



Welcome to Our Annual PACIFIC SYMPOSIUM Issue of AIM

By **JACK MILLER**, *Chairman of the Board*

Hello Pacific Symposium Friends,

I miss you! I miss your smiling faces. I miss your focused attention during our lectures and workshops, and I really miss your dancing at our wonderful parties. I'm sure we're all ready to get together as soon as we can. I thought by now we'd be able to safely plan an in-person event for fall 2021. Unfortunately, due to California's willingness to make drastic changes in rules for indoor group events with very little notice, as well as the hotel's painful cancellation penalties, the risk is once again too great for us to simply hope for the best.

That said, after a very satisfying online event in 2020 for which the feedback was overwhelmingly positive, we are going to deliver another online event this year, but even bigger and better. While many attendees loved our stream

continued on page 4

PRSRT STD
U.S. POSTAGE
PAID
Boilingbrook, IL
PERMIT NO. 932

Traditional Medicine in the Era of Telehealth

By **GALINA V. ROOFENER**, *LAc, AP, DiplAc (NCCAOM), DiplCH (NCCAOM)*

Thousands of years ago, during the time of the Yellow Emperor, the most advanced diagnostic technologies available to physicians were observation, palpation, questioning, and listening, recorded in handwritten notes. This was enough for many generations of practitioners, but in the modern world of rapidly changing technologies, the old ways of practice, diagnosis, and record-keeping are no longer enough. Our profession must change and adapt to current requirements and standards of health care.

Changes are crashing in like an avalanche, particularly the explosion of telehealth services that resulted from the COVID-19 lockdowns and lower insurance reimbursement rates coupled with skyrocketing overhead as the entire healthcare system focuses on reducing costs. One of the most important developments in lowering costs is telemedicine/telehealth. This means less hospital space needed, no traveling, no parking, better access for rural areas, less

exposure to other sick patients, and so on. In the five years before the COVID-19 pandemic, the number of telemedicine visits jumped by over 400%; now, however, everybody and their mother are on the telehealth train, frequently without any knowledge of associated laws, rules, and regulations.

As a licensed healthcare practitioner, you must know and comply with legal requirements associated with the practice of telehealth. You are required to investigate telemedicine laws and acupuncturist practice laws in both the state where you practice as well as the one in which your patient resides, and you must be compliant with both. There are a lot of peculiarities, so please read the laws carefully. I started working on the incorporation of telemedicine visits for the TCM herbal clinic at Cleveland Clinic in 2016, well before the COVID-19 telehealth frenzy. Telemedicine is here to stay for the

continued on page 6

INSIDE THIS ISSUE....

- 3** Boundaries: Why They are Essential to Our Practice and 6 Strategies to Establish Them Solidly
- 4** Acupressure for Beauty and Health
- 5** Discover the Yogic Sciences
- 9** Composting and Human Digestion: The Interdependency of Microbiome Systems
- 10** Vibrational Acupuncture: Integrating Tuning Forks with Needles
- 11** Pacific Symposium 2021
- 19** The Maternal Tradition of "Sitting the Month"
- 22** Peak Performance is for Everyone!
- 27** How Do You Treat Post-Traumatic Stress in Your Clinic?



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



CHINESE HERBAL PRODUCTS YOU CAN TRUST

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

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.



Boundaries: *Why They are Essential to Our Practice and 6 Strategies to Establish Them Solidly*

By East Phillips, DAOM, LAc

According to one of my favorite thought leaders, Brené Brown, people with strong boundaries are the most compassionate¹. What do you think of that statement? Does it seem counterintuitive to you?

It often seems to me as though many of us lack solid boundaries because we don't want to disappoint our patients or hurt their feelings.

However, aren't we actually *hurting* our patients, and ourselves, by *not* having solid and clear boundaries? I'd like to begin by sharing something that came to my mind as I contemplated the question:

"How important are boundaries in private practice?"

My neighbor grows plumerias in his yard. He literally has over 300 plumeria plants, each one carefully planted within its own large pot. Many of his prized plumerias are rare and exotic with values over \$1,000 each. He keeps telling me he is going to give me a clipping from one of the plumerias. I'm eagerly waiting... but that's not the part about boundaries. This is:

Let's say he gives me a clipping from one of the prized plumerias and I place the clipping on my driveway with some dirt around the exposed roots. How well do you think that little plant will do? Not very well, I can tell you that. Wind, rain, and the elements will damage this little plant and most likely send it down the street in the gutter with the other leaves and landscaping discharge. This little clipping needs a container within which to grow and thrive. A thick plastic or ceramic pot filled with good soil would give it a much better chance.

Isn't that the same for our patients? They need a container in which to grow, heal, and ultimately thrive. Having boundaries with our patients is just like having a solid container or planter for growing a plant. If we use a weak container, water, soil and nutrients can leak out.

We can also look at how important boundaries are in raising children. Solid boundaries give children a sense of safety and security. Can't we say the same for our patients? Giving them clear boundaries within our practice will give them a sense of safety and security. Furthermore, could we also say that having solid boundaries in our practice, and holding to those boundaries will also give *us* a sense of safety and security as well?



Boundaries are essential to a successful practice and enjoyable career.

Let's face it. People-pleasing (in other words not holding up your boundaries) isn't sustainable. Sooner or later a people-pleaser will find themselves feeling taken advantage of, burned out, resentful and angry! Sound familiar? How about any of these common scenarios:

- You don't like working on weekends or evenings, but you keep saying yes to that one patient because you feel bad for them.
- You don't want to raise your prices because you feel bad for your patients, but you feel resentful because you can't afford something you really want and now you are thinking to yourself "maybe I chose the wrong profession".
- Your patient cancels last minute *again*, and you are so frustrated because you turned away other patients for that appointment slot and now, because you don't have a cancellation policy, you are not going to receive anticipated income.
- Your coworker left the room a mess again and now you are hustling to clean it up before your first patient arrives. The stress and resentment this causes you leaves you flustered during the session with your patient rather than grounded and present.
- Your patient shows up 20 minutes late, which will now push out all

your appointments for the day and ruin your whole workflow.

Let's move on to the many benefits of having strong boundaries. After that, I'd like to offer strategies on setting some boundaries in your practice so that you can increase your level of compassion *and* feelings of inner peace and joy.

Benefits to having strong boundaries:

- You won't feel taken advantage of
- Eliminate burnout
- Feelings of safety and security for you and your patients
- Equal exchange of energies
- Feeling respected
- Your needs are met
- Greater sense of joy since you are saying "no" to things that deplete your energy
- Less conflict
- Eliminate stress and/or anxiety

SIX STRATEGIES FOR CREATING & MAINTAINING SOLID BOUNDARIES

1. Communicate your boundaries.

Don't keep your boundaries in your head where they can't serve you. You've got to communicate them to your patients and any prospective patients.

Clearly state your practice policies on your:

- Website
- New patient paperwork
- Intake forms
- Signs in your waiting room
- Newsletters to patients
- Welcome emails and appointment

confirmation emails

- Social media posts
- Promotional materials like post-cards and brochures

The practice policies that you want to make sure you clearly state include:

- Hours of operation
- Your service offerings
- Prices for your services
- Cancellation policies and fees associated
- Package cancellation policies and fees

If you once offered massage but hate doing massage, stop offering it and take it off your services page. No exceptions. Otherwise, you will find yourself doing massage again!

On my intake/new patient form I clearly state prices for my services and that if for any reason they cancel their appointment with less than 24 hours' notice, their credit card will be charged the full amount for the service for which they booked.

In addition, for facial rejuvenation package patients I clearly state that if they decide to cancel the program/package at any time, they will be reimbursed according to my single-session price and not by prorating how many sessions they have used out of their package.

2. Stay true to yourself. If you don't like to work weekends--don't. If you don't like working late at night--don't. If you like having your dog at the office instead at home, bring your dog. When you start making exceptions for certain people you start to weaken your boundaries. Over time you will become resentful. In addition, you will not be fully present during your treatment sessions because all you will be thinking about is either "I hate working on weekends", "I hate working late at night" or "my poor dog is sitting at home all by herself".

3. Be consistent. This one is tough, I'll admit, but it's so important. Think of raising children. Consistency with boundaries is key. Children rely on boundaries for a sense of safety and security. Aren't our patients the same way? If we aren't consistent, they will be confused and unsure. Sometimes we say yes to seeing them on the weekends and sometimes we say no. Sometimes we give them lower prices, sometimes we charge them full price. Yikes! Before we know it, they go somewhere else

continued on page 8

Acupressure for Beauty and Health

By SHELLIE GOLDSTEIN, DACM, AP, LAc

Acupressure is a safe and non-invasive method of stimulating the same key points as acupuncture. While acupuncture uses fine needles to stimulate specific points on the face and body, acupressure can be used on those same points by applying gentle to firm manual or instrument assisted pressure (Huang, 2018). Unlike acupuncture, acupressure is easy to self-perform and requires minimal training or instruction.

Although evidence-based research demonstrates the health benefits of acupressure for reducing muscle tension, improving circulation, and establishing a sense of well-being (Piyush, 2017), studies exploring measurable outcomes of acupressure for appearance enhancement are minimal, with inconsistent results. Regardless, I have been using cosmetic facial acupressure in my practice with significant systemic health benefits and visible appearance enhancing effects. The following case study is one such example.

PATIENT INFORMATION:

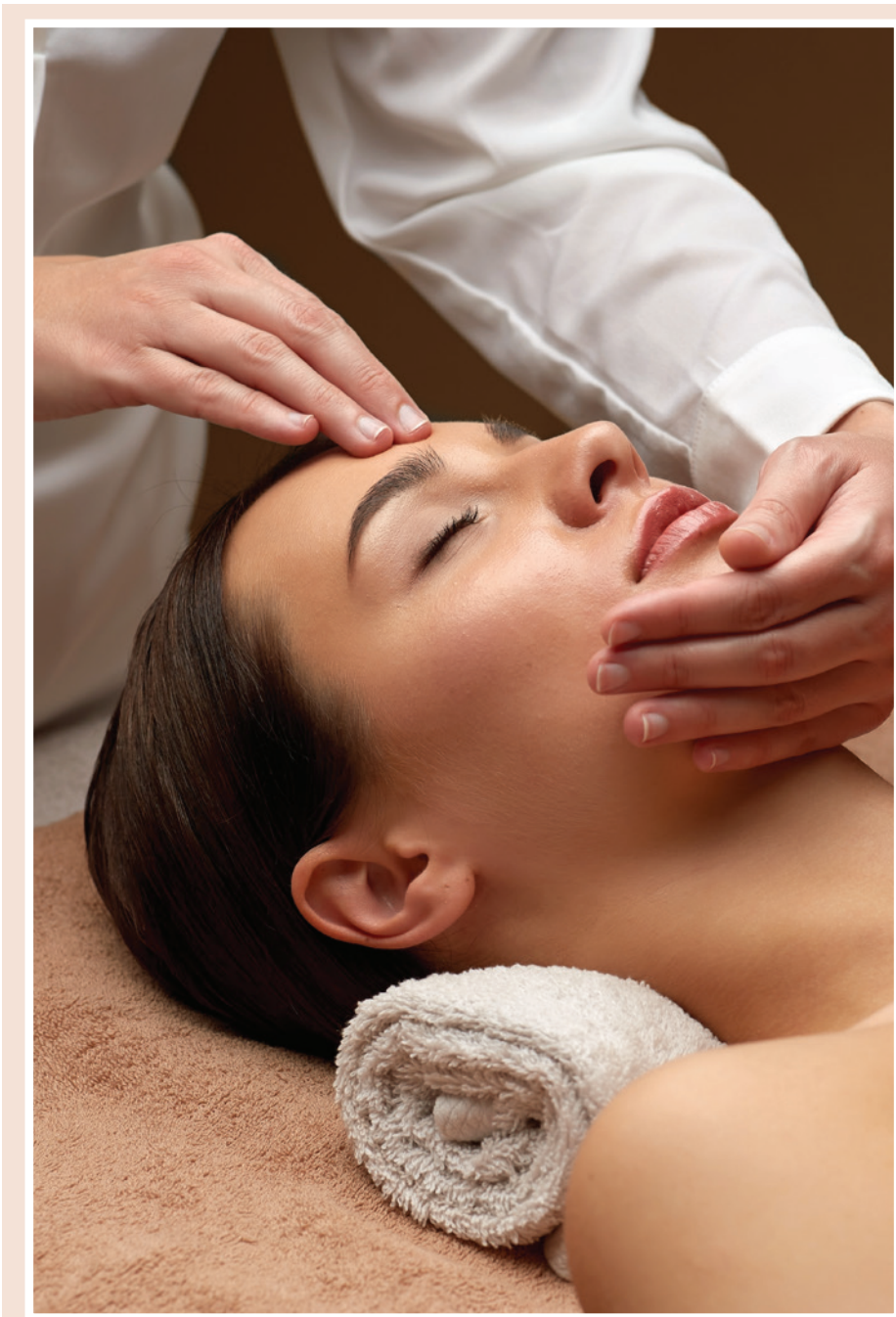
This patient is a 34 year old female seeking acupressure for appearance enhancement and systemic health.

CHIEF COMPLAINT:

Patient has been dissatisfied with her appearance for the past 2 years. She thinks her face is puffy with swollen with diminished facial tone particularly in the lower cheek and jaw area. She reports skin breakouts that are exacerbated prior to her menses. Patient has chronic neck tension, headaches, and sleep apnea.

PAST MEDICAL HISTORY:

Five years ago, patient contracted Lyme disease. Her symptoms were extreme fatigue with neurological impairment, and right side facial



palsy. Patient received acupuncture treatment throughout her illness with significant results.

FAMILY HISTORY:

Father: living, history of heart disease, elevated cholesterol
Mother: living, no reported illness
Two brothers: living, no reported illness

ROS:

Sleep: Although patient reports sleeping 8-10 hours a night, her quality of sleep is poor due to a diagnosis of sleep apnea. Patient is currently participating in a sleep apnea study.
Digestion: Periodic bouts of loose stools, particularly when feeling stressed.

Diet: Patient reports a healthy diet.
Medication/Vitamins: Patient takes a daily multiple vitamin and Buspar for a mood disorder.
Exercise: Patient has a cross-fitness regime with a personal trainer at a local gym (2-3x/week).
Stress: Patient is an attorney and reports her stress level as medium to high.
Homecare: In addition to full body exercise, patient has an excellent face care regime. She uses a natural skincare line appropriate for her skin type and condition. She is consistent with her regiment.

TCM INSPECTION:

Patient was slightly overweight. Her face was pale, swollen, and slightly flushed. Upon palpation her skin was slightly warm and clammy.
Pulse: slippery, floating on the surface, sinking below.
Tongue: pale, swollen, with red petechiae along the tip.

