



Making Integration a Reality: **THE ALLIANCE OF CHINESE MEDICINE AND HOLISTIC NURSING**

Good for Nurses,
GREAT for Acupuncturists

By **JACK MILLER,**

Chairman of the Board of Trustees

It has always been part of Pacific College of Health and Science's mission to spread the benefits of Chinese medicine to practitioners in other healthcare professions. At this time of formidable progress towards the acceptance of an integrative approach to healthcare, none is more important than our recent efforts in the nursing field. The benefits of our medicine to nurses, who are often under considerable stress and strain, are obvious. I'd like to focus, however, on the benefits for acupuncturists of this alliance with the nursing profession.

SPREADING THE BENEFITS OF CHINESE MEDICINE TO OTHER HEALTHCARE PROFESSIONS

Sometimes, where we're going is best understood when viewed from where

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The Medical Community Must Embrace **Standard Cannabis Education**

By **TIMOTHY BYARS**

Updated January 2023; originally published [August 15, 2022 in MJ News](#).

On July 21, 2022, Senate Majority Leader Chuck Schumer (D-NY), and Senator Cory Booker (D-NJ) filed the Cannabis Administration and Opportunity Act (CAOA), a bill that ends federal cannabis prohibition, establishes federal cannabis tax rates, expunges some cannabis convictions, and enables the FDA to regulate cannabis products. The CAO A lacked the support needed to navigate the legislative cycle before the 117th Congress concluded on January 3, 2023. However, COAO has some similarities to the MORE Act, which already passed

in the House in April 2022. Conservative Democrats, Republicans, and Libertarians, however, might not support such broad and comprehensive reform, and might lobby instead for a bill that is more limited in scope, such as the Safe Banking Act or the States Reform Act.

It's also possible that no federal reform will pass in 2023, given that Republicans regained control of the House in 118th Congress. It's not controversial, however, to suggest that federal legalization of cannabis will happen eventually. Cannabis legalization is

one of the increasingly few issues that Americans agree on—a Pew Research survey suggested that 91% of U.S. adults stated that cannabis should be legal for medical or adult use.

How will healthcare organizations respond to federal legalization and an increasing number of patients who want to consider incorporating cannabis into the medical regime? The quotidian model in which healthcare organizations send their patients to cannabis dispensaries for medical advice is no longer tenable. When healthcare

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What Do Puzzles and Legos Have to Do with You?

By **EAST PHILLIPS, DAOM, LAc**

I love completing a new puzzle every holiday season. It has become a tradition of sorts.

Every holiday season I set up a puzzle on the dining room table and my family and I put it together. We all contribute to the completion of the puzzle, piece by piece. Since I usually select a 1000-piece puzzle, the process takes several days, especially since we have two cats who like to steal pieces and hide them in the house!

This year's puzzle – a yummy, delicious, mouth-watering one-thousand-piece donut puzzle... but that's not the point of this article. The puzzle finally came together and gave us all that feeling of grand accomplishment when all of the pieces were laid down. If even one piece was missing, the puzzle wouldn't be the same or give us that feeling of satisfaction. In fact, if any pieces to a puzzle are missing, isn't it incredibly frustrating? Could we even say that the puzzle is done or complete with even one missing piece?

Another tradition in our family is Legos. My husband and son spend hours upon hours building Legos. My four-year-old daughter joins in on the fun as well as she builds castles, princesses, ponies, stables, entire pool parties or camping scenes. If any of the Legos are missing it leads to one of the kids crying and thereby two adults (my husband and me) frantically looking for that missing piece or missing pieces (most likely those darn cats, once again).

Ok, so what do puzzles and Legos have to do with you?

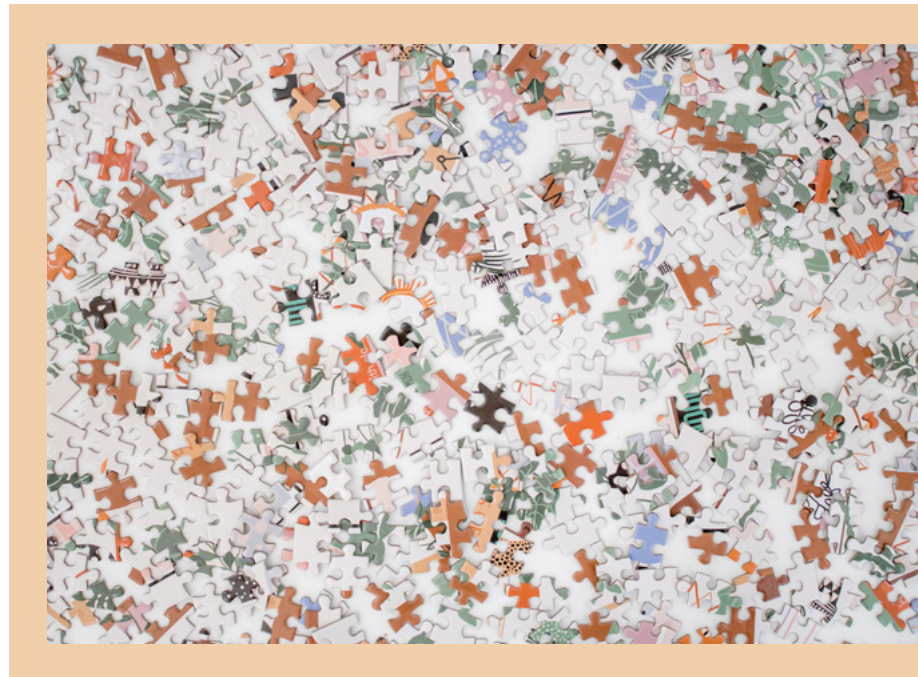
You are like those missing pieces. If you go missing because you decide you are too burned out to practice anymore or because you tether yourself to limiting beliefs that no one would want to hear what you have say, the puzzle or the Lego creation is incomplete.

Too often I hear practitioners tell me things like "there are too many acupuncturists in San Diego".

That statement couldn't be further from the truth.

In a government study performed in 2008, 38% of adults and 12% of children use Complementary and Alternative Medicine (CAM).

This means that 1,216,000 adults are potentially looking for acupuncture in San Diego and we only have approximately 1,500 acupuncturists in San Diego to serve them! (3.2 million people live in San Diego, multiplied by 38% comes to



1,216,000)

If you are a CAM provider (acupuncturist, massage therapist, naturopath, chiropractor, energy healer, etc.) please know that people are searching for you.

Wherever you are in the world, take the population of your community and multiply it by 38% to come up with an estimation of how many people are potentially seeking you out.

Also, consider the fact that this study was performed in 2008! I am beyond confident that the percentage of people who are looking for CAM practitioners is much higher today in 2023.

Back to the puzzles and Legos and how they also apply to you and your practice: when you are building puzzles or Legos, some of the pieces look very similar. However, if it is not the exact piece, it simply will not fit and the entire creation cannot be completed.

You are unique!

There may be several practitioners in your area, maybe even in your same building or office space. However, they are not you.

Your uniqueness is what completes the puzzle. Your uniqueness not only matters, it is essential to the whole which we call life or the Universe.

This is really the point of this article: to help you recognize how much you matter.

Because of you, people feel what it is like to be pain-free, play sports again, dance at their child's wedding, heal faster after an accident, have babies, feel happiness again after bouts of depression and more, and more, and more.

You make a huge difference in the world simply because you are unique. You have been given special gifts that only you can share with the world. One of your missions here on Earth is to figure out what those gifts are.

Do you know what your unique gifts could be? If not, email me: east@doctoreast.com and I would be happy to give you access to a short program I created called "Gifts into Gold". Simply email me and ask.

In my office I often have a sign that reads "God gave you gifts. Your mission is to share them with the world."

I believe in this statement wholeheartedly.

You have unique talents, gifts, and ways of sharing your information with the world. The unique way in which you share may be the only way some people can understand what is trying to be conveyed.

Here's an example. Think of a time in your life when you suggested something to your significant other repeatedly and they didn't take your advice. Then, one day they come home to tell you that Bob or Sally or someone from the office or different social circle suggested they do the very same thing you've been suggesting to them for years?

Frustrating for sure.

Why is it that they listened to that friend or acquaintance and not to you? At these times I invite you to remember [The Four Agreements by Don Miguel Ruiz](#) and do not take it personally, because guess what? It's not personal.

Rather, it was the unique way that the other person articulated or shared the information that helped it to finally land with your significant other so they could understand.

The same goes for you and

your unique way of sharing your knowledge, information, experience, advice, products, and skills—your gifts—through your practice.

There may be hundreds or even thousands of other practitioners out there offering the same services or information but there is only one you.

The concepts I am sharing with you in this article are particularly close to my heart because I spent many years of my own life feeling insignificant and that I didn't really matter. I am so grateful that I do not feel that way anymore. Through personal development and spiritual practices aimed at raising my level of consciousness, I am seeing more and more how we all really are one and how much each of us truly matter—like an 8-billion-piece puzzle. Friends, please remember this:

You make a difference!

I'd like to end this article with a challenge. Are you up for it?

Would you be open to telling at least three people, in the next week, how they make a difference in your life? If so, join me in this challenge and watch the magic that comes from this simple act. I've been doing this for years and have been witness to some incredible transformations in people, including myself. You can let me know how the challenge goes by emailing me at east@doctoreast.com.

AIM

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With a commitment to helping others actualize their greatest potential and well-being, **DR. EAST PHILLIPS** has been a licensed acupuncturist since 1999 and professor of Chinese medicine at Pacific College of Health and Science since 2004. Specializing in MIE (motivation, inspiration, and encouragement), 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 bestsellers 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.

Redefining Nourishment to Include Lifestyle and Environmental Sources Beyond Diet

By KATHLEEN BELL, RN, MSN, CNM, AHN-BC™ and TAMMERA KARR, PhD, BCHN®, CDSPTM, CNW®

Is nourishment limited to nutrients extracted through digestion? Or does nourishment also include components from one's environment, culture, beliefs, and social connections, and surrounding wavelengths, and not just calories? This literature review shows that food alone is insufficient to generate or sustain vibrant health and well-being. Holistic health and well-being are outcomes of constant interaction between and among many dimensions of human life. We, the authors, reviewed more than 750 scientific papers and historical texts related to well-being, health, diet, culture, anthropology, archeology, natural sciences, microbiomes, and philosophy, then developed a set of six essential ingredients that comprise an expanded definition of nourishment. Goethean , and quantum science, recognize the effects of and relation between multiple influences that nourish the whole person, promoting health from conception to the end of life. By redefining the concept of nourishment, we intend to illuminate the deficiencies remaining within the confines of a reductionist paradigm and to highlight possibilities available in the quantum era for persons to develop and regenerate health.

For the purposes of this review, we have selected the following definitions:

BELIEF

A state or habit of mind in which confidence is placed in the reality of some person, thing, or phenomenon, especially when based on an examination of evidence. Beliefs are the initiator for biochemical responses in the body that release neurotransmitters, hormones, and other chemical mediators resulting in health and a sense of well-being. Health is defined as being well or free from disease, good overall condition of body/mind/spirit, thriving, hearty, robust, and fit. Well-being is a positive outcome that is meaningful for both individuals and society. ,

WAVELENGTH

Wavelength is the distance between successive crests of a wave, especially points in a sound wave or electromagnetic wave. Wavelengths depend on the medium (water, air, vacuum) through which they travel. Examples of waves include: sound, light, water, and periodic electrical signals via conductor.

DIET (GASTRONOMY)

Nutrition derived through diet refers to the process of obtaining and consuming food and drink daily, which is necessary for health and growth, along with the mental and physical circumstances connected to eating. Diet influences biochemical responses through macro and micro ingredients that feed the microbiome and human cell energy. Nutrition's inclusive definition is "gastronomy", the art or science of good eating, custom, or style. Gastronomy is inseparable from history, culture, and tradition and strongly contributes to social identity.

NATURE

The collective phenomena of the physical world, including plants, animals, fungi, the landscape, and other features and products of the earth, as opposed to human creations. Being outside in the natural world produces a myriad of biochemical responses, such as activating neurotransmitters, endorphins, and immune reactions, including killer T-cells.

MOVEMENT

A body or object is said to be moving if it changes its position with respect to its immediate environment. Movement is necessary for adequate circulation and balanced neurotransmitter function in the human body; without movement, failure to thrive and death result.

CULTURE

Social definition: Customs, arts, social institutions, and achievements of a particular group of people. , Biological definition: Conditions suitable for the growth and sustainability of living organisms.

Literature Review

BELIEFS

We agree with the works of Drs. Bruce Lipton, Candace Pert, and Deepak Chopra, which support the theory that each of the approximately 50 trillion human body cells has its own innate intelligence. Research by Dr. Bruce Lipton and others

demonstrates that individuals with some form of belief system recover more readily from illness and retain greater social connection, leading to healthy longevity. , In her international study of cancer patients who made full recoveries, Dr. Kelly

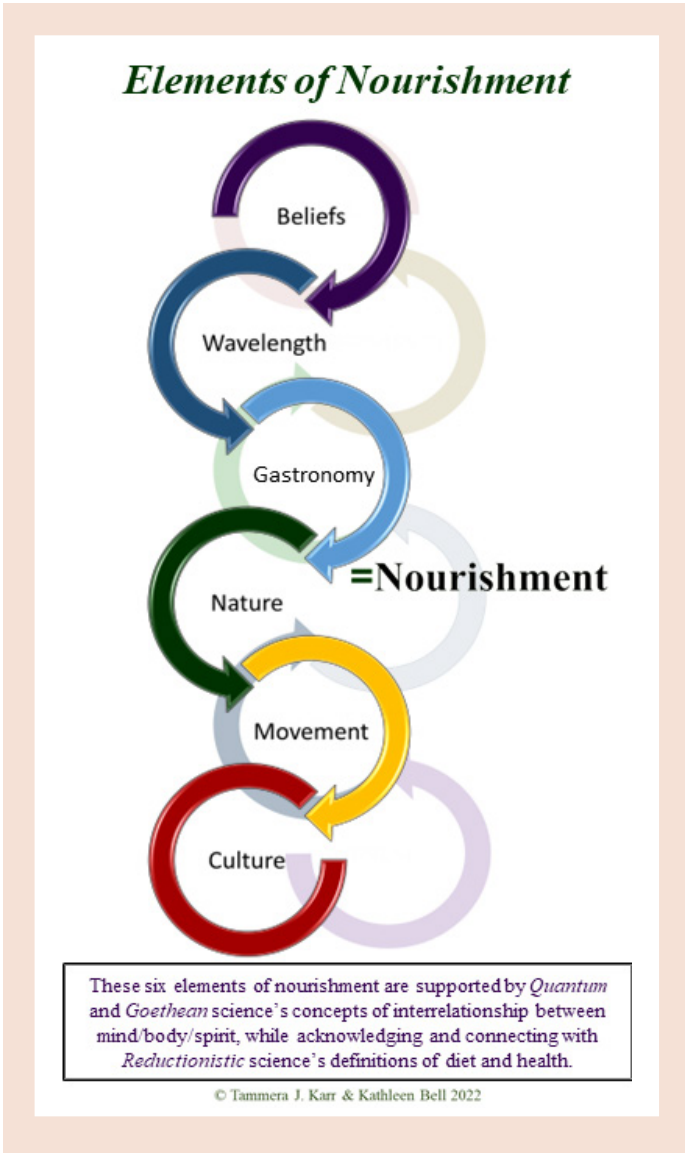
brain and body, paving the way for the emergence of a new paradigm that views the human being as a singular entity, which she and Dr. Deepak Chopra refer to as the bodymind. The bodymind is a holistic entity encompassing the physical

body, psyche, and a level of reality and humanity referred to as spirit or consciousness. The chemistry of beliefs, or molecules of emotion, acts as an integral communication network in continual and elegant conversation throughout the bodymind. This prompted Dr. Pert to propose that "your body is your subconscious mind."

