Oriental & Medicine

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Pacific College of Oriental Medicine Receives WASC Regional Accreditation



n March 2015, Pacific College of Oriental Medicine received regional accreditation from the Western Association of Schools and Colleges (WASC). This achievement reflects five years of hard work on the part of faculty, staff, and students. WASC commended the college for its commitment to quality improvement, its shareholder support, and its investment in full-time faculty, new facilities, a modern student information system, and the addition of numerous leadership positions.

Pacific College of Oriental Medicine joins the ranks of such schools as UC Berkeley, Stanford University, and the California Institute of Technology, well-known institutions also accredited by WASC. As part of the first wave of integrative medicine schools to become regionally accredited, PCOM will use this recognition to increase research and scholarship at the institution for the benefit of the holistic professions it represents—massage,

continued on page 6

PRSRT STD
J.S. POSTAGE

PAID

Solingbrook, IL

Remembering Alex Tiberi

lex Tiberi, one of the early pioneers of Chinese Medicine in the United States and a founder of Pacific College of Oriental Medicine, passed away on November 18, 2014. Throughout his life, Alex practiced medicine, lectured, and led study groups around the globe, inspiring innumerable students with his irresistible enthusiasm. He was a student of Buddhism for over 30 years, and practiced both Tibetan Vajrayana and Japanese Shugendo. Alex was also an accomplished martial artist, wellversed in horseback archery, aikido, and jousting. Grieving tributes and poetry in Alex's memory poured in from around the world and the web.

On December 11, 2014, family, friends, students, and classmates of Alex Tiberi gathered at PCOM's San Diego campus to memorialize Alex in heartfelt words and photographs. A prayer room and altar gave attendees a quiet space to focus.

For those who were not able to join us in remembering Alex Tiberi in San Diego, PCOM has provided a recording of the memorial service (http://goo.gl/GEdLKz) as well as a photo album on the PCOM-San Diego Facebook page (http://goo.gl/CgRpiT)



TRIBUTES TO ALEX

It is with the heaviest heart that I inform you that our dearest friend and colleague, Alex Tiberi, has passed away. As a founder of Pacific College, he was our partner, friend, and family member. He was our teacher and mentor. He was and will remain in our hearts an immense joy and inspiration. We will share our many memories when we can. For now, we send our love and support to his wife, Claire,

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 Academic Dean; Welcome,
 Brendan Mattson





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Reaction Without Thought: An Interview with Herman Kauz, Tai Chi Master

erman Kauz has been a prominent teacher of tai chi for over 60 years. For the past 15 years, he has instructed the Push-Hands class on the San Diego campus. In the 1970s, he trained with Cheng Man-ching, himself a student of Yang Chengfu, who was one of the most famous teachers of tai chi ever to have lived. Cheng Man-ching's short-form Yang-style tai chi, one of the first to be introduced to the West, has since become the most widespread style of the art in the Unites States. He is the author of several well-regarded books in the field, including *The Martial Spirit*, A Path to Liberation, Push-Hands: The Handbook for Non-Competitive Tai Chi Practice with a Partner, and The Tai Chi Handbook.

HOW DID YOU START ON THE PATH TO TAI CHI?

At first, I studied judo in Hawaii in 1948, while I was in the Navy. I won the 1953 and 1954 champion

heavyweight judo tournaments. Shortly afterward I was injured, then ended up taking karate after I had recuperated. I eventually traveled to Japan to learn more karate.

SO HOW DID YOU END UP SWITCH-ING FROM THE HARDER MARTIAL ARTS, LIKE KARATE AND JUDO, TO A SOFT ART LIKE TAI CHI?

I was looking for something more meditative. Both judo and karate could be thought to have that element in their approach, but I was reading about Zen and decided to go to Japan to study. I discovered, though, that I didn't really like just sitting. I found it difficult to change from such an action-oriented approach, so I returned to New York and found Cheng Man-ching.

I'd previously studied with Stanley Israel (ed: considered to be one of, if not the best of the 1960s American judo practitioners, who pursued tai chi almost exclusively after meeting Man-

ching), and Stanley recommended Cheng Man-ching. Some of my Hawaii friends had also studied with him.

Man-ching needed enough money to support his family, so the people of Chinatown permitted him to teach outsiders, which at the time was extremely unusual. I was just after the first wave of people to learn from Man-ching. Originally, the beatniks that were part of the first wave were just looking for a "sage", and Cheng Man-ching with his wispy beard, and as the Master of Five Excellences—those being painting, calligraphy, poetry, tai chi,

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WHEN IS A MAN IN MERE UNDERSTANDING?

I answer, "When a man sees one thing separated from another." And when is a man above mere understanding? That I can tell you: "When a man sees All in all, then a man stands beyond mere understanding."

-Eckhart Tolle



MaMassageTM: The Benefits of Prenatal Massage

By KIERA NAGLE, MA, LMT

believe massage therapy has a ripple effect--a radiating energy, an extension of our clients' own healing processes, on through to the other humans within their circle. In our work with pregnant clients, this connection is even more obvious, and infinitely rewarding. When we work with a woman who is carrying another human inside her, we are essentially working with two people simultaneously. As practitioners of touch therapy, we must be fully present to be mindful of that fact. Part of our role as therapist is to educate our clients (and other health care practitioners) about the many benefits that purposeful bodywork engenders for both the mother and the baby.

For all of our clients, stress can contribute to, and exacerbate, a variety of physical and emotional conditions in the body. In general, massage can reduce stress in the body by decreasing muscular tension, releasing the fascia, increasing circulation and respiration, and eliciting a parasympathetic nervous system response: relaxation. These effects are especially important for our pregnant clients, as the rapid and profound physiological changes they experience can produce stress and anxiety, in addition to having a major impact on all the body's systems from musculo-skeletal to cardiovascular and digestive. In 2015, there is an abundance of research available that supports the efficacy of massage for the treatment of pregnancy-related symptoms, postpartum depression, and infant development. Much of this research has been conducted at Touch Research Institute at the University of Miami School of Medicine, led by Director Tiffany Field, PhD.

Prenatal massage can address specific symptoms unique to pregnancy. By decreasing chronic muscle tension, we can help to restore our client's postural balance and reduce back pain. By increasing blood and lymph circulation, we help to expedite the delivery of nutrients to tissues, and the elimination of waste from the body; this can also reduce swelling and sup port a healthy in-utero environment. With the incorporation of breath work into the session and massage techniques that relax the respiratory, we can assist the client to breathe more deeply, which in turn delivers more oxygen to the fetus. When we apply acupressure at specific points, we can help to disperse excess and nourish deficiencies, both physical and energetic. On the psychological/emotional level, our client's experiences of touch therapy during her pregnancy can help increase her awareness of her



body, and deepen her connection to her experience of this human phenomenon. A closer and more positive relationship to her body, and her self, fostered by the massage experience, can help prepare her physically, mentally, and emotionally for the labor process.

Through massage and other supportive modalities, we can elevate our perception of pregnancy, by supporting women's bodies and helping them to create positive associations with action and language. We can encourage our clients, sisters, significant others, and friends who are pregnant to take the time to take care of themselves during each stage of the process. New mothers who do so will likely find themselves in a better state to take care of their babies. While in popular culture massage may still be perceived as a "treat", a special or extraordinary experience, we can educate women to consider that integrative health care is not pampering, and should not be seen as a luxury.

As a teacher, I am often asked a range of questions from both ends of a spectrum: those of a highly precautionary nature that fear working

with prenatal clients out of concern for harm; and those on the other end, that attempt to downplay or disregard some of the cautions that are indeed necessary to consider for massage during pregnancy. I created my Ma-Massage™ classes to address both ends of that spectrum and the range of content in between as well. Pregnancy is not a disease or an illness and should not be treated as such, but it is a special condition that requires a deeper investigation of anatomy, physiology, and techniques. I advocate that practitioners who work with prenatal clients do pursue continuing education for these reasons. There are some cautions such as specific acupoints that we need to avoid, and it is absolutely necessary to have a working knowledge of high-risk conditions. The training, however, is not only about what you can't or shouldn't do with a pregnant client. It also provides insight into the various techniques and special positioning that can be used to address the common discomforts of pregnancy.

While I love every minute of this work, with each client and student, the most exalted moment occurs at

the start and end of each session. In those primary and terminal moments of connection, there is an electric quality to the air around us. The therapist "joins forces" with the client and the tiny human inside her to form a circular trinity of energetic exchange in the therapeutic present. Sometimes there is a flutter beneath your hands; the baby acknowledging the warmth, or the touch. Sometimes you feel the client's relief as she exhales, or her muscle release as she lets go. It is awe-inspiring to hold space for them both as they weave together and heal themselves, from the outside in, and the inside out. **OM**

KIERA NAGLE, MA, LMT serves as faculty and clinical supervisor, as well as the Assistant Dean of Pacific College of Oriental Medicine-NY. She provided prenatal massage at University of Nebraska Medical Center in a groundbreaking integrative health partnership, and serves as Clinical Supervisor for Massage Therapy Interns at Katz's Women's Hospital at NSUH-LIJ. She's the mother of an amazing four year old. Please visit her website: **MaMassage.org** for more information.

Pacific College Partners with *TCMzone*

Pacific College of Oriental Medicine (PCOM) is proud to announce our new partnership with TCMzone, LLC, a leading herbal medicine company. TCMzone, located in Tempe, AZ, will be producing PCOM-labeled, proprietary herbal formulas. Jack Miller, president of Pacific College, and Dr. Dan Wen, president of TCMzone, gave a joint talk this past fall to introduce the alliance. TCMzone was selected from multiple competing suppliers based on their high-quality products, their commitment to service, and mutual educational initiatives.

"We're quite excited that we have become the supplier to the College. This is the first time that a school has had its own brand of herbal products. It's important to have a proprietary line because you can't just go online and buy these from somewhere else; they're available from PCOM, nowhere else," said Wen. TCMzone will be handling unified inventory management for all three campuses, in San Diego, Chicago, and New York. "TCMzone will be able to label our herbal formulas in a way that will support our students' study. We look forward to conducting herbal research with TC-Mzone's support," said Miller.



From left: Dr. Dan Wen, President of TCMzone; Greg Lane, LAc, Director of Clinical Services, PCOM San Diego; Jack Miller, President of PCOM.

the herbal line including education about quality control and the use of granules with patients. Next year, TCMzone will sponsor a trip to China for two PCOM faculty members to tour and audit the facilities where the products are made. TCMzone will also discount their ongoing two-week clinical training trips to Beijing and Shanghai for PCOM students and faculty. In the future, TCMzone will be sponsoring herbal research initiatives within PCOM's doctoral program. **OM**

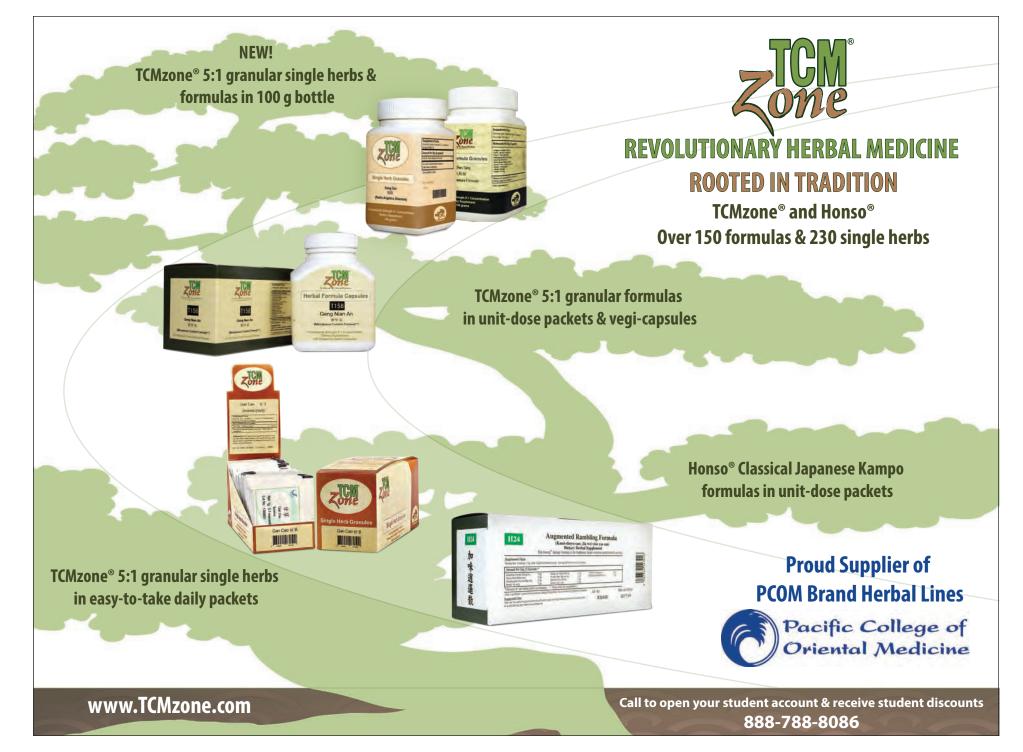


PCOM and TCMZone cooperated to select 89 Chinese classic formulas and 200 single-formula herbs for the initial run. As Wen pointed out, "this is just a starting point; if we have the need to expand the line, we can do that. If a practitioner here at PCOM has a 'secret recipe', we can do that too."