TCM DIAGNOSIS:

Although the focus of this acupressure treatment was to improve facial appearance, when treating facial concerns, addressing the underlying patterns of disharmony is germane. Modern cosmetic facial acupuncture is based on the philosophy of ancient Mei Rong, the art of maintaining beauty from within. Grounded in the principles of Chinese medicine, both view a disharmony in the Zang-Fu organs, meridians, qi, blood, and fluids as the core of cosmetic-related complaints. An imbalance of any or all of these can reflect on the face in the form of wrinkles, muscle tone, changes, decreased skin elasticity, skin conditions, a pale, dry appearance, and more. The etiology of these conditions is embedded in the pattern recognition, diagnosis, and

continued on page 21

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

of one-hour lectures, many of you said you would also like more in-depth workshops. You got them. This year's schedule will closely replicate our normal onsite format with three sequential, one-hour lectures each morning, followed by three concurrent three-hour workshops. And, under the heading of "hoping for the best," we have also scheduled an onsite, live and in person workshop with Matt Callison on the Monday after the Symposium at Pacific College in San Diego. Depending on the California rules, this work-

shop's attendance will be either limited or extremely limited, so sign up early.
This year's faculty features some new faces and some very experienced Symposium faculty. Joining us for the first time, it is my pleasure to welcome Galina Roofener, Alaine Duncan, and Carey Clark. While he's not new, he's been away too long, Heiner Fruehauf. Last year's very popular quartet presentation by Lillian Bridges, Shellie Goldstein, Matt Callison, and Mary-Elizabeth Wakefield was so great that they will each

be making solo presentations this year. Two years ago, Stephen Cowan presented such a well-received, pre-event workshop that we had to get him this year for the main event. The always stellar Felice Dunas, Andrew Nugent-Head, David Bomzon round out the faculty.
Our technology crew made sure last year's event went on without a hitch and this year it should be just as smooth, if not better and more feature rich. In addition to the lectures and workshops we'll have fun

and games and opportunities to win prizes. We'll also have a chance to get together in the now well-known break out rooms. It'll be great to hear how you're doing and see those smiles again.
As always, I appreciate all of your support of Pacific Symposium over these many years. I hope you're all staying healthy. We can see the light at the end of the tunnel. **AIM**

Thank you,
Jack

Discover the Yogic Sciences

By DR. ADAM MEYER, DACM, E-RYT 500

For many people today, the word “yoga” conjures up images of colorful mats, flexible bodies, and tight clothing. While these images may be great for posting on social media, they have little to do with actual yoga. In fact, yoga poses, or *asanas* as they are known in Sanskrit, are just a small part of the expansive system of yogic sciences that have been practiced for thousands of years. These sciences include the yamas and niyamas, asana, pranayama, pratyahara, dharana, dhyana, and samadhi. You may be wondering why these are sciences, and not simply practices: like other sciences, countless testing has led to a series of steps that when followed correctly produce a replicable result. In the case of yoga, the result is a state of enlightened living. In this state, not only does your own life benefit, but also those of all with whom you interact, both personally and professionally.

THE 5 YAMAS & 5 NIYAMAS:

Outside of India and yoga teacher trainings, most people have no idea about these tremendously important practices. According to Patanjali, the yogic sage and author of *The Yoga Sutras*, the yamas and niyamas should be the first step on the yogic path—before even a single yoga pose is practiced.

Essentially, the yamas and niyamas are a yogic code of conduct that teach us how to interact with the world around us as well as the world within. The classical teachings of yoga suggest that before you attempt any yoga poses or meditative practices, you need to work on being a good person. The first step in this process are the yamas, and they can be thought of as a moral code: the way in which a yogi should interact with those around them.

1. Ahimsa: Non-Harming

The first, and some say the most important step on the path of yoga is that of non-violence and non-harming. Beyond just refraining from physical violence and harm, this yama asks the yogi to consider their words, thoughts, and actions towards others and towards self. To go even deeper the yogi looks at their diet, the types of media they watch or listen to, and even the kinds of clothes they wear. To do no harm to other humans, animals, and the planet itself is the ideal that is aimed for when it comes to ahimsa.

2. Satya: Truthfulness

This yama asks the yogi to aim

for honesty in all things. In our modern world, where people can so easily deceive through social media and pretend to be someone they are not, the yogi always represents themselves with honesty and integrity. In other words, be real.

3. Asteya: Non-Stealing

Beyond the obvious of not taking anyone’s physical property, asteya is also about not taking more than you need in any given situation. It also extends to being aware of and not “stealing” people’s time, energy, and emotion.

4. Bramacharya: Moderation

Classically, this yama referred to refraining from sex, but upon further study it can be understood as moderation in all things. The yogi seeks balance, and in order to attain it, moderation is key. This moderation applies to all aspects of life including diet, media, exercise, entertainment, and so on. Even too much of a good thing can lead to imbalance, so the yogi seeks to find the “Goldilocks zone” in all things.

5. Aparigraha: Non-Attachment

The last of the yamas can often be the most difficult to understand. Some people think this yama suggest that yogis need to give up their worldly life and possessions, but this is not the case. It is not about giving up the “stuff of the world” but rather about releasing attachment to it. In other words, if your identity, self-worth, happiness and so on are attached to people, places, or things you are

setting yourself up for suffering, as ultimately everything changes and everything ceases to be at some point. By releasing attachment, the yogi can still participate in and enjoy all the world has to offer, without experiencing suffering when change inevitably shows up.

Following the yamas, we find the niyamas. These can be thought of as a set of personal observances to prepare body, mind, and spirit for the more advanced practices that come next.

1. Saucha: Purity

The first of the niyamas is about cleanliness in all things. The yogi strives to have a clean body, clean mind, clean spirit, and clean surroundings.

2. Santosha: Contentment

To find contentment no matter where you find yourself is a powerful skill. This is the kind of contentment that comes from within and is not based on external circumstances.

3. Tapas: Discipline

In Sanskrit, the word *tapas* means fire, and in the context of the niyamas it is the fire of discipline. It also relates to the heat that is generated through certain yogic practices. Put simply, daily dedication and practice is an essential component of progress on the yogic path.

4. Svadhyaya: Spiritual Study

The fourth niyama calls on the yogi to continue learning and studying. This includes the study

of yogic and other spiritual teachings, and even more importantly, the study of self.

5. Ishvara Pranidhana: Surrender to a Higher Power

At some point on the yogic journey, one comes to the realization that behind all that we can see, hear, touch, taste, and know, there is something larger at work. A divine source, a supreme consciousness. It is to this that the yogi offers their practice and their progress.

ASANA:

Of all the yogic sciences, this is the one that is best-known, and yet still misunderstood. Asanas are the yoga poses that you can find in studios, workshops, and social media posts around the planet. You may even be familiar with some of them: downward dog, cobra pose, triangle, shoulder stand, and so on. While these postures are a great way to get in shape, build stamina, and increase flexibility, their true purpose is to prepare the physical body and its energetic systems to sit comfortably in meditation. In fact, many of the early yoga postures taught in the ancient texts and schools of yoga were all seated meditation poses. It wasn’t until yoga made its way west in the early 19th century that asana became the primary focus of yoga practice. According to the yogic sage Patanjali, asana is just the third step within an eight-step system. It is a preparatory practice within yoga, and not yoga itself. Does that mean one should not practice asana? Of course not! It’s a wonderful practice, and even more so when done in conjunction with the other yogic sciences.

PRANAYAMA:

This is generally thought of as breath-work, and yet it is so much more. To understand it, we can look at the word itself. *Prana* can be translated as life force, and *ayama* means to draw out or extend. When put together, pranayama is about extending the life force, rather than just about breath control. Through increasing and enhancing the capacity to store prana, the yogi is able to experience and hold higher and higher states of consciousness as they move toward an enlightened state of being.

PRATYAHARA:

This little known yogic science is all about turning within. Rather than being bombarded with an overabundance of sensory input from the outside world, pratyahara guides the

continued on page 22



foreseeing future: it has been declared “mission critical” by VA and it opens access to a much broader patient population than those in the immediate vicinity of a clinic location. This makes it a great tool for practice expansion, especially in the realm of herbal medicine.

The largest obstacle I faced while creating our virtual herbal clinic was how to maintain mandatory practice standards, such as the collection of objective data, including pulse and tongue, during virtual telehealth appointments. I had to develop clear directions to guide our patients in providing accurate information: how to properly photograph the tongue, and more difficult, how to read their pulse. I researched an enormous number of pulse-taking devices, but couldn't find a tool whose functions justified the cost. Most of them were developed specifically for TCM, based on palpation, and were very expensive. It was hard to ask our patients to spend that much for a tool with no other function than TCM pulse. Three years ago, I stumbled across a mobile ECG (EKG) device that is widely available, affordable, FDA-approved, HIPAA-compliant, and even allows the patient to share ECG data with their MDs if necessary. Eureka! I have used this device ever since, having devised a way to interpret the ECG data into TCM pulse patterns, and I will share this technique at the 2021 Pacific Symposium.

Another challenge for many of us in the era of telehealth is administrative, with the financial and time management logistics brought by telehealth options raising many questions. Is a phone consult considered to be a telehealth appointment? Can I use Skype or Facebook to communicate with my patient? How do we schedule virtual visits, collect cash, bill, dispense herbs? How do we ship herbs and still maintain good in-person acupuncture practice flow? I was fortunate and had four years to figure all of those out before COVID-19, and even during lockdowns and stay-at-home orders, not only was I working, I actually increased my patient population.

Another set of changes that came about in 2021 that affects our profession at large is mandatory changes for our SOAP notes. Sadly, not many TCM schools teach students standard ways of charting for a contemporary USA practice, where notes can be shared amongst healthcare professionals and audited for billing compliance. We learn “10 asking songs” in the style of ancient or modern China, which do not use American CPT coding standards, and as a result, our ability to work as part of the conventional healthcare system is greatly inhibited. If we take insurance billing seminars, which are mostly taught by insurance billing professionals



❁ THE LARGEST OBSTACLE I FACED WHILE CREATING OUR VIRTUAL HERBAL CLINIC WAS HOW TO MAINTAIN MANDATORY PRACTICE STANDARDS, *such as the collection of objective data, including pulse and tongue, during virtual telehealth appointments.*

and not licensed acupuncturists, vital guidance on medical decision making and how to formulate it, as well as how to support your billable diagnosis with the TCM pattern, is not presented. The moment we start talking about herbal notes this becomes “terra incognita” altogether. As a result, the majority of us violate state and federal guidelines that regulate herbs. With our profession moving ever further into the spotlight, we must protect our practices by learning how to record what we did in the most compliant manner. Remember that rules and regulations do NOT limit what you do, they just guide you on how to write down what you did! After billing Medicaid for three years and going through a scrutinizing internal note audit every three months, personally guided by an auditor, I learned so much about necessary details that must be reflected in each section of my SOAP note that I had not even known to ask before.

The first challenge is the healthcare notes transparency rule, which entitles patients' access to their healthcare records. How does this affect us? What do I need to know about gathering and recording patients' history, as well as ethical considerations? How do I write a treatment plan that is easily understood by the patient, and share my notes

with the patient in a HIPAA-compliant manner? Am I mandated to use an electronic health records (EHR) system, and which EHR system will fit my practice?

The second challenge, released by the Centers for Medicare & Medicaid Services (CMS) and effective this year, is changes in Evaluation & Management (E/M) CPT selection guidelines that must be reflected in our SOAP notes. Very soon these guidelines will be implemented by private insurance payers as well. The most frequent questions I hear: how do I decide what level of history or physical examination is appropriate for this particular patient diagnosis or procedure? What is medical decision-making? How do I make, support, and properly record traditional medicine decision-making? Where do I write it in my SOAP? What other legal phrases must be present in my notes?

The last change, but certainly not the least, is the acceptance of new ICD-11 Diagnostic Codes by the World Health Organization, including Chapter 26 – Traditional Medicine Conditions (WHO), which will come into effect on January 1, 2022. I have been using standard terminology codes from the WHO's beta version of this in my clinical practice since 2018, and I have to say it is easily doable for herbs, but

very challenging for acupuncture, especially if you practice styles other than classic TCM. Understanding ICD codes and their relationship to the practice of TCM is essential. In TCM practice, diagnosis of disease is incomplete without pattern differentiation. To be compliant with hospital charting, ICD billing requirements, and documentation, your SOAP notes must support the treatment prescriptions of acupuncture points and/or herbal formulas.

The beauty of TCM lies in our ability to adapt. At Pacific Symposium 2021, we will talk in detail about how to embrace modern technological advances, which ensure increased access to our time-tested medicine and the thriving of our practices, in the “Traditional Medicine in the Era of Telehealth” class on the morning of October 29th. **AIM**

GALINA V. ROOFENER worked for the Cleveland Clinic as an acupuncturist and Chinese herbalist. Cleveland Clinic was one of the first to open a hospital-based TCM herbal clinic in the US. Galina served on the State Medical Board of Ohio's Acupuncture and Oriental Medicine Advisory Panel on the subject of Chinese herbs and other modalities of traditional Chinese medicine and is a member of the ASA herbal committee. She can be contacted at GR@AsianTherapies.org.

The New Acupuncturist's Guide to Practice Success



Text **“SUCCESS”** to (714) 332-6926 or
scan the QR code for your **FREE** copy!



Herbology Made Easy



Full Kit with 387 herb samples



Dan Zhu Ye 5508

Lophatheri Herba
Lophatherum gracile herb
淡竹葉

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.

Subscribe to our newsletter for TCM articles, industry news, recipes, discounts and more!

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



www.mayway.com 1-800-2-MAYWAY



BOUNDARIES continued from page 3

because they just don't know what to expect from us and they'd rather go to another practitioner that is consistent and reliable.

4. Stop explaining yourself. I read something recently that fits within the context of this article: "no is a complete sentence." How often do we find ourselves explaining our *why's* to our patients? Why we don't work weekends. Why we don't work late at night. Why we no longer offer massage. Why we raised our prices. Why we don't extend their treatment time if they are late. The real question is why are we explaining ourselves and our boundaries to people?

It seems to me that when we start to explain our *why's*, we weaken our boundaries and give our patients an opportunity to give us opposing reasons. Next thing you know we are feeling bad for them and saying "yes" to something we really want to say "no" to.

How often do you find yourself justifying the price of your services to patients? Don't do it. Your services are valuable. State them clearly on your website and hold to them. One of the biggest sources of feeling resentful and dissatisfied in practice is allowing patients to pay you too little for all the value and hard work you provide. I can't tell you how many people want to give up their practice because they are angry that they don't make enough money. Please don't give up your practice or leave this profession. Charge appropriately for the value of what you are offering.

Remember, no is a complete sentence. If you need more help in this regard, I love the advice given by two experts in setting strong boundaries: Cheryl Richardson in her book *The Art of Extreme Self-Care: Transform Your Life One Month at a Time* and Derek Silver's where he says "if it's not a hell yes, it's a no."²

5. Stop saying you're sorry. This took me a while to finally get but once I did it feels so great. Instead of saying things like "I'm sorry, I don't work weekends." Or "I'm sorry, but I have to charge you a cancellation fee because I had someone else that wanted your spot, and you didn't show up." There is no need to say sorry for holding up your boundaries.

Here's an idea: use "**thank you**" instead.

- "Thank you for understanding/honoring my cancellation policy."
- "Thank you for understanding/honoring that I don't work weekends."
- "Thank you for understanding/honoring that I don't discount my prices."

6. Assess and Re-Assess How You Feel. If you are feeling frustrated with your practice, burned out, resentful, unfulfilled, or angry, chances are you

have allowed someone or something to cross a boundary of yours. Only you know what you truly desire, so ask yourself where you are not completely satisfied, then make a commitment to getting yourself there. If you slipped and said "yes" when you wanted to say "no", just stop doing that and be consistent from here on out. Use the words "thank you" in the situation. "Thank you for understanding that I made an exception when I treated you on that day/time or gave you that discount but from here on out I will not be doing that."

Upholding our boundaries is a work in process and we will mess up. Our feelings towards our practice and patients act as our guides to let us know when there are holes in our containers. Listen to them and fortify as necessary.

Are these "how-to's" easy? Not always. I must admit that while writing this article I recognize that while I've come a long way regarding boundaries, I still have work to do. I meet with a mastermind group of like-minded colleagues every two weeks, and we bounce ideas off each other. I often ask them boundary-type questions and they act as mirrors reflecting to me my true desires and remind me to stay true to myself and uphold my boundaries. Perhaps this is one more strategy for you?

In the end, I sincerely want us all to become and enjoy being the best versions of ourselves. I want us all to be the most compassionate people we can be for our patients. After researching and writing this article, it is even more apparent to me that solid boundaries are a crucial element to accomplishing this. I hope this discussion has been helpful for you and will lead you to becoming the best version of yourself where you feel an immense sense of joy, passion, and fulfillment in your chosen profession.

AIM

REFERENCES

1. www.theworkofthepeople.com/boundaries
2. <https://lifehacker.com/if-its-not-a-hell-yes-its-a-no-1723393142>

With a commitment to helping others actualize their greatest potential and well-being, **DR. EAST** has been a licensed acupuncturist since 1999 and professor of Chinese Medicine at the Pacific College of Health Sciences since 2004. Specializing in MIE: Motivation Inspiration and Encouragement, Dr. East helps practitioners of alternative medicine align with their three P's: Purpose, Passion and Prosperity. In 2019 she published the book *More Than a Treatment* which held the Amazon bestseller's list in Practice Management for several weeks. She currently resides in Del Mar, CA with her husband and two kids and continues to help patients, students, other practitioners and the general public with her lectures, workshops, books, events, coaching programs, and wellness related products.

