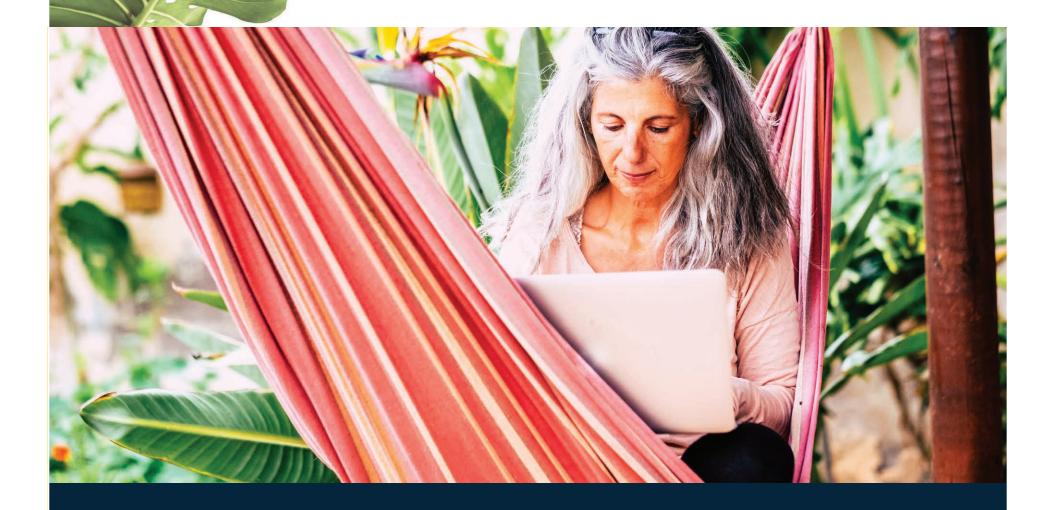
*Panelists: Dustin Dillberg, Matt Callison, Cameron Bishop, Justin Flores

CEU approval pending CAB 1205 | NCCAOM 1282



_	2020 PACKAGE PRICES		10% OFF	25% OFF	50% OFF
	PACKAGES	FULL PRICE	PCHS PROFESSIONAL*	STUDENT	PCHS STUDENT
	1 Day	\$100	\$90	\$75	\$50
	2 Days	\$200	\$180	\$150	\$100
No.	3 Days	\$300	\$270	\$225	\$150
	4-DAY SPECIAL!	\$349	\$315	\$259	\$175

*Pacific College alumni and/or licensed professionals who are currently enrolled in a program at Pacific College



2020 REFUND POLICY FOR ONLINE SYMPOSIUM

Pacific Symposium hopes everyone who registers for the conference will be able to attend; however, PS knows extenuating circumstances do occur. Recognizing the possible continuation of disruption by COVID, Pacific Symposium offers the following cancellation options:

- No refunds will be issued for no-shows or late arrival.
- 100% of registration fees will be credited or refunded if event is canceled by organizer.

REGISTER



ONLINE

PacificCollege.edu/Symposium

- You may cancel your registration up to 1 business day before the live event. A \$25 administrative fee will be deducted from your refund.
- Request should be made in writing to symposium@pacificcollege.edu
- Every attempt will be made to provide refunds within two weeks of the request. Refunds will be credited back to the credit or debit card used to make original purchase.

CEU/PDA HOURS PENDING

Pacific Symposium provides up to 16 Continuing Education hours total. Schedule is subject to change without notice. At the time of this publication, all CEUs/PDAs are pending as we apply for approval from NCCAOM and CAB. Any changes made to the CEU/PDA totals will be updated on the website. You must pay the professional rate to receive CEU credit. Pacific College of Health and Science Alumni receive 10% off the professional rate.

THURSDAY, OCTOBER 29, 2020

Managing Modern Fertility Challenges with Nutrition and Lifestyle Support by Aimee Raupp

	Thursday,	October 29,	8:20am-9:10am	CAB Category: 1
CELI/PDA	····/,	,		0 /

Fertility health changes as the world changes. Modern life presents unique challenges to fertility. Identifying what fertility health means in the modern context includes understanding menstrual cycles, hormonal balance, and emotional factors in both Western and TCM contexts. This class will examine the mechanisms and effects of the modern environment on fertility. These include diet, lifestyle, environmental toxins, PCOS, endometriosis, and Hashimoto's Thyroiditis, and others. We will explore solutions to modern day fertility challenges, from developing emotional resources to nutrition to toxin management to working with auto-immunity to optimize fertility.

Introduction: The Initiating Causes of Chronic Disease and their Downstream Effects by Butch Levy

	Thursday	October '	29, 9:30am-10:20am	CAR Catagory 1
CEU/PDA	marsuay,	October 2	27, 7.30am 10.20am	CAB Category: 1

The goal of the lecture is to help practitioners understand the complexity of modern illnesses and the importance of understanding the tools used in other paradigms to seek information and determine treatment. We all recognize an illness from the particular method of training we received, but sometimes it is insufficient to use one paradigm or one approach and expect the patient to recovery from illness. By understanding what other paradigms can offer, it is possible to gain additional skills to improve your patient's health. The lecture will focus on the internal terrain of the individual.

Photobiomodulation: Light Therapy in TCM by Dustin Dillberg

1 Thu	1 Thursday, October 29, 10:40am-11:30am				tegory: 1
Dillberg	will	review	neuro-anatomy	and	define

photobiomodulation. He will also conduct a review of published photobiomodulation literature, how this stimulus can influence treatment outcomes, and integrative therapeutic protocols for common conditions.

The Recovery Process in Chinese Medicine by Jeffrey Yuen

1 Thursday, October 29, 12:40pm-1:40pm CAB Category: 1

Attendees will learn to promote patient recovery from illness and injury by integrating the various restorative care approaches within the framework of Chinese medicine. Some attention will be paid to recovery from respiratory disease.

FRIDAY, OCTOBER 30, 2020

Introduction to Motor Points by Mary Elizabeth Wakefield and MichelAngelo

1	Friday, October 30, 8:20am-9:10am	CAB Category: 1
CEU/PDA		

This seminar will introduce the use of motor points to treat difficult facial and constitutional syndromes. Wakefield and MichelAngelo will review, in depth, the symptomatology of the Eight Extraordinary meridians, and how these vessels affect the deep roots and imbalances on the DNA level. For clarity, the function of motor points will be defined, and compared to that of trigger and "ashi" points. Techniques for locating and needling facial motor points and the associated facial muscles will demonstrated. Significant syndromes to be addressed will be: Bell's palsy, windstroke, and differentiation between the two; migraines and their mind/body connection; temporomandibular joint dysfunction (TMJ) and specific jaw and neck points; and types of neuropathies and pain patterns.