TCMzone will be offering intro-

TCMzone will be offering introductory training sessions to students on all three campuses through online webinars or onsite seminars on





nursing, and acupuncture and Oriental medicine.

As a result of its WASC accreditation, PCOM will offer the entry-level Doctorate of Acupuncture and Oriental Medicine (DAOM), initially in San Diego. The Chicago and New York campuses are in the process of seeking their respective state approvals. This degree has been known in the industry as the first professional doctorate or FPD. The ten-year success of the college's post-grad doctoral degree program has created a culture of scholarship, research and critical thinking, further enhanced by the five-year National Institute of Health (NIH) grant to support faculty training in evidence-informed practice. These two institutional endeavors provide

a strong foundation to support the new entry-level DAOM. The entry-level DAOM will advance the foundational skills presented in the college's MSTOM with inter-professional communication, evidence-informed practice, systems-based medicine, advanced integrative diagnostics, and collaborative care. Individuals interested in the entry-level DAOM should contact an admissions representative.

WASC invited Stacy Gomes, PCOM's Vice President of Academic Affairs, to attend their Assessment Leadership Academy (ALA). She acquired advanced knowledge on a range of assessment-related topics such as training, consultation, and leadership. The skills Stacy learned at the ALA have aided the college immeasurably in supporting the scholarship of assessment that WASC requires.

As an institutional accreditor, WASC recognizes schools with established, research-based criteria, fostering excellence in education through school improvement. WASC accreditation also opens the possibility of financial aid for doctoral students.

The self-study required to achieve WASC accreditation has been tremendously beneficial for PCOM. The college used its long-established self-examination and self-improvement processes to solicit and apply input from all its key stakeholders. These processes, applied by the college's personnel, help ensure that the college is

optimizing the student and faculty experience in an ever-changing higher education and health care environment. Faculty have taken an increased role in determining educational criteria and ensuring educational effectiveness. Key positions have been added to enhance the student, as well as employee, experience at Pacific College.

As interest in doctorate-level acupuncture and Oriental medicine programs has grown, PCOM has focused its attention and resources on developing levels of teaching and learning appropriate for advanced students. The demands of these programs have brought a greater focus on critical

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HIGHLIGHTS OF WASC-RELATED IMPROVEMENT

FACULTY ADVANCEMENT

- Hired over a dozen additional full-time faculty
- · Tripled annual full-time faculty hours
- · Faculty contracts implemented
- · Full-time faculty contracts implemented
- Funded over a dozen faculty members' participation in research, publication, and professional meetings for faculty development
- Awarded \$669,000 NIH grant for Evidence-Informed Practice: Faculty and Curriculum Development, the first NIH grant of its kind
- Plans in place to increase full-time faculty percentage by an additional 50% by 2017
- Implemented DAOM tuition reduction program for faculty members, of which many faculty have already taken advantage
- Across-the-board increases in faculty hiring budgets
- Cross-trained additional faculty to manage program reviews

DIRECTOR OF INSTITUTIONAL RESEARCH HIRED; TaskStream accountability system in place

DIRECTOR OF HUMAN RESOURCES

HIRED; hiring, orientation, workload, evaluation, and other HR policies and procedures documented and systematized

VICE PRESIDENT OF ELEARNING
HIRED TO SUPPORT DISTANCE
EDUCATION INITIATIVE

FACULTY GOVERNANCE COMMITTEES IMPLEMENTED

- Elected full-time faculty governance chairs at each of the three campuses to manage and coordinate committee action items and cross-campus dialogue
- Completed charters for administrative and faculty governance committees
- Committees now include:
- Curriculum and Program Review Committee
- Institutional Research Committee
- Curriculum Advisory Committee
- Program Advisory Committees

IMPLEMENTED CAMPUSVUE STUDENT RECORDS SYSTEM FOR DATA MANAGEMENT

- Vastly improved data collection, accuracy, and effectiveness
- Cohort graduation, retention, and transfer rates are analyzed
- Demographic statistics are tracked

CONSTRUCTED ADDITIONAL FACULTY OFFICE AND STORAGE SPACE AT EACH CAMPUS



BIGINS Pacific College of Oriental Medicine

Pacific College of Oriental Medicine is proud to announce that it has received **regional accreditation** from the Western Association of Schools and Colleges (WASC)

As a WASC-accredited college, Pacific College of Oriental Medicine joins the ranks of such schools as the University of California, Stanford University, and the California Institute of Technology.

WASC commended the college for its commitment to quality improvement, its shareholders support, and its investment in full-time faculty, new facilities, a modern student information system, and the addition of numerous leadership positions.

Part of the first wave of integrative medicine schools to become regionally accredited nationwide, PCOM will use its regional status to increase research and scholarship at the institution for the benefit of the holistic healthcare professions it represents.

MSG

WHAT DOES IT ALL MEAN?

- PCOM will offer an entry-level doctorate degree (DAOM) starting in San Diego, commonly referred to as the first professional doctorate (FPD).
- Financial aid will soon be available for eligible students in all degree programs, including the Doctorate of Acupuncture and Oriental Medicine.
- This is another indication of society's growing recognition of acupuncture and Oriental medicine.

To Pursue Your Career in Oriental Medicine, Contact Us at (877) 764-2694

Pacific College of Oriental Medicine, founded in 1986 as one of the first acupuncture schools in the United States, has a student body of over 1300, at campuses in San Diego, New York City, and Chicago.

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Ayurveda and Sleep

By PRANA GOGIA, MS, MBA

leep is a key ingredient for a healthy and joyful life. Good sleep acts as a rejuvenator of the mind and regenerator of the body, enabling us to perform optimally during our waking hours. Even powerful medicine is of hardly any use if this fundamental ingredient of life is missing.

Unfortunately, the modern approach to getting enough sleep is taking vast numbers of sleeping pills. Approximately 60 million sleeping pill prescriptions were filled in 2011, a new high. Both the effectiveness and safety of these drugs are inadequately reviewed, and though typically prescribed for short-term use only, some users become abusers, heavily addicted. The long-term use of sleeping pills is strongly correlated with much higher rates of death in the following years—5 to 10 times higher.

UNDERSTANDING SLEEP

In both Traditional Chinese Medicine and Ayurveda, three essential energies sustain us:

- *ojas* (Ayurveda) or *jing* (TCM), loosely translated as essence;
- *prana* (Ayurveda) or *qi* (TCM), loosely translated as energy;
- tejas (Ayurveda) or shen (TCM), loosely translated as mind.

Sleep supports the generation of ojas, which is the refined substance derived from digestion and assimilation of food. Ojas in turn supports all somatic/bodily functions, governing the growth and healing processes of the body and enhancing the immune system.

"Dependent on sleep is happiness and misery, corpulence and leanness, strength and weakness, potency and impotency, intellect and non-intellect, life and death." Sage Charka, father of modern Ayurveda

According to TCM, sleep is a result of harmonious coordination between yin or *ying qi* and yang or *wei qi*. The Yellow Emperor's Inner Canon, chapter 18, states that yang circulates 25 times in the yin meridians during the night and 25 times in the yang meridians during the day. As a result, when it arrives at the yin meridians, it "goes to sleep" and when it arrives at the yang meridians, it "awakens".

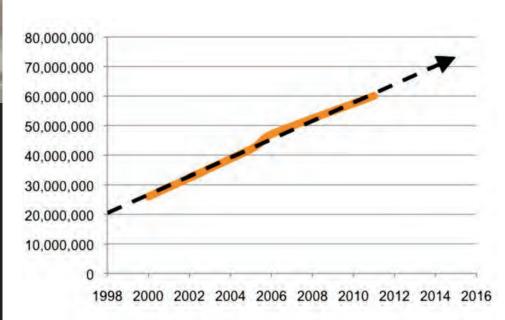
On the other hand, yin follows the regular meridian flow and continuously circulates through the body in a daily cycle. Both yin and yang share the same origin, and the movements of these two types of qi coordinate to maintain a harmonious balance, including the sleep-wake cycle.

Sleep is a result of harmony between the yin and yang, which allow the anchoring of shen in the heart. When the yin/yang interaction is out of balance and weakening of the yin encroaches on yang circulation at night, it can cause restlessness of shen, or shen floating upwards instead of resting in the heart. This results in sleep disorders.

In the Indian tradition of Ayurve-da and Tantra, sleep is considered to be one of the states of consciousness (the other two being wakefulness and dream state). Prashnopanishad says that the state of sleep is the result of awareness withdrawing from the senses. The Brihadaranyaka Upanishad, a classic text of Yoga and Ayurveda, says that the heart is

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Sleeping Pill Prescriptions from 2000-2011, trended forward



Data from IMS Health.

PACIFIC COLLEGE OF ORIENTAL MEDICINE RECEIVES WASC REGIONAL

ACCREDITATION continued from page 6

thinking, research and scholarship, faculty development, and, ultimately, achievement of this regional accreditation. As a result of its striving for this accreditation, the college is engaged in the national dialogue on

the assessment of student learning, and the meaning and value of higher education degrees. This achievement provides an opportunity for the voice of our professions to be heard in the mainstream of higher education. **OM**

ACCREDITATION TIMELINE PCOM San Diego receives ACAOM accreditation 1993 **PCOM New York receives ACAOM** accreditation 2001 **PCOM Chicago receives ACAOM** accreditation 2006 **PCOM San Diego receives** California Bureau of Private Postsecondary Education approval 2008 to offer undergraduate massage **PCOM San Diego receives** and post-graduate DAOM **ACAOM** accreditation for the post-graduate DAOM 2009 **ACCSC** accreditation granted **PCOM Board of Trustees** resolves to seek WASC accreditation **WASC** candidacy granted **New York State Education** Department and Illinois **Board of Higher Education** approves the DAOM PCOM receives candidacy by the Accreditation Commission for Education in Nursing (ACEN) WASC approval of substantive change for entry-level doctorate or First Professional Doctorate (FPD) **PCOM ACCREDITED BY WASC**

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Secrets of a Feng Shui Goddess

By AMANDA COLLINS

onsidering we spend over 80% of our time indoors, it's vital that our home is supportive and nurturing for us. When you enter your home, you should feel as though it is hugging and embracing you. Your home is merely an outward expression of what is going on inside its tenants. This is why it is so important for your home to reflect the life you want to live.

I am always asked what the first step in feng shui is. Most importantly, I suggest that your home is clutter-free. That means getting rid of anything that is no longer serving or honouring you. This includes clothing you have not worn in a year, things that are broken, things you don't need, use or love. Oh, and if someone gave you something and you do not love it, get rid of it. Clear it out and pass it on to someone that needs it, give it to charity or recycle it, always honouring Mother Earth.

ATTRACT LOVE

Dress the home up like you are already in a loving relationship. Have all the items in the bedroom in pairs, night stands, lamps, etc. Make space in the closet showing

* MAKE SURE YOUR HOME REFLECTS ABUN-DANCE. Get yourself fresh flowers every week. Make sure your front entrance is warm and welcoming to invite the energy into your home.

you have time and space in your life for a relationship. Bring in artwork and statues that show a romance and intimacy. The bedroom is for rest and romance, and anything that is not serving this should be removed. Keep photos of your family, friends and past lovers out of your bedroom. This year, the southwest corner of your home is the area for love, so place some rose quartz and a small water fountain there.

ABUNDANCE

Make sure your home reflects abundance. Get yourself fresh flowers every week. Make sure your front entrance is warm and welcoming to invite the energy into your home. Do not put a cactus by the front door; it will deter the abundance from coming in. Position your bed in the 'command position' and avoid sleeping

under a window or overhead beams. Have a solid wall behind you, and be able to see the door from your bed.