Composting and Human Digestion: *The Interdependency of Microbiome Systems*

By QIHUI JIN, LAc, KIMBERLIE WILSON, LAc, DACM, and YICHAO RUI, PhD

Classical Chinese medicine (CCM) perceives the body through a paradigm of the rot-and-ripen function of the stomach, the transform-and-transport function of the spleen, the combustion function of the lungs, and the descension of waste through the u organs. All of these functions are essential elements of the process of making nutrients available to the human body. Composting, the microbial-mediated decomposition process that converts raw organic materials into readily available and biologically active carbon and nutrients, has similar mechanisms to CCM's theory of how food is processed in the human body. This article will discuss the similarities between composting and human digestion, and the link between the composting process and its product with the health of human beings, both internally and externally. By placing these two theoretical frameworks in conversation with

each other, a broader understanding of the dynamics of nutrient processing emerges. Similar to a healthy and functioning human digestive system that acts directly upon the human body, high-quality compost provides biologically available carbon and nutrients that promote strong plant-microbe associations, therefore supporting the physical and mental health of the human body directly by influencing the nutrient quality of food grown and the gut microbiomes it associates with.

Composting is the controlled aerobic decomposition of organic materials that has been around for many centuries. Ancient civilizations such as China and India utilized compost to replenish soil fertility and crop yields that sustained high density of populations (King, 1911; Howard and Wad, 1931). In the modern era, Rodale Institute was the first to introduce composting as a scientific pursuit into the United States in

the 1940s (Rodale, 1960). During the composting process, microorganisms turn food scraps, animal manures, leaves and straw into biologically active carbon and nutrients. Therefore, composting can provide effective waste management and address the common on-farm needs of soil quality/fertility by improving soil biodiversity, nutrient cycling, disease suppression, and soil structure (Scotti et al., 2016). Because it is a biological process that is carried out by microorganisms, creating an ideal environment for microorganisms is key to the efficiency of composting and the quality of its product. An ideal compost recipe of carbon-rich and nitrogen-rich materials, a good amount of moisture, a free flow of air, and the initial size of the materials all play important roles. Effective chopping, mixing, turning, sifting, and curing can create a very complex and diverse environment for macro- and micro-organisms to reside and

thrive (Gershuny, 2018). A wide variety of beneficial organisms can produce diverse compost products that will support the plants in a profound way, including their immune systems and their source of nutrition (Noble and Coventry, 2005). Plants that are grown in fertile and biologically active soils will form stronger associations with microbes and be less reliant on synthetic fertilizers (Minz et al., 2010). Plants with the complex and nutritive components derived from that soil then greatly influence the human gut biome and absorption of nutrition for human health.

COMPOST LEADING INTO CCM

The discovery of the relationship between composting and digestion, soil health, and gut health leads to the interpretation that healthy soil produces healthy foods, and healthy foods make healthy humans. This

continued on page 18



GOLDEN FLOWER

CHINESE HERBS



2021 YEAR OF THE OX

Five New Formulas for Combating External Pathogens

In response to the times, Golden Flower Chinese Herbs has added five new formulas for combating the stages and manifestations of externally-contracted pathogens. We have expanded the scope and the options for the treatment of external pathogenic invasion at every stage—from prevention to initial exposure; from full-blown infection to recovery. Our complete formulary covers the herbal needs of your patients and family members who have contracted an external pathogen. From a simple wind-cold invasion to pestilent qi, and pretty much everything in between, we have you covered.

Zheng Qi Support Formula (*Zheng Qi Fang*) is an essential formula for any immune support formulary. Taking this formula several weeks before cold/flu season can prepare the immune system to stand in opposition to external pathogens, including pestilent qi.

Jade Defense Plus Formula (*Jia Wei Yu Ping Feng San*) is a combination of *Yu Ping Feng San* (Jade Windscreen Powder) and *Yin Qiao San* (Yin Chiao Powder). It is a strong defense against the invasion of pestilent qi as well as common wind-heat and wind-cold pathogens.

Reed & Seed Formula (*San Ren Wei Jing Tang*) can treat damp-heat pathogens and toxic dampness in any of the three burners.

Apricot Seed & Perilla Formula (*Xing Su Yin*) is a traditional formula for releasing wind-cold pathogens that have entered the lung.

Lung Defense Formula (*Fei Wei Fang*) supplements qi, disperses constrained heat and lingering toxin in the lungs, cools and invigorates blood, breaks up stasis, generates fluids, frees and restores the lungs.



Online www.gfcherbs.com Toll-Free 1.800.729.8509 

Vibrational Acupuncture: Integrating Tuning Forks with Needles

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

This article, based upon our book *Vibrational Acupuncture: Integrating Tuning Forks with Needles*, published by Singing Dragon UK in March 2020, focuses on a creative synergy of acupuncture needling with the vibrational qi of tuning forks in treatment protocols for face and body. The addition of these sophisticated, precision-tuned, planetary, vibrational healing tools to a Chinese medicine-based treatment approach, utilizing the points and meridians of acupuncture, is profoundly innovative and transformative in its implications.



Drawing upon the rich material contained in *Vibrational Acupuncture*, we will explore the nature of vibration and music, and likewise provide a partial overview of sound healing practices in the early 21st century—in particular: tuning forks, as well as the concerted use of the human voice. The effect of sound upon the human body is delineated through a series of personal anecdotes.

We will conclude with an introduction to the philosophy of music in ancient China, and how the entirety of Chinese imperial structure was constructed around alignment with a specific musical frequency, referred to as the Huang Kung, or Yellow Bell. This imperially designated tone represented the harmonious homeostasis of the Imperial order, and deviations from it by the representatives of the Emperor in the various provinces were deemed to be a threat to national security and domestic harmony. Finally, we will chronicle how the failure of the last Chinese Emperor, Puyi, to maintain the integrity of the Huang Kung as this inviolable standard ultimately led

to the collapse of Imperial China after thousands of years.

“Each organ and function within the body creates a vibration which helps it maintain its equilibrium. These vibrations allow the body to cooperate with its self-healing.”—Alfred Tomatis, *The Conscious Ear*

WHAT IS VIBRATION?

The Oxford English Dictionary defines vibration as “an instance, or the state, of vibrating”. The word stems from the Latin verb *vibrare* = to vibrate, to move in small increments, to and fro. It is a state of resonating, as in the vibrato of a violin or an operatic voice.

It is also an act or condition of being vibrated in a single complete vibrating motion—a quiver or quickening of qi (energy) when the soul enters the body of a child. Vibration is sensed or experienced directly, and has a distinct emotional quality or atmosphere.

THE NATURE OF SOUND

Vibration has motion, therefore all life is in 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 Inayat Khan, *The Music of Life*

Everything that moves—from the smallest molecule to the planets in their unceasing orbits to the vast galaxies pinwheeling throughout the unfathomable reaches of the universe—generates a vibration that we may consider to be sound; even if it may be beyond the capacity of our human ears to register.

The ear, a miraculous organ, can detect frequencies ranging from 20 to 20,000 cycles per second (Hertz or Hz). In fact, the entirety of the human body responds to sound vibration, and we can “hear” by means of our skin and the 206 bones in an adult skeleton. Scientific studies have demonstrated that every cell in our bodies may be regarded as a little “ear.” Other research has shown that sound can produce beneficial changes to the autoimmune, endocrine, and neuropeptide systems.

When in a relaxed state, our body and brain waves vibrate at 8 cycles per second, which entrains us to the basic electromagnetic field of the earth.

Historically, more meditations and prayers have been sung, rather than spoken, in spiritual and religious practices worldwide. Research shows that the use of sound, chanting, and

singing can support spiritual awareness and the health of the body (soma).

As a child, I remember making sounds, mimicking music and tones, long before I could verbalize what I was feeling or thinking. In utero, while swimming in the timeless amniotic sea, we are immersed in sound! The amniotic fluid is an optimal medium for the conduction of sound waves.

In fact, the embryo begins to develop ears as early as three weeks into pregnancy, and can feel and hear the beating of its mother’s heart in utero. Research shows that when an infant is exposed to a recording of a heartbeat, 72 beats per minute, they will relax. Babies also respond to the mother’s voice within 72 hours after birth.

In my experience, babies also recognize the sound of the practitioner’s voice when they encounter it after birth. I asked one of my pregnant patients if I could sound and sing into her belly when her baby became distressed. In this way, I created nonverbal sounds and songs that relaxed him, as the mother bonded with her baby.

Several months after his birth, she returned to my office for a visit to introduce her beautiful boy to me, not realizing that he already knew me! The minute I said his name, he voiced a loud joyful “hah!” and reached his pudgy arms out to me, wanting to be held. The mother was surprised until I explained that her child undoubtedly recognized my voice from those early experiences of it while in the womb, and had entrained with the sound of my voice.

“Cosmic sound is the power that generates the rotative motion of every globular form of existence ... a power that precipitates the Divine Will into material, objective manifestation.”—Dane Rudhyar, *The Magic of Tone and Art of Music*

Sufi mystics believe that the sound of the human voice, the tones emitted from the vocal cords, can attune us with the vibrational network of the cosmos, the Music of the Spheres as originally postulated by the Greek proto-philosopher Pythagoras. As we have previously established, sound is vibration, and we have the capacity to perceive these vibrational energies not merely with our ears, but in every cell of our bodies.

Although the experience with my patient’s baby is not, strictly speaking, entrainment in the conventional sense, the sound of my voice, informed by intention, established a

sympathetic resonance—a vibrational rapport—between me and the unborn child.

The Sufi master and musician Hazrat Inayat Khan spoke about how our bodies are rhythmic—our pulse, heart, breath, and cranial rhythms all have their own beats! Our bodies resonate on a cellular level, especially with the sound of the human voice, whether heard in utero, in a face-to-face conversation, or on the telephone. The vibrations and unique inflections, and the particular timbre of the voice, are recognized as a unique auditory imprint by the ear, which possesses an uncanny accuracy in this regard.

WHAT IS MUSIC?

“The world is sound. We find music everywhere: in planetary orbits, pulsars, genes, oxygen atoms, leaf forms, etc.”—Joachim Ernst-Berendt, *The Third Ear*

Music is organized sound; most cultures since the beginning of recorded time, and most likely in prehistoric eras as well, have used music therapeutically: to reduce stress, strain, and pain, promote relaxation, foster awareness, improve learning, clarify values, and balance, bolster, and enhance qi.

When an organ or part of the body is healthy, it creates a natural resonant frequency in harmony with the rest of the body; when out of harmony, it is dis-eased, uncomfortable with itself, reflecting pathogenic imbalances, according to traditional Chinese medicine. The use of “correct” sound can balance and harmonize unhealthy harmonic patterns in our body/mind/spirit.

Many methods of sound healing are employed by a wide range of practitioners worldwide; they include mantras, chants, and acoustic instruments such as tuning forks, Tibetan and crystal bowls, gongs, tingshas, bells, and chimes. Most powerful of all is the concerted and directed use of the human voice which is informed by the intention of the practitioner.

“The bel canto human voice is for sound what a laser is for light: The voice is an acoustical laser, generating the maximum density of electromagnetic singularities per unit action. It is this property which gives the bel canto voice its special penetrating characteristic, but also determines it as uniquely beautiful and uniquely musical.”

continued on page 25



PACIFIC Symposium 2021

OCT. 28TH - NOV. 1ST

Robert Peng, Matt Callison,
Shellie Goldstein, Heiner Fruehauf,
Andrew Nugent-Head, Felice Dunas,
Stephen Cowan, Belinda Anderson,
Galina Roofener, Mary Elizabeth
Wakefield, East Haradin,
Alaine Duncan, and Carey Clark.

**LIVE-STREAMED
WORKSHOPS
&
EXHIBITOR
PRESENTATIONS!**

This year again, the classes and exhibitor presentations will be streamed live online. Each day is offered at the flat rate of \$150 (\$125 early bird) and includes up to 6 CEUs/PDAs. Full conference pass is offered at the greatly discounted rate of \$375 and includes up to 24 CEUs/PDAs!

Matt Callison's post-conference workshop on Monday, November 1st is \$140 and can be taken online, or on-site in San Diego.

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. The exhibitor line-up is still under construction and will be available soon.

Stay tuned as we keep updating all the final conference details.

2021 SCHEDULE*

(*) as it stands at the time we are going to press

THURSDAY Oct. 28, 2021	FRIDAY Oct. 29, 2021	SATURDAY Oct. 30, 2021	SUNDAY Oct 31, 2021
8:30AM - 8:45AM Announcements	8:30AM - 8:45AM Announcements	8:30AM - 8:45AM Announcements	8:30AM - 8:45AM Announcements
GENERAL SESSIONS 8:45am - 12:05pm			
8:45AM - 9:35AM Robert Peng <i>6 Dantian Typologies and Personalities</i>	8:45AM - 9:35AM Galina Roofener <i>Traditional Medicine in the Era of Telehealth: Intake and Diagnosis</i>	8:45AM - 9:35AM Alaine Duncan <i>Trauma is Vibrational Illness; Acupuncture is Vibrational Medicine</i>	8:45AM - 9:35AM Carey Clark <i>Cannabis Care as Art and Science: Why We Need Holistic Approaches</i>
9:40AM - 9:55AM Exhibitor Presentation	9:40AM - 9:55AM Exhibitor Presentation: Lhasa OMS	9:40AM - 9:55AM Exhibitor Presentation	9:40AM - 9:55AM Exhibitor Presentation
10:00AM - 10:50AM Shellie Goldstein <i>Ethics of Managing Patients' Expectations</i>	10:00AM - 10:50AM Mary Elizabeth Wakefield <i>How Healing Sound is Transmitted to the Body</i>	10:00AM - 10:50AM Andrew Nugent-Head <i>Putting the Traditional Back into TCM: Taking Back a Mis-Translated Name</i>	10:00AM - 10:50AM Heiner Fruehauf <i>The Oneness System: The Vital Role of Ministerial Fire in Chinese Medicine Immunology</i>
10:55AM - 11:10AM Exhibitor Presentation	10:55AM - 11:10AM Exhibitor Presentation: Mayway	10:55AM - 11:10AM Exhibitor Presentation: Treasure of the East	10:55AM - 11:10AM Exhibitor Presentation: Blue Poppy
11:15AM - 12:05PM Belinda Anderson <i>Evidence-Informed Practice: Chinese Herbs for Patients with Symptoms Potentially Related to COVID-19</i>	11:15AM - 12:05PM Stephen Cowan <i>A World on Fire: The Epidemic of Alienation</i>	11:15AM - 12:05PM Matt Callison <i>Nerve Entrapment Syndromes and The Binding Regions of TCM - Introduction</i>	11:15AM - 12:05PM Felice Dunas <i>Why Sex? Theories and Logistics on the Use of Sex as a Healing Modality in Classical Chinese Medicine</i>
FOCUSED CLASSES 2:00pm-5:00pm			
2:00PM - 5:30PM Belinda Anderson <i>Overview of East Asian Medical Research and Its Impact upon your Practice</i>	2:00PM - 5:30PM Galina Roofener <i>Traditional Medicine in the Era of Telehealth: Communication and Herbal Recordkeeping</i>	2:00PM - 5:30PM Alaine Duncan <i>The Tao of Trauma: Integrating Polyvagal Theory, The Self-Protective Response, and the Five Elements of Chinese Medicine</i>	2:00PM - 5:30PM Heiner Fruehauf <i>Deeper Layers of Chronic and Recalcitrant Disease: The Treatment of Neurological Disorders with Chinese Herbs</i>
2:00PM - 5:30PM Shellie Goldstein <i>Safety and Ethics in Facial Acupuncture</i>	2:00PM - 5:30PM Mary Elizabeth Wakefield <i>The Nature of Vibration and Music</i>	2:00PM - 5:30PM Andrew Nugent-Head <i>Putting the Traditional Back into TCM: Using the Classics in the Clinic</i>	2:00PM - 5:30PM Carey Clark <i>An Overview of Medical Cannabis: Cannabis Care 101</i>
2:00PM - 5:30PM East Haradin <i>Anti-Aging and Rejuvenation Modalities in Practice</i>	2:00PM - 5:30PM Stephen Cowan <i>Autism: A Metaphor for The Modern Epidemics of Chronic Inflammation</i>	2:00PM - 5:30PM Matt Callison <i>Manual Muscle Testing (MMT) for the Acupuncturist</i>	2:00PM - 5:30PM Felice Dunas <i>The Unique Wisdoms of Female and Male Sexuality: How We Differ and Why It's Important</i>
3:00PM - 3:15 PM Exhibitor Presentation	3:00PM - 3:15 PM Exhibitor Presentation: Moshen Herbs	3:00PM - 3:15 PM Exhibitor Presentation: TCMZone	3:00PM - 3:15 PM Exhibitor Presentation: Ayush Herbs
4:00PM - 4:15PM Exhibitor Presentation	4:00PM - 4:15PM Exhibitor Presentation	4:00PM - 4:15PM Exhibitor Presentation	4:00PM - 4:15PM Exhibitor Presentation

POST


AVAILABLE LIVE ONLINE, OR ON-SITE IN SAN DIEGO!
Monday Nov 1, 2021
9:00am - 5:00pm PT
Matt Callison
Nerve Entrapment Syndromes and The Binding Regions of TCM - Applications



As in the past for the on-site conference, Pacific Symposium passes are available by the day. **Each day, you can earn up to 6 CAB and NCCAOM CEUs or PDAs***. Please select from the options below. You are welcome to mix and match non-consecutive days.