The Emotion of Hate by Felice Dunas

Tragically, hate has been too easy to come by this year. Abuse and divorce rates are up. Allies have become enemies. Ethnicities and races, economic classes, political parties and spouses have been facing off, their underlying prejudices glaring with hate in the stark daylight of 2020. Can we do something about hatred? Is it a toxic disease state or a healthy survival instinct? Does it make our patients feel sick or powerful or both? Should we try to cure them of it? From the perspective of Chinese medicine, is there an appropriate place for hatred in a healthy individual? In this hour, Dr. Dunas will look at hate from several perspectives that a clinical acupuncturist will find useful.

Components of the Initial Patient Interview by Neil Gumenick

CEU/PDA Friday, October 30, 10:40am-11:30am CAB Category: 1

Participants will learn the vital areas of inquiry to which practitioners must attend in order to truly know their patients in depth—body, mind, emotions, and spirit. They will learn how to quest beyond simple "information", gain rapport and trust, and reach the deeper levels of imbalance that are present, regardless of the label of the disease.

Monitoring the Wei Qi with Facial Diagnosis by Lillian Bridges

1 Friday, October 30, 12:40pm-1:40pm

CAB Category: 1

The Wei Qi is the most important line of defense against external pernicious influences or external pathogens that cause illness.

Facial Diagnosis can help practitioners recognize the current state of their patients' Wei Qi and monitor it after treatments. This lecture will cover the signs on the cheek area of the face that indicate immune function and this information can immediately be applied in the clinic.

SATURDAY, OCTOBER 31, 2020

Facial Aging: Channel Theory and Biomedicine by Shellie Goldstein

1	Saturday, October 31, 8:20am-9:10am	CAB Category: 1
CEU/PDA		CAD Category. 1

Cosmetic facial acupuncture is one of the fastest growing specialties among acupuncture professionals. Goldstein will explore how biomedical aspects of the aging face relate to traditional Chinese medicine, channel theory diagnosis, and treatment.

Nerve Anastomoses and Tissue Connections: Points Affecting the Jingluo and Jingjin by Matt Callison

1 Saturday, October 31, 9:30am-10:20am CAB Category: 1

Similar to crossing points (jiao hui), nerve anastomoses, where different nerves join together and communicate, can be used as points to powerfully influence more than one nerve or channel (jing). Other areas in the body, where opposing anatomical tissues join, are vital to the functional stability of the region. Callison will discuss the use of these important points for face, head, neck, and upper extremity conditions, as well as the anatomical importance of ST 4 (dicang), Du 16 (fengfu), and Du 1 (changqiang), which can provide unexpected insights.

The Pulse, the Heart, and the Four Seasons by Andrew Nugent-Head

1
CEU/PDASaturday, October 31, 10:40am-11:30amCAB Category: 1

Nugent-Head brings the influence of the four seasons on our patients into tangible, clinically applicable focus. By examining the different pulses of each season matrixed over their constitutional or illness pulse, the shifts in qi direction as yin and yang wax and wane, affecting the hearts of our patients, become apparent. Learn to recognize when the shifts happen, and what heart conditions will pose greater danger for at-risk patients in each season. Understand the cascade of symptoms other chronically-ill patients can expect as their qi, and thus pulses, change due to the shifts between what the Nei Jing calls the Influence of Heaven and Earth.

Ortho Pain Panel with Matt Callison, Dustin Dillberg, Cameron Bishop and Justin E. Flores

 1
 Saturday, October 31, 12:40pm-1:40pm
 CAB Category: 1

Enjoy a lively discussion of the four distinct, integrative approaches to the treatment of orthopedic disorders and pain represented by each of our four experts. Techniques discussed will include motor points, posture therapy, neuromuscular re-education (NMR) and Japanese acupuncture.

SUNDAY, NOVEMBER 1, 2020

Prescribing Custom Supplements with the Shen Nong Ben Cao by JulieAnn Nugent-Head

1	Sunday, November 1, 8:20am-9:10am	CAB Category: 1
CEU/PDA		C/ (D) Cuttegoly. 1

As increasing numbers of the population turn to supplements and superfoods, it is the role of Chinese medicine to educate the public that no single substance is miraculous for every person. In this brief discussion, JulieAnn Nugent-Head discusses how the Shen Nong Ben Cao guides us to understand more than a hundred herbs deemed safe to be taken in large doses and for long periods of time without harm. Combining classical herbal theory with individualized diagnosis, practitioners can devise custom herbal teas for health and longevity.

Essential Oils for the Acupuncture Practice by Peter Holmes

1 Sunday, November 1, 9:30am-10:20am CAB Category: 1

Learn effective, safe treatment techniques for treatment with essential oils in an acupuncture practice. Holmes will cover the theory and practice of concurrent use of acupuncture and aroma acupoints, the principles of matching essential oils with acupuncture points, and the necessity of selecting oils with Chinese medicine-based theory in mind.

Chinese Gynecology: Returning to the Roots by Sabine Wilms

1
CEU/PDASunday, November 1, 10:40am-11:30amCAB Category: 1

Gynecology is one of the crown jewels of traditional Chinese medicine. Wilms will discuss its key concepts as explained in roughly thousand-year-old Chinese medical literature, contrasting them with popular Western, biomedical, and even TCM perspectives. Learn to see the healthy female body as a complex system of personal, social, and cosmic forces affecting the flow and balance of qi and blood, expressing itself in adulthood through cycles of bleeding in resonance with the moon, or with conception, pregnancy, birth, and lactation. Chinese medicine practitioners are in a unique position to support this process, from menarche to menopause and beyond.

Ted Kaptchuk Interview with Holly Guzman

Sunday, November 1, 12:40pm-1:40pm

CAB Category: 1

Students will gain an understanding of the development of TCM in modern times and China's role in fostering Chinese medicine globally. Issues related to how Japanese and Korean traditional medicine and U.S. developments like integrative medicine interact with China's agenda will be raised. Students will become familiar with the World Health Organization's (W.H.O.) insertion of a chapter on Chinese medicine in the International Classification of Disease (ICD-11). Beijing's recent proposal to make defaming Chinese medicine a crime will also be discussed.