FOCUS AND OPPORTUNITIES

The same rule goes for your desk positioning: do not align the desk with the door, but be able to see it as you work. By doing this it allows your nervous system to relax so you can be more focused on what you are doing. This invites opportunities into your life, by not having your back to them. The southeast location of your home is for wealth. Place related items in this area.

IMPROVE YOUR HEALTH AND WELLBEING

Keep the kitchen clean and bright. Keep all EMFs (Electromagnetic Fields) to a minimum and away from the bedroom. Replace old, digital alarm clocks with battery-powered clocks or keep your clock away from the bed. Let go of the microwave. Bring as much natural light and fresh air into your home as possible. Have lots of fresh, live plants to improve the air and beautify your home.

Invite all the elements of nature into your home; natural gems, gentle water fountains, fresh flowers, and natural sunlight for the fire element.

Create a special altar--an area where you can meditate, dream, journal--a special sacred space that's private for you. Keep your toilet lids down to avoid spreading germs throughout the bathroom. Get rid of toxins and chemicals in your home

The center of your home represents health, so make sure it is not cluttered. Live in harmony with the earth, be grateful, and love your home. **OM**

AMANDA COLLINS is a Feng Shui expert for the International School of Feng Shui, a Yoga teacher, a singer-songwriter, and a spiritual guide who leads people on journeys around the world, their own homes and most essentially, their internal land-scape. www.sdfengshui.com.



Trauma: The Hidden Pathogenic Factor

By FELICE DUNAS, PhD

ave you ever experienced a burn that instantly felt better once you put ice on it? After a few minutes of relief, it is natural to assume that removing the ice would not cause an increase of pain, so you remove the ice. Surprise, the burn becomes more intense and the pain sinks deeper into your body. You reapply the ice. This goes on for a while. Ice goes on, ice comes off to surprise you with burning pain. On again, off again. Finally you can remove the ice and the pain will have sufficiently subsided. Trauma works the same way in that it continues to trickle into your body unless you stop it. If left unchecked, this silent, toxic force seeps deeper continually over the course of years.

A burn feels better over time but trauma becomes worse. We all know a college football or tennis player who felt great until hitting 40 or so, when the trauma that had resulted from acute injuries during the teenage years has had enough time to warp the joints, creating arthritis, twist the bones, causing spurs, or dry the ten-

* TRAUMA ACTS LIKE A WAVE OF CHI MOVING FROM THE SURFACE OF THE BODY TO THE INTERIOR. Many patients can describe the rolling feeling that passed through them at the time of the damaging event.

dons, resulting in chronic tendonitis. As our returning soldiers can attest, post-traumatic stress disorder increases its deleterious effects as years pass; read the research on Vietnam vets or children who have inadvertently been harmed by rough divorces. Studies substantively documents that psychological trauma related disorders worsen over time. These effects are cumulative. They have memory.

First called "Hit Medicine" by our professional ancestors, trauma and its resulting syndromes were studied carefully as they were commonly experienced by soldiers and martial artists in battle and competition. Even today, the martial arts are highly rated

as an injurious group of sports on the international, competitive circuit and, not surprisingly, "Hit Medicine" techniques are still employed.

HOW TRAUMA EXPRESSES ITSELF

Jackson, an athletic young man, rides his bike on a downtown sidewalk. As he passes the exit of a parking structure, a large, rust-colored van tears out onto the street and slams into him. His bike twists and flies through the air; his body follows and impacts on the asphalt. Unconscious on the sidewalk, Jackson's head pounds repeatedly in spasm. I run to him, kneel down, and place my hand under his head to stop the seizures

from hammering his skull into the pavement. Then I dig my fingernail into Heart 9 on his pinky finger. The seizures stop instantly. He opens his eyes and, looking dazed, asks me, "What happened?" "You were hit by a van and I stopped the trauma from blowing into your heart," I whisper.

Alexis is nervous as she tells me why she has sought my services. She had been raped four years earlier and could not "come out of it". Since the event, her interest in and ability to enjoy sex had eroded. She was letting people take advantage of her in many areas of her life and, haunted by nightmares, is angry with herself for not "letting go" of this painful incident. Increased muscle tension was causing repeated strains and injuries and this made it physically painful to make a living as a professional tennis teacher. What is the primary etiology of this growing quagmire of misery and stagnation? Trauma seeping into the organs, affecting the liver blood and shen.

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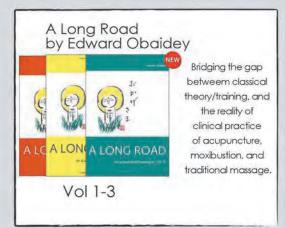


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By JILL MORGYN, CMT, MQP

FIVE ELEMENTS AS A PHYSIOLOGI-CAL AND PSYCHOTHERAPEUTIC CONTEXT

would describe Five Element or Five Phases theory as both a L context and a lens, applied with intent to diagnose and treat a patient. "Five elements" and "five phases" are terms that have been used interchangeably, with slightly different meanings. "Five elements" describes five compository forces occurring in Nature, namely, earth, wood, metal, water and fire. Some scholars prefer to use the term "phases" rather than "elements," in order to convey the morphing and co-affecting properties of the elements, and avoid portraying them as being static. Five Phases is essentially an ancient Chinese scientific theory describing a system of order and patterned movements inherent to nature. It describes the composition of Nature, forces within it that interact to produce specific results, and, in a medical context, provides a healthy standard by which to measure an individual. The individual, inseparable from Nature and a microcosm of Nature, contains the same elements as Nature. In a state of health, it is expected that the elements within a person will behave in the ordered manner in which they operate in Nature.

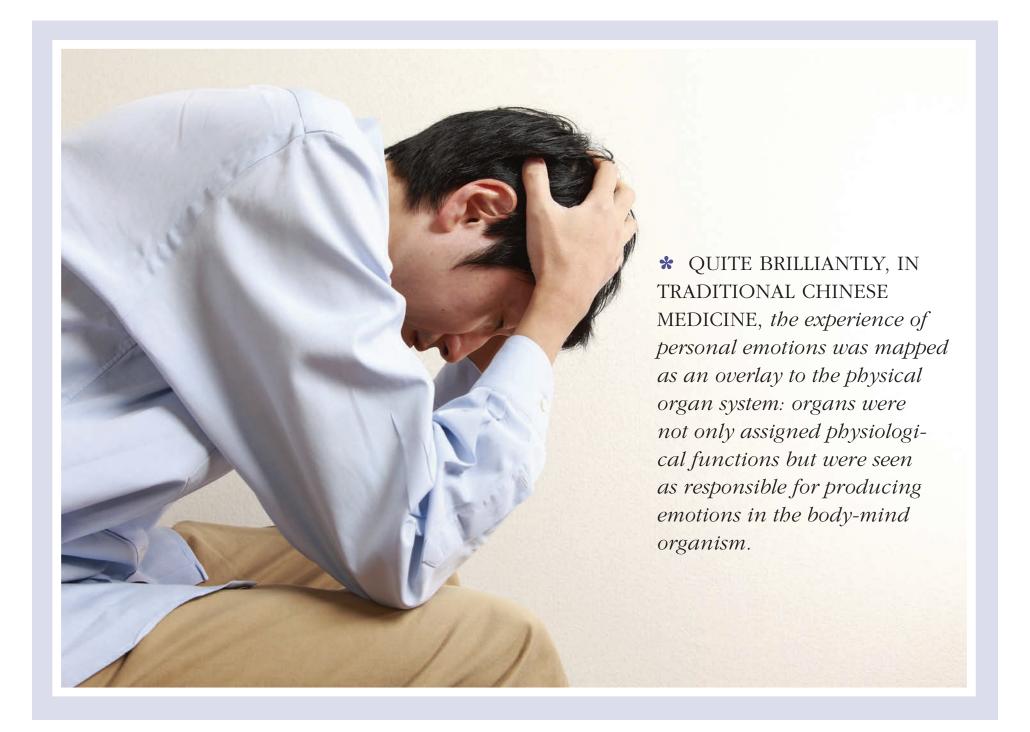
The crux of this theory is that the human individual exists within the context of the natural world, and that illness in the individual arises from disorder. One might rightly ask, how does an individual inseparable from nature manifest disorder from within the context of nature? The sources of illness named in this ancient medical theory give us further insight into a philosophical and scientific perspective of the individual as being equivalent to his/her context. What is a human being? A human is at once natural, personal, and social. Interestingly, the sources of illness in this ancient medical theory are natural, personal and societal. One could depart from a natural state of

being through disorderly social conduct, indulging personal emotions, or from onslaught by external pathogenic factors. Wind, water, damp, cold, and heat were forces observed in nature that could, in excess, harass the individual. Strength against pathogenic factors, either internal or external, was believed to arise from a state of piety. Concepts of spiritual correctness (zheng qi), personal integrity (zhi), and harmony with the unfolding of the present moment as it is (Tao) arose from a soup of Confucist, Taoist, and Buddhist philosophy, all of which espoused ideas on the right relationship between an individual and society within the context of the natural world. There continue to be many interpretations of Five Phases and Five Elements theory, expressing these core ideas. What delights practitioners of Traditional Chinese Medicine is the opportunity to consider a patient within the full context as a natural, personal and social organism.

ACUPUNCTURE FOR THE TREATMENT OF PSYCHOSOMATIC ILLNESS

Dr. Leon Hammer is one of the significant contributors to the fivephases style of Traditional Chinese Medicine. He was seminal in teaching five phases philosophy to Western students, and a number of nextgeneration teachers have branched out from that material and continued this vein of theory and practice. Lonny Jarrett is one of them. The body of published material in the five element style of practice, which seeks to consider the more subtle psychospiritual-emotional dimensions of humanity, continues to grow as a sidevein to other systems of TCM that focus more on internal medicine and physical illness. There will always be a small percentage of students coming through the system who are interested in specializing in the spiritual-emotional aspect, in effect, the psychotherapeutics of acupuncture.

continued on **NEXT PAGE**

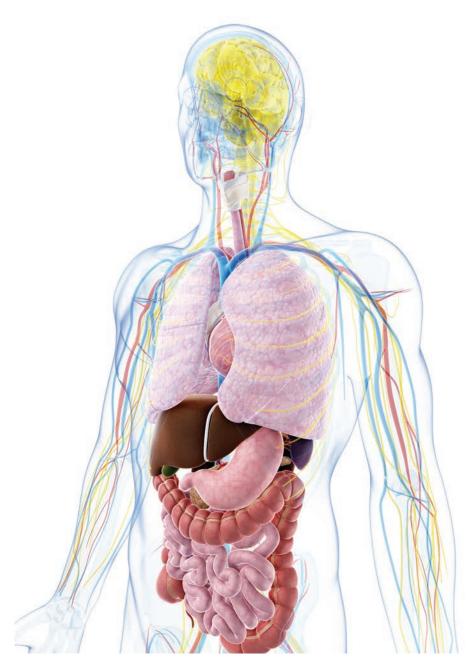


Five Phases theory provides a strong context for consideration of the patient as a spiritual, emotional and social being, as well as a natural one. This enables the practitioner to treat the more subtle emotional-mental-spiritual bodies of the patient, as well as the animal body. In effect, the material body is seen as a gateway to the subtle bodies, and the acupuncture meridians and points linked to the organ systems can be used to access the emotional, mental and spiritual aspects of the patient.

Quite brilliantly, in Traditional Chinese Medicine, the experience of personal emotions was mapped as an overlay to the physical organ system: organs were not only assigned physiological functions but were seen as responsible for producing emotions in the body-mind organism. Patterns were noted that linked organ function with psychological function, from stress patterns to sleep disorders. Unlike Western medicine, which maps all psychological function to the brain, Chinese medicine attributed intelligence to all of the organs and mapped specific emotions and psychological functions to each of them.

For this reason, in Traditional Chinese Medicine, anxiety and depression have a variety of root causes, centered in physiological areas other than just the brain. The language of Chinese medicine sounds wildly foreign to westerners, but is perfectly logical and highly sophisticated within its context. For example, within the context of TCM, there are five potential causes of anxiety: heart qi deficiency, heart blood deficiency, spleen and kidney deficiency leading to retention of harmful fluids, and phlegm-fire. In essence, there are a number of organs in the body whose physiological function can drop due to external or internal stressors, leading to pathologies that give rise to not only physical symptoms, but psychological symptoms as well. In Western medicine, most of these symptoms would appear unrelated, whereas in Chinese medicine, complex maps of physiological, emotional and mental symptoms have been detailed.