IMPORTANT NOTE: If you purchase a student pass, you will not receive a certificate. If you need a certificate, please choose a professional option. PCOM/PCHS alumni, faculty, and VIPs will be verified before certificates are issued at the discounted price.

2021 PACKAGE PRICES

		10% OFF		
		25% OFF		
		50% OFF		
PACKAGES	FULL PRICE	PCHS PROFESSIONAL*	STUDENT	PCHS STUDENT
1 Day	\$150	\$135	\$112.50	\$75
2 Days	\$300	\$270	\$225	\$150
3 Days	\$450	\$405	\$337.50	\$225
 SPECIAL! GET 4 DAYS FOR THE PRICE OF 3!	\$450	\$405	\$337.50	\$225

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



REGISTER



ONLINE

PacificCollege.edu/Symposium

2021 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:

- 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.

- 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.

CEU/PDA HOURS PENDING

Pacific Symposium provides up to 24 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 28, 2021

6 Dantian Typologies and Personalities
by Robert Peng

1 Thursday, October 28, 8:45am - 9:35am PT

There are three centers that hold vast amounts of qi energy deep inside your body. These three energy centers are called dantians and regulate your capacity for wisdom, love, and vitality. The relative strength of these qualities determines your energy type.

Ethics of Managing Patients' Expectations
by Shellie Goldstein

1 Thursday, October 28, 10:00am - 10:50am PT

How many treatments will it take? What results can I expect? Will it hurt? How much younger will I look with cosmetic acupuncture? This session will explore ethical practices and interactive skills of practitioner-patient communication as it applies to the discussion of acupuncture process and results, inspiring patient trust, compliance, and retention while adhering to ethical practices.

Evidence-Informed Practice: Chinese Herbs for Patients with Symptoms Potentially Related to COVID-19
by Belinda Anderson

1 Thursday, October 28, 11:15am - 12:05pm PT

During the COVID-19 pandemic, many acupuncturists treated patients with symptoms related to infection with COVID-19. We conducted a study to explore how acupuncturists accessed information and devised Chinese herbal medicine treatment strategies for patients with symptoms that may have been related to COVID-19 infection. This talk will present the findings from this study along with perspectives on the application of evidence-based medicine to ancient healing systems.

Overview of East Asian Medical Research and Its Impact Upon Your Practice
by Belinda Anderson

3 Thursday, October 28, 2:00 - 5:30pm PT

In the 90s, research on acupuncture and other 'alternative' therapies was classified as poor and insufficient to justify broad usage or insurance coverage in the US, but consumer usage was high, so the NIH began research into their effectiveness and safety. This talk will examine developments in East Asian medical research, its intersection with unmet needs within the US, and how you can build the future of your practice.

Safety and Ethics in Facial Acupuncture
by Shellie Goldstein

3 Thursday, October 28, 2:00 - 5:30pm PT

This session will provide one hour of ethics and two hours of safe practice and skills in facial acupuncture. Learn how to manage patient expectations and safely needle sensitive points on the head, neck, and face while minimizing adverse and maintaining positive effects.

Anti-Aging and Rejuvenation Modalities in Practice
by East Haradin

3 Thursday, October 28, 2:00 - 5:30pm PT

Learn how to incorporate anti-aging and rejuvenating modalities into your practice such as micro/nano needling, serums, cosmetic acupuncture, dermal rolling, red and infrared light, and gua sha. East will also explore body reshaping and fat elimination treatments and how to combine them with acupuncture and other TCM modalities.

FRIDAY, OCTOBER 29, 2021

Traditional Medicine in the Era of Telehealth: Intake and Diagnosis
by Galina Roofner

1 Friday, October 29, 8:45am - 9:35am PT

There is no doubt that rapidly evolving telehealth brought on by COVID-19 is here to stay. The morning hour of this presentation will be devoted to HIPAA compliance for patient-practitioner communication and FDA requirements for TCM herbal record keeping.

How Healing Sound is Transmitted to the Body
by Mary Elizabeth Wakefield

1 Friday, October 29, 10:00am - 10:50am PT

This innovative session presents material from our book *Vibrational Acupuncture: Integrating Tuning Forks with Needles*. It introduces aspects of Chinese and Western classical music theory, plus the integration of Acutonics® precision calibrated planetary tuning forks and acupuncture needling on the points and meridians of the face and body.

A World on Fire: The Epidemic of Alienation
by Stephen Cowan

1 Friday, October 29, 11:15am - 12:05pm PT

In this session we will look at the modern crisis we are facing in our world: becoming cut off from nature, from each other, from our bodies, and ultimately from our true nature. When we feel alienated from our nature, we become inflamed. Chinese medicine teaches that we are a microcosm of our world, founded on the principle of treating relationships. One has only to look at the fires raging around the world last year to understand the metaphor for how inflammation lies at the root of so many chronic health problems today.

Traditional Medicine in the Era of Telehealth: Communication and Herbal Recordkeeping
by Galina Roofner

3 Friday, October 29, 2:00pm - 5:30pm PT

This class will teach you legal requirements for the traditional medicine practice via telehealth. Electronic SOAP note writing reflecting upcoming ICD-11 Chapter 26 Traditional Medicine coding in compliance with 2021 CPT requirements will be reinforced. Modern technology solutions to one of the most difficult questions, of how to collect reliable pulse and tongue readings during telehealth visits, will be introduced.

Register at PacificCollege.edu/Symposium

The Nature of Vibration and Music
by **Mary Elizabeth Wakefield**

3
CEU/PDA Friday, October 29, 2:00pm - 5:30pm PT

This presentation will cover guidelines for using tuning forks (with or without needles), an anti-exhaustion treatment using the source/luo points, treatment protocols for sagging neck and TMJ (temporomandibular joint dysfunction), unique acu-sound treatment protocols, balancing the twin hemispheres of the brain, and "lacing" the 3 jiaos. All protocols will be demonstrated by the instructors.

Autism: A Metaphor for The Modern Epidemics of Chronic Inflammation by **Stephen Cowan**

3
CEU/PDA Friday, October 29, 2:00pm - 5:30pm PT

The future of any society depends on its ability to foster the healthy development of the next generation. It is estimated that one in 48 children are now being diagnosed with Autism Spectrum Disorder (ASD), a shocking rise over the past 25 years from one in 3000. Emerging evidence is demonstrating that some forms of autism are a manifestation of chronic inflammation. Extensive research on the biology of stress now shows that healthy development can be derailed by excessive or prolonged activation of stress response systems in the body and brain, leading to damaging effects on learning, behavior, and health across the lifespan.

SATURDAY, OCTOBER 30, 2021

Trauma is Vibrational Illness; Acupuncture is Vibrational Medicine by **Alaine Duncan**

1
CEU/PDA Saturday, October 30, 8:45am - 9:35am PT

Our practices are filled with people with "strange, rare, and peculiar" symptoms that baffle Western providers with tendrils of connection to autonomic nervous system dysregulation from traumatic stress, known or unknown. Acupuncturists are trained to facilitate whole-body coherence between yin and yang, balance and regulation in the kidney/heart axis, and a smooth flow through the cycle of seasons and elements. Integrating neurobiology's 5 Steps of the Self-Protective Response (hint: they mirror the 5 elements!) and the framework of polyvagal theory in the context of the shen cycle will illuminate diagnostic information and treatment room skills that will revolutionize your practice and treatments.

Putting the Traditional Back into TCM: Taking Back a Mis-Translated Name by **Andrew Nugent-Head**

1
CEU/PDA Saturday, October 30, 10:00am - 10:50am PT

Andrew lived in China from 1986 to 2014, learning traditional Chinese medicine from the last doctors born and educated prior to 1949. How people in the West mis-named China's attempt at creating a modern Chinese medicine (MCM) as TCM is an interesting story, but more interesting is discovering the true TCM that Andrew learned, which can still be found in China today. Join him for a fun, perspective-shifting hour on what is "traditional", what it takes to be a traditional practitioner, and why we should all study TCM if we wish to take full advantage of the classic texts in the clinic.

Nerve Entrapment Syndromes and The Binding Regions of TCM - Introduction by **Matt Callison**

1
CEU/PDA Saturday, October 30, 11:15am - 12:05pm PT

In this presentation, we will discuss anatomical regions that predispose spinal and peripheral nerves toward compression. Often from a narrowed tunnel or due to a thickening of an overlying myofascial structure, nerve compression can decrease the nerve's potential to nourish the innervated tissue. There are varying levels of nerve compression, which many times can be a silent contributor to musculoskeletal pain located distal to the entrapment site. The anatomical locations of the nerve entrapments can be viewed as "binding regions" of the channel sinews.

The Tao of Trauma: Integrating Polyvagal Theory, The Self-Protective Response, and the Five Elements of Chinese Medicine by **Alaine Duncan**

3
CEU/PDA Saturday, October 30, 2:00pm - 5:30pm PT

We will use an East-meets-West framework to explore the nature of trauma and our body's inherent capacity to restore balance and regulation. Integrating polyvagal theory with the shen cycle informs the critical role that acupuncturists can play in restoring regulation in the kidney/heart axis and brings clarity to the role all healers can play in mitigating the impact of ancestral trauma, impulsive violence, and health disparities. Restoring balance and regulation in one individual then influences their family, coworkers, and community. Our nation needs its healers!

Manual Muscle Testing (MMT) for the Acupuncturist by **Matt Callison**

3
CEU/PDA Saturday, October 30, 2:00pm - 5:30pm PT

Manual muscle testing (MMT) is an integral part of assessment that the TCM practitioner can quickly and effectively add to their clinical practice. MMT provides useful information about how and why the injury has occurred or if the patient is susceptible to future injury. Information gained from MMT informs the practitioner on muscle and channel imbalances, the integrity of the contractile tissue (i.e. how much qi is available to the contractile tissue), and identification of the injured channel and affected tissue. In this workshop, we will examine easy-to-learn testing of key muscles associated with different channel correspondences.

Putting the Traditional Back into TCM: Using the Classics in the Clinic by **Andrew Nugent-Head**

3
CEU/PDA Saturday, October 30, 2:00pm - 5:30pm PT

In the first part of the afternoon lecture, Andrew lays out the path to gaining the perspectives classical practitioners had as they struggled with providing wellness and treating illness. By learning to see the world as they did, we can better understand the words they left us and immediately apply them in the clinic. In the second part, Andrew addresses what happens in the clinic once we have returned to the traditional mindset. With the traditional practitioner mindset in place, we can then immediately apply classical thinking to every physical treatment we give.

SUNDAY, OCTOBER 31, 2021

Cannabis Care as Art and Science: Why We Need Holistic Approaches by **Carey Clark**

1 Sunday, October 31, 8:45am - 9:35am PT

This class will provide the learners with the opportunity to explore why holistic approaches and integrative modalities should be used when providing cannabis care. We will delve into the following questions: How is working with patients who self-titrate cannabis differ from traditional allopathic, prescriptive approaches? Why is coaching an essential skill that all cannabis care practitioners must build? How do we support patients with realizing their best quality of life?

The Oneness System: The Vital Role of Ministerial Fire in Chinese Medicine Immunology by **Heiner Fruehauf**

1 Sunday, October 31, 10:00am - 10:50am PT

This presentation provides a comprehensive exploration of the concept of Ministerial Fire and its acute relevance for the approach to recalcitrant diseases including COVID-19.

Why Sex? Theories and Logistics on the Use of Sex as a Healing Modality in Classical Chinese Medicine by **Felice Dunas**

1 Sunday, October 31, 11:15am - 12:05pm PT

The use of sex as a healing modality is ancient, having developed alongside the foundational theories of TCM. In this presentation, Dr. Felice Dunas will explore the birth and evolution of these practices, how they survived through China's complex history, and what they have to offer a clinician in practice today. This will be both an historical exploration and a clinically relevant presentation with immediately applicable tools.

An Overview of Medical Cannabis: Cannabis Care 101 by **Carey Clark**

3 Sunday, October 31, 2:00pm - 5:30pm PT

In this workshop-style class, the learners will be introduced to the human endocannabinoid system and gain a foundational understanding of how cannabis works in the body as well as the importance of using holistic modalities to upregulate the endocannabinoid system. A review of recent evidence related to medical cannabis and various disease/illness issues will be provided. This class is appropriate for cannabis care beginners or those with more advanced knowledge who would like an inspiring refresher course.

The Unique Wisdoms of Female and Male Sexuality: How We Differ and Why It's Important by **Felice Dunas**

3 Sunday, October 31, 2:00pm - 5:30pm PT

In this class, Dr. Felice Dunas will discuss the energetic dynamics of our masculine and feminine natures and how they can be used to contribute to life and healing. She will present case studies from her practice demonstrating how sexual symptoms are caused and affected by the condition of qi and the internal organs. She will discuss sexual orientation as viewed through the lens of TCM and will share action steps that you, as a sexual being and as a clinician, can take to utilize this great resource for yourself and your patients.

Deeper Layers of Chronic and Recalcitrant Disease: The Treatment of Neurological Disorders with Chinese Herbs by **Heiner Fruehauf**

3 Sunday, October 31, 2:00pm - 5:30pm PT

This presentation shares Dr. Fruehauf's unique herbal approach to neurological disorders—from cognitive issues in children, to degenerative autoimmune conditions such as MS and Parkinson's, to the recent wave of long-haul COVID-19 and lingering post-vaccination symptoms.