Register at PacificCollege.edu/Symposium

THIS YEAR'S SPEAKERS

Cameron Bishop

Cameron Bishop has been in full-time acupuncture practice for over twenty years and teaches Japanese meridian acupuncture. After graduating from Seattle Pacific University with degrees in psychology and anthropology, he moved to Japan for four years to work and study healing and martial arts, obtaining black belts in aikido and the double sword style of Miyamoto Musashi. He obtained his master's in acupuncture from Northwest Institute of Acupuncture and Oriental Medicine (NIAOM) and his doctorate of acupuncture and Oriental medicine from American College of Traditional Chinese Medicine (ACTCM), specializing in women's health and pain management. Bishop also developed and teaches the Integrative Pain Management course for Pacific College of Health and Science's doctoral program.

Lillian Bridges

Lillian Bridges is the world's leading authority on Face Reading and Diagnosis. She is credited with bringing this body of ancient knowledge back to the field of Chinese Medicine and introducing it to Western medicine and business. Lillian is the founder of The Lotus Institute, Inc., and trains students in her comprehensive Master Face Reading Certification Program. She has nearly 30 years of experience speaking and teaching and has been a featured speaker at conferences, conventions and symposiums around the world including multiple appearances at Pacific Symposium. Lillian learned her skills from a long line of master Chinese practitioners in her Chen Family lineage. She received her degree in psychology from UCLA. She is the author of Face Reading in Chinese Medicine, 2nd Edition, a best seller in the genre, published in multiple languages. Lillian has been seen on numerous radio and television shows and was most recently was featured on the Dr. OZ show, "What Your Face Reveals About Your Health." She has been profiled in numerous publications on the topics of Face Reading and Feng Shui, including Newsweek, Natural Health Magazine, the LA Times and the Irish Times. Lillian was a contributor to several books on Chinese Medicine, including TCM Stress and TCM Aging. She has also been a contributor to numerous national and international magazines and journals.

Matt Callison

With over 27 years' experience in sports medicine, acupuncture, and cadaver dissection, Matt Callison is the renowned instructor and author of the Motor Points and Acupuncture Meridians Chart, Motor Point Manual, Motor Point Index, and the Sports Medicine Acupuncture textbook. He also wrote many articles on topics from acupuncture and tibial stress syndromes (shin splints) to sports-related muscle tension headaches. His Sports Medicine Acupuncture Certification Program is attended by acupuncturists worldwide. After earning his bachelor's in physical education/ sports medicine from San Diego State University in 1985, he worked in sports medicine for six years, then received his master's in traditional Oriental medicine (MSTOM) from Pacific College of Health and Science. The class he developed there, Treatment of Orthopedic Disorders, is still being taught. He continues to guest lecture in many acupuncture doctoral programs and is the Clinic Supervisor for Pacific College at the University of California - San Diego Sports Medicine RIMAC Center.

Dustin Dillberg

Dr. Dustin Dillberg, DACM, LAc, is a speaker, writer, and educator specializing in sports medicine, myofascial systems, lymphatics,

Felice Dunas

Felice Dunas began her studies in 1970, before acupuncture colleges or a profession in the United States existed outside Asian communities, then devoted 25 years to building the profession in the U.S. through legislation, curriculum, and college development. AAAOM recognized Dunas as Acupuncturist of the Year in 2001 for introducing the ancient subject of "sexuality as medicine" to the American acupuncture profession and for introducing classical Chinese medicine to thousands of corporate CEOs. Dunas has appeared on many television and radio shows, lectured globally, and serves as a consultant to corporations and hospitals on lowering healthcare costs with acupuncture and alternative medicine. She is the author of Passion Play: Ancient Secrets for a Lifetime of Health and Happiness Through Sensational Sex and has contributed to publications including Acupuncture Today, Prevention, Glamour, and Marie Claire.

Justin Flores

Justin Flores is a former professional dancer, with a 25year performance career. He performed as a soloist with the Metropolitan Opera in New York City and has been featured in productions for PBS' Great Performances and Live from Lincoln Center. He had the honor of touring as an artistic ambassador for the United States and giving performances in Germany, Poland, Belarus, and The Russian Federation. He is company instructor and acupuncturist for the California Ballet and heads the men's training program at the San Diego Civic Youth Ballet. His private practice is primarily orthopedic acupuncture, with a focus on dance injuries and neuromuscular reeducation. Acupuncture salvaged his dance career after multiple surgeries on his ankles, which is the primary reason he practices today.

Shellie Goldstein

Shellie Goldstein is widely considered one of the leading worldwide experts on cosmetic facial acupuncture. She is the author of Your Best Face Now: Look Younger in 20 Days with the Do-It-Yourself Acupressure Facelift and creator of Touch+Glow®: The Do-It-Yourself Acupressure Facelift Kit. As a leading authority and educator of cosmetic facial acupuncture, Goldstein founded the Academy of Advanced Cosmetic Facial Acupuncture, where she lectures and teaches advanced cosmetic facial acupuncture to post-graduate acupuncturists and physicians. She has been featured on major television and cable networks and in the press and is a columnist for Acupuncture Today.

Neil Gumenick

Neil R. Gumenick is founder and director of the Institute of Classical Five-Element Acupuncture and has maintained a private practice in Santa Monica, CA since 1981. He has served as a professor at Yo San University and Emperor's College and holds three degrees and an advanced teaching credential from The College of Traditional Acupuncture (UK), awarded by the late Professor J.R. Worsley. Gumenick was the recipient of the 2007 AAAOM Pioneers and Leaders in Acupuncture and Oriental Medicine Award, and is one of the world's foremost practitioners, teachers, and writers on the topic of classical five-element acupuncture.

Peter Holmes

Peter Holmes, LAc, MH, is a practitioner of Chinese medicine, a medical herbalist, and an essential oil therapist with over 35 years' experience. His training included studies with Ted Kaptchuk and Giovanni Maciocia, medical herbalist and pharmacist Henri Verdier in Paris, medical herbalist Christopher Hedley in London, and Chinese medicine sinologist Elisabeth Rochat de la Vallée in Paris. Holmes has explored and developed both the physiological and psychological aspects of using essential oils in treatment, specifically pioneering their clinical use with acupuncture and bodywork since 1983; in 2011, he co-founded Aroma Acupoint Therapy. He is the author of several acclaimed textbooks on herbal and essential oil medicine.

pain management, and functional medicine. He is a graduate of Pacific College, Egoscue Institute, and Pettibon Spinal Technologies. Dr. Dillberg has extensive clinical experience working with many top professional athletes and patients of almost every age and ability. Dr. Dillberg lives and practices on the island of Kauai, where he runs the Pain Free Kauai clinic, providing traditional Chinese medicine along with postural corrective exercise, laser therapy, and functional medicine. He is a consultant to healthcare professionals on integrating multiple techniques and functional medicine into practice.