In the Five Phases system of Chinese Medicine, the emphasis on psychotherapeutics is even further developed. While TCM maps out the physiological factors attributing to anxiety, Five Phases examines the personal experiential aspects of anxiety. Like Western psychotherapy, Five Phases examines the role of early life experiences during the developmental years. There is an entire branch of Western medicine devoted to the understanding of the body-mind complex and the involvement of the brain and nervous system in processing experiences. Trauma research attempts to understand how intense life experiences



* FOR EXAMPLE, WITHIN THE CONTEXT OF TCM, there are five potential causes of anxiety: heart qi deficiency, heart blood deficiency, spleen and kidney deficiency leading to retention of harmful fluids, and phlegm-fire.

can remain with the individual causing emotional pain and a lack of personal growth. Five Phases is equivalent. In this branch of TCM, acupuncture is used as a bridge between the physical and psychological aspects of the human body, in order to assist the mind-nervous system complex in processing traumatic experiences and break patterns of emotional distress such as PTSD, anxiety and depression. While this seems far-reaching, the maps Traditional Chinese doctors developed intersecting the organ systems with emotional and mental functions are invaluable.

ROOTS OF ANXIETY AND DEPRES-SIVE DISORDERS IN EARLY STAGES OF DEVELOPMENT

In his book *Dragon Rises, Red Bird Flies*, Dr. Hammer discusses the roots of anxiety and depressive disorders in relation to a series of natural phases of development from conception through the early teenage years. In summary, the human individual goes through a series of distinct

phases of development from cellular mitosis through to the development of oneself as a social individual within the context of society. The theory extrapolated in his book is that a significant interruption in the logical progression through the developmental phases, whether genetic or traumatic in nature, will result in anxiety and depressive disorders in the individual during adult life. A brief except from his explanation follows. Considering anxiety as a perceived threat to one's "becoming" when attempting to enter a new stage of life, Dr. Hammer subcategorized the diagnosis of anxiety into seven general types:

- 1. Fear of the Unknown
- 2. Separation Anxiety
- 3. Pretense
- 4. Suppressed Excitement
- 5. Anxiety as a Comforting Emotion
- 6. Anxiety as a Magical Device
- 7. Guilt

"Fear of the unknown" and "separation anxiety" are trepidations that arise when the individual attempts to step out into new territory, or finds himself alone in relationship. This type of anxiety is created when there is a significant interruption in the earliest phases of life, from conception, mitosis, incubation, birth, and so on, through early stages of development as a child individual. "Pretense" and "suppressed excitement" are related to environments during the developmental years when a child was required to suppress aspects of their psyche or emotional experience in order to appease their caregivers. "Anxiety as a comforting emotion" and "anxiety as a magical device" refer to the condition wherein a state of anxiety is normalized as either intrinsic to the concept of "mother" or as a ward-off to bad things actually happening in life. "Guilt" is a perversion of an expression of spiritual wonder, wherein the individual punishes herself mentally in order to appease the imagined wrath of an internalized God-concept. This is just a brief example of the ways in which Dr. Hammer categorizes anxiety disorders by linking them with developmental phases. His book goes into great detail to elucidate the specific tones of anxiety and depressive disorders as well as how to diagnose phases in the taking of the pulse, corresponding with the TCM maps of emotional and physiological organ function.

Dr. Hammer maintains that what is seen clinically in the practice of psychotherapeutic medicine is interference in early-life development that returns as obstacles in adult life which the individual cannot overcome; the individual responds to the obstacles by experiencing anxiety or depression. Therefore, treatment of anxiety and depression could utilize maps of the intersection between physiological function and emotional development, using acupuncture points related to the stages of development of the physical body in order to treat disorders of a psychological nature. **OM**

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his children and family, and to everyone who is touched by this loss.

With love for Alex, Jack Miller President of Pacific College of Oriental Medicine

6

I just sent a note that will not make it.

Tattoos and taut muscles.

Wild curly black hair

Like a Greek God of old.

Riding fast a Harley or bare back on a horse.

Wielding swords and firing arrows of healing qi.

Medicinal flames rubbed gently into skin.

Always an innovative technique or fascinating clinic anecdote.

Able to encompass so much, such an amazing mind.

A boundless smile and cheeky laugh.

Little could hold you back in your enjoyment of life.

Inspiring us all.

Really a gifted, unique, teacher.

Teacher, colleague, working in clinic and academic meetings together.

Oh, Alex I miss you,

But your suffering has subsided.

Oh, you of noble birth,

Be not afraid, as you journey on. Many hearts are holding you.

We will watch over you, your children and wife, these next days of transition.

Seek good teachers, old friend.

And thank you, thank you for what

you have contributed to my life.

–Greg Bantick



When I brought Alex to NY to teach and we were trying to decide on a subject, I was informed that it didn't matter what the subject was because he could read the phonebook and people would be riveted, as he brought a magic to everything he spoke about and engaged in.

-Cynthia Neipris,
PCOM-NY Director of Outreach,
Career/Alumni Services, and
Community Education

& ~

No words, just deep sighs, and many memories of your inspiring instructive lectures Alex. We honor your great legacy by humbly continuing to practice this medicine with integrity and skill, as you always demonstrated for us. Blessings on your way.

-Njemile

& ~

IN OUR EYES - A HAIKU

Yes, one of a kind Gentle mentor among us Inspirational.

–Jason Bazilian



Dear community of friends, colleagues and mainly--lovers of Alex Tiberi. What I've learned over the last couple of days is that when things happen that feel out of order, that what seems to help- is connecting with each other. I know that all of your notes and remembrances have lifted me up, and supported me with energy and the beauty of how Alex deeply touched so many people. Thank you so much.

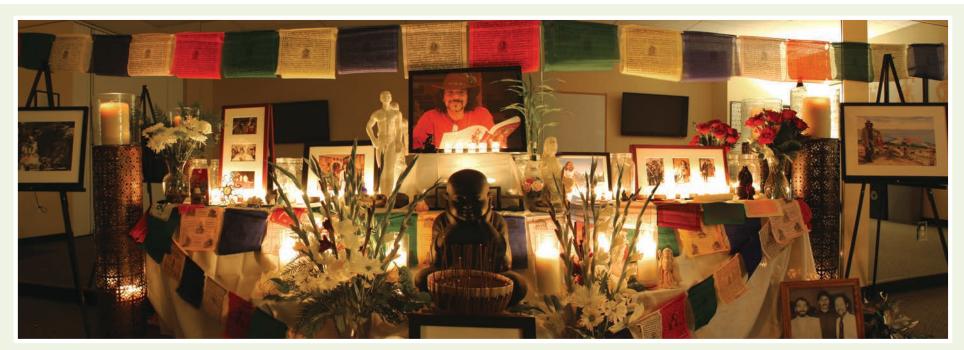
But even having said that, Alex had a way of being; he would often say that he was not sentimental. And he really wasn't. It could be confusing, even to me-someone who shared more than 15 years with him as a very close student and confidant. But what I think he meant is that he didn't really hold on to people, like most of us do. But that he was with you, in the moment when you were together. And that was what was important to him. So the way he touched you- I believe you touched him in just the same way, in that moment.

With a deep bow and much gratitude,

-Saraswati

Visit this link for a recording of Alex's memorial service at PCOM San Diego: http://goo.gl/GEdLKz





He will forever be missed, and what an inspiration Alex always was. He was part of our 1st Scandinavian TCM Congress Denmark and touched very many Scandinavians with his amazing knowledge. His words and teachings will forever be with me.

-Marian

& 20

Terrible news... one of our greatest teachers! I was so lucky to have the opportunity to follow him for a year at Pacific Center. He taught me so much about how to work with kids. So sad... such a great guy.

-Andy

 ∞

Huge loss for our field of medicine. Truly one of a kind. Alex had an incredible ability to translate traditional Chinese medicine into understandable concepts. Loved his classes; long on the useful and practical, short on the useless academia.

-Tony

Alex was very influential in my CM career. I have mentioned recently under a video of him doing moxa at a Pacific Symposium many years ago about how the first time I saw Alex speak around '94 or '95 in Santa Cruz when I was studying there. He completely changed my perception of what a CM practitioner could be. He inspired me and after his talk I approached him and he was open and willing to engage with me. This was a significant spring-board for me in my studies/career. I later was lucky enough to have him for a teacher at PCOM and enjoy a little social time with him (he also treated my oldest daughter several times). His presence on this earthly plane will be missed!

-Thomas





Attending one of Alex's lectures 23 years ago was the deciding factor for me to go to PCOM as opposed to some other good acupuncture schools. And I thoroughly enjoyed every moment in class with him as well as at Pacific Center for Health and later lectures at the Symposiums. Missing you my fellow Horse.

-Brigham

Alex was one of my most inspiring teachers. Not only for Chinese medicine but especially for his way of being and how he looked at the world. His free-spirited teaching was free of dogma and so refreshing! I am forever thankful to have had the opportunity to know, study and spend time with Alex!

–Simon



Alex Tiberi was an extraordinarily skilled practitioner and an enthusiastic and empowering teacher. His legacy lives on through us, his students, not only in the knowledge he shared so generously, but in the values he modeled.

I'm thinking about and sending love to his family and friends.

-Jill Blakeway

& 29

Those of us whom were his students were so lucky. He taught my very first class as well and I remember the enthusiasm that we all had while he was lecturing. I also fondly remember how he used to do his demonstrations and how dramatic he was when he lit the cotton for the cups. My condolences to his family.

–Daniel

& 29

Great teacher and all-around cool dude. He left the world a better place for sure and will be missed by so many.

-Allison

& ~?o

You were totally one of my most favorite teachers ever... will never forget our class where we did burn moxa and you shared how you did it in China, when I decided I would do it. I still have a nice scar on Stomach 36... it was such a mind over matter moment.

-Teresa

& 20

Alex was one of my very first formal teachers of Chinese medicine already almost 16 years ago, and amongst the many things that I was privileged to learn from him - which for me was also the most valuable - was to not have to give up one's individuality in pursuit of becoming a practitioner, but to rather embrace it and let that individuality contribute to the kind of practitioner one becomes. All of us that have had him a teacher are truly blessed and owe a large extent of our insights into the deep wonders of oriental medicine to his readily accessible and colourful explanations. He was always so good-natured and immediately captivating once he began speaking, whether in class or at symposia. His great Shen will continue to inspire us all. My deepest condolences to all of his family, friends, colleagues and students.

-Thomas

4th Annual Alumni Award Winners

P COM alumni are accelerating the progress of acupuncture and Oriental medicine, and we want to acknowledge your accomplishments. Each year, one graduate from each of our three campuses is awarded free admission to the Pacific Symposium, along with a plaque honoring their achievements on a particular theme. The theme for the 2014 Alumni Awards was Evidence-Based Health Care and Evidence-Informed Practice, one of

the primary advancements we are seeing in both Western medicine and acupuncture and Oriental medicine.

In this interest, Pacific College of Oriental Medicine is working with the Academic Consortium for Complementary and Alternative Health Care (ACCAHC) to inform our community of trends and advancements in health care. Evidence-Based Health Care and Evidence-Informed Practice is one of the six competencies that ACCAHC has identified as

key components in moving our medicine forward; for more information, visit www.accahc.org.

Applicants were required to submit real-life examples (in written form or as a video) of Evidence-Based Health Care and Evidence-Informed Practice. For example:

- Demonstrating evidence-informed decision making in clinical care
- Explaining the role of scientific evidence in health care in the context of practitioner experience

 Discussing contemporary issues in integrative practice research, including those related to evaluating whole practices, whole systems, disciplines, patient-centered approaches and health outcomes

The 2014 winners were announced at the annual Pacific Symposium in San Diego. We are pleased to showcase their hard work and dedication to the field of acupuncture and Oriental medicine! **OM**



SAN DIEGO CHRISTINE ADAMO '09, MSTOM, LAC

After graduting from PCOM, Adamo began working at California Cancer Associates for Research and Excellence (cCARE), where many of the doctors were familiar with TCM and acupuncture but skeptical about the use of Chinese herbal medicine in their clinic. As she practiced in the clinic, it became more and more apparent that herbal medicines were needed to rectify certain patterns of disharmony caused by conventional treatment, so she presented information about Chinese herbal medicine to her colleagues in a format that was familiar and understandable to them. Adamo listed the TCM patterns she saw most often, then created data packets on dosage, actions and indications, and drug/herb interactions for the representative formulas used to treat these patterns, citing her sources along the way.