POST CONFERENCE
AVAILABLE LIVE ONLINE,
OR ON-SITE IN SAN DIEGO!
\$175

Monday, November 1
9:00am - 5:00pm PT

7 CEUS

Nerve Entrapment Syndromes and The Binding Regions of TCM - Applications by **Matt Callison**

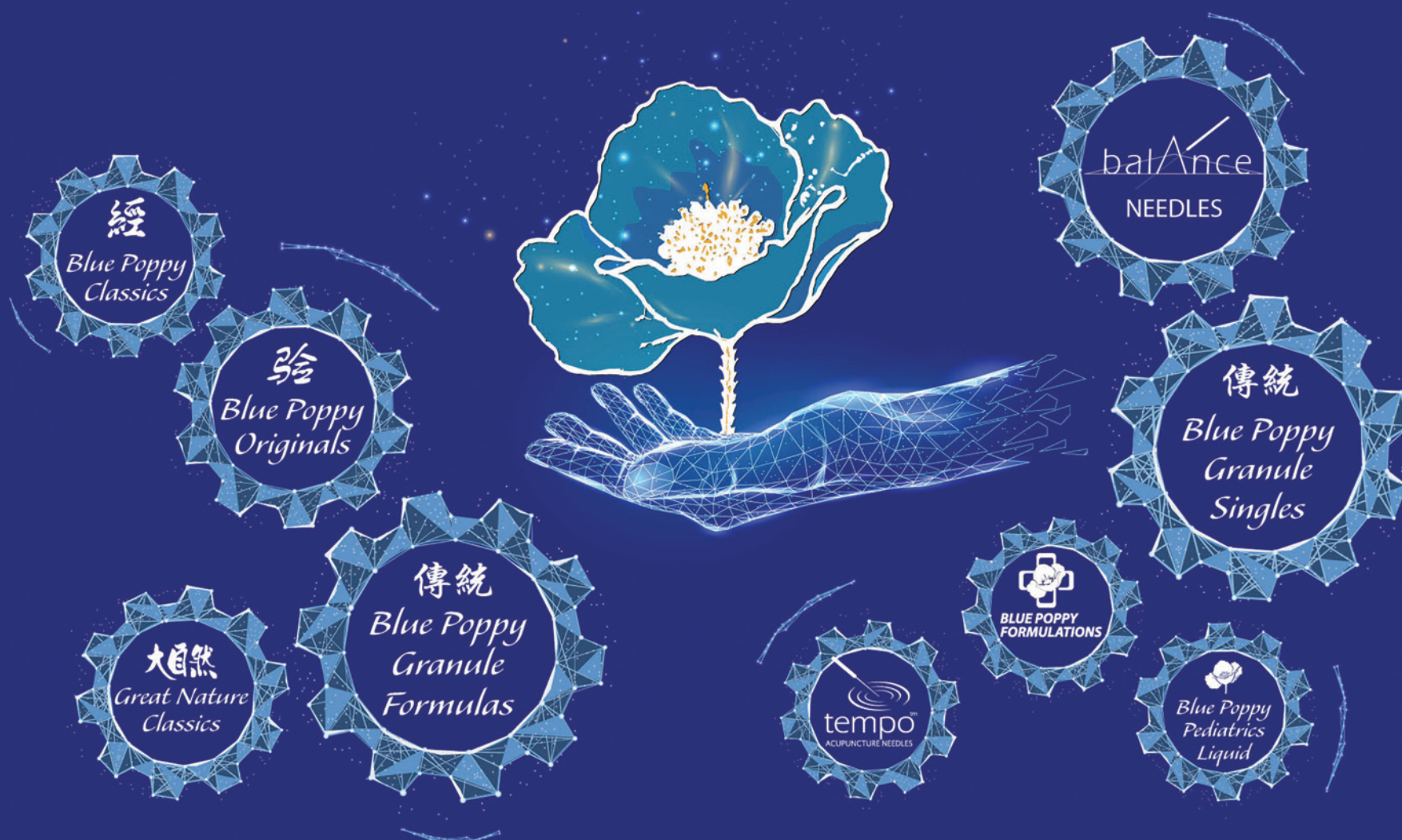
This 1-day workshop will continue with information presented in the earlier introductory lecture. Because subtle levels of nerve compression can affect the axoplasmic flow and nerve conduction, nerve entrapment sites could be considered as "binding regions" and act as a silent contributor to injury. For the TCM practitioner, when treating a musculoskeletal injury, understanding where the proximal nerve compression sites are located is important for positive clinical outcomes.



Register at PacificCollege.edu/Symposium

Blue Poppy

THE CHOICE OF PRACTITIONERS SINCE 1982



Providing practitioners with the tools they need to treat their patients more effectively including:

- Five herbal lines: BP Originals, BP Classics, BP Pediatrics, GN Classics, BP Granules
- Two needle lines: Tempo and Balance
- One custom granule service: Blue Poppy Formulations
- Plus moxa, clinic supplies, books, and everything else a practitioner needs

GIVE BLUE POPPY A CALL AND GIVE US A
CHANCE TO GET YOU GEARED UP!

(800) 293-6697 (CA)



implies that if, as a society, there is a commitment to the regeneration of degraded soil, this will eventually promote better wellness in human beings. The connection between composting and human digestion is more direct and important than at first glance. A healthy composting biome promotes a healthy human gut biome which in turn promotes a healthy balanced emotional state. This homeostatic state is the cornerstone to CCM's paradigm of health. From a CCM perspective, human digestion consists of reception, rot-and-ripen, transform-and-transport, combusting and synthesis. (Li, 2004, p.26)

The endeavor of composting as an empowering action promotes balance in a person's life (Mayer et al., 2015). Compost provides nutrients to the soil microbes, plants, and other creatures in the soil, as well as improves the soil structure and texture, prevents erosion and drought, and improves aeration. This human endeavor then supports the internal biome of the human digestive tract. This can be seen in the CCM theory that a person can eat dirt from their indigenous area to protect their digestive tract, when travelling to foreign lands, from non-acclimatization when in a different biome. (Deng, 2011)

From the CCM viewpoint, the stomach is a fu organ that stores impure substances. It transforms ingested food and drinks by fermentation which is described as rot-and-ripen, and it is the most active place to break down and liquify food. (Li, 2004, p.65-73) Similarly to composting, the volume of matter decreases over time due to decomposition, and leachate is produced. The yin and yang aspects of digestion consolidate ingested matter over time using fermentation as well, liquefaction and decomposition. The yin aspect of the stomach, including digestive enzymes and microbiomes in the gut, stomach lining, bile, insulin, hydrochloride (stomach acid), and pancreatic enzymes, supports digestion with a material basis, comparable to the physical and chemical decomposers in composting. (Yuen, 2003, p.22-23) Thus the yang aspect of the stomach increases the metabolism and creates optimal temperature conditions for gut bacteria to function (Li, 2004, p.65-73). The heat present in composting acts in a similar fashion, encouraging thermophilic bacteria to help decompose.

The stomach is also the origin of fluids, while compost increases soil's moisture retaining capability (Yuen, 2003, p. 53-54). If a compost pile is too dry or cold, it will result in extremely slow decomposition, while too wet of a pile will create an anaerobic environment, producing odor and causing problems. In the human gut, if the environment is too dry and too cold, food not being broken down properly will result in food

stagnation; dampness in the body can cause diarrhea (Li, 2004, p.59-63).

The CCM paradigm is similar to the composting process in that the stomach represents the enzymatic activity, therefore the stomach prefers dryness while it hates dampness, and in CCM, the spleen acts as metabolic force—like the anaeration of the compost when it enhances microbial activity. Therefore the spleen prefers dampness while it hates dryness (Yuen, 2003, p.53-54). Through this mechanism, called homeostasis, the balance between heat and moisture can be managed. Similarly, in composting, there is a balance between heat (enzymatic activity and its by-product, fermentation) and moisture (anaerobic reaction). If a pile of compost is too damp, then dry (carbon-rich) materials need to be added; if too dry, then more water needs to be added to make sure decomposition happens properly. Heat will be generated when the moisture level matches the biological needs of microbiomes and is still allowing adequate airflow, while moisture is balanced from rot by active enzymatic activity. Heat, in human digestion, is from pancreatic enzymes and acids (Yuen, 2003, p.54-60). Dampness or moisture is the environment preferred by the good bacteria and flora of the gut. Ultimately, in CCM theory, heat is within the stomach and dampness is within the spleen paradoxically; the yin (more moist) of the stomach is the agent of fermentation and the yang (more heat) of the spleen is responsible for the transform-and-transporting of bolus (Yuen, 2003, p.22-24).

According to CCM theory, it is always recommended not to over-consume raw or cold foods so the spleen and stomach are not damaged by cold, causing food stagnation (Li, 2004, p.26-27). This can also be applied to composting. The cold composting method usually doesn't require a lot of turning and is not particular about the carbon-to-nitrogen ratio, as compared to the hot composting method, so it has relatively slow microbial activity, long processing time, but it can be problematic and spread pathogens and weeds if managed improperly. There is no good or bad in terms of hot or cold composting, but as a human-managed activity, efficiency needs to be taken into account; it is a matter of time and labor. Cold composting usually takes more time while less labor than hot composting. Whether cold or hot, composting can be distinguished by whether the pile enters the thermophilic stage in temperature ranging from 105°F to 150°F (Gershuny, 2018). This is the same in digestion and absorption, influencing the body to utilize nutrients and produce energy, which must be efficient and sustainable. Warm food is easier to digest compared to cold food, simply

because most chemical reactions proceed at a faster rate as temperature increases (Li, 2004, p.17-19).

In addition, there are similarities between the process of digestion and the procedure of composting. A meal requires food to be chewed. Chewing allows food to be physically broken down and increases surface area of the particles, as decreasing the size of food scraps makes the food more accessible to the organisms in the pile. The saliva mixed with food through the movement of the tongue creates a perfect recipe for chemical reaction, much as food scraps mixed with yard waste colonized with soil microbes create more room for decomposers. The food in the mouth is reformed as a bolus when swallowed into the esophagus. After being broken down by digestive juices, the bolus becomes chyme, which is assimilated with the humus of compost (Yuen, 2003, p.53-62). Along with the peristalsis of the gut, the chyme will sit in the stomach for three hours, after which the final bioavailable nutrients will be absorbed by the small intestine and distributed to body tissues through the bloodstream. When composting, regular "turning" action is sometimes recommended during the active composting stage, and "curing" is the last stage for compost to mature to make it less acidic (Pace, 1995). The curing process within both human digestion and composting is very important for the pH balance (Yuen, 2003, p.53-62).

Elizabeth Thursby stated that "intestinal bacteria play a crucial role in maintaining immune and metabolic homeostasis and protecting against pathogens." 90% of microbes in the body are found in the gut and the rest are on the skin, in the mouth, throat, lungs and other areas (Rinninella et al., 2019). Wei or defensive qi, in the context of CCM, derives from food (gu) qi produced in the Stomach. The wei qi flows between structures within the interstitial fluids and helps microbes distribute throughout the digestive tract (Maciocia, 2005). Interestingly, soil microbes also help plants resist disease (Kuchment, 2020). They act as the immune system of the soil, and therefore plants. This state of health in humans is the foundation of jin fluids and wei qi, which are the cornerstone of the human immune system (Yuen, 2003, p.22-24).

Time is another important component in composting and digestion that is not paid enough attention. Fermentation is a way to cheat the timeline of both composting and human digestion. Fermentation, as an old food preserving method, not only makes nutrients more available to the human body but also helps the body maintain the biodiversity of the gut microbiome by adding probiotic bacteria to the gut. Adding just a little fermented food into each meal can boost our digestion and absorption (Katz, 2016). In

the same way, bokashi, a fermentation process to partially break down organic matter through anaerobic reaction, utilizing effective microorganisms (EM) to break down organic matter, is well-known to hasten the nutrient recycling and composting by adding it to soil or compost pile.

Composting has many benefits for humans on environmental and biological levels. A healthy composting routine allows the interaction with good bacteria to strengthen the immune system and digestive system. This interaction can include breathing the air filled with good bacteria, good bacteria touching human skin, smelling rich earth, and so on. Furthermore, in addition to the physical benefits, when modern human beings contribute to our communities and the planet, they become part of something bigger than themselves. When humans are mindful of the resources used, say, by composting food waste or collecting cans for recycling, they pay more attention to their community. This can result in a greater sense of meaning and purpose. Dr. Jared Scherz, a gestalt therapist, describes this as the "best antidote" to anxiety and depression (O'Reilly, 2016). Because the gut and brain influence one another (Mayer, 2015), the impact of composting to human health can be systemic, but the direct impact needs to be further studied and analyzed.

Additionally, composting indirectly impacts the surrounding aqueous system, air, and soil. It helps create a low chemical exposure and more balanced micro-ecosystem around the site of the composting bin. The ecosystem and the growth of healthy plants also depend on the soil biodiversity, which is improved by composted soil (Wall, 2015). Local food produced out of compost is more nutritionally dense and contains an abundance of beneficial bacteria. Modern technology such as irradiation destroys most of the beneficial bacteria and lowers the vitamin level in the food (Woodside, 2015). In a similar way, the more diverse the microbiota is in a person's gut, the more robust and resilient digestive system they may have (Yuen, 2003, p. 53). Therefore, when nutrients are put back into the soil through composting, and a more biodiverse environment is created in comparison to using ecosystem-destroying pesticides and synthetic fertilizers, the nutrient-dense food produced provides human being with bioavailable nutrients that support healthy growth and healing (Singh, 2018). **AIM**

EDITOR'S NOTE: The complete article can be found online at <https://www.pacificcollege.edu/news/blog/2021/07/28/composting-and-human-digestion-the-interdependency-of-microbiome-systems>.

The Maternal Tradition of “Sitting the Month”

Traditional Chinese Medicine Postpartum Care

By DR. LILY YEH GILLESPIE, LAC, DAOM

Growing up with my family in Taiwan, consuming herbal foods was part of our daily life. When my menstrual cycle started at the age of fourteen, my mother began cooking herbal medicine. Intrigued neighborhood aunts would visit and ask why, and mother proudly shared that I was “becoming an adult”. The soup I drank was black, earthy, and rich; it was a soup unlike all the others we sipped at family meals because it marked my entry into adulthood. As time went on I learned that the special herbal formula called Ba Zhen Tang, was a 900 year old decoction passed down by herbalists for centuries. Ba Zhen Tang translates to the “Eight Treasure Decoction” and was first recorded during the Sung Dynasty (AD 1,107-1,100). Every month after menstruation, I would drink the earthy soup with great appreciation, imagining the ancestral herbalists watching over me.

I grew up in a large family and always imagined having children. It was common knowledge in Taiwan that if a woman gave birth, a month-long confinement would follow. I would hear stories about new mothers staying home and being discouraged from touching anything wet or cold (including water) and thought to myself, “If I have a baby, I won’t be able to shower for a month? Why?!” The questions I asked when I was a little girl are the same questions patients ask when I talk about confinement and the principles of Traditional Chinese Medicine (TCM) in postpartum care.

My aunt flew from Taiwan to provide traditional confinement care after the birth of both of my children in 2013 and 2015. My daughter was born at home and I delivered my son at a birthing center; both were over 9lbs. After both deliveries I was diagnosed with a third degree uterine prolapse. We consulted my OBGYN, my midwife, and doula for guidance on how to best treat this severe injury. The western solutions were both invasive: either insert a metal umbrella to open and lift my uterus, or use staples to hold my uterus in place. Coming from a TCM background, my aunt discouraged both approaches and consulted her elder sister who had an established a confinement center in Los Angeles 15 years prior; she proposed something else. Three pieces of abdominal binding material were sent to me. For the following few weeks, my torso was bound for organ support and I slept with three pillows under my pelvis to encourage my uterus to return to its original

position. It was arduous, but didn’t require any surgical procedures, and to my amazement I recovered from my uterine prolapse. I have been a firm believer in TCM postpartum care ever since.

WHAT IS CONFINEMENT / SITTING THE MONTH?

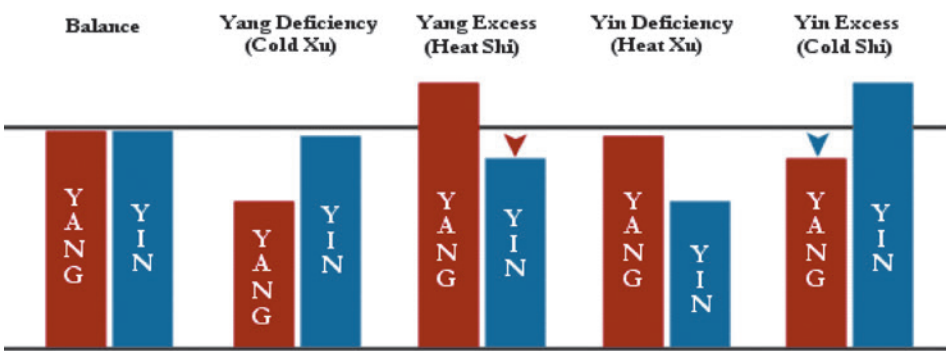
Sitting the Month or “Zuo Yue Zi” / 坐月子 is a special postpartum care practice typically starting immediately after birth. It can vary in length but usually ranges from 26 days to 100 days. This practice of postpartum care is designed specifically for new mothers to rest, reset, and recover.