Ted Kaptchuk

Ted Kaptchuk's multidisciplinary career began with his training as an acupuncturist and herbalist in Macao, China. He then went on to write a classic textbook on Chinese medicine, The Web That Has No Weaver, and penned a BBC documentary series on global healing traditions. Ted was recruited to investigate Asian medicine at Harvard and subsequently trained in rigorous scientific methodology. He has gone on to lead groundbreaking studies across a variety of disciplines—including clinical science, neurobiology, psychology, anthropology, history, bioethics, and philosophy—all focused on placebo effects and the healing encounter. He is a Professor of Medicine at Harvard Medical School, where he directs the Program in Placebo Studies and Therapeutic Encounter, hosted at the Beth Israel Deaconess Medical Center.

Butch Levy

Dr. Levy is a primary care physician with twenty-eight years of Chinese Medicine experience. He uses his diverse skillset to provide expertise in topics including age-related cognitive decline, supportive care for cancer patients, auto-immune diseases, and chronic illness. Levy believes that, while Western medical treatment is often essential for severe diseases, little is available for restorative care to reestablish the body's balance, harmony and recovery. By complementing traditional medicine with Japanese acupuncture and Chinese herbal formulas, nutritional supplementation, and diet, Levy seeks to offer the best of both worlds.

MichelAngelo

An opera singer, classical composer, pianist, astrologer, healer, diviner, and writer, MichelAngelo co-authored Vibrational Acupuncture: Integrating Tuning Forks with Needles with Mary Elizabeth Wakefield. He was the astrological medicine advisor to Acutonics® Institute of Integral Medicine for seven years, and coauthored their textbook From Galaxies to Cells: Planetary Science, Harmony and Medicine. MichelAngelo has created a three-part medical astrological certification series, been published in multiple journals and magazines, and self-published two books of original astrological essays, with a third in progress. MichelAngelo sees clients for astrological healing sessions in New York and remotely via Skype.

Andrew Nugent-Head

Andrew Nugent-Head, founder and president of the Association for Traditional Studies, moved to China in 1986 to study Chinese medicine, internal cultivation practices, and martial arts. He was privileged to learn in a traditional manner from the last generation of practitioners born and educated prior to the arrival of communism in 1949, one of the only contemporary practitioners to have done so. Dedicated to saving the skills and perspectives of these practitioners, his work generated thousands of hours of footage and hundreds of seminars. After returning to the U.S. in 2014, he, and his wife and fellow practitioner JulieAnn, opened The Alternative Clinic, a teaching clinic where patients can experience the full efficacy of Chinese medicine, and where its clinical practice can be taught in an open, encouraging environment.

JulieAnn Nugent-Head

JulieAnn Nugent-Head obtained her master's in Oriental medicine

Aimee Raupp

Aimee Raupp, MS, LAc, is a women's health and wellness expert, author of Chill Out & Get Healthy, Yes, You Can Get Pregnant, and Body Belief, and the founder of her own line of skincare products. A licensed acupuncturist and herbalist in private practice in New York, she earned her master's in traditional Oriental medicine from Pacific College of Health and Science and a bachelor's in biology from Rutgers University. Raupp has appeared on The View, been featured in Glamour, Allure, Well+Good, GOOP, Shape, and Redbook, and received endorsements from Deepak Chopra, Arianna Huffington, Gabby Bernstein, and others for her work in helping thousands of women to improve their vitality and celebrate their beauty. She is the head of Chinese medicine at The Well, a columnist for several media outlets, and a frequent speaker at women's health and wellness conferences across the nation.

Mary Elizabeth Wakefield

Mary Elizabeth Wakefield is the author of Constitutional Facial Acupuncture and co-author with MichelAngelo, MFA, of Vibrational Acupuncture: Integrating Tuning Forks with Needles. She was the facial acupuncture columnist for Acupuncture Today for nine years, and her protocols have been highlighted or featured in several other publications. With more than 30 years of professional practice experience, she has personally trained thousands of healthcare practitioners. Wakefield was invited to design a facial in conjunction with the Academy Awards, then appeared on the Discovery Channel to demonstrate it on host Gina Lombardi. She is also an herbalist, Acutonics@/Zen shiatsu practitioner, cranio-sacral therapist, a professional opera singer; in addition, she maintains a private practice in Manhattan.

Sabine Wilms

Sabine Wilms, PhD, is the author and translator of more than a dozen books on Chinese medicine. Her publications include translations of Sun Simiao's writings on pediatrics (Venerating the Root) and of the Divine Farmer's Classic of Materia Medica (Shennong Bencao Jing); two books on Wang Fengyi's system of "Five Element Virtue Healing" (Let the Radiant Yang Shine Forth and Twelve Characters); a translation and discussion of the Yellow Emperor's Inner Classic (Huangdi Nei Jing Suwen) chapter five (Humming with Elephants); and of Qi Zhongfu's Hundred Questions on Gynecology (Nüke Bai Wen, published as Channeling the Moon). Dr. Wilms is known for her historically and culturally sensitive approach to Chinese medicine, but also sees it as a living, effective, ever-changing, and much needed response to the issues of our modern times. She lives on Whidbey Island near Seattle.

Jeffrey Yuen

Yuen is a frequent lecturer at Pacific Symposium. Coming from a classical Chinese medical approach, he offers different perspectives to understanding the rigors of Chinese medicine. He comes from two Daoist traditions, the Shangqing and Quanzhen schools. He was instrumental in developing the first classical Chinese medicine doctoral program in the state of California and is the Director of Classical Studies in Daoist Traditions at an acupuncture school in Asheville, NC. Yuen was the first recipient of the "Educator of the Year"

in the United States, interned at Beijing's Kuanjie Hospital in 2003 and 2004, then moved to Beijing to study under Drs. Li Hongxiang and Chen Tongyun. Continuing to document these famous scholars, she and her husband Andrew moved to the rural tea mountains of Hangzhou, living amongst the farmers of the Dragon Well tea village. While commuting between Beijing and Hangzhou, Nugent-Head completed her doctorate in medicine with a focus upon the classical perspective of herbs. Since returning to the U.S. in 2014, she now calls Asheville, NC home. She and husband Andrew have a tea and herb farm, treat patients at the Alternative Clinic, and teach internationally. award, conferred by the AAAOM. He is most noted for bringing the influence of Daoism into the practice and teachings of Chinese medicine. He resides in New York City and serves as President of the International Tai Chi Institute.