Adamo then reviewed her patients' medical charts and gathered a list of their current medications, speaking with each patient about the time of day they were taking each medication as well as any other vitamins and supplements they were taking. She crossreferenced this data against the half-life of each medication to plot on a timeline when each medication was strongest and weakest in their bodies, strategically placing recommended doses of herbs to minimize interaction risks. Creating this chart gave the other medical professionals at cCARE confidence in herbal medicine and became an excellent tool for her patients, ensuring safe consumption of Western medication, vitamins, supplements, and Chinese herbal medicine.



CHICAGO JAIME RALSTON-WILSON '09, DAOM, LAC., EAMP

Ralston-Wilson works at Seattle Children's Hospital, where she completed a 6-month pilot program assessing the interest, feasibility, and acceptability of an inpatient acupuncture program at a pediatric hospital. The program saw consistent growth throughout the trial period and was received well by referring providers, patients, and families. In fact, it was so successful that the Anesthesiology and Pain Medicine Department of Seattle Children's converted it into a fully funded program offering inpatient acupuncture every day. The hospital's new inpatient acupuncture program is now one of a very small number of such programs in top U.S. pediatric hospitals. Ralston-Wilson was also a clinician for a study investigating the effects of acupuncture on comfort in mechanically ventilated infants in the Pediatric Intensive Care Unit (PICU), and has been a co-investigator for several other acupuncture research proposals.

Having first experienced TCM in 1996 when she herself was diagnosed with cancer, Ralston-Wilson has come full circle to working with other children who have been diagnosed with cancer and other serious diseases. It has also allowed her to contribute to the body of evidence-based research that supports the use of acupuncture in these populations. As a TCM practitioner in an allopathic medicine setting, she uses evidence-based health care and evidence-informed practice every day, whether explaining acupuncture theory, mechanisms, and use to a family or collaborating on research proposals and giving presentations to other hospital departments.



NEW YORK DIANE SERRA '05,

RN, LAC

Serra is the Co-Coordinator for Integrative Oncology Therapies at the Continuum Cancer Centers of New York, with over 17 years of holistic nursing experience. She has been involved in clinical studies investigating the efficacy of guided imagery with two different groups of patients during the course of radiation therapy. The treatments at her clinic also involve integrative treatments like acupuncture and Reiki, with many patients reporting improvement in primary radiation therapy side effects such as hot flashes, pain, and dry mouth, along with secondary side effects such as improved sleep and digestion.

Serra is also a Balm Foundation recipient for the use of holistic modalities, and was a contributing author on the *Critical Answer Nursing Textbook* and the Oncology Nursing Society Newsletter.



From left: Jaime Ralston-Wilson, Ronni Fan of MIEC, Christina Adamo

Joint Commission Updates Pain Management Standards

Broadens Access to Integrative Health Care Nationwide

n January 1st of this year, access to integrative medicine such as acupuncture and massage therapy increased throughout the United States as new pain management standards from the Joint Commission became effective.

The Joint Commission, the principal accrediting agency for health care organizations, accredits facilities throughout the U.S., including hospitals, ambulatory care facilities, and senior homes. The updated standards encourage facilities to consider nonpharmacologic approaches to pain management instead of relying solely upon conventional drugbased medicine.

Spearheading this effort was Arya Nielsen, PhD of the Department of Integrative Medicine at Mount Sinai Beth Israel, who has worked with the Pacific College as both a lecturer and researcher. In 2013, Nielsen and her team requested that the Commission review its pain management standards issued in the year 2000 where practitioners were directed to ask about and treat patient's pain. Non-pharmacologic approaches were







mentioned in the 2000 mandate. In the 15 subsequent years of much more intensive Western research on these approaches, The Joint Commission had not made any further or more definite statements.

Nielsen, along with Marsha J.
Handel, MLS and Ben Kligler, MD also from Mount Sinai Beth Israel, submitted literature reviews for acupuncture therapy and subsequently for massage therapy (with Janet Kahn, PhD, LMT, from the University Of Vermont College Of Medicine) and relaxation therapies. Additionally, many medical professionals signed the requests, specifically calling out the value of inte-

grative approaches given the increasingly pressing problem of prescription drug abuse and addiction. Deaths involving opioids and other prescription drugs have doubled in the past decade, surpassing even the lethality of gun violence and automobile accidents. In response, the Commission convened a panel of clinical experts including Nielsen. The Commission's conclusion? On November 12, 2014, they announced their revisions, listing nonpharmacologic strategies for pain management *before* pharmacologic:

"Clinical experts affirmed that treatment strategies may consider both pharmacologic and nonpharmacologic approaches. In addition, when considering the use of medications to treat pain, organizations should consider both the benefits to the patient, as well as the risks of dependency, addiction, and abuse of opioids.

The following examples are not exhaustive, but strategies may include the following:

• Nonpharmacologic strategies: physical modalities (for example, acupuncture therapy, chiropractic therapy, osteopathic manipulative therapy, massage therapy, and physical therapy), relaxation therapy, and cognitive behavioral therapy."1

In short, The Joint Commissions revision on pain is a significant success and a major step forward for integrative medicine across the nation. This much-needed revision is a boon to both patients and practitioners. **OM**

 "Revisions to Pain Management Standard Effective January 1, 2015." The Joint Commission. 12 Nov 2014. Web. 12 Mar 2015. http://www.jointcommission.org/issues/article.aspx?Article=5jrML%2fbvKl4ATIYK2 naEubuQGABzkaljf6n8eP%2bdPuQ%3d>



Pacific Center for Lifelong Learning Launches New Certificate Programs on Ayurveda, Feng Shui

COM's Pacific Center for Lifelong Learning is now offering two new month-long certificate programs: an Ayurvedic Lifestyle Consultant program, taught by Prana Gogia, and a Feng Shui program, taught by Amanda Collins and offered in conjunction with the International School of Feng Shui.

AYURVEDIC LIFESTYLE CONSULTANT PROGRAM WITH PRANA GOGIA

http://goo.gl/iwEXUx

The modern world needs to alter the way it eats. Empty foods damage our bodies, obesity pummels our health care systems, and fad diets do not have a lasting impact. The way our society approaches health and nutrition needs to change, and while those changes will not be simple or easy, Ayurveda can help.

Ayurveda focuses on the prevention of illness through herbs, exercise, and bodymind disciplines. Unlike some aspects of modern TCM, however, which have adopted a very medicalized view of disease, direct diagnosis, and treatment, Ayurveda hews more closely to the original practice of TCM. Ayurveda provides recommen-

dations on an array of factors including lifestyle, daily routine, diet, and nutrition, to help in a broader sense.

These recommendations aid in avoiding the need for regular treatments and significantly lower the odds of getting sick in the first place. Ayurveda focuses on each person's constitution, or *dosha--*a combination of physical, emotional, and mental characteristics--to cultivate balance and harmony, and thus health. As a parallel approach to health, Ayurveda can be integrated with other systems.

The Ayurvedic Lifestyle Consultant Program is available in two different levels: Silver and Gold. The Silver Program can be taken either on campus in San Diego or entirely online; online students attend the class via live webcasts. This elearning structure allows students to participate in much the same way as those within a classroom. The Silver level does not qualify for Association of Ayurvedic Professionals of North America (AAPNA) registration, so it is more appropriate for those with other licenses and certifications and those seeking personal growth.

Those who wish to register as Certified Ayurvedic Lifestyle Consultants must complete both Silver and Gold levels of the program. The Gold level includes an on-site clinical internship and qualifies for AAP-NA registration, making it appropriate for those seeking an entirely new career, or seeking to greatly enhance an existing career.

See page 8 for Prana Gogia's article "Ayurveda and Sleep", or http://meet72083245.adobeconnect.com/p1rump0udvu/ for a recording of Prana's explanation of the benefits and outline of the program.

FENG SHUI MASTER CERTIFICATION

http://goo.gl/i5udMD

The Pacific Center for Lifelong Learning has teamed up with Amanda Collins' International Feng Shui School to offer an all-online Feng Shui Master Certification program. This innovative online program is recognized as a Gold level program by the International Feng Shui Guild. The program allows you access to Amanda Collins herself, a leading Feng Shui Master who has worked internationally with Fortune 500 companies.

The Feng Shui program, based on elemental sciences dating back

over 6000 years, can help students to make a real difference in peoples' lives. This hands-on program provides the training and confidence needed to ensure that clients' homes reflect their owners' desired manifestations, from space clearings to home blessings and clutter clearing to color therapy. It also covers the necessary skills for success in the growing market for Feng Shui consultants, from how to work with web designers and business coaches to registering a domain name. As part of the cost of the program, students will receive a listing on the San Diego School of Feng Shui

While this training can certainly be used to become a professional consultant or simply improve your own life, Feng Shui also enhances a wide variety of professions from real estate professional to life coach and, of course, acupuncturist or TCM practitioner.

See page 10 for Amanda Collins' article "Secrets of a Feng Shui Goddess" or view a short video of Amanda explaining the benefits of Feng Shui here (https://www.youtube.com/watch?v=pxLP3jq9RPI). **OM**





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- Address the needs of the whole person through various factors, including lifestyle, daily routine, diet, and nutrition.

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Extension Studies
Division of Pacific College
of Oriental Medicine

Cancer, Fatigue, and Acupuncture Points

By VLADISLAV KOROSTYSHEVSKIY, MS, LAC

was sitting at the desk in my office when a woman in her seventies suddenly appeared in the doorway and asked me, "Excuse me, do you treat cancer patients?"

As I was looking for the right words to form my answer, the woman made that task easier for me. "You see, my husband has lung cancer, and he is undergoing chemotherapy. His doctor is happy with the results because my husband's metastases have stopped spreading. Before starting the treatment, however, he was active and energetic, but now he spends most of the day in bed. Can acupuncture help?"

I explained what I could try to do for her husband and asked her whether she wanted me to address the cancer or the fatigue. She insisted that I treated only the fatigue. "He has a good doctor, and we trust him," the woman explained. "That doctor was the one who suggested trying acupuncture to help his fatigue."

We agreed that she would bring her husband in two days later. To better prepare for the upcoming treatment, I decided to visit a library. I wanted to see the latest research stud* DURING THE FOLLOWING THREE SESSIONS, I began each treatment with a five-minute stimulation of Hegu LI 4 and Taichong Lv 3, followed by needling all points that seemed abnormal to me. The results were amazing!

ies on post-chemotherapy fatigue. With the help of an NYU librarian, I was able to find several articles on the subject, two of which were specific enough to use. In one study1, conducted in the UK, the researchers used the same three points for all their subjects--Hegu LI 4, Sanyinjiao Sp 6, and Zusanli St 36--with marked success. The other one² was conducted in the United States, and the fatigue of the patients who participated in that study also showed significant improvement. The American study consisted of two phases. In the first phase, the point selection was Zusanli St 36, Diji Sp 8, Yinlingquan Sp 9, Guanyuan CV 4, Qihai CV 6, and, in patients whose axillary lymph node dissection did not present the danger

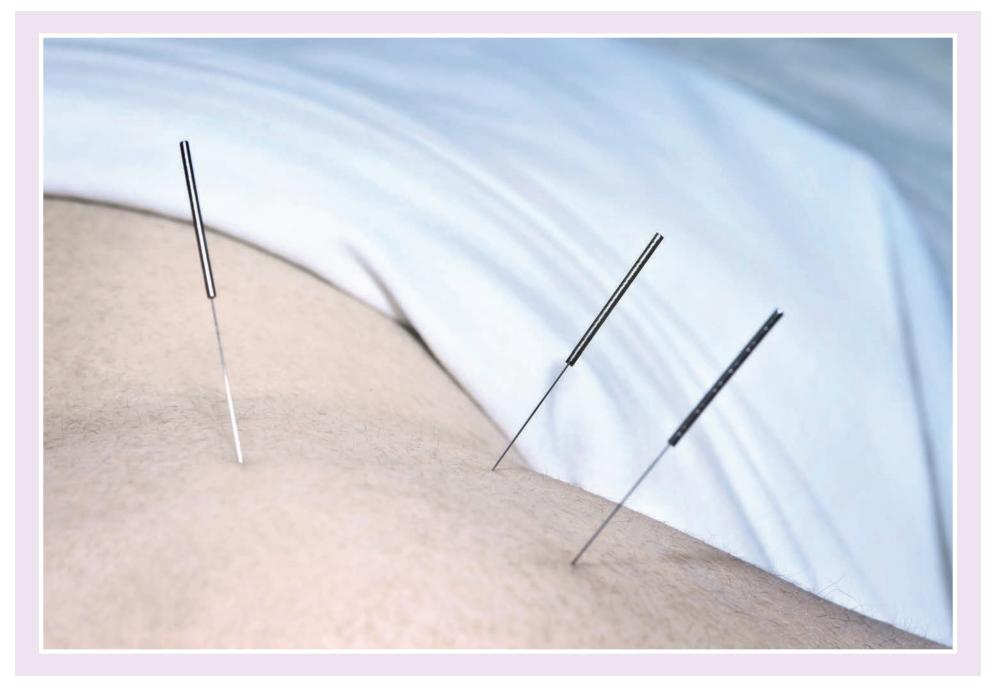
of lymphoedema, Quchi LI 11. In the second, the point selection was slightly modified to Zusanli St 36, Sanyinjiao Sp 6, Guanyuan CV 4, Qihai CV 6, Taixi Ki 3, and Shufu Ki 27. "If I can't come up with any other option, then I'll just use one of these combinations," I thought. But things would not turn out as I had expected.