There are many different names for this type of care, but I call it traditional Chinese medicine postpartum care (TCM PPC), or Eastern Asian medicine postpartum care (EAM PPC).

“Sitting the Month” was traditionally reserved for queens, empresses, or very wealthy women who were able to focus on rest and recovery post-delivery. Imperial doctors believed that the universe gave a mother one opportunity to change her internal constitution after she risked her life to bring new life into the world. Observing postpartum care was said to have the ability to rid a mother of her childhood illnesses, allergies, headaches, migraines, cold hands and cold feet with the help of the openness of the body. The month following the birth of the child is often referred to as the “golden period,” when the mother’s body is now a “blank slate” and can be reset. Following the TCM PPC healing principles provides an opportunity to be even stronger than you were before pregnancy. Over the last century, “Sitting the Month” has become much more common in many countries including Taiwan, China, Korea, Japan, Hong Kong, India, Malaysia, Iran, and Latin America.

FOLK MEDICINE AND THE TRADITIONAL TCM PRACTICE

Bob Flaws, author, translator, and editor of over 80 books on Chinese medicine, stated that “until only fairly recently, the history and practice of Chinese medicine was rife with sectarianism. Students of one teacher or adherents of one school jealously guarded their theories and techniques, seldom sharing these openly” (Shou-Zhong, Y., & Da-Wei, L., 1992, page viii). As a result, many of these TCM postpartum care techniques were not documented. Historically, only men were doctors and received an education to become literate. Midwives were women, who either did



not have the ability to document nor received the recognition or credit for their clinical experience. Two of my aunts provided traditional confinement services for over 15 years. Their wisdom and clinical experience are considered treasured family secrets. There were many healing methods and modalities passed down from my grandmother’s godmother when she was 90 years old. Looking back on this rich legacy and history, I now understand how their practice influenced the development of TCM today. It has become my mission to document their wisdom and share the practice of postpartum care with my patients.

TRADITIONAL CHINESE MEDICINE HEALING PHILOSOPHY

TCM strongly suggests that new mothers avoid coldness, wetness, and dampness which includes drinking cold liquids or touching cold water. Bath water is cooked with warming herbs (such as mugwort) to expel cold. Untreated water is called “raw water”. Special meals are prepared to restore warmth in the new mother’s body as discussed below.

The avoidance of “cold” is a concept rooted in the TCM philosophy that our bodies have a hot/yang and cold/yin nature, which must be balanced for good health. Giving birth places the body in a “cold” state resulting in the body’s qi or energy moving slowly. In a common vaginal delivery, women push and open up their body, meridians, and pores for 12-14 hours. Dr. Sun Simiao / 孫思邈, who was born in the 6th century, stated that, “the reason for the presence of increased sickness in the body is always related to the excessive consumption of cold substances and by immoderate eating and drinking in the spring and summer.”

Keep in mind that during the first week of postpartum, new mothers will feel hot due to the persistence of the hormone adrenaline from the birthing process, which floods into the bloodstream. In TCM, this sensation is referred to as “True Cold, False Heat” which creates an illusion that has potential to lead to behaviors that can further damage the body

such as walking barefoot and having fans or air conditioning blowing directly on the new mother.

On the left side of the graph (Balance), we see that the yin and yang or cold and hot are in perfect harmony as we would see in a healthy individual. After birth, see the fourth diagram from the left: yin deficiency (Heat Xu), where the female body loses yin nourishment after birthing another human qi (the baby), while the yang maintains the same level. This causes the female body to experience a sensation of heat, which produces the “True Cold, False Heat”. It is important not to be fooled by this illusion.

The TCM approach to postpartum recovery differs from the Western approach. In particular, the Western concept of using a cold compress to heal a wound directly contradicts the TCM approach. In many hospitals in the U.S., it is customary to use cold packs or ice compresses to “soothe” the wounds and reduce swelling tissues by placing them on the vagina. More recent studies show that using ice packs as a healing method only delays tissue healing. A core tenet of TCM is that cold slows down the body’s healing process as it congeals the blood and penetrates cold deeper into the body. In my clinical practice, I frequently found that patients who used ice to heal after birth had blood clots that are the size of their palm. The large blood clots look like placenta, which is between the color of brown and dark red. In the western hospital, this condition is considered common and even “normal.”

ESSENTIAL HERBAL MEDICINE AND DR. FU QING-ZHU / 傅青主

TCM practitioners focus on nourishing the yin for the new mother’s body by prescribing herbs that are in the following categories: warming the interior and expelling cold, stabilizing and binding, and relieving toxicity to clear yin deficiency. Some classic formulas are essential, such as Sheng Hua Tang, Si Wu Tang, Ba Zhen Tang, and Shi Quen Da Bu Tang.

continued on page 20

In the early Qing Dynasty (at the end of the Ming Dynasty), a well-known TCM practitioner and gynecologist named Fu Qing-Zhu / 傅青主 and his disciples conducted clinical studies as part of his gynecological practice. Dr. Fu was born in Tai Yuan, Shanxi in 1607, 414 years ago. During that time, he studied the many challenges that made it difficult for mothers to deliver their babies and proposed formulas to treat them including Xia Tai / Descending the Fetal Placenta: In the case in which the fetal placenta does not descend, Sheng Hua Tang / Dissolving the Clots Decoction was prescribed to promote blood flow.

- Postpartum enduring dysentery: In the case of red color, which is ascribed to blood vacuity, it was suggested to administer Si Wu Tang / Four Substance Decoction with modifications including the additions of Herba Seu Flos Schizonepetae Tenuifoliae (Jing Jie), and Radix Panacis Ginseng (Ren Sheng).
- Chi Sheng / 遲生 / Hastening Birth: In case of fatigue and sleepiness with difficult delivery due to sitting on the straw earlier than necessary, administer Ba Zhen

Tang / Eight Treasure Decoction with small amount of Rhizoma cyperi rotundi (Xiang Fu) and Gum-mum Olibani (Ru Xiang) to assist the blood and qi. (Shou-Zhong, Y., & Da-Wei, L., 1992, page 149)

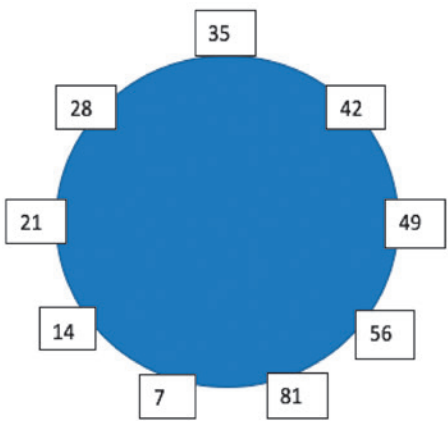
IMPORTANT NOTE ABOUT REN SHENG

Centuries ago, it was common for wet nurses, Nai Ma / 奶媽 (literally meaning “Milk Mother”) to nurse newborns. Imperial biological mothers would consume soups that focused on tonifying their bodies and often included Ginseng (Ren Sheng). Red Ginseng is not prescribed to wet nurses who need to breastfeed as it stops the essence (breast milk) from leaking and consequently restricts the production and letdown of breast milk. In folk medicine, it is called Hui Nai / 回奶 (return the breast milk into the body) or Sui Nai / 縮奶 (shrinking the breast milk production).

Special confinement soups and herbal decoctions are prepared to change the viscosity of the breast milk and to promote healing for the postnatal mothers. Common warming herbal teas are prescribed for new mothers, such as cinnamon tea. Cinnamon warms the body, boosts

blood circulation, promotes healing, and tonifies the yang. One of the most common herbal desserts is white wood ear and lotus seed soup, which harmonizes the heart and lung relationship.

TCM explains that the female body goes through significant changes every seven years. Many modern women become mothers between the ages of thirty-five and forty-two, which falls between the fifth and the sixth cycles. Menopausal changes occur when women are transitioning into the seventh cycle. It has been reported that there is an increase in modern mothers experiencing menopausal signs and symptoms when their children are under seven years old.



This practice is used to not only preserve a woman’s health and strength, but also to change her body constitution. If postnatal mothers can practice TCM PPC guidelines, they will enjoy many long lasting health benefits.

MEDICINAL HERBAL DISHES

Some examples of the herbs I cook for my postpartum patients:



continued on page 26



CHOOSE FROM OVER
100 ONLINE CEU COURSES
+ **ONGOING 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



treatment of qi, blood, and fluids as they influence and are influenced by the elements, organs, and meridians. Significant treatment results reside in one’s ability to diagnose and treat these underlying *root* causes to resolve the *branch* cosmetic concerns.

This patients’ underlying condition is spleen dampness and stomach heat, with slight shen disturbance, and kidney qi deficiency. Treatment strategy is to reduce stomach heat, nourish the spleen and kidneys, and calm shen.

METHODS:

The treatment plan was a 20-day regime with an instrument assisted acupressure tool (IAAT) and a point prescribed acupressure protocol. In order to measure treatment results the patient completed a quality of life self-evaluation before and after (Appendix A) and a daily diary card. On the daily diary card (Appendix B), she was instructed to rate her self-observation changes using a Likert-scale of 0 to 4 (0=no change, 1=minimal improvement, 2=moderate improvement, 3=significant improvement, 4=very significant improvement).

Change parameters included:

- Facial tone (lift, firmness, tightness)
- Skin quality (evenness, discoloration, texture, glow)
- Wrinkle reduction (shallow, deeper)
- Eyes, eyebrows (brow lift, eyes open/clarity, under eye puffiness, darkness)
- Cheeks (lift, tone, tightness)
- Jawline (tightness, sculpting, firmness)
- Neck (tightness, firmness)

She was also asked to report and describe any additional positive or negative reactions experienced while using the device and protocol.

- This treatment plan included:
- 3 office visits (on Days 1, 11, and 20)
 - Before/after photographs of face
 - Pre/post evaluation questionnaire
 - Daily use of the IAAT for 20 days as instructed
 - Rating and recording of results of each daily at-home treatment

- Day 1
- Pre-evaluation questionnaire
 - Photographs to document “base-line” before beginning pilot treatments
 - One-on-one training for using the IAAT.
 - Detailed instructions for rating/recording results of at-home treatments on days 1-20 on a diary card

- Day 11
- Photographs to document changes following 20 consecutive days

APPENDIX A

Assessment Questions					
Please respond to each item by marking one box per row:					
Over the past week, how would you rate the following aspects of your face?	Excellent	Very good	Good	Fair	Poor
Face Tone (lift, firmness, tightness)	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin Quality (evenness, discoloration, texture, glow)	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wrinkle Depth (shallow, deeper)	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eyes, Eyebrows (brow lift, eyes open/clarity, under eye puffiness, darkness)	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheeks (lift, tone, tightness)	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jawline (tightness, firmness)	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Neck (tightness, firmness)	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Over the past week, how would you rate the following?	Excellent	Very good	Good	Fair	Poor
Your self-image	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Your stress level	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Your quality of sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Your physical health	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Your overall wellbeing	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Day 1

Assessment Questions					
Please respond to each item by marking one box per row:					
Over the past week, how would you rate the following aspects of your face?	Excellent	Very good	Good	Fair	Poor
Face Tone (lift, firmness, tightness)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin Quality (evenness, discoloration, texture, glow)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wrinkle Depth (shallow, deeper)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eyes, Eyebrows (brow lift, eyes open/clarity, under eye puffiness, darkness)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheeks (lift, tone, tightness)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jawline (tightness, firmness)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Neck (tightness, firmness)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Over the past week, how would you rate the following?	Excellent	Very good	Good	Fair	Poor
Your self-image	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Your stress level	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Your quality of sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Your physical health	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Your overall wellbeing	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Day 20

APPENDIX 2

Did you use your Touch + Glow wand today?		DAY											dates: 9/24 - 10/4	
Enter Y (yes) or N (no)		0	1	2	3	4	5	6	7	8	9	10	11	
		N	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	
Please rate the following observations by indicating on a scale from 0 to 4: 0=no change, 1=minimal improvement, 2=moderate improvement, 3=significant improvement, 4=very significant improvement														
Do you see a difference in your face from before you started using Touch + Glow up to today?		DAY												
Facial Tone (lift, firmness, tightness)		0	1	2	3	4	5	6	7	8	9	10	11	
Skin Quality (evenness, discoloration, texture, glow)		0	0	1	1	2	2	2	2	3	3	3	3	
Wrinkle Reduction (shallow, deeper)		0	0	0	0	1	1	1	1	2	2	2	2	
Eyes, Eyebrows (brow lift, eyes open/clarity, under eye puffiness, darkness)		0	1	0	1	1	1	2	2	2	2	3	3	
Cheeks (lift, tone, tightness)		0	0	0	1	1	1	2	2	2	2	2	3	
Jaw Line (tightness, sculpting, firmness)		0	1	1	2	2	2	2	2	3	3	3	3	
Neck (tightness, firmness)		0	1	1	2	2	2	2	2	3	3	3	3	
Please note any adverse reactions: 0=none, 1=minimal, 2=mild, 3=moderate, 4=severe		DAY												
Negative Reactions. Please describe in Comments		0	1	2	3	4	5	6	7	8	9	10	11	
		0	0	0	0	0	0	0	0	0	1	1	0	
Comments (please describe any positive or negative reactions):														
Days 9 & 10 showed redness after treatment likely due to nearness of menstruation														

Daily Diary Card

APPENDIX 3

Day 1

Day 20

using IAAT protocol

- Exchange of diary card completed on days 1-10 for new diary card to be used after treatments on days 11-20
- 3 office visits (Days 1, 11, and 20)
- Before/after photographs of face (Days 1 and 20)
- Daily use of the instrument assisted acupressure tool for 10 days as instructed
- Daily recording and rating of treatment results on a standardized at home Diary Card
- Completion of pre-post study

Assessment Questionnaire

Body acupressure points included K3, SP 3, 4, 6, ST 42, 36, LI 4, 11, HT 7

Face points included Yin tang, BL 2, GB 14, ST 8, 7, 6, 4, 3, SI 18, CV 24, 23, TH 17, K 27, light massage around o. oculi and medium pressure along the platysma muscle.

OUTCOME:

At the end of the 20 day regime, patient noted improvement in the following areas:

- Facial tone (lift, firmness, tightness)
- Skin quality (evenness, discoloration, texture, glow)
- Wrinkle reduction (shallow, deeper)
- Eyes, eyebrows (brow lift, eyes open/clarity, under eye puffiness, darkness)
- Cheeks (lift, tone, tightness)
- Jawline (tightness, sculpting, firmness)
- Neck (tightness, firmness)
- Self-image

Patient also reported a decrease in her headaches, improved sleep, and a general feeling of well-being.

DISCUSSION:

Visible improvement in this patient’s appearance are noted by the before and after photographs (Appendix 3). Analyses of the self-reported daily diary data and assessment questions demonstrate changes in the variables of skin quality face tone, wrinkle reduction, eyes and brows, cheeks, jaw line, and neck enhancement. According to the principles of Chinese medicine and cosmetic facial treatment, her reported improvement in headaches, sleep, wellbeing, and self-esteem also contribute to her enhanced appearance. The evidence obtained from this case study warrants further study. A larger sample size, potential bias, and potential confounding variables will need to be addressed. **AIM**

REFERENCES

Hwang, U. J., Kwon, O. Y., Jung, S. H., Ahn, S. H., & Gwak, G. T. (2018). Effect of a Facial Muscle Exercise Device on Facial Rejuvenation. *Aesthetic surgery journal*, 38(5), 463–476.

Piyush, Metha, Vishwas, Dhapte, Shivajirao, Kadam, Viddha, Dhapte. (2017). Contemporary acupressure therapy: Adroit cure for painless recovery of therapeutic ailments. *Journal of Traditional Complementary Medicine*. Apr: 7(2): 251-263.

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*.

Peak Performance is for Everyone!

By TODD LUGER

Imagine three days in sunny San Diego fully dedicated to exploring the path to peak performance for yourself and your clients. Learn more about yourself, exceed your own perceived limitations, and acquire new tools to take your professional practice to Peak Performance dimensions.