Register at PacificCollege.edu/Symposium



'Traditional Formulae for the Modern Woman'

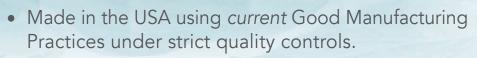
Created by Giovanni Maciocia[®] – World renowned author and practitioner of Acupuncture and Chinese Medicine.



Created to better address the patterns displayed by patients in modern practice.

Women's Treasure[®] are a range of formulas for common gynaecological complaints that are formulated to reflect Western clinical reality and are balanced to take into account complex combinations of patterns that patients with chronic conditions usually suffer from.





• Made in a state-of-the-art manufacturing site using a strict raw material selection process.



• No mineral or animal ingredients. And no banned herbs.

10% discount on *suwenherbs.com* for AIM Newspaper readers using code 'aimnews'. Valid until September 30, 2020.

Order online at: suwenherbs.com

Signs of Potential on the Face

By LILLIAN BRIDGES

otential is a word weighted with meaning, usually in a positive sense about the possibility of something becoming an actuality. Potential can also have its downsides, however, as something can also develop into a problem The catchall word from ancient Chinese medicine indicating potential was "jing", most often understood as the inherited constitution, although it is actually so much more. Jing is a term that embodies all the inheritance from the ancestors-not only the physical structure of your body and its potential physical and emotional functioning but also the talents and abilities of your forebearers.

We inherit many more traits than we use and each of us is a complex mixture of his or her ancestors' traits. Geneticists have theorized that we carry up to 14 generations of traits, but we do have some inherent ability to determine which traits we manifest by how we live and act; this explains how even identical twins can look different. Recently, an emerging field of science called epigenetics has found that we have the ability to pass on acquired traits, which means that your DNA changes as you do. It is exciting to think that our life experiences can benefit our offspring, although there is also a concern that we can also pass on some difficult predispositions.

Ancient Chinese medical texts often refer to jing as being fully present at birth, but this does not mean it is fully accessible; jing comes in infusions at regular periods of time based on each individual's timetable and stages of growth, and needs to be accessed. For example, it was believed that early childhood was a dangerous time because most children do not get their first major infusion of jing until about 7 or 8 years old. Modern neuroscience backs this up with the current understanding of the rapid development of the brain at this age. Research has also showed that the brain does not finish developing until the age of 25, which is when the Chinese believed someone was fully grown and finally able to have their face read. Jing is first and easiest measured in the cartilage of the upper ear. The stronger and stiffer this area is, the more physical jing someone has. These people don't get sick very often and have the potential to live longer than the average person. Thinner, softer, and more flexible ears indicate less physical jing, but with good jing management, these people can still live long lives, although

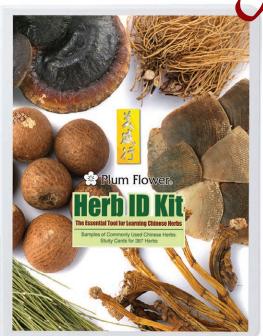


they do need to be much more careful about jing expenditures. Luckily, there is also an area to measure the intrinsic spirit: behind the ears where the ear attaches to the head. Stiff cartilage here indicates a fighting spirit, accessible most easily in a crisis or an emergency, such as sickness. A softer, spongier area indicates less spirit and these people need to enlist help when facing a crisis.

Each person's jing is stored and retrieved from what the Chinese described as underground aquifers in the body called the "Sea of Yin" and the "Sea of Yang", sent through the body on the pathways of the Extraordinary Meridians, particularly the Du and Ren Channels, which come down the center of the face.

The Sea of Yang" is seen on the top of the forehead and is also called the "Palace of Inheritance". The rounder this area, the more extra yang jing you hold in reserve. This area is representative of the talents, abilities, interests, and desires that you inherit from your ancestors. The right side of the upper forehead is from the mother's family and the left side is from the father's. It is not possible to see what these talents and abilities are, only where it is from. This is the jing that most needs to be accessed when someone has become sick and can be the energy that helps people get well. Getting back to the





Full Kit with 387 herb samples



Dan Zhu Ye 5508 Lophatheri Herba *Lophatherum gracile herb*

Category: 3. Herbs that Drain Fire Properties: sweet, bland, cold Channels: Heart, Small Intestine, Stomach Actions: 1) Clears Heat and Eliminates Irritability 2) Promotes Urination and Clears Damp Heat

Copyright© Mayway Corp. 2019

Arranged by Bensky's Materia Medica categories, herb samples facilitate sensory learning and are accompanied by flash cards with photos, names, functions, properties and channel tropism.

Students can open a free account and get access to our entire catalog, educational opportunities, informative articles and wholesale prices!

intrinsic talents and abilities brings a kind of soul-level satisfaction that also makes life worth living.

The Sea of Yin, or "Palace of Immortality", is seen in the philtrum between the nose and the mouth. This is the point where the Ren and Du channels meet and, in ancient Taoist alchemy, the philtrum is symbolic of the cauldron where alchemy occurs: the place between heaven and earth. Above, the nose receives the cosmic

continued on page **20**



Place your first order and get a free mug & eco bag!





Acupuncture and Integrative Medicine

Cháo Yuánfāng on Epidemics

By SABINE WILMS, PhD

his is my translation of three essays on "Epidemics," found as Volume Ten of the Zhūbìng yuánhòu lùn《諸病源候論》 ("Discussion of the Origins and Signs of the Various Diseases"). Composed by an illustrious physician at the imperial court of the short-lived Sui dynasty (581-618 CE) named Cháo Yuánfāng 巢元方, this influential text is a treasure trove of classical Chinese ideas about disease classification, causation, and symptomatology. Unfortunately not translated into any Western language, the Zhūbìng yuánhòu lùn is a book that I consult regularly in my translation work whenever I need to research the classical understanding of a disease's cause and symptoms.