I had not seen patients with late stage lung cancer before. The two things that immediately attracted my attention about that patient were his alarmingly pale face and his laborious breathing. He struggled to draw every breath, and every time he did, I could hear gurgling and whistling sounds. To my surprise, his exhalation did not take nearly as much effort. Besides the 72-year-old man's fatigue

and occasional dizzy spells, he had no appetite or thirst. His digestion, on the other hand, was fine. His tongue was wide, pale, with a thick, white, glossy coating, but his pulse was strong and string-like. I decided to go with the Liver Qi Stagnation in the Upper and Middle Warmers with Phlegm Accumulation in the Lungs as a working diagnosis and started treatment.

During the first three sessions, I used Zusanli St 36, Sanyinjiao Sp 6, and Qihai CV 6. The patient reported that he still stayed in bed most of the day, but did not sleep as much, and felt a little bit more energetic. The patient's pulse had become noticeably more forceful, but that forcefulness was mostly in its wiry quality, which made the detection of other qualities in his pulse virtually impossible. To disperse that string-like quality, on the patient's fourth visit, I started the treatment with a brief stimulation of four gates--bilateral Hegu LI 4 and Taichong Lv 3. Within three minutes, the patient's breathing had become less audible. As I was looking for points for the second

continued on page 26



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the place into which the senses are withdrawn during sleep. In other words, if our awareness is not able to withdraw to the heart center then the quality of sleep is adversely affected. According to Ayurveda, the two primary reasons for sleep disorders are unbalanced *vata* or inner wind and habitually improper lifestyle choices.

"Fear, anxiety, anger, smoking, exercise, blood-letting, fasting, uncomfortable bed... these factors may be taken as causes of insomnia, along with overwork, old age, vata disorders, and aggravation of the vata itself."

-The *Charak Samhita*, an early foundational on Ayurveda

TREATMENT

Both TCM and Ayurveda focus on understanding the pattern behind sleep disorders. Most problems are due to heat or phlegm causing agitation of the yang or vata, resulting in restlessness of the shen. Acupuncture, herbal medicine, and manual therapies can treat the conditions to restore the balance of yin and yang.

Chronic sleep disorders can, however, be superficial symptoms of underlying deeper imbalances, and while acupuncture and other therapies can be helpful, sometimes the person needs to address these deeper imbalances by including healthy lifestyle, proper diet, emotional balance, meditation, exercise, and management of stress.

"There is already some research to suggest links between sleep problems and conditions such as obesity and depression, both of which are associated with diabetes. For example, we know that obese children tend to sleep badly and that people become more obese if they are not having enough sleep. Our new study demonstrates that abnormalities in the circadian rhythm may partly be causing diabetes and high blood sugar levels. We hope it will ultimately provide new options for treating people."

Professor Philippe Froguel,
 Department of Genomic Medicine,
 Imperial College London

IN CONCLUSION

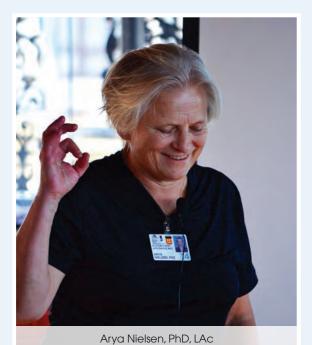
Chronic sleep disorders are a manifestation of underlying deeper imbalances of body-mind energies. Improper lifestyle, eating habits, stress and behavioral patterns create an imbalance in the inner environment that eventually results in corresponding sleep disorders. Although receiving courses of treatment is important, the last thing one should do is mask the symptoms by simply taking medication. It is equally important to address the deeper imbalances by adopting a healthy lifestyle, proper diet, meditation, exercise, and managing stress for emotional balance. OM

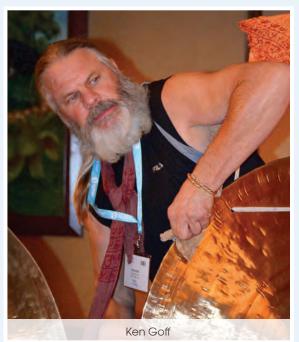
Retrospective: Pacific Symposium 2014

hat do Germany, Israel, Holland, Australia, France, Belgium, Croatia, the Philippines, Canada, and over 33 states, including Alaska, Hawaii, Wyoming, and Tennessee have in common? They were all represented

at Pacific Symposium 2014, hosted at the Catamaran Resort Hotel in San Diego, CA. It's about more than being re-inspired by brilliant charismatic speakers, gaining new insights and tools, and getting free samples and CEU/PDAs; it's about networking, making new friends, and meeting your Facebook friends in person... and there's no medicine like old friends. At this last Symposium, we even got to enjoy live music, by Lady Star and The Bustin' Loose Blues Band!

Don't miss this year's Pacific Symposium 2015, from October 28 – November 3. Speakers this year will include Jeffrey Yuen, Mazin Al-Khafaji, and Jill Blakeway! Register at www.pacificsymposium.org. **OM**

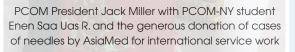






Dozens and dozens of Symposium attendees won raffle items from vendors, from cases of needles to books, aromatherapy, \$250 gift certificates, even a refund of Symposium registration fees and a free Symposium 2015









Giovanni Maciocia, OMD, LAc





The Kon Tiki Ballroom - the upstairs exhibit hall





Farewell to Frank Scott as Academic Dean; Welcome, Brendan Mattson

n December 15, 2014, we said a fond farewell to Frank Scott, LAc, who has served, mentored, and cared for the Chicago campus since its inception in 2000, including helping to found the first graduate program in Oriental medicine in the state of Illinois.

We know that he will be there for us whenever we need his input and guidance. This message is inscribed on the plaque presented to Frank by Jack Miller, President of Pacific College of Oriental Medicine, at the 2014 Pacific Symposium:

"The community of Pacific College of Oriental Medicine wishes to express its greatest appreciation for your 15 years of dedication to high academic standards and teaching excellence. Through your thoughtful consideration of incalculable academic issues, you have been a valued advisor to the President.

Because of your experience, you have supported five Campus Directors. As Pacific College's Chicago Academic Dean and as a teacher, you have been an inspiration to students and fellow faculty members.



Left, Frank Scott, former Academic Dean of PCOM-Chicago; right, Jack Miller, President of PCOM

Those of us who have worked with you are most privileged to have done

so and thank you for your commitment to our shared professional path.



Brendan Mattson, LAc, new Academic Dean of PCOM-Chicago

We wish for you the health and happiness that you have worked to bring to others."

Brendan Mattson, LAc, has stepped in now to guide new students as the next Graduate Program Dean. Brendan specializes in integrative oncology in his own practice, seeking to help cancer survivors live long, healthy lives. **OM**



and Chinese medicine—fit the type. The beatniks stuck around for push-hands once they found out about it, even though the Americans were so low-level they couldn't really begin to touch Cheng Man-ching.

Tai chi grew on me and I stuck with it.

WHEN DID YOU START TEACHING MARTIAL ARTS?

When I first started teaching, I had more than 20 years of martial arts experience, but it was still too early. Tai chi is about learning to be in the moment, which I'm still developing even now. You need to suspend your thinking to avoid stopping the action. Everything must be spontaneous. Push-hands is the meditative process needed to develop the sense of what your opponent is about to do; you need that sense to trigger a precise reaction without involving your mind. That's why it's helpful for learning acupuncture; it's about sensing and feeling the idea of qi.

Have you read *The Power of Now*, by Eckhart Tolle? You should. It's sort of the same idea about being in the moment. For example: watching your breath; putting your attention on that creates space between *thoughts* and your *thinking*. In mindfulness, you're watching your breath, and when a thought comes out you let it go; you don't want to entertain these thoughts, but it's very difficult since we're not used to operating in this way.

HOW DO YOU KNOW IF YOU'RE DOING TAI CHI CORRECTLY?

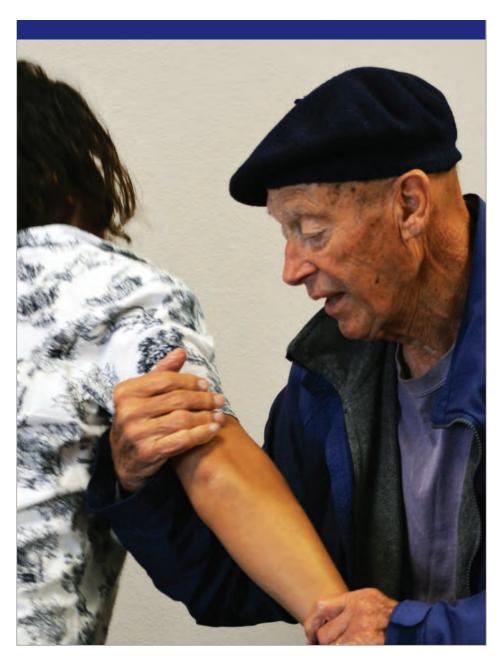
You need a teacher and you need people to practice with to know if you're doing it correctly. You need to see if the opponent is ahead of you. The experienced person will see them coming and attack in response. Without thought, your body moves to get out of the way; your body becomes sort of like a ball that rotates in any direction it's pushed, and moves to counter your opponent.

AND IF YOUR OPPONENT IS BETTER THAN YOU?

You'll see soon enough if your opponent is ahead of you, as he knocks you off balance or opens you up to a strike.

HOW DOES PUSH-HANDS FIT INTO TAI CHI AS A WHOLE?

Through meditation, push-hands gives you the ability to respond automatically. We move slowly so that you can learn, but you must move to match your opponent; your speed is linked to your opponent's speed. If they move faster you must move faster as well, and if you don't sense their intention in time it's too late.



* "HERMAN KAUZ IS PART OF THE LIVING TRA-DITION OF MARTIAL ARTS IN THIS COUNTY. He was the first to write a book on Cheng Man-ching's Yang-style tai chi, and he has developed push-hands to a very high level using relaxation techniques."

-Bill Helm,

PCOM Faculty Member, Massage Department Chair, and Director of the Taoist Sanctuary of San Diego

What I teach is yang-style tai chi, but there are other takes. There is chen-style, which is stronger, with no idea of resisting, and wu-style, which is even softer than yang. Early on, chen seems like self defense--throwing people off balance, headlocks, that sort of thing.

WHAT ARE THE BENEFITS OF TAI CHI?

There are some cardiovascular benefits, but they're limited. Mentally, though, you learn how to relax, and how to let go, which is very valuable. It takes time to develop. Some people come looking for self defense, and chen-style will help them go that direction very rapidly. You'll get many more students if you have people that come by looking to be students, and you can throw them around or something like that, if that's what you're looking for. Our

culture finds that to be desirable.

When I started teaching here in San Diego in 2000, the class was initially counter to what I was looking for; it was proposed that we do contests. I can't see this at all. It's no good to have a competitive aspect, though it's difficult to keep it out altogether, but the less you encourage competition between people, the better.

You can't really say what tai chi is, you know; it has to be experienced. The thought, the word, is not really the thing. Not everybody agrees with what I have to say, but as I live longer and longer, people can't contradict me so easily.

That's a joke. OM

HERMAN KAUZ has taught Tai Chi Push-Hands to PCOM San Diego students since February 2000. Mr. Kauz's classes are offered



THROUGH TAI CHI
TRAINING, I believe students can derive perhaps
90 percent of the benefits
martial arts can confer,
with far fewer injuries. I
teach Cheng Man-ching's
tai chi form and a rather
tame, by fighting standards, push-hands in
which foot positions are
fixed and opponents use the
very minimum of strength
to off-balance or uproot
one another.