How a person sees themselves in the present makes a real and measurable difference in what their body will be like tomorrow. Caroline Myss, who began her career as a medical intuitive working with Harvard-trained neurosurgeon Dr. C. Norman Shealy, learned that what drains the spirit drains the body, and what drains the body drains the spirit. In the 1980s, Dr. Ellen Langer, the first woman psychologist to be tenured at Harvard University, performed a famous time-capsule experiment on aging men that demonstrated statistically significant changes in multiple physiologic outcome measures: grip strength, dexterity, flexibility, posture,

and even eyesight. The researchers replicated the findings again in 2019. The primary intervention involved in this experiment was directing the beliefs of the men to change their perspectives about their actual ages, which led to measurable physical changes in their bodies. In addition, sixty-three percent of the subjects in the time-capsule group scored higher on an intelligence test as compared with forty-four percent of the control group.

A study from 2007 looked at the relationship between exercise and health moderated by one's mindset in 84 females. The results support the hypothesis that exercise affects health in part or whole by mindset. , Cancer patients in a 2019 study reported "a better sense of controlling health" and "improved overall health and feeling better" when employing complementary therapies, including



Turner found strong spiritual beliefs to be one of nine essential elements in the 'formula' for healing.

Beliefs are the initiator for biochemical responses that release neurotransmitters and hormones that affect digestion, behavior, sleep, and immune responses. The complex chemical signaling pathways between the human brain and body are made possible by healthy physiologic functioning of the central nervous system and bloodstream, which can be regarded as an "information superhighway." Unless each particular cell receives information regarding its activity/lifespan and is kept informed about the activities of trillions of other cells, there can be no organization of the body into functional systems. ,

Dr. Candace Pert's groundbreaking studies in the late 20th century mapped neuropeptides and their receptors throughout the

Anatomical Perspectives: Acupuncture Treatment of Low Back Pain

Using the Gluteus Medius, the Quadratus Lumborum, and the Sacral-Iliac Joint in the Treatment of Low Back and Hip Pain

By **WHITFIELD REAVES, OMD, LAc**

INTRODUCTION

After years of experience, I have come to understand that there is nothing more complex to differentiate, diagnose, and treat than low back pain. Western orthopedic evaluation does a reasonable job when there is a disc herniation with an extruded fragment compressing a spinal nerve root. Anything else, in my opinion, is either art or guesswork. I have seen many patients who have been to physicians, each diagnosing a different cause of pain, and of course many had been subjected to numerous unsuccessful procedures.

Unfortunately, Chinese medical diagnosis is not always precise, and often does not offer a path to successful clinical results. I gave up on treatment based upon the meridian (jingluo) perspective several decades ago when taiyang points such as Bladder 23, Bladder 25, Bladder 40, and Bladder 60 failed to produce adequate pain relief. From the internal organ (zangfu) perspective, treating the kidney, which “controls the lumbus” in traditional Chinese theory, has also proven to offer unreliable protocols. And even the simple technique of treating prominent ahshi points has also failed to impress with good lasting clinical results.

In the end, as a clinician, I accept that it is never as simple as a disc protrusion being the single cause of back and leg pain. The practitioner needs to look deeper into the anatomical structures and postural muscles that generate pain. It is only then that our treatments and choice of points target the primary sites of qi and blood stagnation. It may feel like we are stripping the metaphoric language of Chinese medicine, such as shen, the emotions, and organ physiology, but this may be the most expedient way to arrive at a diagnosis fit for a modern clinical patient.

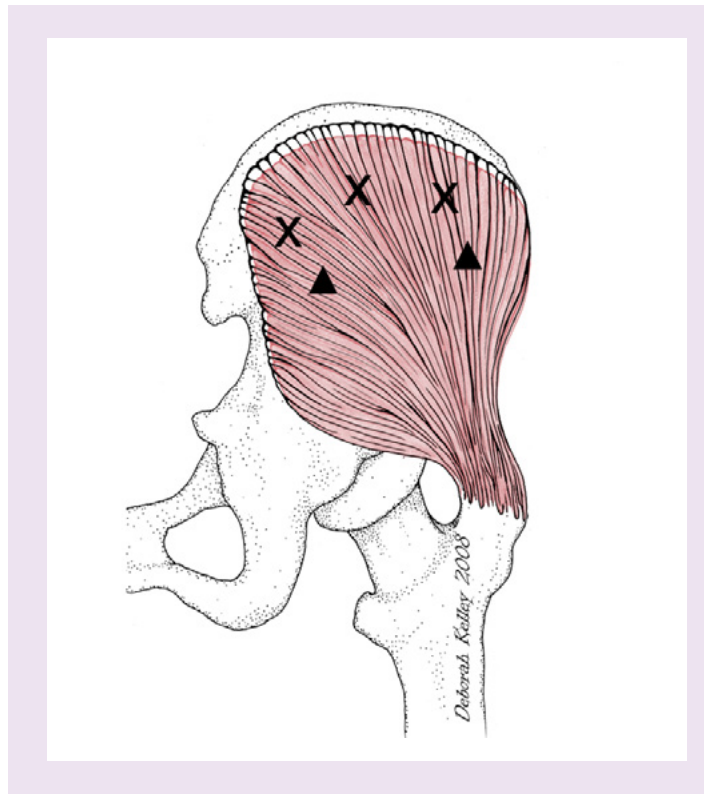
“THE TRIAD” OF LOW BACK PAIN

I suggest that acupuncture treatment for the low back may frequently involve three anatomically significant structures that I call “the triad: the gluteus medius and minimus, the quadratus lumborum (QL), and the sacral-iliac joint. These three structures are often significant pain generators, with referral patterns throughout the lumbo-sacral and hip regions as well as distally down the leg. Additionally, the triad plays an important role in both posture and functional

stabilization of the pelvis and lumbar spine. Therefore, if for no other reason, these structures will be dysfunctional in most cases of low back and hip pain.

Based on my four decades of clinical observation and treatment, you can count on the triad to be involved with most patients complaining of back pain. Whether it be trigger points, tendonitis and muscle strain, joint inflammation, or tight, shortened and contracted postural muscles, the triad generates pain and perpetuates dysfunction in this mid-section of the body. And to further confuse the case, these structures produce “referred” pain, which can frustrate the unsuspecting practitioner.

For the purposes of this article, we will focus on the triad’s role in low



of the femur, thus the muscle belly lies superficially over the iliac region, and covers a large zone of the gallbladder shaoyang channel in the mid-section of the body. Deep to the gluteus medius lies the gluteus minimus, with similar origin and insertion attachments.

The gluteus medius is an important abductor; it lifts the leg to the side when standing or side lying. However, perhaps more importantly, it prevents the pelvis from tilting or dropping when single leg standing. Diagnostically, this is called the Trendelenburg posture or gait. It is simple: when the muscle is weak or inhibited, the pelvis drops on the opposite side of the weight bearing leg. This finding may often be overlooked by the practitioner, and thus treatment to the gluteus medius may be missed.

It is important to note that single-leg standing occurs while both walking and running—with every step that we take! This is how we move from heel-strike to toe-off in all lower extremity movement. If the Trendelenburg is positive—if the pelvis drops even slightly—this becomes a significant biomechanical issue. That means that, with each step, the pelvis and lumbar spine are subjected to repetitive stress. Long term, this is not advantageous to optimal spine and hip joint health. The importance of this function of the gluteus medius cannot be overstated.

Fortunately, it is easy to spot during assessment. Manual muscle testing will usually reveal that the gluteus medius is weak due to

inhibition. This is because it is a phasic muscle, which tends toward being inhibited or “turned off” when there is trauma or stress. Prolonged sitting at a desk or while driving can induce this stress. Therefore, it is advised that the practitioner learn how to test for resisted leg abduction, the primary action of the gluteus medius, in order to confirm this finding. Additionally, palpate the muscle belly of the gluteus medius at the extraordinary point Jiankua N-LE-55.

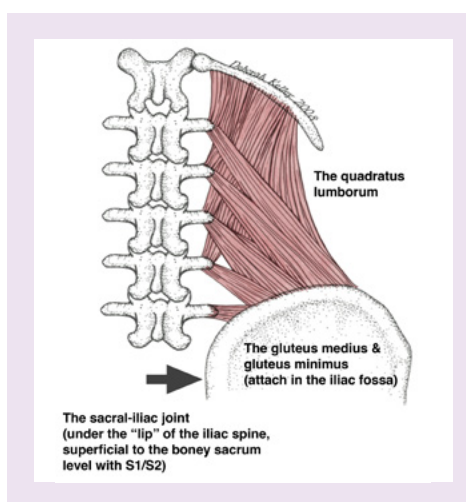
We’ll discuss this below in more detail, but a stressed or inhibited muscle will be revealed with ahshi. Once identified, the glute med obviously needs to be treated!

THE EXTRAORDINARY POINT JIANKUA N-LE-55

I consider Jiankua to be the “master point” of the gluteal region, and this zone is a great place to start. This extraordinary point is located halfway between the greater trochanter and the crest of the ilium. It is approximately 2 to 4 cun posterior to the traditional location of gallbladder 29, and is ahshi in virtually all cases of low back pain. Jiankua is just posterior to the dense fibrous muscle tissue of the tensor fascia lata. Rolling off the TFL will make finding the precise location quite easy, and with deep palpation, both the gluteus medius and the deeper gluteus minimus are reached.

Jiankua is not a traditional acupuncture point, nor is it a commonly known extraordinary point; yet it lies in the muscle belly of the gluteus medius, which in physical therapy and exercise physiology is one of the most important muscles in treating and rehabbing the low back. Most practitioners have found this zone to be a significant ahshi point at one time or another while palpating the hip. Hopefully, you will be able to locate this point with precision and use it with confidence. Don’t be distracted by the many other potential painful points during palpation. Jiankua will usually be found precisely at the location above and will likely become one of the most important points you will use in the treatment of low back pain.

In addition to this important role of stabilizing the pelvis and lumbar spine, the gluteus medius produces numerous referral pain patterns to the lumbo-sacral region. So pervasive is this pain pattern that Janet Travell,



back pain. While these structures may not be the entire cause of pain—other points, treatments, and techniques may be necessary—the simple techniques that follow may assist in choice of points and may serve as an important protocol for acupuncture treatment.

THE GLUTEUS MEDIUS

The origin of the gluteus medius is in the iliac fossa, and its inferior attachment is at the greater trochanter

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we came. Circa 1990, Pacific College took what was then the bold step of increasing its biomedical department courses, adding hours to basic sciences, anatomy, physiology, pathology, and clinical counseling. In addition, recognizing the immediate clinical needs of acupuncturists, it added a series of orthopedic and neurological evaluation courses, as well as more hours in Chinese herbal medicine and clinical training. **We made these changes because they were important to acupuncturists' success and our goal of enabling acupuncturists to participate in multi-disciplinary settings.** This was years before the acupuncture board and the accreditation commission made most of these requirements standard in the field. The profession has since described this appreciation of biomedicine combined with Chinese medicine as integrative medicine.

WHAT IS INTEGRATIVE MEDICINE?

Integrative medicine is an approach to medical care that recognizes the benefit of combining conventional (standard) therapies, such as pharmaceutical drugs and surgery, with complementary therapies, such as acupuncture and yoga, that have been shown to be safe and effective. **Integrative medicine seeks to address the physical, emotional, social, spiritual, and environmental factors that can affect a person's health and well-being.**

We all know that what acupuncturists do individually already fits the broader definition of integrative medicine. The larger question is to what extent - and how - the Chinese medicine profession is integrated with others in healthcare, particularly with medical doctors and nurses, i.e., those who provide healthcare to the vast majority of the population.

HOLISTIC NURSING: AN IMPORTANT STEP TOWARDS MAINSTREAM INTEGRATION

As we sought to address the challenge of becoming even more integrated, we discovered kindred spirits in the field of nursing. Thanks to the dedication of nurses like Pacific's former dean of nursing, Carla Mariano, the profession of nursing has a well-developed, recognized specialty and [certificate in holistic nursing \(www.ahna.org\)](#) as well as an [ACEN accredited RN-to-BSN holistic nursing completion program](#); both programs are endorsed by the American Holistic Credentialing Corporation (AHNCC). Most recently, a [master's in nursing](#) program with specialties in education and nurse coaching was also added. The vision is that Every Nurse Is a Holistic Nurse.

Nursing is an art and science

emanating from a caring-healing framework.

Holistic nursing focuses on healing the whole person, recognizing the interrelationship of the biological, psychosocial, cultural, spiritual, energetic, and environmental dimensions of the person. It emphasizes protecting and promoting mental, spiritual, and emotional health and wellness and supporting people to find meaning, peace, and harmony. As you can readily see, acupuncturists and nurses are brothers and sisters, both spiritually and demographically (87.7% of all registered nurses are women, while 12.3% are men).

HOLISTIC TROJAN HORSES

According to the American Association of Colleges of Nursing (AACN), nurses comprise the largest component of the healthcare workforce. They are the primary providers of hospital patient care and deliver most of the nation's long-term care.

With more than three times as many RNs in the United States as physicians, nursing delivers an extended array of healthcare services, including primary and preventive care by nurse practitioners with specialized education in such areas as pediatrics, family health, women's health, and gerontological care. Nursing's scope also includes services by certified nurse-midwives and nurse anesthetists, as well as care in cardiac, oncology, neonatal, neurological, and obstetric/gynecological nursing, and other advanced clinical specialties.

Most people would assume that doctors are the ones who spend the most time with patients in the hospital. However, this is not always the case. Nurses may spend more time with patients than doctors do. This is because nurses are often responsible for tasks such as taking vital signs, administering medications, and providing patient education. They may also provide emotional support to patients and their families.

In 2020, according to the National Nursing Workforce survey, there were 4.2 million RNs and 950,000 LPNs/LVNs in the United States. Most impressive, for 20-years running, nursing was rated as the **most trusted profession** once again in 2021, according to a Gallup poll.

So, I think you can see where I am heading. **The more nurses are aware of what acupuncturists and massage therapists do, the more they will spread that awareness to the tens of millions of patients they contact each year.** In addition to their status as the most trusted profession, they are intimately involved in patient healthcare education. Who better to introduce a patient to Chinese medicine?