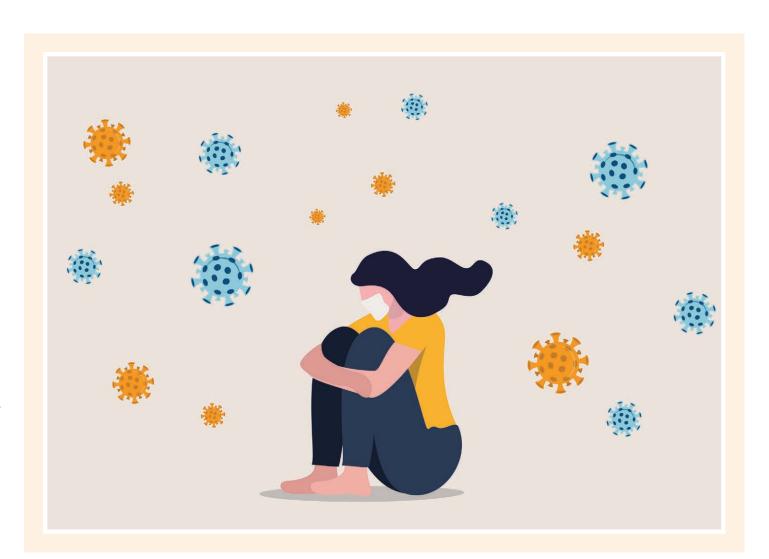
卷之十 疫癘病諸候(凡三論)

Volume Ten: The Various Signs of Epidemic Diseases (Three Essays Altogether)

ESSAY 1: THE SIGNS OF EPIDEMIC DISEASE

疫癘病候

This disease is in the same category as conditions like seasonal qi, [pathological] warmth and heat, and so on. They are all due to the fact that within a single year the nodal qi[1] is not harmonious and that winter-cold or summer-heat deviate from the season, or possibly there is fulminant wind or severe rain, or fog and dew fail to disperse. As a result, the people suffer from an increase in epidemics. Because the disease does not recognize old age or youth and affects everybody similarly without exception, as if it were the malevolent qi of demons, we call it "epidemic disease."



其病與時氣、溫、熱等病相類, 皆由一歲之内,節氣不和,寒暑乖 候,或有暴風疾雨,霧露不散,則民 多疾疫。病無長少,率皆相似,如有 鬼厲之氣,故云疫癘病。

The text Yǎngshēngfāng ("Formulas for Nurturing Life") states: Fēng Jūndá always rode a black ox, Lady Lǔ always rode a multicolored ox, Mèng Zǐchuò always rode a multi-colored horse, and Yǐn Gōngdù always rode a black mule. [2] Among the people of their time, nobody knew their names and who they were and therefore said: 'If you want to avoid dying, ask for the Daoist Master Black Ox.' If you want to get this color, a multi-colored ox is best, a black ox is second-best, and a multi-colored horse is below that still. These three colors represent the qi of flowing with the current of life. It is said that the black ox of the ancient past was actually the essence of the cypress tree (arborvitae), that the multi-colored ox was actually the predecessor of the ancient Divine Ancestor, and that the multi-colored horse was actually the ancestor of the Divine Dragon. It is said that when the Daoist masters ride these to travel on the road, the malign specters

among the myriad things and the demons of epidemic qi will bow down deeply in submission to them.

```
《養生方》云:封君達常乘青
牛,魯女生常乘駁牛,孟子綽常乘駁
馬,尹公度常乘青騾。時人莫知其名
字為誰,故曰:欲得不死,當問青牛
道士。欲得此色,駁牛為上,青牛次
之,駁馬又次之。三色者,順生之氣
也。云古之青牛者,乃柏木之精也;
駁牛者,古之神宗之先也;駁馬者,
乃神龍之祖也。云道士乘此以行於
路,百物之惡精,疫氣之厲鬼,將長
揖之焉。
```

continued on page 22

CHÁO YUÁNFANG ON EPIDEMICS continued from page 19

gi from breath through the nostrils; below, the mouth receives the qi of the Earth as food. It is also the place to view fertility and creativity. This area is considered the equivalent of the lifeline on the palm of the hand, showing the time of life when the most jing is given from this underground aquifer. The philtrum can be divided into three parts: the top of the philtrum is the time of childhood, the middle of the philtrum midlife, and the bottom of the philtrum old age. If the philtrum is equal in width in all three areas, this indicates that the infusion of jing is regular throughout life. When the philtrum is widest in the middle, the most jing

is present in mid-life, and a philtrum that is widest at the bottom indicates that jing has been preserved and will be most present and available in old age. The good news is that the shape of the philtrum changes based on jing used so far and can also indicate a change in jing usage when more of the jing is preserved for old age. Whenever I ask my clients if they want to live to be old, the answer tells me how they are using their jing. The ones who answer that they don't want to be old and sick, crippled, and in pain have already used up too much jing. When someone answers that they want to live to be old no matter what, primarily because they have so

much to accomplish, their philtrum is usually quite wide on the bottom. The philtrum can and does change shape as jing usage is protected, indicating the patient is living better. Therefore, those of us in the field of Chinese medicine have an obligation as health practitioners to help people understand how to manage their jing. We can use these signs to monitor its usage and encourage people to access the jing that they have not yet used, stored in the Sea of Yang. Longevity itself is not the goal; being fully functional and enjoying life while living long enough to complete your life's work is the ultimate reward. **AIM**

LILLIAN PEARL BRIDGES, an authority on face reading and diagnosis, is credited with bringing this body of ancient knowledge back to the field of Chinese medicine. For over 20 years, her wisdom, warmth, and humor have captivated audiences around the world as she has taught both complimentary and allopathic health practitioners how to utilize facial diagnosis in their practices. Founder of The Lotus Institute, Inc., she trains students in her apprenticeship program, at continuing education courses at universities and colleges, and is a featured speaker at conferences, conventions, and symposiums around the world. Her book Face Reading in Chinese Medicine was published by Churchill Livingstone in 2003 and has been translated into German and Italian.

Acupuncture and Integrative Medicine • www.PacificCollege.edu



PACIFIC COLLEGE of HEALTH AND SCIENCE

PACIFIC COLLEGE'S ONLINE DIVISION IS GOING STRONG!

- All programs are currently offered online, including acupuncture and massage therapy.
- The clinics are scheduled to gradually reopen as states' regulations allow. Visit <u>PacificCollege.edu/Patients</u> for individual campus information.
- Financial aid for those who qualify.

All the programs below are offered

100% ONLINE!