--A Path to Liberation: a Spiritual and Philosophical Approach to the Martial Arts. Kauz, 1992.



at no cost to Pacific College students as part of the college's mission to provide an environment conducive to both academic and personal growth.

part of the treatment, I noticed that a point about a finger-breadth inferior to Zusanli St 36 was abnormally tight, more so on the right side than the left. I found a similar abnormality near Shousanli LI 10, but only on the right side. There was absolutely nothing that would have made any of the points on the patient's abdomen stand out. The Jingqu Lu 8 at the left wrist, however, had a thick, rubbery feel to it. During the following three sessions, I began each treatment with a five-minute stimulation of Hegu LI 4 and Taichong Lv 3, followed by needling all points that seemed abnormal to me. The results were amazing! The patient's breathing became much quieter and more effortless, a twinkle appeared in his eyes, he reported that for the first time in several months he had an appetite, and he began taking daily walks--sometimes twice in one day! At that point, he started coming for treatments once a week for the next month and then once every couple of weeks.

Four months had passed since I last saw him, so I decided to give him a call to ask how he was doing. His wife picked up the phone, sighed, and said that her husband

passed away two weeks ago. I was shocked. While treating him, I was so absorbed in searching for effective points that I had absolutely forgotten about the late stage of his disease.

While in acupuncture school, several instructors told me to pay attention to points that feel unusual, but only rarely did I remember their advice. Instead, I sheepishly followed the textbooks' locations. For some reason, after treating this patient, I no longer forget to palpate around each point that I am planning to needle. Perhaps it is because, despite the patient's passing, I still consider the treatment course successful. After all, I treated the post-chemotherapy fatigue rather than the cancer itself, and by the end of the series of sessions, the fatigue was much less of a problem.

Ever since this case, if I find nothing to distinguish a point from surrounding it tissues, I reconsider my point selection, and, as a result, many more patients than usual have reported marked improvement. For example, the patients who come to see me for their tension headaches-they represent about one third of my practice—have reported that their headaches disappeared quicker and did not return for longer periods of

time. While choosing the points that feel different does not guarantee amazing results--that guarantee belongs to the correct diagnosis--doing so seems to significantly improve the treatment's outcome. **OM**

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VLADISLAV KOROSTYSHEVSKIY received his master's degree in acupuncture ten years ago from the New York campus of the Pacific College of Oriental Medicine. He lives and practices in Brooklyn, New York. Eager to further his knowledge of TCM, once a year, Vlad organizes the Acupuncture Think Tank continuing education seminar, where acupuncture practitioners come together, exchange ideas and experiences, and treat patients.



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I am shocked! Alex was one of the great teachers of this medicine, he inspired me as a student on so many levels...I am deeply hurt by the sadness this brings, my thoughts and prayers for his family and for our TCM community which he played such an integral part.

Rest in peace Alex, you will be greatly missed... thank you for all that you have done for us.

–Patrick

Alex was the reason I entered this medicine. He is the inspiration for much of my teaching style and way of being in the world. I remember him telling us that we should not worry about what we are going to say to people because they won't remember your words as much as they will remember how they felt from your words. What an amazing spirit. Thank you Alex.

–East Haradin







2015 PACIFIC COLLEGE STAFF ACKNOWLEDGMENT PROGRAM

Since January 2012, the Pacific College Staff Acknowledgment Program has featured shout-outs to its amazing staff members in each spring issue of the OM Newspaper.

"We realize we have a lot of very loyal employees; some who have been with us for many years, and some who have just joined our team with enthusiasm. We want to make sure they each know how much we value their service and passion for what we stand for," said Elaine Gates-Miliner, Chief Compliance Officer and Chicago Campus Director.

PCOM is grateful for its motivated and talented staff members, many of whom have been with the college for over a decade, and we look forward to growing the PCOM family over many successful years to come.

SAN DIEGO

NAME	YEARS	NAME	YEARS	NAME	YEARS
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STACY GOMES	18	GAIL VOGT	6	REZA GARAJEDAGHI	2
SHANNA CRENEY	17	CHARLES FLOYD	5	GREG LANE	2
CINDY FLOYD	15	KYLE POSTON	5	SHAREEMA SIMS	2
NAOMI BROERING	14	TINA HO	4	REBECCA STANERUCK.	2
NAYELI CORONA	11	JACQUELINE ARGUETA	3	JESSICA VELEZ	2
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JAIME RABIN	9	FRANCIA MONREAL	3		
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KAREN SIDDALL	7	BRIDGETTE VAULTS	3	HEATHER KLEIN	1
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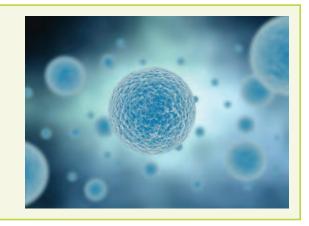
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Strengthen the Heart with Qi Gong

By MICHELLE FLETCHER, BA

technique with more than 4000 years of history, the ancient Chinese practice of qi gong has a track record of strengthening and revitalizing the heart, from lowering blood pressure to rehabilitation.

Oi gong is essentially a system involving physical training, philosophy, and preventative and therapeutic health care. The term qi means breath of life or vital essence, and gong means selfdiscipline, work, or achievement. The art itself combines isometrics, isotonics, aerobic conditioning, meditation, and relaxation. When practiced regularly, qi gong allows us to gain control over the life force that courses through our bodies. This may sound far-fetched to Western minds, but it is a time-tested technique proven to help a host of problems, including heart problems, depression, detoxification, osteoporosis, cancer, chronic pain, and stress. By examining inwardly, the practice urges its students to focus internally and "work with life's energy."



* "IT WAS CONCLUDED THAT THE 6-MONTH TAI CHI EXERCISE PROGRAM WAS EFFECTIVE FOR IMPROVING FUNCTIONAL STATUS IN HEALTHY, physically inactive older adults. A self-paced and self-controlled activity such as tai chi has the potential to be an effective, low-cost means of improving functional status in older persons."

Although the Chinese government has cataloged nearly 5,000 styles of qi, all of the myriad forms focus on manipulating life energy in a positive way. Medical qi gong involves the combination of breathing exercises and meditation to cultivate and deliberately control energy within the body. The two main techniques of medical qi gong work hand in hand; breathing exercises help induce a state of meditation, and vice versa. In meditative qi gong states, cares, worries, and daily stresses wash away. It's similar to getting a relaxing massage, yet much more effective. The technique replaces stress and anxieties with positive images, increased confidence, and enhanced spirit. Eventually, there are no worries, distractions, or fears. In turn, this stimulates the body's life force - the circulation of blood and qi (life energy).

Qi gong isn't as stationary as it sounds. This ancient Chinese practice

continued on **NEXT PAGE**



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Here Comes the Wind...

In Oriental Medicine, "Wind" (fēng), refers generally to a pathological influence causing erratic movement of the qi. It is "the chief of the hundreds of diseases," especially acute disease patterns. All around the temperate zones of the Earth the wind begins to stir as Spring arrives. This same stirring is reflected in our pulses, which become noticeably more wiry as the qi (which



had been contained in a kind of hibernation deep inside during the winter months) begins to emerge once again toward the surface. The movement of the qi from interior to exterior tends to create a little wind in the process. Wind can be of external or internal origin, and the corresponding patterns of imbalance have radically different herbal strategies.

EXTERNAL WIND

When the origin of the wind is external, the environmental wind carries the pathogenic factor (usually $\operatorname{cold}-h\acute{a}n$) and drives it past our external defenses. The defensive $(w\grave{e}i)$ qi goes after it and the ensuing battle to expel the pathogen results in a "wind-cold" pattern, which can remain wind-cold or transform quickly into wind-heat. The following formulas address this pattern: Cinnamon Twig Formula, Gan Mao Ling Formula, Zhong Gan Ling Formula, Yin Chiao Formula, Neck Formula, and Children's Clear & Release Formula.

INTERNAL WIND

Internal wind is qi that has degraded. Just as stagnant water quickly becomes undrinkable, qi that has degraded into wind becomes pathogenic. Always look to the liver, the blood, or to heat/fire as the origin of the degradation. The following formulas address this pattern: Gastrodia & Uncaria Formula, Tang Kuei & Tribulus Formula, Rehmannia Cool Blood Formula, and Luo Bu Ma Formula.

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is movement-based – extending to an effective martial art. Many Americans are already practicing the mind-body technique of qi gong via popular tai chi classes at community centers and health clubs. Tai chi and qi gong inherently complement each other, combining internal focus and physical movements to increase the body's overall vitality.

In fact, this art has been proven to positively affect senior citizens when combined with tai chi. Researchers concluded that the movements associated with tai chi helped seniors improve their physical functioning. Most notably, those who took tai chi were less likely to fall – one of the largest causes of serious injury for seniors.

Several studies have proven qi gong's effectiveness in aiding those with high blood pressure and other heart problems. When practiced alongside conventional Western medical treatments, qi gong reduces high blood pressure and aids cardiac rehabilitation through improving balance, coordination, and physical activity.

A Korean study examined the effects of traditional qi gong on blood pressure, respiratory rates, and heart rate: "Heart rate, respiratory rate, systolic blood pressure and rate-pressure product were significantly decreased during qi-training," according to the 2000 study. "From these results, we suggest that qi-training has psychological effects that indicate stabilization of the cardiovascular system."

The Himalayan Institute of Medical Science in Uttaranchal, India reached a similar conclusion. Researchers compared mental relaxation and slow breathing as adjunctive treatment in patients of essential hypertension by observing their effects on blood pressure and other autonomic parameters like heart rate, respiratory rate, and skin temperature: "Even a single session of mental relaxation or [qi gong] can result in a temporary fall in blood pressure."

Doctors in Hong Kong evaluated qi gong and progressive relaxation

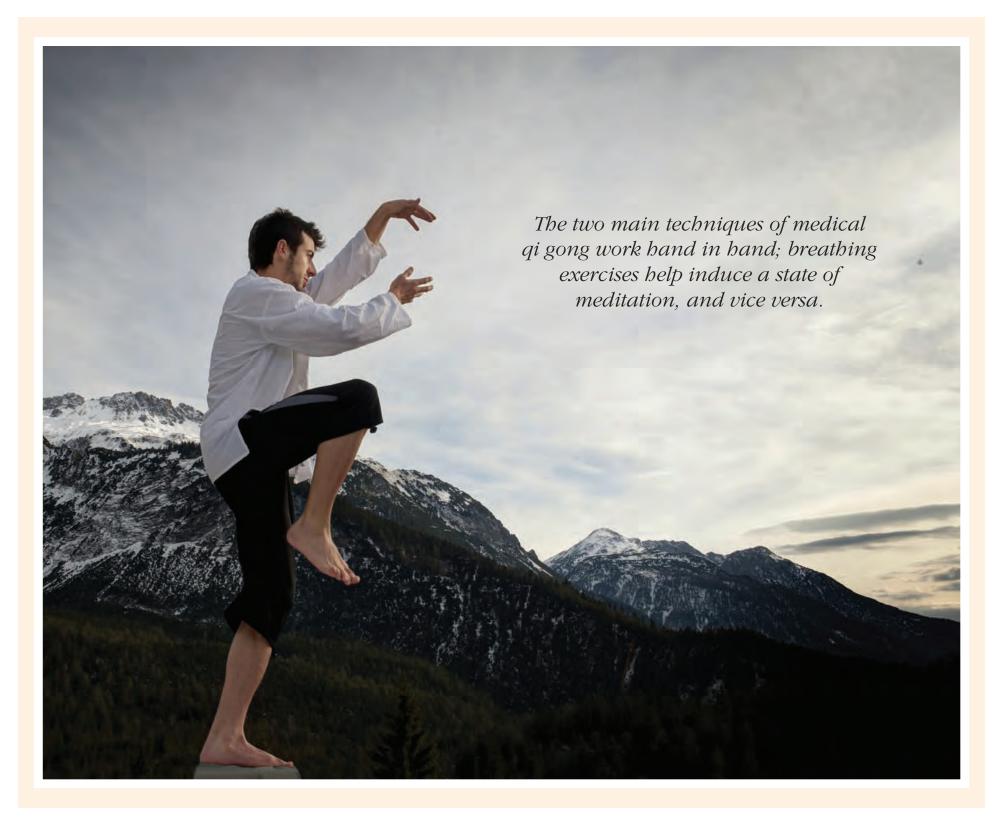
in improving cardiac patients' quality of life: "Progressive relaxation and qi gong exercise improved the quality of life for cardiac patients with reference to certain physiologic and psychological measures. The qi gong group demonstrated greater improvement in psychological measures in addition to reduction in systolic blood pressure."