EXPANDING THE REACH OF HOLISTIC AND INTEGRATIVE HEALTHCARE

At this time, Pacific College is planning another big step to advance the alliance of Chinese medicine and the nursing profession. It is in the process of designing and applying for approval for a pre-licensure nursing program, the Bachelor of Science in Nursing, in New York, eventually to be followed in San Diego and Chicago.

This unique curriculum is designed to educate a new generation of nurses by emphasizing a relationship-centered approach including self-care, wellness promotion, disease prevention, research and evidence informed practice, diversity, equity, and inclusion, advocacy, and authentic humanistic leadership in the profession and beyond. We are looking forward to sharing more information with you as it becomes available.

Graduates of PCHS's nursing programs are transformational leaders, capable of helping to shift the focus of healthcare paradigm from illness and disease to health promotion, wellness, and wellbeing for all. Particularly relevant is the nurses' familiarity with and appreciation for the principles of Chinese medicine.

REAL-LIFE HOLISTIC NURSES TESTIMONIALS

Let's hear from a couple nurses who are already part of our alliance.

Maryam Wooten worked as an ER nurse until she needed a break. She applied for a leave of absence and went to India. She practiced meditation and self-healing, and learned reiki. After nine months she felt ready to study and practice energy medicine. She entered Pacific College in 2010. Maryam also returned to the ER. Doing both proved to be quite a challenge. After three years, she stopped working to devote herself 100% to studying herbs and to enter the college's [holistic nursing program](#).

In Carla Mariano's holistic nursing classes, she met many other nurses who were burned out from the medical system and were looking for a refuge. They shared their stories and the ways in which they were applying holistic nursing as best they could, depending on their individual circumstances. Maryam said she learned that being a holistic practitioner is about

presence, whether you're a nurse or an acupuncturist. It is about being in the moment, connecting to someone heart to heart, listening, and offering space to someone to experience what they are going through fully, without judgment.

With newfound hope and wisdom, she started working in the ER again, this time in the Bronx, with a team of doctors and nurses who were most supportive and open to her acupuncture practice. One of them started getting treatments at Pacific. She presented acupuncture to the staff and dedicated a day of doing treatments for them. She also developed a research proposal to introduce acupuncture in the ER.

In a new hospital upstate, still working in the ER, she talked to the director of nursing and proposed adding acupuncture to the services of the hospital. They were developing a program for cancer patients, and she joined their integrative department alongside massage therapists, a nutritionist, and yoga and taiji practitioners.

Maryam has been a nurse for sixteen years, and for the last twelve years she's studied and practiced Chinese medicine. She says that the two practices have become more integrated as the biomedical community has become more open and accepting of energy medicine. This is not surprising given her activities and influence. She is treating more and more nurses, doctors, and

surgeons in her acupuncture practice, and she's getting more referrals from them. She says that, when they have firsthand experience of acupuncture, their doubts vanish.

Sara Choi has been a registered nurse for nearly 20 years in hospitals and community settings throughout the United States. Here's her story in her own words:

"I have found that the majority of people who present as patients generally have the same needs: to feel seen, heard, valued, understood, and cared for. These essential needs, unfortunately, often fall through the cracks of other competing demands in healthcare, such as managing time of seeing patients, prioritizing diagnoses, documenting in electronic medical records, managing equipment and supplies, providing efficient treatment, discharging patient instructions, insurance, billing, and seeing the next patient 'in time'.



Succumbing to these demands often morphs the humanization of healthcare into a tedious checking of scripted boxes of procedures and protocols, leading to increased moral injury, burn out, and compassion fatigue amongst care providers.

After eleven years of nursing in the Emergency Department this very common experience amongst care providers happened to me. I felt disconnected from myself and my definition of a caring nurse. I felt no one outside of healthcare understood my experience and no one in healthcare could or would stop the on-going trauma that was occurring in the system.

In 2017 I enrolled in the post-baccalaureate Holistic Nursing Certification program at the Pacific College of Health and Science, where I was introduced to integrative tools of healing and reconnected with my sense of compassion, acceptance, empathy, and care for myself, firstly, to then, in turn, effectively care for others.

Continuing my education in [acupuncture and Chinese medicine at Pacific College](#) has been a boundless gift to me personally and professionally as a nurse, health coach, and integrative practitioner.

As a registered nurse in the emergency department, I incorporated mindfulness practices for self-care

prior to starting my shift and often shared integrative modalities with patients, their loved ones, and fellow healthcare team members.

Prior to the COVID pandemic, holistic care was often not viewed as a necessary factor to a patient's healing, but as an accommodation. A significant portion of time as an integrative practitioner was spent teaching and advocating for integrative collaborative care.

With the multi-faceted effects of COVID on thousands of patients, their loved ones, and healthcare providers, the need for a more integrative approach to healing, health and wellness became undeniable.

During the height of the COVID pandemic and present-day, I created a safe space within the hospital for healthcare providers to de-stress, share, and receive. Modalities incorporated have been guided meditation, guided imagery, mindfulness stress reduction techniques, breathwork, reiki, healing touch, M-technique, tui na, Thai yoga bodywork, aromatherapy, taiji, qigong, jin shin jyutsu, emotional freedom technique (EFT) tapping, sound baths, ear seed auriculotherapy, coaching, therapeutic art, and healing presence. After a session, a resident medical doctor who had been caring for numerous patients who were critically ill said: "This is the first time I have

been able to take a deep breath in a long time. I feel less stressed. We need more of this."

One particular patient I was consulted to see in the intensive care unit was hypertensive and intubated, secondary to a recent cerebral vascular accident. His blood pressure was 185/105 with an increased heart rate of 121, while resisting the endotracheal tube (ETT) and ventilator assisting his breathing. The care team had tried different medications to address his vital signs and agitation, with no avail. I introduced myself and what I do to the patient and his family. With their verbal consent, I palpated his pulses, and observed his mouth and the color of his tongue. While I spoke to him, I used acupressure points to decrease his heart rate and blood pressure, while promoting a sense of calm. I played relaxing meditative music, while doing reiki and healing touch for approximately ten minutes. His vital signs decreased to blood pressure 156/88 and heart rate 89, while tolerating the ETT and ventilator. I then taught the nurse and family members a couple of acupressure points to help promote a sense of calm for the patient and themselves. The family and care team expressed their surprise and appreciation for the positive effect the holistic modalities provided.

This example is one of thousands of experiences I have been honored to be a part of in my role as a holistic nurse, health coach, and integrative practitioner within the hospital and the community.

We live in an exciting time within healthcare in which patients and their loved ones are seeking answers to manage the root cause of their experience with disease. Many are no longer satisfied with bandage attempts to calm their symptoms."

It is my hope as the chair of the board of Pacific College to multiply stories like this exponentially. The increased acceptance of Chinese and holistic medicine is inevitable as graduates of our nursing programs enter the mainstream medical facilities with knowledge of and confidence in the healing effects of Chinese medicine.

As Sara Choi said, we do indeed live in an exciting time for healthcare. Acupuncture graduates report receiving referrals from other healthcare providers more and more, and with holistic nursing, we can expect that to increase even more. It is our vision that our acupuncture and nursing graduates will continue to have an enduring positive effect on creating true integrative medicine. **AIM**

Silk Route Siblings: Chinese Medicine and Ayurveda's Intimate Relationship

By BRIAN KEENAN, ND, MAC, BSHs

The medical arts of Chinese medicine* and Ayurveda are often seen as wholly separate disciplines. In many ways this is true, but the similarities quickly begin to outweigh the differences when the links between these cultures, as well as they information they shared, are viewed from a historical perspective. The beauty of this lies in how study of these two disciplines as related can lead to inspiration and new lenses with which to approach patients—especially patients whose conditions, or responses to treatment, may have become vexing. Moreover, it also creates a sense of confidence and awe at the reality that is nature itself. These two cultures may have interacted in ancient times, often earlier than originally thought by historians; nevertheless, both cultures already had their own medical systems and beliefs about the functioning of nature and its impacts on human health. From examining the interactions and similarities between Ayurve-

da and Chinese medicine, it can be inferred that there was agreement, albeit with some semantic distinctions, on the essential functions of nature and the human body. It is not uncommon for students and scholars alike to have doubts or confusion about energetic medicine, in this modern scientific era that can be particularly critical of these medical disciplines, often hand-waving away the millennia of development, innovation, and pattern recognition. Perhaps by looking back, and seeing the camaraderie of these two medical disciplines, we can reassure ourselves of the very ethos that calls us to these kinds of medicines: that nature exists within each of us, from which we are not separate. By harnessing the healing power of nature, we can affect healing in our patients, in ourselves, and therefore, the world at large.

ANCIENT ACQUAINTANCES

There is evidence that China and

India had contact as early as the first half of the Zhou dynasty (roughly 700 BCE); carnelian beads associated with the Indus Valley have been found in Chinese archaeological sites. Moreover, Indian literature uses the name "Cina" which scholars believe may have been derived from Qin state, which later became the Qin dynasty. This is of note because it predates the introduction of Buddhism, which would establish itself in China sometime during the Han dynasty (206 BC-220 AD), following the Qin. As a result, outside of spiritual and cultural mixing, it is extremely likely that mixing of medical and herbal traditions followed as well. This is of course confirmed from the 1st century CE onwards, where there was a robust trade of scholars between the nations, but the archeology suggests a much longer relationship of trade.

PHILOSOPHICAL FAMILIARITY

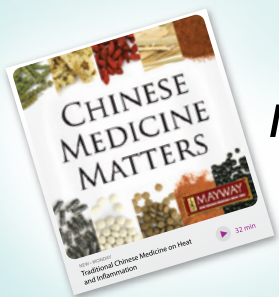
The aspects that tie Ayurveda

and Chinese medicine that are often comingled in the minds of the public include a belief that practitioners of these disciplines treat some aspect of the energetic body, and that there is a tendency to treat the whole person, as opposed to an individual symptom or disease. While perhaps an oversimplification, these aspects are certainly shared between the two systems. In Ayurveda, prana is the lifegiving force that flows through the body and is what allows for the interactions and transformations of the five elements of nature; Chinese medicine's qi is also described similarly. Moreover, they both flow through channels in the body and require the breath in order to be sustained in the human body. Prana literally means breath, and in Chinese medical physiology, it is da qi is processed by the lungs, along with gu qi of digestion and our essence, jing, to form zhen qi, also known as true qi.

Other important philosophical

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THE MEDICAL COMMUNITY MUST EMBRACE STANDARD CANNABIS EDUCATION

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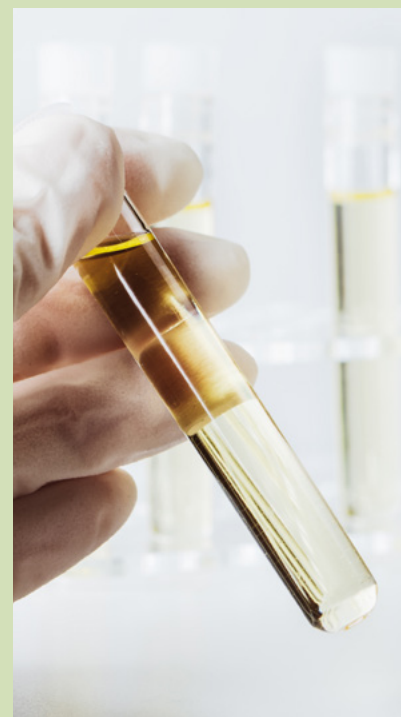
professionals refuse to discuss a patient's cannabis use, and when they remain obstinately uninformed about cannabis administration, drug to drug interactions, potential benefits, and adverse effects, it amounts to a professional and ethical failing.

Currently, cannabis patients lack confidence in their primary care providers' ability to help them navigate the path of medical cannabis use. When a patient lacks confidence in their medical provider's ability to direct them about cannabis use, they get advice from cannabis dispensaries, friends, and from the internet, none of which are optimal resources for medical advice.

Researching cannabis use on the internet can be a daunting task, even for savvy consumers. In the U.S., the public was subject to decades of misinformation and research bias that shaped the public's perception of cannabis use and of cannabis consumers. Public opinion of cannabis was low throughout the twentieth century; in fact, in 1990, only about 17% of respondents of the Gallup Poll favored cannabis legalization—the same number as 1969, the first year they asked about cannabis. Not long ago, many Americans were terrified of cannabis. As president, Reagan called cannabis "the most dangerous drug in the U.S." It was billed as highly addictive and destructive, and as a gateway drug. Conversely, if you spend 10 minutes on the internet today, you might think that cannabis cures everything.

and that acceptance begins with a commitment to standardized clinical cannabis education.

Standard cannabis education ensures that healthcare professionals are equipped with foundational knowledge about dosing, routes of administration, side effects, drug interactions, titration, and other facets of cannabinoid medicines. Currently, most medical schools fail to teach their students about the endocannabinoid system or about cannabinoid pharmacokinetics and pharmacodynamics (the number frequently cited is 13% of medical



schools mention the ECS in their curricula, which is the outcome of independent research from Dr. David B. Allen who, in 2016, surveyed over 100 accredited U.S. medical schools).

Medical schools will eventually begin to incorporate information about the ECS into their curricula—it's too vast and important a physiological system to continue to ignore. In the meanwhile, healthcare professionals will need to continue getting this information through emerging programs and self-study. Higher education is the perfect place for this type of learning, incidentally, as comprehensive programs can implement specific strategies to ensure a deep learning of program and course objectives. Of course, foundational education alone does not necessarily equate with clinical competency, but education is a critical first step that can help clinicians be confident and competent when they address cannabis patients.

Beyond this foundational knowledge, clinicians must also come to understand the types of products that are available in their state or community. The patchwork of state cannabis laws, combined with decades of federal prohibition, has resulted in very few national



Informed healthcare professionals can help their patients reconcile these vastly opposing perspectives by providing some insight about cannabis history and policy, and more importantly, by explaining some of the science of cannabis use, especially around its safety and efficacy.

Of course, no patient should be getting their healthcare advice from the internet or from a retail employee. Cannabis healthcare is a responsibility that must be embraced by healthcare professionals and organizations,

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The Empowered and Informed Patient: Communication Strategies for Integrative Medicine

By SARAH POULIN-CARPENTIERI, DACM, LAc, Diplom

As an ever-increasing number of Americans turn toward the integrative medical model, it falls upon us, as practitioners of traditional Chinese and East Asian medicine, to enable our patients to communicate successfully and confidently with their other healthcare providers about our medicine and how it can complement and enhance patient outcomes. While some medical providers may be quite familiar with our treatment modalities, others may be unsure about the safety and efficacy of our practices. Considering the potential language barriers surrounding our diagnostic paradigms and treatment methods, there may be a number of barriers to overcome in convincing medical providers that our medical systems are not only legitimate but offer great benefit to our mutual patients. While we, as medical providers, should be doing the majority of education and outreach to other

healthcare practitioners, it is a fact that our mutual patients often serve as a liaison between our offices. By enabling our patients to speak confidently to their other healthcare providers about our medicine and what goes on “behind the curtain,” we benefit not only our patients but our profession as a whole.