Learn More: PacificCollege.edu/Online

TRANSITIONAL DOCTORATE



— DACM

MEDICAL CANNABIS CERTIFICATE



- Healthcare Professionals
 - Other Professionals

HEALTH & HUMAN PERFORMANCE

- Health Coach Certificate
 - Master's in Health and Human Performance

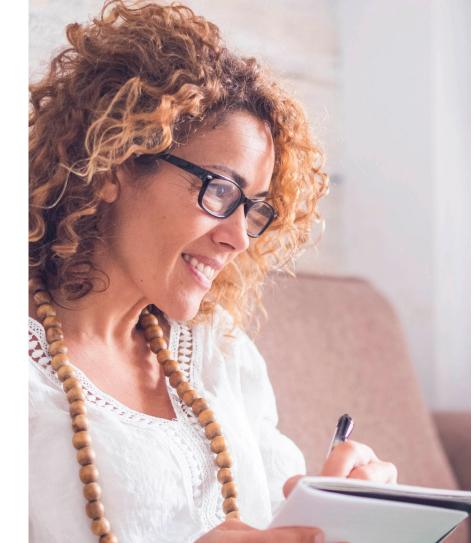
HOLISITC NURSING

RN to BSN
 (Holistic Nursing)

 Holistic Nursing Certificate











Subscribe to our YouTube channels for free master classes and webinars! YouTube.com/PacificCollege



NEW! PUBLIC HEALTH EDUCATION

Bachelor of Science in
 Public Health Education and
 Promotion (PHEP)



866.276.0717 | PacificCollege.edu

WSC Pacific College is accredited by WSCUC (WASC)

The text Yǎngshēngfāng, in the "Methods on Guiding and Pulling"[3] states:

The path to extending the years [of life] lies in visualizing and holding in one's mind the redness of heart qi, the green-blue of liver qi, the white of lung qi, the yellow of spleen gi, and the black of kidney gi. Emit these and circulate them throughout the body, while at the same time avoiding the evil spirits. If you want to avoid and repel the multitudes of evil and hundred demons, constantly visualize that your heart is a blazing fire like the [Big] Dipper, resplendent and brightly radiating, and then the hundred evils will not dare to encroach upon you. By means of this, you are able to enter right in the middle of warm epidemics.

《養生方·導引法》云:延年之 道,存念心氣赤,肝氣青,肺氣白, 脾氣黃,腎氣黑,出周其身,又兼辟 邪鬼。欲辟卻眾邪百鬼,常存心為炎 火如斗,煌煌光明,則百邪不敢干 之。可以入溫疫之中。

ESSAY 2: THE SIGNS OF EPIDEMIC BLISTER SORES

疫癘疱瘡候

When heat toxin is exuberant, this results in the formation of blister sores, with sores distributed all over the body, resembling fire sores. If [the patient's] complexion is red with whiteness on the head,[4] the toxin is light, but when the complexion is black with purple stasis, the toxin is severe. This disease is also called "pea sores".

熱毒盛,則生疱瘡,瘡周匝遍 身,狀如火瘡,色赤頭白者毒輕,色 黑紫瘀者毒重。亦名豌豆瘡。

ESSAY THREE: SIGNS OF PESTILENTIAL QI(5)

瘴氣候

The conditions of "bright-green grass pestilence" and "yellow leaf pestilence" from southern China[6] resemble the "Cold Damage" that occurs in the north. Because the southern region is warm, at the time of Tàiyīn[7] the plants fail to turn yellow and drop, and [animals and insects that should be] underground and hibernating fail to be dormant and hidden away [as they should in accordance with the cycle of the seasons]. Because of the warmth, misdamage in southern China, [keep in mind that] the seasonal qi is warmer and make the cooling medicinals slightly colder than in the north. At the time when you apply hot medicinals, also reduce their amounts by removing two thirds. Nevertheless, the outside signs of this disease are slightly delayed, following the progression through the channels, which is no different from [the progression in] cold damage. This being so, when yin and yang both contract disease, as a combination of both exterior and interior, you need to clearly know the source of the problem and must not wantonly attack with decoctions and moxibustion.

量其用藥體性,嶺南傷寒,但節 氣多溫,冷藥小寒於嶺北。時用熱 藥,亦減其錙銖,三分去二。但此病 外候小遲,因經絡之所傳,與傷寒不 異。然陰陽受病,會同表裡,須明識 患源,不得妄攻湯艾。

In a case where a patient suffers from chronic heat and has now contracted pestilential toxin, the toxin is further aggravated upon acquiring this heat. Even though the signs in the outer body are fully exuberant, if [the toxin] is still in the exterior and has not yet entered the intestines and stomach, there is no harm in [treating it with] warmth and promoting sweating (to expel it). In cases where it has already entered the inside, there is no harm in neutralizing it and moving it out through elimination in the lower body.[8]

假令宿患痼熱, 今得瘴毒, 毒得 熱更煩, 雖形候正盛, 猶在於表, 未 入腸胃, 不妨溫而汗之。已入内者, 不妨平而下之。

If the patient suffers from cold as their root condition and now contracts warm pestilence, even in cases of fulminant and severe heat with vexation and fullness, if you see cold [underneath], you must principally use warm medicinals to promote sweating. But if there is no thirst after you have made them sweat, you may want to use cold medicinals to expel it through downward elimination.

假令本有冷,今得溫瘴,雖暴壯 熱煩滿,視寒正須溫藥汗之,汗之不 歇,不妨寒藥下之。

Now, medicinals that treat disease by promoting elimination through downward movement fall into the category of inferior substancis not a condition that can be treated lightly. If the treatment does not lead to a cure, [the disease] will mature into jaundice. And if the jaundice is not cured, it will become corpse jaundice. Regarding the critical condition of corpse jaundice, the pestilential qi that is found in southern China is something that the local population suffers from continuously and chronically without recovering and that transforms into this disease. As such, there is no need for treatment. As for visitors from the north, you must still deliberate carefully to rescue them.

夫下利治病等藥在下品,藥性凶 毒,專主攻擊,不可恆服,疾去即 止。病若日數未入於内,不可預服利 藥,藥盡胃虛,病必乘虛而進。此不 可輕治。治不瘥,成黃疸;黃疸不 瘥,為尸疸。尸疸疾者,嶺南中瘴 氣,土人連歷不瘥,變成此病,不須 治也。嶺北客人,猶得斟酌救之。

Conditions that manifest with heat first and cold later erupt in yang. Cases that manifest without heat and only with aversion to cold erupt in yin. In cases that erupt in yang, attack the patient's outside. In cases that erupt in yin, attack their inside.