In 2019, Pacific College launched its health and human performance (HHP) programs. The MSHHP program brings together professional training in health coaching with a deep dive into the latest research on diet, nutritional supplementation, exercise, movement, and positive psychology for achieving optimal health and peak performance. The program provides the tools for graduates to critically analyze the explosion of new information while staying grounded in the wisdom of ancient traditions. The result is a unique and innovative approach to health optimization and coaching.

The Personal Peak Performance Summit (or P3 for short) is a natural outgrowth of the HHP programs. We began with the idea that peak performance is for everyone. Whether you are a world-class athlete or weekend warrior, ambitious businessperson, or parent striving for work-family balance, the path, process, and tools for achieving peak performance is essentially the same. We have designed a three-day conference with a clear outcome: to expand the audience's idea of what is truly possible. Through immersive experiences, cutting-edge presentations, and group interactions, participants will create a roadmap and tool kit to facilitate their journey toward peak performance in any domain.

Whether a new physical activity that brings you back to the beginning

of the learning curve or a presentation designed to challenge your preconceptions about nutrition, every aspect of the event is designed to expand your vision of what is truly possible and provide you with the tools and approaches to achieve your peak performance goals. An often-overlooked aspect of health and human performance is the process of winding down, recovering, and interacting in a fun environment. So, of course, we are going to have a lot of fun sharing food, ideas, and entertainment. We want the participants and presenters to interact as much as possible.

You will also get a healthy dose of ancestral wisdom at the P3 Summit. We bring 35 years of experience as one of the oldest and largest colleges in the United States focused upon the teaching of Chinese medicine, which is rooted in the practice of *yang sheng* or Nourishing Life. The Chinese practice of Nourishing Life is arguably one of the oldest and most widely-practiced systems of health and human performance. We have studied how the principles and practices of Nourishing Life align with the latest advances in nutrition, exercise, psychology, and more. In the process, we have discovered significant practical and conceptual correlations between many of these ancient principles and modern ideas. As a result, the P3 Summit will provide insight to practitioners of the traditional Chinese healing arts as well as those who come to the event from a modern, scientific background.

The audience of health and wellness professionals joining you will include acupuncturists, nutritionists, chiropractors, naturopaths, osteopaths, medical doctors, nurses, massage therapists, health coaches,



fitness trainers, and yoga instructors. The event, however, is not only about continuing education for health professionals. It will be equally valuable for entrepreneurs and innovators who are interested in developing health optimization and peak performance products and services. P3 is an opportunity to discover the state-of-the-art as well as the next wave and, perhaps most importantly, it will be valuable for anyone who wants to optimize their performance: athletes, businesspeople, performing artists, first responders, students, and parents.

Four organizing principles guide the design of the activities and presentations at the P3 Summit:

- Personalization
- Challenge
- Experience
- Connection

PERSONALIZATION

Many of the topics at the P3 summit will focus on personalization. A core principle of Pacific College's health and human performance programs is that there is no one-size-fits-all approach to performance improvement. Depending on a variety of factors such as age, baseline fitness, genetics, and personal performance goals, there will be differences in optimal diet, exercise, and mind-body techniques. Instead of presentations strongly advocating

particular types of diets or training methods, we will instead focus on how to assess what might work best for you, your clients, or patients. Approaches to personalization will range from the ancestral wisdom of traditional Chinese medicine to the latest advances in functional lab testing and artificial intelligence.

It is not just the lectures that will have this theme of personalization. It also extends to the range of experiential activities planned for the event. For example, we will be introducing HRV biofeedback as a personalization tool. After receiving an introduction to the practice early in the event, there will be group HRV training sessions scheduled each afternoon. HRV biofeedback can be used to optimize dietary choices, exercise regimens, and breathing techniques, to name a few.

CHALLENGE

Many of the activities and presentations at the P3 conference are designed to be "challenges". Challenge refers, on one hand, to physical activities that push you past your current level, whether it is a breathing exercise, moving meditation, or learning to surf. Challenge also refers to presentations that challenge you to think or rethink how you approach an area such as diet, supplements, exercise, goals, etc. The desired outcome of any challenge is positive change (or leveling up, to use gamer jargon). This is true, whether we are talking about mastery of a new skill or knowledge domain, a spark of creative insight, or an innovation that changes the way others think or do things. Extensive research for several decades has shown that these *eureka* moments occur in what is called a

continued on page 23

DISCOVER THE YOGIC SCIENCES continued from page 5

yogi to turn inward in preparation for the higher meditative practices. Pratyahara also calls on the yogi to be conscious and mindful of what sensory impressions are brought into the system, such as the kinds of film and tv shows that are watched, music listened to, and books read.

DHARANA, DHYANA, & SAMADHI:

After practicing pratyahara, the yogi moves into the higher meditative sciences of yoga. Dharana, or single-pointed focus, guides the yogi's mind and awareness to a specific object or idea to the exclusion

of all else. Dhyana occurs when the yogi's consciousness merges with the object of concentration, and finally, under the right circumstances, the yogi attains samadhi, the goal of yoga, which is union with the divine and all that is.

BRINGING IT ALL TOGETHER: ENLIGHTENED LIVING.

Taken singularly, each of the yogic sciences can provide profound opportunities for growth and transformation. When done together, they can lead one into a state of enlightened living. As a practitioner

in the field of health and wellness, knowing and practicing these yogic sciences also offers the opportunity to share them and their benefits with your clients and patients. What might that look like? The answer is different for everyone, but some common qualities would be greater awareness, deeper compassion, enhanced sensitivity, heightened intuition, and an ability to work on deeper levels of being. Not only will your life benefit from these yogic sciences; so too will those of all you encounter. This is the gift and promise of yoga, just waiting to be discovered. The only question

that remains is: when will you begin?

AIM

ADAM MEYER began his journey into yoga more than 20 years ago, and has been teaching it for nearly a decade. He is the Chair of the Department of Yogic Sciences at Pacific College in San Diego, and a Doctor of Acupuncture and Chinese Medicine. When he is not teaching, Adam enjoys serving tea ceremonies at The Retreat: Tea & Wellness in San Diego, CA. For more about Adam and his work visit www.theretreatsd.com. For more about Pacific College's YTT-500 program visit www.pacificcollege.edu/yogateacher.

flow state, also known as “the zone” or breakout. Flow is the state in which you perform at your highest level, but it is not the state in which you begin to learn new information or skills; it is just one part of a cycle that has four stages:

- Struggle/Challenge
- Release/Relaxation
- Flow
- Recovery/Integration

Struggle (or challenge) is the part where there is a lot going on in your head, whether it is wrestling with the neurophysiology of flow states or getting your golf stance just right. In either case, you are spending a lot of time thinking in order to get the fundamentals down. When you’ve been struggling with something, doing something completely different that gets you out of your head can move you from the struggle into the release phase. Depending on your inclinations, a vigorous hike, breathing exercises, meditation, or a salsa dancing class might do the trick.

The tricky part is not getting trapped in struggle, which can manifest as obsession or overwork. However, you also need to be careful about not getting trapped in release, as well. This can manifest in overindulging in things that get you out of your head (like drugs, alcohol, and sex) rather using the release stage to enter a flow state in which you can solve thorny problems or achieve the impossible in any domain. At the moment you enter flow, it is time to return to the problem you are trying to solve (creative, athletic, or otherwise). However, the flow state can be depleting. You need to be attentive to recovery. Recovery is essential to both integrating your flow state experience into your life and preparing yourself for the next cycle.

Just being challenged with a new skill or information is not enough. To begin the process of integrating the new information or behaviors into your lifestyle, you’ll need to answer the question of how you will use this new information to achieve a performance goal in your life. Accordingly, we have designed an ongoing reflection and goal-setting process that is based upon the innovative health-coaching techniques developed in Pacific College’s health and human performance programs. The goal-setting process introduced at the beginning of the event will be revisited throughout the event to facilitate the integration of knowledge and experience gained from the presentations and activities.

EXPERIENCE

A key aspect of the P3 Summit will be the range of active experiences that will be available to attendees. Modern humans tend to

spend a lot of time thinking about things rather than doing things. Being in one’s head is an important part of learning new information or skills, but getting out of one’s head is essential to mastering and applying the knowledge and skills. This is one of the most important findings of modern flow state research.

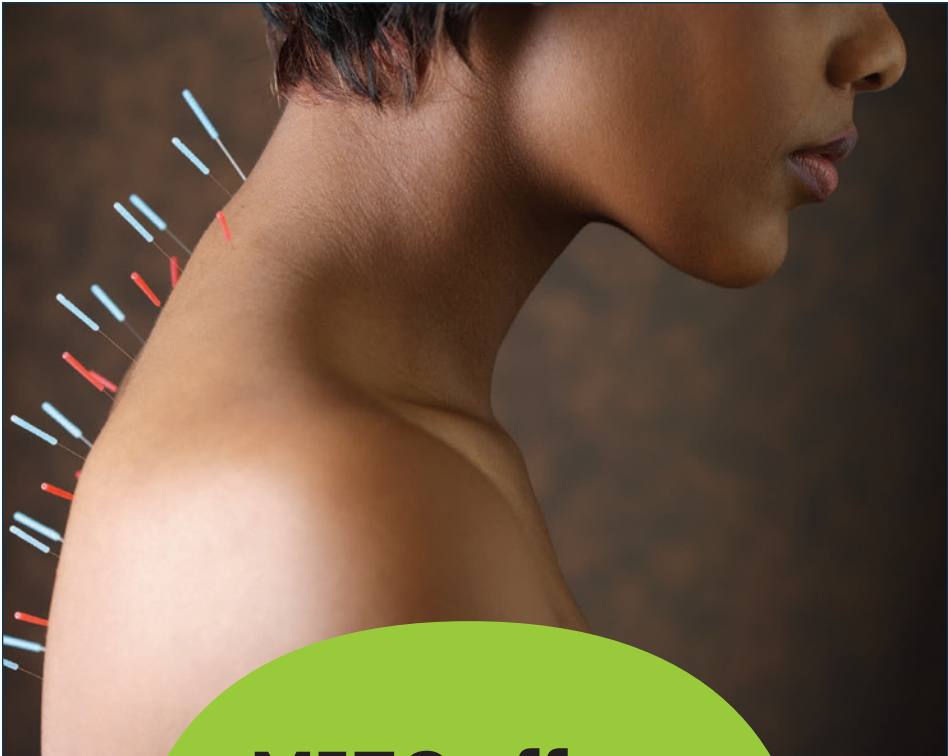
Equally important is the recognition that flow is a spectrum experience. According to Steven Kotler, *“You can be in a state of micro-flow or a lighter version of the state—like what happens when you fall into a great conversation at work and one great idea leads to the next great idea and you totally lose track of time and wow was that fun! Or you can experience a state of macro-flow, where all of those core characteristics show up so strongly that the experience itself takes on otherworldly, quasi-mystical qualities—for example, time slows to a crawl and you feel one with the universe.”*

Experiential activities planned for the P3 Summit include surfing or swimming in the ocean, qigong, auricular acupuncture, sound, breathwork, cold exposure, heart rate variability training, and positive affirmation to support your goals. Why did we choose these experiences? We offer activities that range from athletic (surfing) to physical but not athletic, per se (qigong, breathing) to passive (auricular acupuncture). The more active experiences are designed to accommodate people at a range of fitness levels and thereby challenge them just enough to get them out of their heads (and, ideally, into a micro-flow state). However, don’t underestimate the value of more passive experiences: whether acupuncture or reiki or massage, the benefits can be profound. In addition to these scheduled activities, there will also be experiences offered by our exhibitors in the exhibit hall. Many of our exhibitors will provide the opportunity to test new devices like electromagnetic muscle stimulators, home neurofeedback devices, and infrared saunas. All of these experiences are known to induce non-ordinary states of consciousness and potentially facilitate entry into flow states.

CONNECTION

The fourth theme that runs through the conference is connection. The evidence is strong that forming connections with both like-minded people and those who challenge your preconceptions is an essential part of health and human performance. Blue zone research goes as far as to suggest that the quality of one’s social interactions may be more important than diet or exercise when it comes to a long “healthspan”. The importance of connection (or relatedness)

continued on page 25



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 member-owned 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 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工作中最大的快乐。

New look.
Same protection.
800.227.4527
miec.com





DIVERSIFY YOUR PRACTICE WITH ONLINE CERTIFICATES AND GRADUATE DEGREES!

- Transfer credits accepted
- Full-time and part-time options
- Flexible schedules
- Financial aid & VA funding available for those who qualify

**100%
ONLINE!**



TRANSITIONAL DOCTORATE

- DAc
- DACM



MEDICAL CANNABIS

- Certificate for Healthcare Professionals
- Certificate for Other Professionals



2 TRACKS!

HEALTH & HUMAN PERFORMANCE

- Health Coach Certificate
- Master of Science in Health & Human Performance



HOLISITC NURSING

- RN to BSN (Holistic Nursing)
- Holistic Nursing Certificate
- Master of Science (Nurse Coach or Nurse Educator)



PUBLIC HEALTH EDUCATION

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



**INCLUDES A FREE CONTACT
TRACING CERTIFICATE!**

NEW! COSMETIC ACUPUNCTURE

- Facial Applications for Cosmetic Enhancement (FACE)



Subscribe to our YouTube channels for
free master classes and webinars!
[YouTube.com/PacificCollege](https://www.youtube.com/PacificCollege)

TUNING FORKS

A tuning fork is an acoustic resonator in the form of a two-pronged fork with a handle. The prongs (tines) are fashioned from a U-shaped bar of elastic metal. Steel (or customarily, with tuning forks employed in vibrational healing, an amalgam of high-grade space-age metals) is used for this purpose. The length of the tines is instrumental in the production of a specific constant pitch when the fork is activated, by striking it against a surface or with an object. The fork emits a pure musical tone and, depending upon the length and mass of the resonators (the tines), this frequency can be of quite long duration, making these instruments extremely effective in addressing disharmonies within the physical or energetic bodies. When a tuning fork is first set into vibration, we hear a fairly loud note, but this resonance dissipates rather quickly as the frequency of the vibrations is transmitted to the surrounding air.

The tuning fork was invented in 1711 by John Shore (d. 1752), the renowned musician, instrument maker and trumpeter to the English Royal Court and a favorite of the expatriate German composer, George Frideric Handel (1685-1759). The main reason for using the fork shape is that, unlike many other types of resonators, it produces a very pure tone, with most of the vibrational energy confined to the fundamental frequency or pitch of the fork, and very little in the way of overtones.

Another singular advantage of the tuning fork configuration is that when it vibrates, the characteristic oscillation of the prongs causes the handle to move up and down. Conse-

quently, there is a node, a point of no vibration, at the base of each prong. The motion of the handle is largely undetectable to the person resonating the instrument, which permits the fork to be held without damping the vibration. It also allows the handle to transmit the vibration to a resonator, which amplifies the sound of the fork, or conversely, for the frequency to be absorbed by the human body via acupuncture points, muscles, and bone structure. Doctors traditionally used tuning forks as a diagnostic aid to detect broken bones.

MUSIC AND CHINESE MEDICINE

In ancient China, music was believed to be instrumental to the accomplishment of a variety of objectives: to treat the health and well-being of the body and psyche, to ensure conformity with established moral codes, and to address potential disharmony within the state. Parallel-ing a similar philosophy established in the sixth century BCE in Greece by Pythagoras and his successors, music also provided a means whereby human beings could achieve harmony with the cosmos, the abode of divinity:

“When one considers the relationship between music and the cosmos, Pythagoras and his followers immediately come to mind [...] it is not known whether the early Chinese [...] were influenced by Pythagoras’ theories on the connection between numerical patterns and music [...] but the possibility that the Greeks somehow influenced the Chinese on this matter, or vice versa, cannot be ruled out.”²

The concerted use of music in this manner had an essentially practical and therapeutic goal, that of

achieving balance and promoting increased longevity.

The history of music as medicine in China dates back to the Warring States period. Negative music was categorized as “excessive” in nature, and positive music was judged accordingly by its moral nature and focus on properly balanced sounds.