It bears reminding before any discussion of successful communication that there should never be an “us vs. them” mentality. Any successful integrative medical model must inherently run on the assumption that the ultimate goal is the patient’s well-being and health, and we should therefore always strive to maintain open channels of communication. We should never speak negatively about other practitioners or exhibit bias or negative attitudes towards other healthcare systems—these types of attitudes may alienate patients and

other providers and serve only to divide rather than unite. Even when disagreements occur (as may certainly happen from time to time), it is important to approach them with a professional, neutral, and measured tone—maintaining an attitude of respect for all healthcare practitioners involved in the patient’s health is essential in ensuring good working relations.

The first step in ensuring successful communication is to remind the patient that they are, in fact, in charge of their own healthcare goals and treatment plans. If they want to seek out “alternative” care, that is well within their rights. Patients may be hesitant to tell their healthcare providers that they are receiving acupuncture or taking Chinese herbs. This is not only disingenuous but can be dangerous, so it is important to instill confidence in your patient so that they feel comfortable informing

their physicians that they are under the care of a licensed acupuncturist. By reminding your patient that they are in charge of their healthcare decisions and helping them to craft what their goals of care might look like, they can then confidently inform the other members of their healthcare team who else is involved in their care. You should also make sure your patient knows what your training and education entails so that, if they feel they need to, they may then share with their physician that you are the recipient of multiple years of post-graduate education in your field, have passed numerous board exams, maintain state licensure, and follow requirements for continuing education. This often allays concerns about safety and training by allowing other medical practitioners to become aware of the depth and breadth of your education, reducing the fear of their patient seeing an unlicensed or

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Focus on Thyroid Health

An effective strategy for supporting and regulating thyroid function will include: 1) clearing pathogenic heat from the throat 2) facilitating the production of *jin*/thin fluids by the stomach 3) resolving turbidity or phlegm or dampness 4) opening the bladder. Here are some formulas to help you do that:

Twin Shields Formula (*Shuang Dun Fang*)

The word “thyroid” derives from an ancient Greek word for a certain type of oblong shield they used in battle. Each lobe of the gland was thought to bear a resemblance to this ancient shield. The lobes are conjoined in the center to create “twin shields.”



Twin Shields Formula is an excellent base formula for supporting and regulating thyroid function.* It meets all four of the strategy requirements listed above. It augments the qi without creating excess heat. It generates fluids. It softens nodules and resolves phlegm and heat in the throat, and it facilitates elimination of dampness via the bladder. In most simple cases of thyroid disease, it can be used by itself, but can be combined with other formulas to address specific patterns.

*Note that patients with certain autoimmune thyroid conditions might not tolerate the iodine content in **Twin Shields Formula**.

Five Mushroom Formula (*Wu Gu Fang*)

Medicinal mushrooms have an affinity for endocrine structures and functions. You can always add mushrooms to a thyroid support strategy. Button mushrooms (*agaricus*) and turkey tail (*trametes versicolor*) are especially indicated for the thyroid.

In addition to these, **Five Mushroom Formula** also includes ganoderma (*ling zhi*, *reishi*) cordyceps (*dong chong xia cao*), and grifola (*maitake*). *Ling zhi* helps to calm the *shen*, restlessness, and enhance sleep; *dong chong xia cao* supports the yang and lung qi; and the *maitake* strengthens digestion and resolves dampness.

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MD, in her text *Myofascial Pain and Dysfunction*, calls the gluteus medius the “lumbago” muscle. It refers pain to the lumbo-sacral, gluteal, and hip regions of both the taiyang and shaoyang zones. Trust me, this can be confusing to the practitioner who is not alerted to these common pain patterns.

The deeper gluteus minimus must also be mentioned. It also has its own pain referral patterns, which Dr. Travell describes as the “pseudo-sciatica” muscle. The defined pain pattern is down the lateral or posterior thigh.

Let’s make it simple. Both of these layered muscles are usually overlooked in a Chinese-style jing-luo treatment perspective. Assume that the gluteus medius and gluteus minimus are involved in virtually all cases of low back and hip pain. As such, treatment in the zone of Jiankua will be an effective tool in the point prescription.

NEEDLE TECHNIQUE

Jiankua is treated with 2- to 3-inch (50mm to 75mm) needles, depending on patient size. It is best needled perpendicularly. Deep needling is necessary, and with care, insertion is generally comfortable for the patient. The needle will penetrate both the gluteus medius and, deeper, the gluteus minimus. Prone (face-down) or side lying (lateral recumbent) are the most common positions. I frequently use two paired points in the muscle belly at the zone of Jiankua. Electrical stimulation between these two paired points often provides significant relief for a variety of the local and referred symptoms.

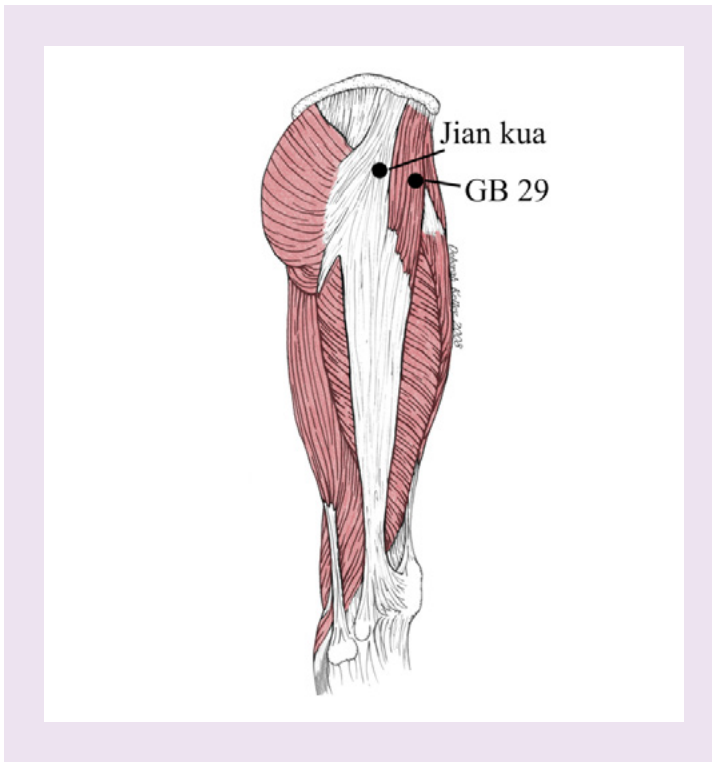
THE QUADRATUS LUMBORUM (THE QL)

The QL, as it is commonly called, stabilizes the lumbar spine. But as it attaches on the iliac crest, it assists with pelvic stability as well. The superior attachment is on the 12th rib near the extraordinary point Pigen M-BW-16. Additionally, it attaches to the transverse processes of L1, L2, L3, and L4. The inferior attachment of the quadratus lumborum is along the iliac crest, in the region of the extraordinary point Yaoyan M-BW-24. It is this structure, bound to the lumbar vertebrae, the rib, and

the pelvis, that gives the QL such importance in both posture and stabilization of the spine.

Janet Travell calls this muscle the “joker of low back pain”. It has a varied referral pattern, but much of the problem is that it anatomically lies deep to the superficial muscles of the erector group of the lumbar spine. Therefore, it may be missed by palpation as well as needling. However, the practitioner must address this muscle in order to succeed in the treatment of low back pain, whether acute or chronic.

Let’s say this again, in stronger language. The practitioner will have only modest success in the treatment of low back pain without proper assessment and precise treatment of the quadratus lumborum muscle.



So important yet elusive, no common acupuncture points are found on this important muscle of the low back.

All of this may demand some adaptability and flexibility of the practitioner, as it is a contrarian view to what is found in many common professional practices, but the QL will become an ally of the dedicated practitioner!

TREATMENT OF THE QL

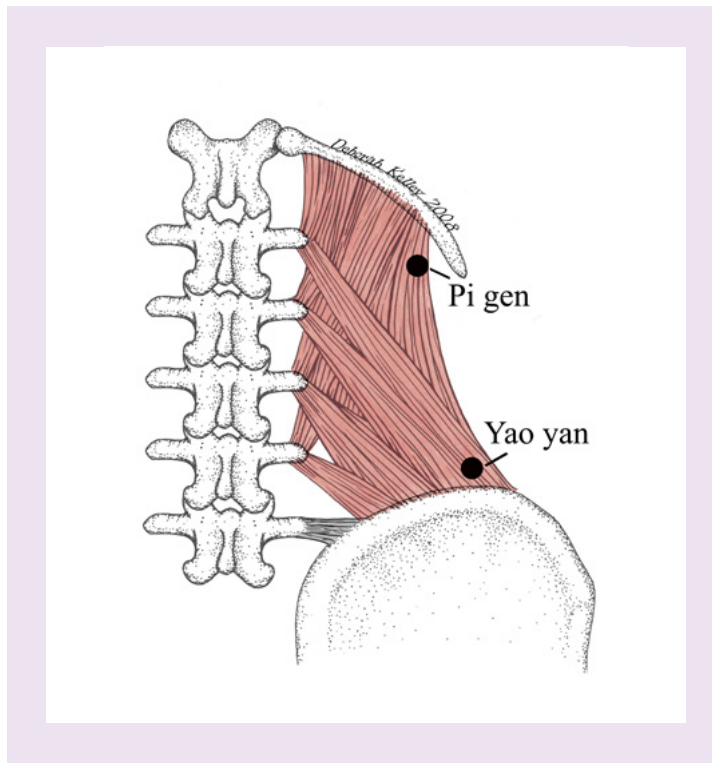
The extraordinary point Pigen is the place to start. It is at or near one of the important trigger points of the QL, and is frequently an ahshi point. The texts locate Pigen 3.5 cun lateral to the spinous process of the first lumbar vertebrae. Don’t be concerned if it is located slightly inferior or further lateral than 3.5 cun, as there are some variations with this empirical point. Palpation is the key to both its location and successful needling.

With the patient prone or lateral recumbent, start palpating about 4 cun lateral to the spine, approximately level with L1, and immediately inferior

to the 12th rib. You should be just off the border of the para-spinal muscles and slightly lateral to the outer bladder meridian. Palpate medially towards the vertebral column until the painful point or zone is found. You are palpating deep to the para-spinal muscles, which is actually anterior to this muscle group.

The patient will often exclaim “that’s the spot!” when you reach that perfect location and precise angle. The more common perpendicular palpation along the para-spinal muscles and the course of the bladder meridian will usually not reveal this ahshi point.

There are other points along the band of the QL inferior Pigen to explore. The practitioner should continue to palpate down (inferior)



along the muscle belly of the quadratus lumborum. Often, a second point can be found about 1 cun inferior to Pigen. This is in the region of one of the motor points of the QL, located level with L2, from .5 to 1 cun lateral to bladder 52.

There is often also an ahshi point at the inferior attachment of the QL, just superior to the iliac crest. This is the region of the extraordinary point Yaoyan, described in the texts as 3.5 cun lateral to the lower border of the spinous process of L4. Keep in mind that the point is just superior to the iliac crest, which is not how it is pictured in the text *A Manual of Acupuncture*. For the purpose of low back pain treatment, superior to the crest of the ilium, in the attaching fibers of the QL, is the location of choice.

NEEDLE TECHNIQUE

Either position, prone or lateral recumbent, is acceptable for needling. However, it is important to insert the needle with the same vector that produced the pain during palpation.

Patient size will determine the length to be used, which is usually 2 to 3 inches (50mm to 75mm). After insertion, direct the needle oblique to transverse toward the vertebral body, deep to the para-spinal muscles, until the taut and dense tissue of the QL is reached. Review the anatomy and, if need be, get help from an experienced practitioner. It is important to avoid deeper insertion into the kidney, the peritoneum, or the pleural cavity. So proceed with caution!

One or some combination of several of the ahshi points between Pigen and Yaoyan is usually successful in relieving pain and spasm of the muscle. I frequently use the two most significant ahshi points along the muscle belly as described. Consider electrical stimulation between two paired points, remembering that some patients do not tolerate strong stimulation.

It is not uncommon to complete the needle treatment of the QL with cupping. Manual therapy and variations of tui na are also indicated and often welcomed by the patient. If the case is relieved with heat, indirect moxa or thread moxa may be applied as well as other applications of moist heat.

THE SACRAL-ILIAC JOINT (SI JOINT)

With the quadratus lumborum superior, and the gluteus medius and minimus inferior, the triad is completed with the sacral-iliac joint. The SI joint is a synovial hinge joint, and is frequently missed in both Western and Chinese medical diagnosis. The reader may never have encountered references to treating the SI joint dysfunction in any of the common treatment formularies of Chinese acupuncture. Its absence does not, however, mean one should not include it in assessment and treatment in the modern clinic.

The posterior sacral-iliac ligaments “strap” the region of the sacrum and ilium, and are responsible for much of the stability of the SI joint. Thus the more superficial needle penetrates these ligamentous structures. Deep to the ligamentous zone lies the synovial joint, and any needle with deeper insertion may affect these articular tissues. Even after one acupuncture

A Festive Exploration of Face Reading, the Five Elements, and Film

By GRACE STOJANOV, *DiplOM, MSTOM, Master Face Reader*

When I was a student of Chinese medicine, the relationships of the Five Elements were shrouded in mystery. Sure, we learned about the Generating/Sheng Cycle flowing in the shape of a circle and the Controlling/Ke Cycle flowing in the shape of a star. We were taught how, amongst myriad other aspects, this flow relates to the seasons, the organs, the emotions. We learned that, in the Generating Cycle, the healthy qi of the kidneys leads to the health of the liver, to the health of the heart, then to the spleen, the lungs, and back to the health of the kidneys again. We learned that healthy restraint through the Controlling Cycle also leads to healthy functioning of the organ systems. And sometimes things flow out of balance, such as in the common example of liver qi becoming excessive in its expression

when one is stressed, and rebellion against the control of the lungs manifesting physically as an inclination to shallow breathing (and often an exit/entry block from Lv14 to Lu1). And likewise, when the energy of the lungs is balanced and strong—and the Cycle flows appropriately—deep breathing helps to alleviate stress. Or, when the kidneys are overtaxed from burning the candle at both ends, allowing the heart to burn out of control, manifesting in vivid and exhausting dreams and even anxiety. But once the kidneys are strengthened and water is restored, the heart cools and calms, anxiety is curbed, and sleep is rejuvenating again.

Beyond the seasonal transitions and studying organ diagnostics, these universal relationships were ambiguous and amorphous governing concepts that stretched the very fabric of

my metaphysical brain. I knew I was supposed to use these interactions between the Elements to structure my decisions about acupuncture prescriptions, herbal formulations, and treatment plans for my patients, but I felt like I really had only the smallest grasp of how the relationships truly functioned. It wasn't until I worked my way through Lillian Bridges' Face Reading in Chinese Medicine (2012) and studied with her in her Master Face Reading Program that I began to put together how the Generating and Controlling Cycles actually flowed through the rest of life. I had to literally see it in person.