病前熱而後寒者,發於陽;無熱 而惡寒者,發於陰。發於陽者,攻其 外;發於陰者,攻其内。

In the first and second day of the disease, the pestilential gi is in the superficial layer of the skin. Therefore the patient suffers from headache and aversion to cold and rigidity and heaviness in the lumbar area and back. If the cold qi is located in the exterior, making the patient sweat and needling them will invariably lead to a cure. By the third day and beyond, the qi floats upward and congests the heart and chest area, causing headache and fullness in the chest, and oppression. It is suitable to use medicinals that induce vomiting, and making the patient vomit will invariably lead to a cure. By the fifth day and beyond, the pestilential qi is deep and bound up in the zàng and fǔ internal organs. For this reason, we see abdominal distention and heaviness of the body, and vexing pain in the bones and joints. You must [treat it] by inducing [expulsion of the disease through] downward movement.[10]

其一日、二日,瘴氣在皮膚之 間,故病者頭痛惡寒,腰背強重。若

the patient contracted the disease. Then in prescribing medicine, you can specifically tailor it to this precise sequence.

或人得病久,方告醫,醫知病 深,病已成結,非可發表解肌,所當 問病之得病本末,投藥可專依次第 也。AIM

FOOTNOTES:

- 1. I.e., the particular qi in each of the 24 divisions of the traditional Chinese calendar.
- 2. These are four mythological Daoist immortals and doctors, all famous for the skill at "nurturing life".
- 3 "Guiding and pulling" is the early Chinese term for physical exercises to guide qi through the body through breath, meditation, and stretches, as the precursor of modern qigong.
- This most likely means that the black head on the hair loses its glossy darkness, a common sign in Chinese medical texts for a decline in health.
- Another potential translation for the Chinese term zhàngqì could be "miasmatic qi." It is also sometimes, less accurately, translated as malaria.
- These are two technical terms referring to spring and autumn epidemics related to seasonal pestilential (or "miasmatic") qi that occur in southern China, roughly in the area of modern Guăngdōng and Guăngxī.
- 7. Tàiyīn means "supreme yin," which here refers to the most yin of times, so the darkest, coldest time of the year around the winter solstice, or the season of winter in general.
- 8. In other words, even though there are signs of fully developed heat in such a patient with underlying pathological heat, if the toxin has not entered the inside, you can treat it by effusing it through the exterior through heat and promoting sweating. If it has entered into the inside, you can "balance" the patient, i.e., balance the heat and cold, and eliminate the toxin by guiding it downward and outward through defecation and urination.
- I.e., medicinals that promote the expulsion of toxins by increasing urination and defecation, but often also more specifically referring to substances that cause loose bowel movements.
- 10. I.e., defecation and urination.
- 11. This is a technical term that means to get rid of the toxin by moving it out through the surface, specifically through sweating. in this case, the disease has become bound deeply inside the body and can no longer be expelled through the surface.

SABINE WILMS, PhD, is the author and translator of more than a dozen books on Chinese medicine. Her publications include translations of Sun Simiao's writings on pediatrics (Venerating the Root) and of Divine Farmer's Classic of Materia Medica (Shennong Bencao Jing); two books on Wang Fengyi's system of "Five Element Virtue Healing" (Let the Radiant Yang Shine Forth and Twelve Characters); a translation and discussion of the Yellow Emperor's Inner Classic (Huangdi Nei Jing Suwen) chapter five (Humming with Elephants); and of Qi Zhongfu's Hundred Questions on Gynecology (Nüke Bai Wen, published as Channeling the Moon). Dr. Wilms is known for her historically and culturally sensitive approach to Chinese medicine, but also sees it as a living, effective, ever-changing, and much needed response to the issues of our modern times. She lives on Whidbey Island near Seattle.

cellaneous toxins are born. For this reason, in southern China, from the second month of spring to the second month of summer "bright-green grass pestilence" is active, and from the last month of summer to the first month of winter "yellow leaf pestilence" is active.

夫嶺南青草、黃芒瘴,猶如嶺北 傷寒也。南地暖,故太陰之時,草木 不黃落,伏蟄不閉藏,雜毒因暖而 生。故嶺南從仲春訖仲夏,行青草 瘴,季夏訖孟冬,行黃芒瘴。

When appraising the nature of medicinals to use, in treating cold

es. The nature of these medicinals is harsh and toxic and they are specifically indicated for violent attack. These must not be taken habitually, and once the critical condition is gone, you must stop. If the disease has persisted for several days but not yet entered the inside, you may not give disinhibiting medicinals[9] in anticipation [of the disease progressing to the inside], because once the medicine is all used up, the stomach will be deficient, and the disease will invariably take advantage of this deficiency to enter there. This then 寒氣在表,發汗及針必愈。三日以 上,氣浮於上,填塞心胸,使頭痛胸 滿而悶,宜以吐藥,吐之必愈。五日 以上,瘴氣深結在臟腑,故腹脹身 重,骨節煩疼,當下之。

Sometimes a person contracted disease a long time ago but has only now informed the doctor. The doctor knows that the disease is deep and that it has already become bound up. This is not a case where you can effuse the exterior[11] and resolve it through the superficial layer of the flesh. What you must do is to ask for the roots and branches in how

Acupuncture and Integrative Medicine • www.PacificCollege.edu

22 FALL 2020



'Classical Formulae for the Modern World'

Created by Giovanni Maciocia[®] – World renowned author and practitioner of Acupuncture and Chinese Medicine.



Created to better address the patterns displayed by patients in modern practice.

The Three Treasures[®] formulas are formulated to reflect Western clinical reality and are balanced to take into account complex combinations of patterns that patients with chronic conditions usually suffer from.



- Made in the USA using *current* Good Manufacturing Practices under strict quality controls.
- Made in a state-of-the-art manufacturing site using a strict raw material selection process.

A 200+ page clinical manual, with color photographs of tongues to aid diagnosis and choice of formula, included as a FREE download with your purchase

알 🛄 🛃

• No mineral or animal ingredients. And no banned herbs.

10% discount on *suwenherbs.com* for AIM Newspaper readers using code 'aimnews'. Valid until September 30, 2020.

Order online at: suwenherbs.com

YOUR HEADQUARTERS FOR EVERYTHING HEMP & CBD

CBD CLINIC • CHARLOTTE'S WEB • CBD BIOCARE +CBDOIL • ELIXINOL • FUNCTIONAL REMEDIES • LUZA • NULEAF GREEN GARDEN GOLD • GREEN ROADS • RSHO • DIXIE • THERAMU MARY'S NUTRITIONALS • OUTCH OINTMENT • PURE RATIOS LAB + BLENDS • RADICAL ROOTS



www.LhasaOMS.com

+1 (800) 722-8775

HEM

Acupuncture Needles | Clinic Supplies | CBD Products | Electro-Therapy | Herbal Products