As a therapeutic tool with both physiological and psychological applications, music was considered an important tonic for increasing the quality of life and life span, in both the individual and the state. In other words music, in Chinese medicine terms, warded off physical and emotional pathogens.

According to the ancient Chinese, balanced music reflected the harmonious totality of existence—that of body and mind, society, the environment, and the cosmos. Different styles of music also indicated the ease or dis-ease of the heart-mind connection in a person:

“If there is too much [of any of the Six Illnesses], then disaster strikes: excessive Yin corresponds to illnesses of cold, excessive Yang, to illnesses of heat; excessive wind to illnesses of the extremities; excessive rain, to the illnesses of the gut; obsessive obscurity, to illnesses that entail confusion; and excessive brightness to illnesses of the heart-mind.”³

The Chinese believed that the entirety of creation was informed by a network of essential correspondences, and they saw these Five Elements reflected in nature, humanity, sound, and the heavens. It is true, however, that the *wu xing*, customarily translated as Five Elements, does not refer to elements per se but rather five phases, or states of

being, which correspond with the seasons of the year.

In ancient Greece, the four root substances, first postulated by Empedocles⁴, consisting of earth, water, air, and fire, were thought to explain the nature and complexity of all creation in terms of simpler structural constituents. It was Plato who, in his dialogue *Timaeus*, first referred to these building blocks of matter as elements. His pupil Aristotle later contributed a fifth element, aether, as the quintessence. His reasoning was that whereas fire, earth, air, and water were earthly and corruptible, subject to change, they must, of necessity, be confined to what he described as the “sub-lunar” realm of imperfection. However, because the heavens were perceived to be eternal and incorruptible, the fixed stars and constellations could not possibly be composed of the four earthly elements but must embody a different, unchangeable, heavenly substance. These five elements are sometimes associated with the five Platonic solids, which seventeenth-century pioneering astronomer Johannes Kepler later attempted to correspond to the orbits of Mercury, Venus, Mars, Jupiter, and Saturn. We should note, however, that, in general, Western esoteric philosophy and disciplines, including astrology and alchemy, center upon the original four elements. **AIM**

EDITOR’S NOTE: The complete article can be found online at <https://www.pacificcollege.edu/news/blog/2021/07/28/vibrational-acupuncture-integrating-tuning-forks-with-neededles-2>.

PEAK PERFORMANCE IS FOR EVERYONE! continued from page 23

to motivation and flourishing is also a core tenet of positive psychology. According to Mihaly Csikszentmihalyi in *Creativity: Flow and the Psychology of Discovery and Invention*, it is only in our interactions with others in a given domain that a breakthrough in thinking or doing can really gather steam and change the world.

Connecting with others for a group experience, to share ideas, or just have some fun is a key part of the recovery stage of the flow cycle. To this end, there are a range of group activities planned for the event, including movement, dining together, dancing, playing music, HRV group training, and group auricular acupuncture. Plus, people will be able to connect before, during, and after the event through our social network.

Mark your calendars for May 20-22, 2022. Interested to attend, exhibit, or learn more about Pacific College’s Personal Peak Performance Summit? Visit www.PacificCollege.edu/P3 or reach out to p3@pacificcollege.edu. **AIM**

REFERENCES

The Art of Impossible by Steven Kotler
The Breakout Principle by Herbert Benson
Creativity: Flow and the Psychology of Discovery and Invention by Mihaly Csikszentmihalyi
Stealing Fire by Jamie Wheal and Steven Kotler
Blue Zones of Happiness by Dan Buettner
Boundless by Ben Greenfield
Self-Determination Theory: Basic Psychological Needs in Motivation, Development, and Well-being by Richard M. Ryan and Edward L. Deci
“A meta-analysis of self-determination theory-informed intervention studies in the health do-

main: effects on motivation, health behavior, physical, and psychological health.” Ntoumanis, Nikos; Ng, Johan Y.Y.; Prestwich, Andrew; Quested, Eleanor; Hancox, Jennie E.; Thøgersen-Ntoumani, Cecilie; Deci, Edward L.; Ryan, Richard M.; Lonsdale, Chris; Williams, Geoffrey C. *Health Psychology Review* Jun2021; 15(2): 214-244. (31p)

“Understanding Flow” by Claire Goodridge <https://www.claregoodridge.com/learn/2018/10/16/what-is-flow-zrehn>
Maximum performance with the Flow Cycle | Steven Kotler <https://www.youtube.com/watch?v=v9DJqCtSHNY>
The 4 Cycles of Flow State for Athletes by C Wilson Meloncelli <https://www.cwilsonmeloncelli.com/the-4-cycles-of-flow-state-for-athletes/>
Frequently Asked Questions on Flow by Steven Kotler <https://www.stevenkotler.com/rabbit-hole/frequently-asked-questions-on-flow>

TODD LUGER is currently the director of Pacific Center for Lifelong Learning, co-founder and guest faculty in Pacific College’s Health and Human Performance programs, organizer of the renowned acupuncture conference Pacific Symposium, and producer of the Pacific Center Podcast. Todd began his study of traditional medical systems while completing his bachelor’s degree in human physiology at Rutgers University. Todd completed his master’s degree in Chinese medicine at the Oregon College of Oriental Medicine (OCOM) in 1993. After graduation, Todd operated a multidisciplinary clinic in Portland, OR. Todd received a faculty appointment at Pacific College in 2000, where he taught a wide range of classes on herbal medicine, including TCM diagnostics, materia medica, formulas, and advanced formulation. He also supervised interns 20 hours per week in the school clinic.



CONFINEMENT BINDING

Binding in TCM PPP produces profound results. Here are a few examples from my private practice. **AIM**

REFERENCES

Qing-Zhu, F., Shou-Zhong, Y., & Da-Wei, L. (1992). *Fu Qing-Zhu's Gynecology*. Blue Poppy Press.

<http://www.tcmstudent.com/theory/Four%20Properties.html>

DR. LILY YEH GILLESPIE, DACM, is a licensed acupuncturist and clinical herbalist. She was born and raised in Taiwan and immigrated to the United States when she was fifteen. Lily received a Bachelor's of Arts in Dance Education from East Carolina University and a Master's of Fine Arts

in Dance Choreography from the University of North Carolina. She performed with Kun Yang Lin and Dancers and taught at Scilla Dance Studio in New York for over 15 years. Through dance, Lily gained an intimate perspective of the biomechanics and movement and pivoted her focus to study the human body through a scientific lens.

When Lily returned to school for acupuncture and traditional Chinese medicine, she returned to her roots. Growing up with her family and consuming herbal dishes were part of everyday life. Studying TCM helped her gain a deeper understanding of how the human body functions biomechanically, emotionally, and spiritually as a whole. Lily specializes in women's health, fertility, and postpartum care. She and her husband have a private practice in New York City and are raising three beautiful children in Princeton, New Jersey.

How Do You Treat Post-Traumatic Stress in Your Clinic?

By **ALAINE D. DUNCAN**, MAc, DiplAc

This article was slightly edited from one published as a Clinical Pearl in The Journal of the American Society of Acupuncturists, Vol 6, No 2, Spring 2019.

Chinese medicine (CM) is a powerful modality for treating dysregulation caused by traumatic stress. Our foundational premise of opposing poles of energy that together support the easy rise and fall of activity and rest are mirrored in the autonomic nervous system's division into its sympathetic and parasympathetic branches. Our theoretical foundation is a powerful one for restoring balance and regulation in survivors of traumatic stress.

Traumatic stress affects our mental, physical, emotional, and spiritual health. It impacts educational success, criminal behavior, driving habits, work, family, and community life, as well as survivors' capacity for joy, pleasure, and intimacy in relationships of all kinds. It is quite possible that the impact of traumatic stress is our most urgent public health issue.¹

Traumatic stress does not arise from the story of the event per se, but from the *lived experience* of that event, uniquely manifesting in an individual's energy body. The vibration of trauma's impact remains long after the analytical mind has considered and evaluated a narrative. CM's focus on restoring system-wide coherence and fundamental balance and regulation of qi, rather than parsing out discrete symptoms, can unleash multi-system healing responses with the power to address underlying causes of the complex and multi-system impact of overwhelming life threat.

The tendency to look for formulaic or reductionist approaches to treating survivors can be alluring, especially when the number of people impacted is so great, and the institutions responsible for the impact of war and abuse are so ponderous. However, the risk of missing trauma's unique expression in individual survivors is high.

Peter Levine, founder of the Somatic Experiencing® model of trauma resolution has given acupuncturists an integrative lens for exploring traumatic stress. He studied animal predator-prey relationships and noted that (1) two-legged and four-legged animals go through five phases of self protection when responding to danger; (2) completing each of these five steps mitigates trauma's imprint; (3) symptoms arise when a step is thwarted or remains incomplete; and

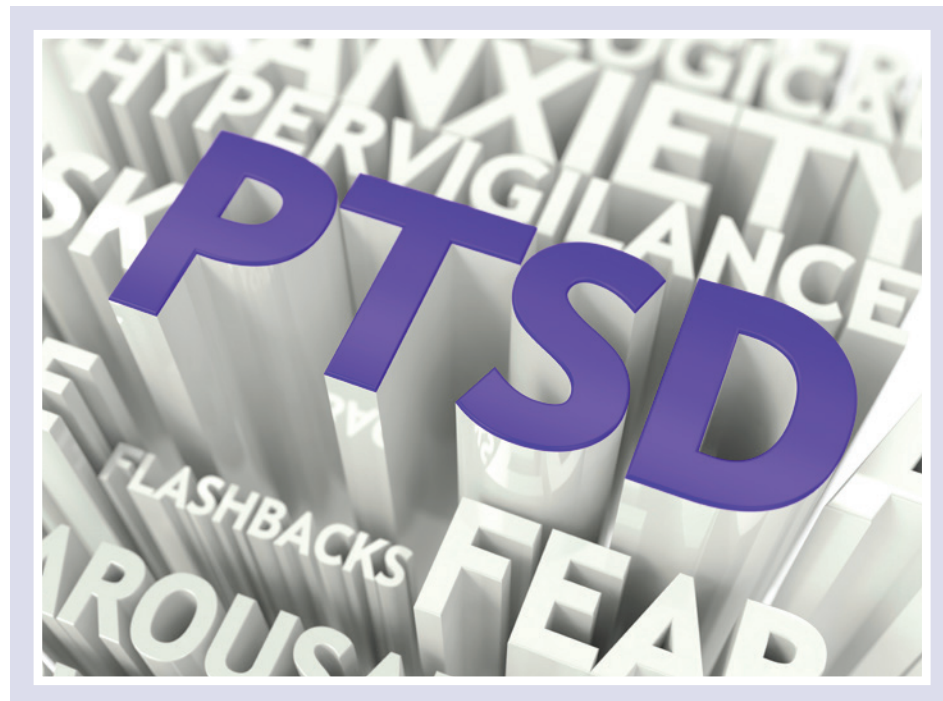
(4) the particular step that remains incomplete influences where and how trauma's imprint affects a survivor's tissues, psychological constructs, functional challenges, and spiritual longings.

His observations paint a fascinating interface with the Five Elements. His steps of the self-protective response mirror the movement through the Five Elements:

- Metal - Awaken Arousal - recognize and respond to something new in our environment/
- Water - Signal Threat - discern safety and threat, seek help.
- Wood - Mobilize a response that is commensurate with the level of threat.
- Fire - Restore Coherence – recognize that the threat is over in the return to a regular rhythm of the heart.
- Earth - Digest the Gristle - break these experiences down into digestible bits and harvest their inherent lessons.

The impact of a lightning bolt hitting a tree does not exclusively impact that tree. Every bug in its bark, bird on its branches, bush crushed by its fall, and the soil disturbed by its uprooting are affected. Recovery of the forest will require quality minerals, water, new sprouts, warm sun, and good soil. Similarly, when we experience a lightning bolt of trauma, we are impacted in a comprehensive way. It cannot be exclusively pinned to a certain organ system or function, nor can the transformation of its impact be reduced to universally applicable formulas or prescriptions. Each one of us, struck by the same "lightning bolt," will have different elemental needs for recovering the health and vitality of our individual tree and the relationships we have in our communal forest.

The Five Element model is helpful for exploring the diverse expressions of trauma's impact.² It supports providers to locate and work with the tissue, organ, or function where a thwarted or incomplete step in the threat response has left its imprint in the energy body. Given that trauma is often "hidden away" under a variety of management strategies, having the correspondences of the Five Elements can help providers know



where to support the completion of as yet incomplete impulses for self-defense.

Traumatic stress gives rise to unpredictable and unusual physiology and clinical outcomes that are often not accounted for in acupuncture training programs, in spite of their common presence in our patient population.

I believe acupuncturists—and our patients—will benefit from including the neurobiology of traumatic stress, approaches for recognizing dysregulation caused by trauma in our patients, and nuanced methods for working with fragile nervous systems in our training programs. Our treatment rooms are filled with people with "strange, rare and peculiar" symptoms that baffle Western providers and are emblematic of the dysregulation in the autonomic nervous system caused by traumatic stress, whether known or unknown, spoken or unspoken.³ Symptoms such as insomnia; chronic pain; metabolic and digestive disturbance; obesity; problems with memory, cognition, or mood; interpersonal challenges; and autoimmune illness or endocrine disorders are often intertwined as "complex, multi-symptom illness" and are nearly impossible to tease apart as discrete phenomena.⁴

Research in the last ten to twenty years in the neurobiology of trauma has revolutionized mental health treatment for trauma spectrum disorders, but trauma doesn't only impact mental health. Our patients will benefit when we integrate modern understandings of the human response to threat into how we offer our needles, manage clinical interactions, and interpret our client's signs and symptoms. **AIM**

REFERENCES

1. Kathryn M. Magruder, Nancy Kassam-Adams, Siri Thoresen, and Miranda Olff, "Prevention and Public Health Approaches to Trauma and Traumatic Stress: A Rationale and a Call to Action," *European Journal of Psychotraumatology* 7 (2016) 10.3402/ejpt.v7.29715.
2. Alaine D. Duncan and Kathy L. Kain, *The Tao of Trauma: A Practitioner's Guide for Integrating Five Element Theory and Trauma Healing* (Berkeley: North Atlantic Books, 2019).
3. Vincent J. Felitti, Robert Anda, Dale Nordenberg, David F. Williamson, Alison M. Spitz, Valerie Edwards, Mary P. Koss, and James S. Marks, "Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults," *American Journal of Preventative Medicine* 14, no. 4 (1998).
4. Wayne B. Jonas, Joan A. G. Walter, Matt Fritts, Richard C. Niemtzow, "Acupuncture for the Trauma Spectrum Response: Scientific Foundations, Challenges to Implementation," *Medical Acupuncture* 23, no. 4 (2011): 249–62.

ALAINE DUNCAN is an acupuncture clinician, educator, and researcher. Her focus is on the impact of traumatic stress across the life experience. Her background includes 10 years as a clinician, researcher, and educator at the DC Veterans Administration Medical Center, where she helped establish their Integrative Health & Wellness Service. She teaches the East-meets-West approach to restoring balance and regulation described in her book, *The Tao Trauma: A Practitioner's Guide for Integrating Five Element Theory and Trauma Healing*, nationally and internationally.

TCMzone[®] Compounding Granule Herbs

310 Loose Granules in 100g Bottle | 250 Granules in Air-tight Daily-Dose Packet
5:1 Concentration | Excellent Patient Compliance



Loose Granule: Our 100g bottles of loose single herb granules are 5:1 concentration, come in a wide mouth bottle for easy scooping with spoon, making it simple to precisely customize and build treatment solutions.



Granules in Packet: Our signature single herb granule packets are 5:1 concentration, sealed in packets for safety and purity, allowing for convenience, low daily dose, patient confidence and compliance.



TCMzone Herbal Product Portfolio

Complete herbal systems to fit every practitioner's needs
for optimum patient care and increased practice success

www.TCMzone.com/products



Granule Formula System



Formulas in
Softgel



Japanese Kampo Formulas



Doctor Formulated