Lillian taught that face reading is the psychological branch of Chinese medicine, so it followed well that she examined the human relationships of the Five Elements in detail. The emotional aspect of the Five Ele-

ments became much clearer to me by studying her work. In her teachings, she discusses the transformation of the human emotions—those we learn in school to be associated with pathology of the organ systems: Fear, Anger, excessive Excitement, Worry, and Grief—into the transformational emotions that, as I recall, were only just touched upon—Wisdom, Human Kindness, Unconditional Love, Right Instinct, and Gratitude. Seeing how these express through the dynamics of the Five Elements in face reading helped me immensely in understanding human relationships—my own, my family's and friends', my patients'. Recognizing how the Elements express through our personalities enabled me to understand why people behave as they do. Recognizing the strength of the Elements on the face enabled me to understand why the imbalances that

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WAVELENGTHS

Made up of light (biophotons) and sound, wavelengths are elemental organizational forces of the universe. Exposure to biophotons, sound vibrations, and color transforms human biochemical responses. In his comprehensive study of the biological effects of sunlight, Dr. Michael Holick delineates many health benefits, the most well-known of which is the manufacture of vitamin D and its relationship to the use of calcium in the body. Sunlight exposure is the primary source of vitamin D for humans, as very few foods naturally contain vitamin D. People have a feeling of well-being when exposed to sunlight because ultraviolet A and B wavelengths lead to increased expression and production of beta-endorphins. For women of childbearing age, vitamin D and calcium insufficiencies were found to increase associated risks of bacterial infections and cardiovascular disease in a series of systematic reviews and meta-analyses published in 2022. Sunlight deprivation is associated with depression, and seasonal exposure variations dramatically influence cardiovascular events and mortality, such as stroke, heart attack, and autoimmune and infectious diseases.

According to Dr. John Ott, 98% of the sun’s energy enters the body through the eyes, regulating brain chemistry and circadian rhythms that control appetite, energy, mood, sleep, libido, and many more functions. Light also affects muscle movements, enzyme reactions, food digestion, fat burning, and energy storage. Dr. Ott and Dr. Fritz Albert Popp of the International Institute of Biophysics agree that light is a nutrient much like food, publishing this statement on the Ott website: “We can now say emphatically that the function of our

be stored in biophotons through the light-conductive protein molecule tubulin.

The understanding of how color can affect health is called color psychology. Without being aware of color’s effect on health, individuals may miss out on ways to improve responses and reactions within their surroundings. Dr. Deanna Minich, a leading expert in color and food, published a literature review in 2019. “My study of colorful carotenoids and phytonutrients in graduate school had shown me that there is an important color connection in nutrition science ... I began to realize that color, nutrition, and life issues were intertwined ... I started to see correlations rather distinctly.”

Sounds of all kinds surround humans; the human ear can only hear some sounds, and many are outside the conscious hearing range. Sounds are perceived by humans and other living creatures as mechanical waves of pressure, which are measured – similarly to light waves – in frequencies. Sounds are characterized by regular fluctuations in vibration, as differentiated from noises containing irregular fluctuations. Sound vibrations have been shown to change body chemistry, altering the hypothalamic–pituitary–thyroid axis (HPTA), which governs stress responses.

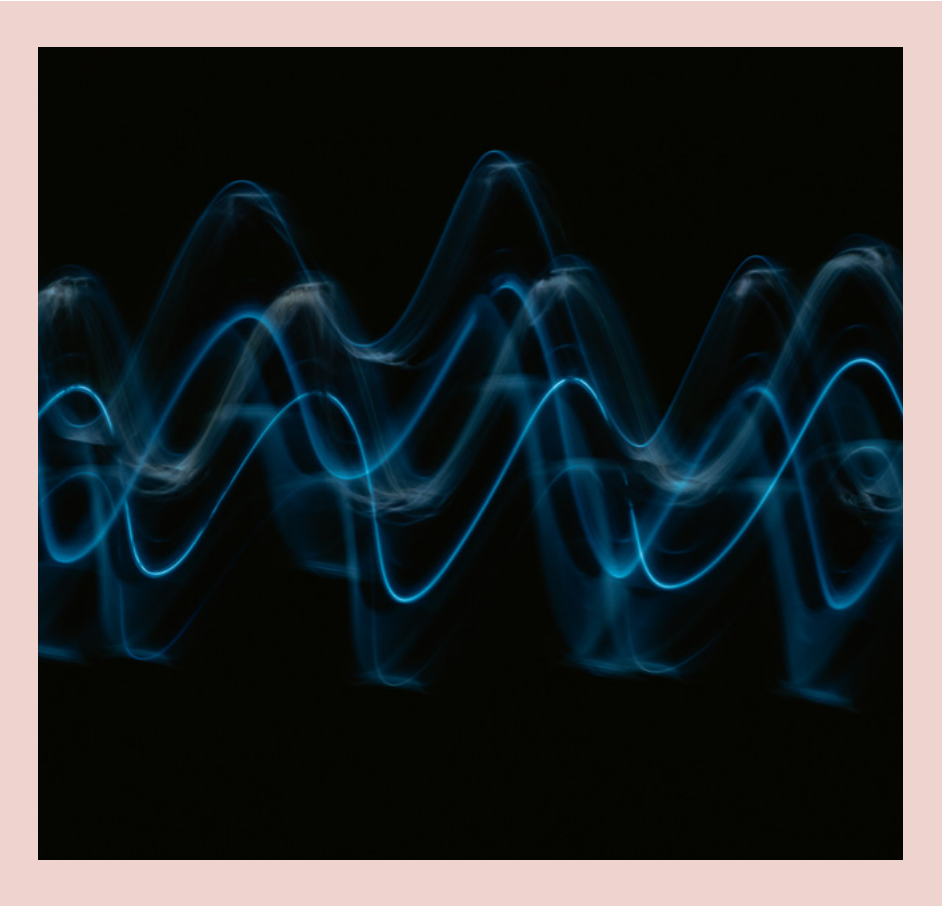
Music impacts humans more than any other human-made sound. Researchers believe simple music predated speech and played a vital role in human development. Music plays a central role in the U.S. food and restaurant industries, affecting marketing strategies, shopping behavior, and eating environments. It “has been used for thousands of years in healing ceremonies and as a digestive aid; each country across the world has traditional music to connect the threads of life and lift the spirit.”

GASTRONOMY AND NUTRITION

Nutrition refers to the assimilation and incorporation of substances necessary for health and growth, and the mental and physical circumstances associated with ingestion. Nutrients are absorbed and digested, providing components of biochemical responses that feed the microbiome(s) and fuel human

volatile compounds and color to stimulate the brain, activate the immune system, and nourish the microbiome. In their natural state, these energy sources create an

identity and an inherent carrier of tangible and intangible heritage. Gastronomy represents the cultural knowledge of preparing foods for the highest nutritional value. Traditional



array of synergistic responses within DNA. These chemical activators stimulate and down-regulate DNA receptors associated with multiple sought-after health traits: reducing cancer, heart disease, allergies, and autoimmune conditions. A 2017 breast cancer research study revealed the importance of natural food sources of phytochemicals with anti-oncogenic properties on multiple cancer-related biological pathways and breast cancer prevention. These same naturally occurring food sources improved cognitive function and physical performance, and increased fertility.

The enduring effects of nutrition have also been demonstrated on fetuses as related to their future health. A 2020 study of pregnant women by Kings College faculty illustrates how the mother’s diet and lifestyle during pregnancy directly affect their childrens’ future development of cardiovascular disease.

Epidemiological research done in 2019 by Srour and Kesser-Guyot reported a significant association between eating whole, unprocessed, or minimally processed foods and lower risks of all reported diseases. Research on chronic pain from 2021, done on veterans with Gulf War Illness (GWI) placed on a low glutamate diet, produced a measurable reduction of symptoms from chemical toxins.

Gastronomy is the primary vehicle for foods that provide nourishment. UNESCO describes gastronomy as one of the most universal cultural and creative contributors to social

understandings of nutrition in Asian culture are documented in texts dating back over 6000 years. Ayurveda, known as the oldest comprehensive medical system in the world, contains extensive nutrition that emphasizes the body/mind/spirit relationship with foods as a whole. Traditional Asian understandings of nutrition come from Taoism, which underlines the individual and their foods’ specific properties to support health and longevity. All forms of Eastern nutrition utilize harvesting and preparation methods to enhance nutrient compounds while reducing or removing naturally occurring toxins. Research on chronic illness among aboriginal/native/first peoples supports the hypothesis that returning to traditional foods reduces chronic diseases and increases lifespan. Worldwide, traditional diets are higher in nutrient diversity; research on the Mediterranean and Nordic diets illustrate that traditional foods beyond those of Asian and native peoples provide health and longevity benefits.

NATURE AND ENVIRONMENT

Within the past decade, the body of evidence associating time spent in natural surroundings with improvements in health, wellness, and longevity has grown from a few dozen studies to hundreds. Nature is very much a form of nourishment, feeding human biochemistry in various ways that affect physical, mental, and spiritual satisfaction. “Being in nature, or even viewing



entire metabolic system depends on light.” Research published in 2019 indicates that long-term memory may

cellular development and energy. Elements contained within vegetables, fruits, fungi, and herbs provide

scenes of nature, reduces feelings of anger, fear, and stress along with their associated neurochemicals while increasing pleasant feelings and their many beneficial biochemical responses in the body.” Exposure to nature contributes to physical and spiritual well-being by reducing blood pressure, heart rate, muscle tension, and the production of stress-related hormones. , It may even be associated with reduced mortality, according to scientists Stamatakis and Mitchell.

Many plants and trees secrete organic compounds called phytoncides into the surrounding air. These chemicals were studied in 2008 by Japanese researchers for their beneficial health effects on cancer expression in women. On a three-day, two-night forest bathing trip, participants’ daily activity level and NK (natural killer) cells significantly increased in blood and urine samples along with perforin, granulysin, and granzymes/b-expressing cells, while the concentrations of adrenaline, noradrenaline, and T-cells decreased. Additionally, the positive effects of the trip were found to last at least seven days after the end of the trip. Serial studies done since 2004 on the effect of forest environments on human health have been conducted in Japan, leading to the formation of the new interdisciplinary science (integrative medicine, environmental medicine, and preventive medicine) of “forest medicine”.

A 2017 study published in The Lancet Planetary Health suggests that people residing in “green” neighborhoods live longer than those in urban settings. Transdisciplinary researchers from Drexel University have investigated how nature relatedness simply feeling connected with the natural world benefits dietary diversity and fruit and vegetable intake in a study published in the American Journal of Health Promotion. “Nature relatedness has been associated with better cognitive, psychological, and physical health and greater levels of environmental stewardship. Our findings extend this list of benefits to include dietary intake,” according to Brandy-Joe Milliron, PhD, an associate professor in Drexel’s College of Nursing and Health Professions and lead author of the publication. “We found people with higher nature relatedness were more likely to report healthful dietary intake, including greater dietary variety and higher fruit and vegetable consumption.” Research on mental health conditions related to the strict indoor isolation mandated by the Japanese government during the COVID-19 pandemic reveals that outdoor exposure and views of green space and natural surroundings make a measurable difference in reported levels of depression, anxiety, and loneliness.

Children are highly sensitive to environments and especially need to

spend time outside in green spaces. A study published by the American Academy of Ophthalmology reported that chances of developing myopia (near-sightedness) were reduced by 2% for every hour a child spends outside in the garden, yard, or park. The leading conclusion was that increased exposure led to higher vitamin D levels, significantly improving their sight. According to another study, children with attention deficit and hyperactivity disorder (ADHD) were able to concentrate



better after taking a walk in a park than after a walk through an urban area. In 2014, researchers at the University of Colorado demonstrated that time spent in green spaces outdoors had immediately measurable effects on children’s stress levels, which were reduced overall when outdoor playtime was a part of their daily routines. The first nature-based

clinic in the U.S. to be associated with a major hospital is located at the University of California San Francisco’s Benif Children’s Hospital. The clinic collaborates with the East Bay Regional Park District in a program called ‘Stay Healthy in Nature Every Day’, with participating doctors offering nature outings for families. In June 2018, the clinic began billing insurance companies for patient visits that included time in nature as part of the treatment plan.

MOVEMENT

Human bodies are designed to move and remain in a state of constant change and activity, even when “at rest”. Movement is one of the most basic functions of the human body, and severe health problems/ disorders result from immobility, even for a fetus in utero. At any age, inactivity is often more to blame than other health factors when ability declines. A recent British Journal of Sports Medicine study highlights the synergistic effects of a good diet and regular exercise. The cohort study assessed data from almost 350,000 Australian participants over 11 years regarding relationships between physical exercise, diet quality, and all-cause mortality. Over that time, 13,569 people died: 2,650 from cardiovascular disease (CVD) and 4,522 from adipose-related cancers (CA). Vigorous physical activity lowered the risk for all causes of mortality. , Diet quality was not

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THE MEDICAL COMMUNITY MUST EMBRACE STANDARD CANNABIS EDUCATION continued from page 8

cannabis brands. Every state will have varied cannabis products, and product selection is bewildering for most patients. There are hundreds of products with varying potencies, multiple cannabinoids to select from, varying terpene profiles, and multiple routes of administrations. Imagine walking into a fully stocked pharmacy, hoping to treat an illness, condition, or disease, and being told to pick out your own products, with no guidance or support from a qualified clinician. That’s the model that currently exists for most cannabis patients.

In 2021, the adult-use markets and medical-only states in the U.S. combined sold nearly \$25 billion worth of cannabis products, which means that US consumers spend more on cannabis products than on energy drinks, milk, and orange juice (for comparison, the US spends nearly \$100 billion on beer annually). Furthermore, Whitney Economics calculated that the 2021 total cannabis sales figure—again, just under \$25 billion—represents about only 25% of the total potential US cannabis market. In other words, 75% of the

nation’s cannabis demand is still being met by illicit growers and sellers. As more states legalize medical and adult use cannabis programs, an increasing number of patients will have access to legal cannabis products.

Patients are using cannabis. Healthcare professionals will treat these patients. It’s now imperative that clinicians begin to understand cannabis pharmacology, especially in the context of impending federal cannabis reform. Cannabis is a tool. It should be in every clinician’s toolbox, and clinicians must know how to properly wield that tool. **AIM**

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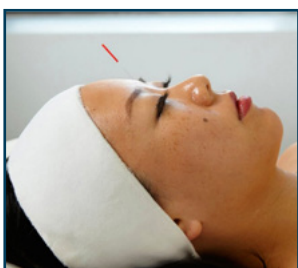
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found to be statistically significant for all-cause mortality or CVD deaths, but a high-quality diet was associated with decreased risk of adipose-related CA mortality. People who ate a high-quality diet, including at least 4.5 cups of vegetables and fruits a day, and had regular physical activity, had the most significant reductions in risk of death. Physical activity, including walking, was associated with benefits, but a vigorous activity that led to sweating was especially protective against CVD risk, even for 10 to 75 minutes per week.

The American Heart Association states that stroke is the 5th most common cause of death in the U.S. and a leading cause of long-term disability. Taiji (similar to qigong) is an intervention used in traditional Chinese medicine (TCM). Both practices involve controlled movements and breathing techniques, although taiji is usually done while standing. These practices are powerful mind-body integrative skills meant



to train the individual to regulate body/breath/mind to bring about

the optimum state for healing and maintain healthy functioning. A recent study was conducted at two traditional Chinese medicine hospitals in Kunming, China. Researchers recruited 160 adults (average age of 63; 81 men and 79 women) who had suffered their first-ever ischemic stroke within six months of joining the study and retained the use of at least one arm. Among the study participants, half were randomly assigned to a sitting taiji program, and the other half were part of the control group that practiced a standard stroke rehabilitation exercise program (hospital-recommended upper limb movements). Sixty-nine people in the sitting taiji group and 65 people in the control group completed the 12-week program and 4-week follow-up. The findings were as follows:

Those in the sitting taiji group had better hand and arm function and sitting balance control compared to those in the standard stroke rehabilitation group.

The participants in the sitting taiji group had significant reductions in symptoms of depression, better shoulder range of motion, and showed significant improvements in activities of daily living and quality of life compared with the control group.

More than half the people in the taiji group continued to practice after the 12-week intervention. Improvement in outcome measures continued during the 4-week follow-up period for the taiji group.

One of the limitations of the study is that it was conducted at only two centers. In addition, the Chinese centers' physicians and healthcare

professionals are trained in TCM and are supportive of its principles, so the results may not be generalizable to stroke survivors who receive rehabilitation care at other hospitals.

CULTURE

Throughout the entirety of this paper, cultural aspects have been present within each segment. Research has illustrated that the wavelengths of sounds forming spoken language and the taste of foods are introduced via the mother to a fetus in the womb. Elements of nourishment enter the body through multiple cultural pathways. Gathering a community around traditional feasts or ceremonies involving song and color benefits individuals' mental well-being, immunity, and longevity. Research supports reduced stress response as well as improved immunity and longevity through time spent in cultural activities. Aspects of cultural foods, environment, and lifestyle often determine the development and resiliency of an individual's microbiome. The individual's culture affects a diverse diet of nutrient-rich foods, community support, and a place of purpose. In contrast, a lifestyle devoid of the multiple elements of nourishment for the body, mind, and spirit—one of isolation and disconnection from the larger world, can result in an overall increase in morbidity and mortality. Anthropologists Margaret Mead and Franz Boas affirmed the vital role of culture in human survival in the early 20th century; these pioneers of science challenged how individuals and their culture were viewed, then

and now. The question of how a supportive culture, ancient or modern, brings nourishment to an individual is yet to be fully researched or understood.

CONCLUSION

This review shows that food alone is insufficient to generate or sustain vibrant health and well-being. If it is true that nutrition involves more than simply eating a "good diet," it is also true that defining nourishment is highly dependent upon the paradigm through which it is viewed—reductionist or holistic. East Asian, Ayurvedic, and indigenous cultures have deeply rooted beliefs, practices and gastronomy supporting body, mind, and spirit nourishment. Much of the scientific community in the Western world continues to make choices based on the limitations of the science of the past. We believe this review demonstrates ample scientific evidence and rationale to change the way we think, practice, and operate beyond our former paradigms.

- Make conscious decisions to eat healthy foods*
- Keep our bodies moving*
- Spend time in nature and with our chosen communities*
- Limit the ingestion of disrupting or harmful substances*
- Become aware of the power of our beliefs*

These all constitute nourishment for bodies, minds, and spirits, resulting in well-being that supports thriving health. **AIM**

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similarities lie in the five elements of nature; however, here a clear difference appears, with Chinese medicine positing that the five phases of nature are Earth, Fire, Water, Wood, and Metal, whereas Ayurveda states that they are Earth, Fire, Water, Air, and Ether (often understood as “the space between matter”). Yet when we look at the associations related to the elements, we once again see there are more similarities than differences. In Ayurveda, Air dominates the joints and promotes movement; the Wood element of Chinese medicine does the same, and is also associated specifically with Wind, a clear manifestation of kinetic Air. In Chinese medicine, the Metal element is associated with spaciousness, purity, and the heavens—not dissimilar from Ether’s concepts of space. Some differences, however, certainly exist; for instance, Ether is associated with the ears, hearing, and essence, which in Chinese medicine are more closely tied to the Water element. With this many similarities, an expert in one can look to the other discipline for inspiration and novel considerations when trying to further their study of their medical art.

MEDICINAL APPROACHES

Beyond shared philosophical concepts, the daily work of the doctor also displays many similarities, but with more distinct executions. Both types of practitioners ask questions focused on hot/cold, excessive/deficient, interior/exterior coupled with tongue and pulse evaluation, and odor, and palpate affected areas. This is of course done in conjunction with the season and other external considerations to make diagnosis and treatment plans.

Where they differ strongly, though, is in the diagnosis and the classification of disease. In Chinese medicine there is channel theory, Five Element theory, and zhang/fu patterns that classify disease through various lenses. In Ayurveda, the paramount focus is on balancing the three dosha of which we are composed. In this way, to the Chinese medical practitioner, Ayurveda most closely resembles Five Element theory. The three dosha are vata, pitta, and kapha, dynamic forces whose interplay governs all aspects of human physiology: body, mind, and spirit. Vata governs all movement of the body, from locomotion to electrolytes moving in and out of the cell, and is associated with the mind and intestines. It is born from the elements of Air and Ether, which combine to form vata when a human is conceived. Pitta, made of Fire and Water, controls the body’s heat and all aspects of digestion and transformation. Lastly, kapha governs all fluids, lubrication, and growth of the body, and is the product of Water and Earth. While this is a greatly simplified overview of Ayurvedic diagnosis, it should be somewhat familiar to those who

work with Chinese medicine’s Five Element theory in its approach to the constant dynamic motion of the elements and their roles in governing growth, development, and eventually death.

CO-MINGLED MERIDIANS

Certainly, a comparison of Ayurveda and Chinese medicine must discuss the robust meridian systems that they share. In Ayurveda, the channels themselves are referred to as srotas (or, in certain traditions, nadi) while in Chinese medicine they are referred to as the jing luo or meridians. Both disciplines use terminology associated with waterways, such as rivers and oceans with distinct pools of energy, or places where energy can be influenced known as marma points, or in Chinese, xuè dào. There are differences however; Chinese medicine’s system includes the 12 primary channels, the 12 divergent channels, and the 8 extraordinary channels that are often complemented by the 15 luo-connecting channels and 12 sinew channels. Meanwhile, in Ayurveda, the srotas are divided into channels based on the physical substance they carry or the tissue type the channel nurtures, such as transporting water (udaka vaha srotas) or supplying nutrition to the bones, nerves, and brain (majja vaha srotas). Lastly, three srotas are devoted to the elimination of metabolic wastes: one each for feces, urine, and sweat. All said, there are between 13 and 16 srotas, depending on the text consulted.

As for the number of points, again, Chinese medicine has the larger number, with 361 points being the most commonly cited number, while Ayurveda lists only 107 marma points—although again there is not a clear consensus on the total number of points. Perhaps scholarly debate over the channel system is just another shared similarity between these two ancient and respected medical traditions.

SHARED HERBAL ENERGETICS

As can be expected in any transaction between cultures, medicinal plants and knowledge about them was certainly traded. The way that herbs’ medicinal qualities are categorized is strikingly similar. For instance, the flavor categories, which go beyond gustatory information and encrypt medicinal actions, are identical between the two disciplines. All flavors have a direction, common actions, and relate to one or more of the elements that command the body. Bitter descends, Sour astringes, Pungent disperses, and so on. A darling of the herbal world, licorice root, also known as gan cao in the Chinese tradition and mulethi in the Ayurvedic, is an excellent example. In Chinese medicine, licorice is considered an herb that tonifies qi, and is sweet and of neutral temperature (when not honey prepared,

such as in zhi gan cao, which gives it a warming quality). In Ayurveda, it is also sweet, and it balances vata and pitta; as vata is cold and pitta warming, the resulting temperature is neutral.

There are also interesting differences between the disciplines. While most herbs share flavor and temperature as well as use in common conditions, such as coughs, there is a focus in Ayurveda on what is called “post digestion flavor”, called vipaka, wherein the Ayurvedic texts describe the flavor actions of the herb transforming via actions of the body on the herb. The change in flavor will denote an additional consideration in application of that herb. Meanwhile, Chinese medicine discusses specific channels and zhang fu organs with which the herb interacts. This, too, is where nuanced decisions on applications will be made in consideration of the state of the patient. Shatavari, also known as tian men dong (Asparagus racemosus) is another example worthy of comparison. Both disciplines agree that it is of cold potency. In Chinese medicine, its flavor is sweet and bitter, and it nourishes the yin; in Ayurveda, the bitter flavor is mentioned, but the herb’s vipaka, or post digestion flavor, then becomes sweet, and it moistens and nourishes the vata dosha. This demonstrates that, while there are some classification disparities and considerations, these may be more semantic differences than philosophical disagreements. For the acupuncturist, this is important and useful as it becomes relatively easy, once you understand Ayurvedic foundations, to translate the properties of some unique herbs of the Ayurvedic tradition, such as neem (Azadirachta indica), which is not often mentioned in Chinese medicine outside of the modern era and is also not included in the classics. In Ayurveda, neem is bitter and cold, becoming pungent post digestion. It balances the kapha and pitta doshas; that is, the combination of water and earth elements and water and fire elements. It was used for all aspects of heat, including rashes and gastric distress. We might translate this as an herb that cools the blood, is bitter and cold, resolves fire toxins, and goes to the lungs, which governs the skin, as well as the stomach and large intestine organs which, when in rebellion from heat pathogens, can cause various digestive and elimination symptoms that neem will resolve.

CONCLUSIONS

There is no question that the number of similarities between Ayurveda and Chinese medicine is indeed myriad. This list of similarities with slight differences is as endless and fascinating as the individual disciplines themselves. Moreover, where larger differences seem to appear between the two, these differences tend to evaporate with deeper and deeper

study. The beauty of these agreements is that it creates a sense of certainty amongst practitioners that these are indeed the best attempts made by man to understand the fundamental functions of life itself. While it becomes obvious that there was clearly a sharing of ideas that molded both cultures, it also shows that these two advanced civilizations were essentially more or less in agreement with each other. In the modern day, where students and practitioners alike can feel overwhelmed by the aggressive certainty of the current (yet ever evolving and shifting) scientific paradigm, refuge can be taken in knowing ancient civilizations dedicated thousands of years of observation in vastly different parts of the world only to find a consensus on life, healing, and existence that has remained unchanged for thousands of years. **AIM**

**Author’s note: Today, the term “TCM” which stands for traditional Chinese medicine, is often used as an umbrella term that includes all East Asian medical systems. In modern times, there is an effort to use East Asian medicine or EAM in place of TCM to be more inclusive of the diverse cultures and disciplines that evolved their systems uniquely and should not always be directly associated with China. However, this article was intended specifically to examine the relationship between China and India and the impacts this relationship had on their respective medical paradigms, which is why the term Chinese medicine was used, as the article is specific to that branch of EAM.*

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present in one's physiology, and subsequent pathologies, occur. From then, I began to see everything through the Five Elements in face reading: myself and my relationships, patients' conditions, relationships between other people, in politics, and—especially—in the movies. Hollywood has an amazing ability to manifest the Elemental relationships through movie themes quite clearly. They are also spectacular at casting the right faces for the personalities of the characters, according to the face reading lineage that Lillian taught. Did the casting agents study with her, too? I wouldn't be surprised.

I am going to share with you five of my favorite movies that I feel demonstrate the relationships of the Five Elements quite well. Brilliantly, even the actors chosen are in alignment with each movie's Elemental theme and strongly show the predominant Elemental traits on their faces. *Spoiler alert*: I will be discussing some of the details within the movies and how the hero's journey is completed according to the Elemental cycle—though I won't give away too much, so they will still be enjoyable for you to watch!

WATER ELEMENT – ARRIVAL (2016)

This movie is a recent favorite of mine. It slowly percolated into my heart and anchored itself firmly there. It is very expansive and cerebral in its concept and the Water element rules the Sea of Marrow, the brain. An alien species comes to planet Earth to make contact and, in order to communicate, humans need to learn its language. It takes the linguistic and physics expertise of our heroes, Amy Adams and Jeremy Renner, to master this skill. The movie is slow in pace, and calm. Many scenes are set in a stark alien room with a mysterious technology separating the heroes from the aliens or outside under overcast skies. The aliens' environment is quite fluid; they move as if they are swimming, shrouded in mist and mystery. The language they are teaching is circular and flowing. As the movie progresses, we realize that time is no longer linear. The threat our heroes face is that the nations of humanity (Earth Element) won't accept the goodwill gift of the aliens, which can be received only through sharing the information between nations, and the aliens will be rejected violently, inhibiting the human advancement possible with the gift. Danger from the aliens is assumed by the human powers-that-be, though it is the aliens who are threatened because humans fear the unknown. The heroes need to use their new skills to help the people of Earth receive the aliens' message and feel secure so that the new relationships between nations and extraterrestrials can flourish, and so that humans can see beyond what was to what could be. Humankind, and our heroes, must overcome their fear and the willfulness of their society (the human Water emotions) in order to gain wisdom and allowance of possibility (the

transformational Water emotions).

The actors chosen for the heroes' roles both have prominent foreheads, which is a feature of the Water Element, indicating they think deeply and introvertedly and take time reaching conclusions. They have wide-sweeping, extrapolative hairlines indicating the ability for expansive and creative thought. Their larger than average ears also show their ability to manage fear and the strength of their Water Elements, as does the posterior tilt, again showing non-linear creativity in the thinking process. They both possess strong and stubborn chins which indicated their strength of will through their Water Elements.

WOOD ELEMENT – BOONDOCK SAINTS (1999)

This has been a favorite movie of mine for a long time. I really dig this cult classic and perhaps the reason why is reflective of how its nature supports my own Wood Element. This movie is about righteous judgement, retribution, and divine punishment for wrongdoing. It is gritty and passionate, uses strong language and gruff militaristic tactics, depicts all kinds of debauchery, and involves the police and the Italian mafia. The heroes are everyday Irish Catholics, making their living, but there is something special about them. They suffer through a trial of hurt and anger and we witness them being chosen by God to administer His justice. They are now functioning outside the ordered, law-abiding hierarchy of their society. Their vigilantism is in service of protecting those who can't protect themselves when the law fails. This movie depicts a transition from the human Wood emotions of anger and hatred to the transformational Wood emotions of compassion and human kindness (from a vigilante perspective, that is).

The actors chosen for the heroes' roles, Sean Patrick Flanery and Norman Reedus, show flexibility in their Wood Elements rather than rigidly strong Woody natures. This works with the theme of the movie because the heroes needed to be somewhat flexible in their moral characters in order to become the vigilantes they are. They possess healthy eyebrows (instead of very strong eyebrows), showing athleticism and passion, and strong brow bones, which show powerful Woody opinions and thought processes. They are disinclined to listen to authority and have dominant leadership inclinations. They are quite happy to take matters into their own hands and quite physically capable of doing so! Their brow bones also enhance the potential for athletic prowess, in which they engage throughout the film. They have refined jawlines that indicate they are less inclined to force their ideals on others initially but are quite willing to fight back if they are protecting themselves or those whom they deem are their dependents. Hang on, though, have we seen the eyebrows on Billy Connolly, the actor who plays il Duce? Now those, along with

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VO₂ Max and Breathwork for Longevity and Performance

By TARA KULIKOV, DACM

Breathing: the taking in of oxygen (O₂) and the expelling of carbon dioxide (CO₂) that should occur naturally and seamlessly without pathology. O₂ is not only in our lungs, but all parts of our bodies, supplying our cells with nutrients. O₂ also allows for metabolic processes to occur which in turn give us energy and life.

What happens when we hold our breath? Oxygen levels decrease, CO₂ builds up, and as this happens, cellular metabolism and gas exchange are halted. If this continues for over two minutes, it is likely that a person will pass out; over four minutes, brain damage will occur; and over six

minutes, death is possible. Our bodies need O₂ to produce energy and fuel every process in our body.

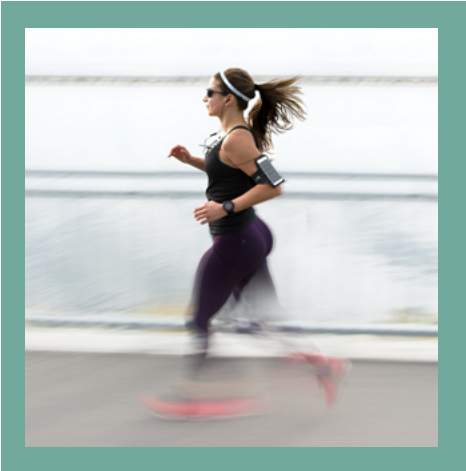
As an exercise physiologist, I can measure the maximum amount of O₂ consumption attainable during specific exercise protocol utilizing a gas analyzer. This is called VO₂ max. It is interesting to note that research shows a direct correlation between VO₂ max and longevity (1). The chart below shows survival or longevity of different “performance” groups based on their VO₂ max.

It is postulated that the higher a VO₂ max value is, based on gender and age, the longer a person will live if we remove “accidental causes”

from the equation. Dr. Peter Attia summarizes this graph the with the following statements.

“Going from low to just below average is a 50% reduction in mortality over a decade. If you then go from low to above average, it’s about a 60% or 70% reduction in mortality. If you compare someone of low fitness to elite, it is a fivefold difference in mortality over a decade. If you then go from low to above average, it’s about a 60% or 70% reduction in mortality (3).”

Fortunately, VO₂ max is not fixed and can be improved through exercise and, more specifically, exercising within certain heart rate zones for certain amounts of time.* Our oxygen and metabolic needs change in different heart rate zones. Stressing (or exercising) the body in different zones allows for super-compensation of our systems if this is done correctly. This super-compensation means that the body can uptake more oxygen and expel more CO₂, thereby strengthening our entire system, making us more metabolically efficient, modifying glucose levels, strengthening the muscles of respiration (diaphragm, intercostals, abdominals) and increasing



longevity. When I utilize a VO₂ max test with a gas analyzer, with certain clients—mainly the untrained—I can visibly see distress in all areas of the body: face, thorax, legs, and so on. The data that I collect quantifies this distress; these clients have a lower ability to uptake and utilize oxygen, especially as heart rates go up. As mentioned above, luckily, these numbers and ranges can be improved with a quality exercise regimen. Research has also shown that a disturbance in the oxygen-carbon dioxide balance can cause or impact disease (1). Disturbance of oxygen—

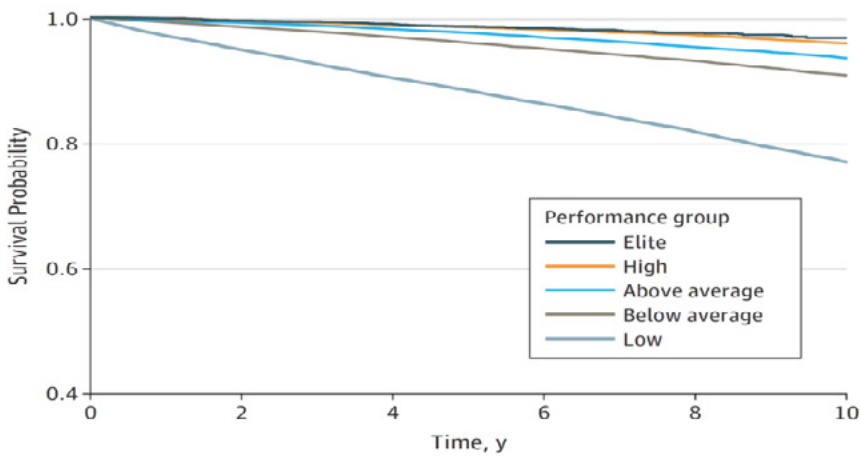


Figure 1. Patient survival by performance group. (Mandsager et al., 2018)

continued on page 22



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treatment, many patients may feel more “stability” in the joint due to the invigoration of qi and blood at the ligaments and joint capsule. The addition of electrical stimulation will also address inflammation and stagnation in the joint. In cases of cold bi syndrome, needle top moxa can be considered.

The anatomical access zone of the sacral-iliac joint is in the region of bladder 27 and bladder 28. On the lateral aspect of the sacrum lateral to the first and second sacral foramen, the practitioner should palpate with a 45-degree oblique lateral angle. Again, to repeat, 45-degree oblique lateral palpation! Or if one prefers, follow the crest of the ilium posteriorly, to the posterior superior iliac spine (PSIS). Using the high point of the PSIS, palpate medial and inferior to the access zone of the SI joint. A 45-degree oblique lateral angle will slide along the lateral sacrum while remaining under the lip of the ilium and the PSIS. That is the perfect zone for the sacral-iliac ligaments as well as the joint itself.

There are numerous orthopedic tests to confirm the SI joint. I rely on the symptoms of the patient, which usually are reported to be deep local pain in the sacral region described above, and digital palpation, which has been extremely reliable in assessing dysfunction of the SI joint. If it is ahshi, consider that the third structure of the triad, the sacral-iliac joint, is involved and should be included in the treatment.

NEEDLE TECHNIQUE

Needling the SI joint follows logically from palpation. Medial and

inferior to the PSIS, on the sacrum, at or slightly lateral to bladder 27 and bladder 28, needle 45 degrees oblique lateral. A 2- to 3-inch (50mm to 75mm) needle is sufficient in most cases, and don’t be disheartened if the needle fails to penetrate the joint. This is not always easy, although either prone or lateral recumbent usually offers a position that is successful for the necessary deep needle insertion; like the gluteus medius and the QL, electrical stimulation may benefit.

TREATING THE TRIAD AS A WHOLE

When a case presents with all structures of the triad being involved, needling these three anatomical zones together is advantageous. Lateral recumbent is my preferred position, with a pillow between the knees. However, prone (face down) is also acceptable. The quadratus lumborum and the gluteus medius are easy to access, and needling in either of these two positions is effective. The sacral-iliac joint may be a bit more complicated, as it is usually successful in only one of the positions. If side lying does not produce the ahshi confirmation for the SI joint, the patient may need to be prone for best results.

To repeat, lateral recumbent is the most likely position for treating the triad structures. However, with a stubborn sacral-iliac joint requiring prone position, you may need to treat in two phases. Lateral recumbent for the first 15 minutes and prone for the next 15 minutes. Of course, you can vary the phases, making them slightly more or slightly less than the suggested 15 minute time. With this

two-phase system, all three structures get adequate needling.

FINAL REMARKS

Acupuncturists are always looking to refine their treatment protocols for treating low back pain. The triad—the gluteus medius and minimus, the quadratus lumborum, and the SI joint—might not always be the primary cause, but they often have significant contribution to the case. This treatment protocol may be overlooked by the acupuncturist due to its more complex anatomical description as well as the lack of well-known points. However, in the end, the triad may serve as the foundation for treatment of low back pain, regardless of the actual cause or causes. Whether for bulging discs, sprain and strain to the vertebral column, facet joint syndrome, or other such disorders of the lumbar spine, I am sure you will find the triad surprisingly effective.

IMPORTANT CLINICAL NOTE

The practitioner should understand the shortcomings of an article as the sole guide in the treatment of these structures of the low back. The kidney, lung, and peritoneal cavity lie deep to some of the acupuncture points used for back pain. The intention is to initiate a discussion and provide an anatomical foundation for understanding the deeper causes of low back pain. It may require more instruction to master the location and needling of the treatments presented. **AIM**

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unregulated practitioner.

The second step in helping to ensure successful communication between our patients and their other healthcare providers is to make sure that our patients have a basic fluency in what their treatment plan entails. This means that we must be able to explain to our patients what their traditional Chinese medicine/ East Asian medicine diagnosis and treatment plan may look like. This task can be difficult; we must find a way to easily explain to patients what it is that we are treating them for, in terms of our own diagnostic paradigm, and in words that they can easily relate to the other members of their medical team. In general, it can be easiest to explain these things to patients in terms of symptoms: by explaining to them what symptoms you are addressing and in what order you are addressing these concerns, you can provide a way for patients to keep their other healthcare providers informed of your treatment goals without needing to overwhelm them with discipline-specific terminology,

or expecting your patient to explain the nuances of root and branch theory or other such treatment principles. For instance, instead of explaining to a patient that we are treating them for qi and blood stagnation that is causing back pain (which would then necessitate explaining qi, blood, acupuncture channels, etc.), we would want the patient to be able to understand that we are working with the body’s natural pain-modulating systems both locally and within the nervous system to decrease their pain and improve their functionality. This is a quick and easy explanation that patients can then relay to their physicians about the mechanisms of acupuncture and directly explain how it benefits their chief complaint(s). Without drilling them on what you have explained, ensure that your patient can convey to you what you have discussed with them about their treatment plan to ensure that they truly understand.

The third step in enabling successful communication is to open channels of communication with the

other health providers, encouraging them to reach out to you if questions or concerns arise, and reassuring your patients that you are a receptive audience to those types of questions. This reassures your patients that you are an active and willing partner in a multi-disciplinary integrative care team. You are the subject matter expert in your field, so it behooves you to be a receptive audience to answer questions and concerns those unfamiliar with acupuncture or Chinese medicine might have to prevent any misunderstandings or misconceptions from arising. This means making sure that you send your patient out with multiple copies of your contact information, so that they can share this information with other pertinent healthcare providers as needed. It also means inquiring and obtaining from your patient informed consent to confer with other relevant providers to share needed healthcare data from the onset of treatment. By establishing yourself as an informed member of the healthcare team, you set the stage for successful

communication with other providers.

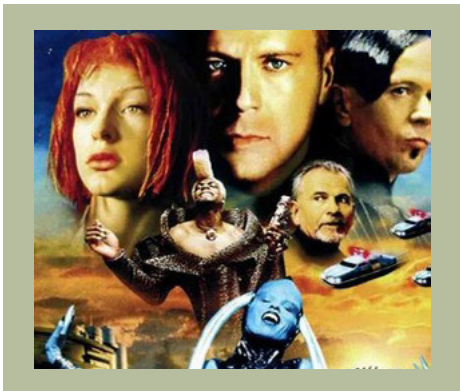
While our goal is always to be the leaders in communication and to lead the way in reaching out to other medical providers, the matter of convenience in having patients serve as liaisons between provider offices means that we must learn to enable our patients to assist us in serving the higher purpose of successful collaboration. By employing these strategies, we can assist our patients to become more confident participants in their healthcare while also ensuring that we position ourselves as open and willing participants in the field of integrative medicine. **AIM**

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his strong jaw and thick beard show an incredibly strong Wood nature and defiance of authority! When you watch the movie and see his relation to the heroes, it all makes sense.

FIRE ELEMENT – THE FIFTH ELEMENT (1997)

Given the title, how can I not discuss this movie in this article? This boisterous movie just delightfully screams fun—and fun is basically the definition of the Fire Element. It is scattered and lively; there's lots of colors and movement; the facial expressions are big. The actors portray lots of emotions and dramatics and plenty



of excitement, flirtation, romance, and fun sex (off-camera, of course—this is a PG-13 flick!). The sets are accented by many red tones and there is skin showing in the costumes throughout.

Our heroes' nemesis, Great Evil, is represented as a dark, molten planet that wants to destroy all life (Water, and a reflection of winter's cold embrace) and its servant, Mr. Zorg (played brilliantly by Gary Oldman). Zorg is quite fond of using betrayal (a human Fire emotion) as a regular tool, or even weapon, in his dealings—and he is eventually betrayed in the end. This high-adrenaline movie burns brightly and depicts quite a lot of excess excitement (another human Fire emotion). At the climax, the heroes finally recognize their love and are then able to use Unconditional Love (a transformational Fire emotion) in the form of divine light to overcome and conquer evil and save humanity. The movie ends with a happy love scene (happiness is their transformed Fire emotion reward).

All the actors chosen looked like they had a marvelous time creating this movie. They are funky, upbeat, and playful. Many of them even look a bit spritely. The actors who play our heroes are very expressive and animated, and all emotions must pass through Fire to be expressed. Bruce Willis' face has pink undertones and fabulous joy and sadness lines (crow's feet) showing that he experiences joy—and the gentle, sad, let-down from joy—frequently, and smiles a lot. These are the main emotional lines associated with the Fire Element. Milla Jovovich's character even touts fiery hair. She and Bruce Willis have bright eyes and many of their features come to points (their eyes and smiles,

especially) indicating the generous touch of Fire throughout their Elemental makeup. Even Gary Oldman has a pointed nose, angled haircut, and pointed soul-patch. The brightness of their gaze, the pointed tips of their facial features, their pink complexions, and their expressive natures are key Fire characteristics, indicating that they possess strength in their Fire Elements.

EARTH ELEMENT – MAMMA MIA! (2008)

There is a long history of love for Earth Element movies in our culture. Turn on the Hallmark channel and that is what you'll find. Romantic comedies, musicals, stories where everything works out alright and everyone ends up married at the end. The musical Mamma Mia! demonstrates the nature of the Earth Element fabulously. It is a comfortable, happy, make-you-laugh-in-an-easy-way, family friendly kind of movie about people making connections and portrayed in song. The music of ABBA, I feel, also relates to the Earth Element as it was written and performed by two couples who were family to each other for a very long time. Earth loves to keep in contact with its people. This movie takes place in a small community where everybody knows everybody. The heroes' family is working to fix up their home, which is also a hotel—their guests' home away from home. They are frequently barefoot, in contact with the earth. The costumes are relaxed and comfortable. Hair is worn down or loosely up and fashionably disheveled. Throughout the movie, the characters are constantly touching each other or sitting together, overlapping one another. The Earth Element loves a "puppy pile"!

The plot involves the bride-to-be trying to find her real father and bring her family together on her wedding day. Earth loves togetherness. The father figure is representative of the Wood Element and these struggles (the heroes' challenge) correspond to balancing, in a healthy way, the controlling effect of Wood on Earth. In face reading, the relationship with one's father figure is represented in a minor Liver area along the midline of the face and between the eyebrows anatomically known as the glabella. At the conclusion of the movie, the family succeeds in overcoming worry and confusion (human Earth emotions) and healing the fatherly relationship of the bride-to-be, and his relationship with her mother, through Instinct and Right Action (transformational Earth emotions) to become whole—and then all the heroes end up in relationships!

The faces of our heroines have firm, healthy flesh, and wide mouths with beautiful, full lips. Their bodies are curvaceous and well-fed. The extra padding on their bones gives them a softer appearance, but it is firm and does not hang, showing the strength

of their Earth Elements. Because their faces have good bone structure, but the bones are not protruding, it shows their Earth warehouses are full. This implies resilience during difficult or more scarce times because they possess extra Earth resources. Their large and wide mouths show generosity and strength of Earth. Their full lips speak to their delight in the comforts of life: good food and drink, comfortable materials and fabrics, and the desire to live an easy life without too much struggle. This heart-warming movie shows how the Earth Element is all about peaceful, comfortable enjoyment of what is and being with its people.

METAL ELEMENT – PASSENGERS (2016)

This movie exudes beauty and elegance in the pristine nature of its theme, set, execution, and actors. It portrays belief that what will be is sure to be better than what is. Its aesthetics are future-oriented as the movie takes place on a spaceship; whites, blacks, and pastels dominate the expensive, top-of-the-line, cruise-ship-styled spaceship. It is decorated in dark woods, lush fabrics, and high contrast glass, acrylic, and metallic.

The major theme of this movie is being alone. The ship is alone in space, years from any other human



contact or help. The heroes are alone on the ship—everyone else is asleep for the duration of the journey. The heroes spend a lot of time alone from each other by choice. The awe and excitement at the opening of the film quickly transitions into feelings of panic and loss. Loneliness and sorrow (human Metal emotions) are invoked immediately afterward and then linger. Although they have unlimited creature comfort resources available to them and their physical needs are met, they are emotionally alone. After reaching rock bottom, these emotions are replaced by a sense of hope, with the potential for something better. The heroes experience an extreme sense of lacking (another human Metal emotion) and the anger of Metal through excommunication when confronted with the truth, each standing in their own truths, but when presented with the heroes' challenge—the nemesis (Fire) is literally a fire—they must

come together again to succeed, seeing the truth of what is (tonifying the mother, Earth, to nourish the child, Metal). And succeed they do: the last scene, after witnessing mindful resolutions following the averted disaster (mindfulness is a transformational emotion of Metal), is our heroes coming together in a beautiful crystalline and clear environment with a sweeping expanse of a view; she whispers in his ear, "Hell of a life!", expressing the full magnitude of gratitude (the primary transformational emotion of Metal) they developed for their very unorthodox yet undeniably remarkable life. We, the viewers, never learn if the heroes have children (the family aspect of the Earth Element), but they do leave behind beauty (Metal) in their works (one's life's work is one of the three types of immortality—that is for another lesson!) and they allow the creation of a new colony after the extended hibernation in space (Metal passing through Water and into Wood).

The actors who play our heroes, Jennifer Lawrence and Chris Pratt, are beautiful people. Their faces are very symmetrical and diamond-shaped (they have broader cheekbones than temples and jaws), which emphasizes their Metallic natures and independence. They are serene. They both have aquiline noses and strong cheekbones, indicating a powerful sense of command. Their pale coloration, light eyes, and light-colored hair all accentuate and reinforce the Metallic theme of this movie and main color of Metal: white. Every minute detail of this movie breathes Metal.

Lillian summarized the personalities of the Five Elements through a fabulous list of adjectives in her text (Five Element Personality Quiz, Table II-2, p. 87). This list, along with her chapters on Water, Wood, Fire, Earth, and Metal, provides so much clarity about the nature of the Elements, and made clear how they relate to each other. Her exposition thus disambiguates how the world, including human relationships, flows in its Elemental influences. I find this to be exceptionally useful in clinic as I work with patients to help them understand imbalances within themselves, in their external lives, and in their interpersonal relationships, and how they can attain better balance in life in general. Lillian taught me to see how the Five Elements manifest on our faces and through our personalities. Now, I am seeing the world through full spectrum, Five Element glasses. I invite you to join me in studying her immortal legacy so you may do the same!

AIM

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Don't Fall into the Diabetic COVID-19 Vacuity Repletion Trap

By **ANDREA RAMEY, MT, MD**

Diabetes is a condition caused by too much sugar in the bloodstream. The major types of diabetes are:

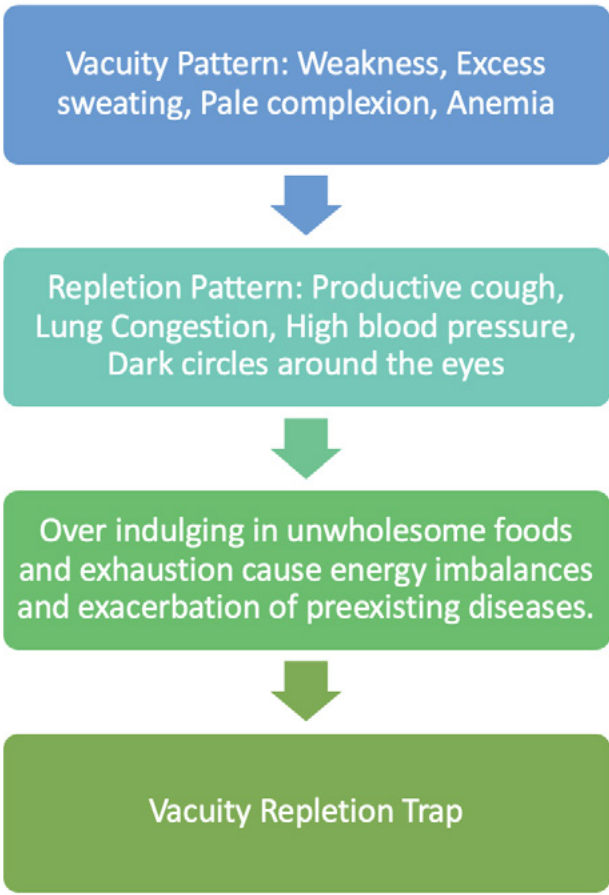
- Type 1, in which the pancreas produces little or no insulin.
- Type 2, which is associated with an unhealthy lifestyle. Obesity is a common factor that leads to an insufficient production or absorption of insulin, which impedes transportation of glucose into all of the body's cells.
- Gestational, which generally begins during pregnancy and may or may not resolve after the mother has given birth. The added weight gain in pregnancy leads to inadequate insulin production by the pancreas, which leads to high blood sugar levels; also referred to as hyperglycemia.

COVID-19 RELATED MEDICAL CONDITIONS

Coronavirus Disease 2019 (COVID-19) causes a respiratory distress syndrome that presents with a variety of symptoms depending on the health of the individual. Symptoms may range from runny nose and sneezing to a severe cough and headache. Common medical conditions exacerbated by COVID-19 include, but are not limited to anxiety, asthma,

medical conditions present a risk and are generally managed by a variety of treatment and management plans offered by a healthcare provider.

THE LINKS BETWEEN COVID-19 AND



DIABETES

Based on findings from the American Diabetes Association, those with gestational and type 1 diabetes are more likely to contract mild to moderate respiratory distress syndrome in response to infection with COVID-19. Research has shown that individuals with type 2 diabetes, however, are likely to develop moderate to severe cases of COVID-19 due to other associated medical condition, and indicate

that the associated heart disease, obesity, and chronic renal failure frequently leads to a downward spiral. 'The Diabetic COVID-19 Vacuity

Repletion Trap'

The development of a respiratory disease like COVID-19, combined with the insulin deficiency related to type 2 diabetes, leads to a 'vacuity repletion trap' in individuals with poor lifestyle and dietary habits. Overindulgence in unwholesome foods and exhaustion causes energy imbalances and exacerbation of preexisting diseases.

DIABETES, COVID-19, AND FESTIVITIES: WHAT YOU NEED TO KNOW TO AVOID FALLING INTO THE TRAP

HAVE A MEAL PLAN

Eat regularly scheduled, balanced meals at the normal time. Eating outside of the meal plan designed by a healthcare practitioner may lead to the development of high blood sugar levels. Avoid carbohydrate rich snacks by replacing them with nuts and grains. Bring a healthy dish to dinner parties to make sure there is a completely prepared well-balanced dish.

BEWARE OF THE BUFFET

Approach the buffet with caution. Avoid or limit alcohol consumption; especially before going to the buffet. Try using a dessert size plate to ensure a small portion of food, and only make one trip to the buffet to ward off over indulging in deliciously unhealthy foods. Eat slowly and take small bites; the same plate of food will last longer.

TAPER TEMPTATIONS

Create a reward system with a favorite treat that fits into your meal plan. Try to avoid carbohydrate rich foods. Fruit-, nut-, and grain-based sweets that are low sugar and gluten free, are a wonderful delight.

EXERCISE, EXERCISE, EXERCISE

Consider exercise one of the keys to success. Increase normal activity by incorporating exercise into a routine that is beneficial and well balanced. Some effective ways to reduce stress and keep the waistline down are: try parking at the back of the parking lot; take the stairs, with caution, and start slow if necessary; and a walk after dinner is a wonderful way to reduce stress and avoid unhealthy weight gain.

A SATISFYING SLUMBER KEEPS THE MIND AND BODY SYNCHRONIZED

Maintain your sleep schedule. A healthy sleep keeps the mind and body in harmony. Seven to eight hours of sleep a night are beneficial

and lead to a productive day. Sleep that is disrupted, or having trouble falling asleep, may indicate signs of a deeper problem. A good night's sleep has been proven to reduce stress and create balance throughout the day.

MAKE A LOW CARB, HEART-HEALTHY PLATE TO KEEP THE SPIRITS BRIGHT

Plan to make a healthy plate for social engagements. A night out on the town does not have to lead to high blood sugar levels the next morning. Try following these healthy eating tips proposed by the Centers for Disease Control and Prevention:

- 1) Use a small dinner plate or a dessert size plate to prevent overeating.
- 2) Half of the plate should have vegetables such as leafy green lettuces, kale, collards, mustard greens, and spinach. Try to also include colorful vegetables such as bell peppers and carrots.
- 3) One fourth of the plate should have proteins in the form of beans, meats, and soy. Black and white beans are very nutritious; fish, beef and chicken are hearty meats; and tofu is easily prepared in a variety of ways.
- 4) One fourth of the plate should have healthy carbohydrates. Rice, pasta, potatoes, and yogurt, for example, are savory complements to a meal. Try to avoid pastries and keep sweets to a minimum. **AIM**

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multiple types of chronic obstructive pulmonary diseases, cancer, chronic kidney disease, diabetes, heart disease, and obesity. Comorbid COVID-19

The benefits of each training zone

ZONE 5 | HR : 179-186 | Watts : 301-327

Improves VO2max, Enhances fat burning efficiency and cellular health, Increases fatigue threshold.

ZONE 4 | HR : 169-179 | Watts : 261-301

Increases fatigue threshold, Increases anaerobic threshold, Improves VO2max.

ZONE 3 | HR : 150-169 | Watts : 230-261

Improves heart fitness.

ZONE 2 | HR : 124-150 | Watts : 190-230

Enhances fat burning efficiency and cellular health, Improves recovery capacity.

ZONE 1 | HR : 114-124 | Watts : 182-190

Recovery.

carbon dioxide homeostasis has been shown to have an impact on cancer and many other diseases, with some experts believing it is at the root of all disease (1).

What can be done to correct this? Breathwork: conscious, controlled breathing done especially for relaxation, meditation, or therapeutic purposes (5). Taiji, qigong, other forms of martial arts, yoga, and Chinese medicine have been emphasizing breathwork for thousands of years. In Chinese medicine, qi is air, or life-force. Without qi, or air, there is no life, and with compromised qi, life is also compromised.

By combining traditional and empirical data from Chinese medicine, meditation, and other traditional medicines that focus on breathwork with modern research, we can see that this conscious and controlled

tissue hypoxia may serve as a central factor for carcinogenesis, invasion, aggressiveness, and metastasis (6). Other hypotheses postulate a connection between the prolonged survival rate of those cancer patients undertaking a regular morning breathwork exercise regimen, linking it to a reduction in hyperventilation and psychological factors.

It is important to know that hyperventilation, which is usually rapid or deep uncontrolled breathing, can cause a build-up of CO2 leading to symptoms of dizziness, light-headedness, impaired thinking, heart palpitations, confusion, numbness, sleep disturbance, muscle spasms, and more (6). This can put people into a state of flight or fight, over-taxing the sympathetic nervous systems, releasing too many stress hormones into the blood stream, and overall depleting the body making it more

body-mind training for dealing with stress and psychosomatic conditions, involves contraction of the diaphragm, expansion of the belly, and deepening of inhalation and exhalation, which consequently decreases respiration frequency and maximizes the amount of blood gases. Benefits of diaphragmatic breathing have been investigated in association with meditation and ancient Eastern religions (such as Buddhism) and martial arts (8). It is a core component of yoga and taiji and contributes to emotional balance and social adaptation (8). Neuroendocrine response in terms of reduced cortisol levels is largely linked to this type of breathwork.

Lastly, since we can breathe through both our nose and/or our mouths, this should be discussed. In the traditional forms of conscious breathing, such as taiji or qigong, the mouth is kept closed and focus placed on breathing through the nose. Modern research has shown that nasal breathing for the majority of the time is superior to mouth breathing and cognitive decline can be linked to mouth breathing (9). Oral health, dento-facial development, and changes in facial morphology have also been linked to mouth breathing (10).

Given this data, it appears that ten breaths per minutes with a closed mouth focusing on diaphragmatic breathing may lead to the best results.

Without O2, death is inevitable, and with compromised O2, longevity may be compromised. Luckily, our body houses a unique computer system that allows us to breathe without thinking about inhaling and exhaling to keep us alive. We can take further steps to live optimally and well for a long time by improving VO2 max with tailored zone training, and breathwork as mentioned above can tap into multiple areas to maximize longevity and performance.

*I recommend contacting an exercise physiologist with a medical clearance to have your patients safely tested for VO2 max. This will tell you

the correct training zone and allow you to establish an exercise program.

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breathwork leads to a state of well-being, health, and longevity.

In a ten-year experiment with cancer patients, researchers found that morning breath exercise prolonged lifespan by improving hyperventilation in people with respiratory cancer (1). Kunz and Ibrahi have proposed that

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