Finally, a 2005 Italian study examined instances of high blood pressure in those suffering from hypertension: "Slow breathing reduces blood pressure and enhances baroreflex sensitivity in hypertensive patients. These effects appear potentially beneficial in the management of hypertension."

Practicing qi gong lowers pulse rate, blood pressure, metabolic rates, and oxygen demand. The sense of serenity qi gong activates qi, improves blood circulation, and balances the body's life energies. Beyond reducing hypertension and blood pressure, qi gong goes on to surprise us with more and more benefits to the human body. **OM**

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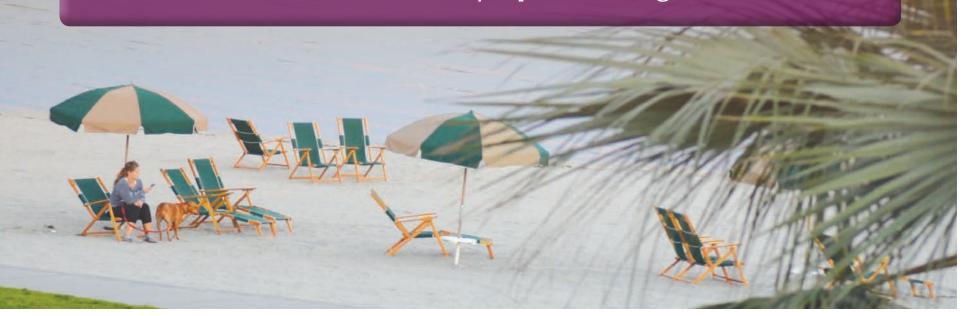
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PCOM-SD Alumna and Faculty Member Tracie Livermore Wins AMTA Teacher of the Year Award

n September 17th, PCOM's own Tracie Livermore won the American Massage Therapy Association (AMTA) Jerome Perlinski Teacher of the Year award! Tracie has been on faculty at PCOM San Diego since 2002.

Tracie received this honor because of her exceptional teaching abilities and commitment to high standards of education in massage therapy. As one of her former students said, "She is truly a gifted teacher, who genuinely cares about the health and wellbeing of her students long past the classroom. Tracie Livermore deserves to receive a huge thank you like this from the massage community, she is the voice for so many new and aspiring students, and her passion keeps our community bright and strong."

Tracie likes to say that she first became involved in massage therapy because of her mother, who, when she woke her up on Sunday mornings, would say that "I'll make you pancakes if you rub my back." After studying both physical therapy and



Tracie and AMTA President Nancy Porambo

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graphic design in college, Tracie decided to become an actress instead, but wound up enrolling in massage school instead, discovering that massage was her true calling. She began working at PCOM-SD in an administrative capacity while she developed her massage business. When she gave her notice at PCOM, the College instead offered her a job teaching the business class in the massage program and never left. She uses humor, joined with her act-

ing training, to keep her students engaged.

AMTA invited Tracie to Denver, Colorado to receive her award during the AMTA 2014 National Convention, held September 17-20, 2014. The American Massage Therapy Association is the largest non-profit, professional association serving massage therapists, massage students and massage schools. The association is directed by volunteer leadership and fosters ongoing, direct member-involvement through its 51 chapters. AMTA works to advance the profession through ethics and standards, the promotion



of fair and consistent licensing of massage therapists in all states, and public education on the benefits of massage.

In addition to her contributions as an educator, Tracie has been in private massage practice since 1990, where she specializes in Thai Massage, Tui Na, Jin Shin, Deep Tissue massage and hybrids between these styles. She is also certified in prenatal and perinatal massage. Tracie and has traveled to China and Thailand to enhance her skills and knowledge, and volunteered extensively on worth with cancer patients. Congratulations, Tracie! OM

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NATIONAL AND PERSONAL TRAUMA

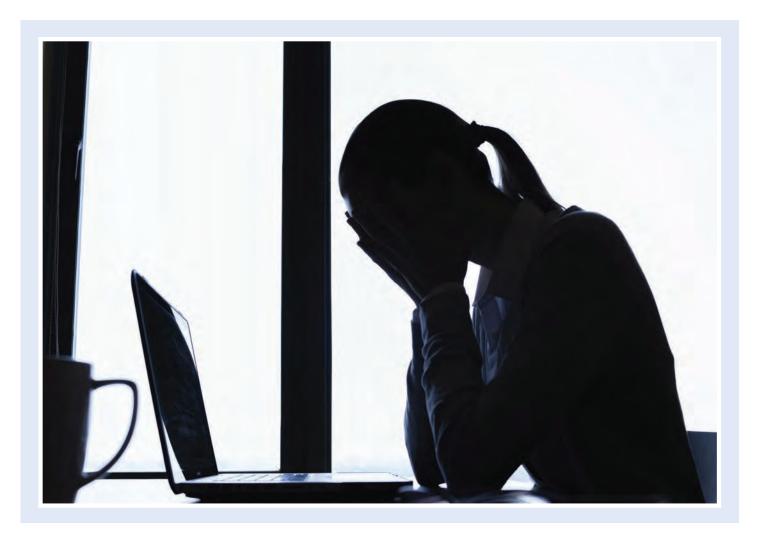
It has been an important decade for studying trauma. We began the 3rd millennium with huge parties, followed by the 9/11 attacks. Practitioners have had the unique opportunity to watch patients react over time to its personal and national effects. We witnessed the differing methods by which people have resolved or suppressed trauma and have all treated this insipid, pathological factor. It has touched all of our patients to differing degrees. Even today, if you question your patients on how 9/11 affected them, you will find trauma's residue.

Following the attacks, the divorce rate increased; the number of military enlistments went up; as did antidepressant medication prescriptions, cigarette, and ice cream sales. Other industries such as travel, conventions, and weight loss struggled through the first year following 9/11. Crime rates fluctuated wildly, businesses were born, careers redirected, and habits broken. Prejudice eased between some peoples and increased between others, all in response to trauma on a national level.

I left Washington D.C. on September 10th of 2001 to return home after dropping my daughter off at college for the first time. She called the next morning, the first of my new life as an "empty nester", and spoke of plane hijackings. One of the flights that went down had been my original return flight, which I had changed just hours before its departure.

I lost both personal friends and patients in D.C. and N.Y. buildings. I sat quietly for a month. When I was not sitting, I was organizing my linen closet, eating chocolate--the ultimate heart yang tonic--or cleaning out my garage. My brain had no apparent organizational ability and my thoughts could not follow one another in sequence. I treated few patients because I had nothing to give. Whatever I had, I needed to redirect into myself to find my way back, out of shock and into my sense of personal identity. I had lost patients, friends, motherhood (or so it felt at the time), and everything else that we all lost as citizens of the US. I had also, almost, lost my life.

Energetic imbalances began expressing symptoms through my heart and spleen, shaking my sense of self and ability to metabolize information. It went on to affect my kidneys and liver, filling me with an underlying sense of dread and the inability to either express my emotions or resolve them. Breathing was difficult as chi congested in the channels. My lungs responded to my contracted breath and sadness with an upper respiratory infection. A year later the lung crack on my tongue was wider than it had been a year before. Everyone



in this country has a 9/11 story that reveals trauma's energetic dynamics. Do you recall yours?

We end the decade with one of the most profound financial challenges the nation has ever faced. What is the recovery process that the media and think tanks continue to monitor? It is, in part, the healing process from another national trauma. How quickly do we as individuals and a nation open our wallets and let go of survival fears? That depends upon our collective ability to nourish ourselves and one another as we heal or suppress the traumas we have experienced for the past few years.

The energetic dynamics of this force have unique qualities and affect every person differently, depending upon their individual strengths and weaknesses. But there are some consistencies that identify its toxic presence.

CONSISTENT FEATURES OF TRAUMA

- 1. Trauma acts like a wave of chi moving from the surface of the body to the interior. Many patients can describe the rolling feeling that passed through them at the time of the damaging event.
- 2. Both physical and emotional trauma can be accompanied by an immediate denial of injury. I call it the "I'm fine" syndrome. Patients can injure themselves and before they notice a severe injury, those who rush to their aid are assured by the victim that they are "fine".
- 3. Depending upon the severity and location of the injury, i.e. tennis elbow or heartbreak, trauma's residue can show up in

- an instant or seep into the joints, organs, emotions, bone or blood over decades.
- 4. All the organs and many forms of chi play a role in the body's ability to create, be effected by and minimize trauma. When looking for trauma residue, take a thorough history and listen carefully. Trauma will have its most disastrous effects where the "weak links" are in your patient's body.
- 5. Wei chi is our defense against any external force entering the body. Trauma's ability to affect us is, in part, determined by the strength of an individual's "shield". One of my teachers described the protective spacehelmet shaped dome of wei chi. "The helmet rests on CV17 in the front and GV14 in the back", he said. "It extends out several inches from the body like an astronaut's helmet. You must tell your patients to always keep the area between these two points (the head and neck) protected because only the strength of this shield keeps them from the elements of life." Of course wei chi protects the entire body not just the head and neck. And it can be protective against some traumatic events, such as mild physical injuries. But that protection can be of no use at all when some forms of trauma strike. An example occurs when you are in the middle of eating a meal and you learn of horrible news. The strong emotions that burst open in you directly effects the liver and its actions upon the stom-
- ach. As chi stops moving, chi movement being a liver function, everything in your stomach stops being digested and it sits, like a rock, unmoving. In this case, wei chi could do very little to protect you and the trauma will have to be addressed through the organs as well as wei chi supportive points.
- The liver cleanses and moves all that comes into the body. When trauma gets in and causes stagnation, it is the liver's duty to rally against it. Liver chi is always affected.
- 7. All the meridians can show signs of trauma because it is through them that the disorganized chi creates chaos in the body.

While the multiplicity of faces worn by this hidden pathogenic factor may confuse the practitioner initially, there are methods by which this force can be discerned and overpowered. "Hit Medicine", one of the first uses of acupuncture, moxa and herbs, is still worthy of your exploration and study. We take different kinds of hits than those first treated by our professional ancestors. But our medicine is large and has genius enough to address all the insults that life has to offer. **OM**

FELICE DUNAS, PhD, is an international professional speaker, consultant and executive coach who has used her understanding of behavior, the human body, and Ancient Principles to enhance the lives of individuals, couples, families, and corporate and health care industry CEOs for nearly forty years.



elcome to the Year of the Sheep! Chinese New Year celebrations commenced on February 19, 2015, running until the Lantern Festival on March 5. Chinese New Year traditions vary across the world, but as the largest holiday of the year, the common thread is the celebration of family, luck, and ancestors. The Year of the Sheep is considered auspicious, the Sheep being a lucky animal, bringing in prosperity and abundance.

2015 marks the Year of the Wood Sheep, the eighth animal in a 12-year cycle, with an element (Fire, Earth, Metal, Water, or Wood) assigned to each cycle. People born in 1931, 1943, 1955, 1967, 1979, 1991, 2003, and 2015 are Sheep... or Goats, or Rams, or more accurately: yáng. Yáng is actually a term in Chinese used to refer to any of the goat-like grazing animals from the sheep all the way to the ibex, a long-horned, nimble, mountainous animal native to an area ranging from China to Spain. For example, miányáng are specifically sheep and shānyáng are specifically goats.

According to the Chinese zodiac, those born in the year of the yáng are said to be popular, kind, gentle, and peace-loving. They are helpful and trusting people, but

also inclined to fall prey to their own stubbornness and resistance to change. Sheep are sensitive, abstract, and artistic in temperament, making excellent craftsmen or artisans, but can be overly anxious or dreamy as a result. They enjoy their luxuries, and may even be a little vain. They may simply need to relax a little to allow their minds to open to their full capacity. This year of the Sheep, aligned with the element of Wood, typically heralds a calmer, more prosperous year to recover from the previous, chaotic Horse year. Mark Twain, Bruce Willis, and Michelangelo were all born in the year of the Sheep.

Traditionally, the zodiac animals and their order were chosen as part of a swimming race held by the Jade Emperor, ruler of the heavens. When it came to leave for the race, the rat left his friend the cat behind, sleeping, causing him to be late to the race and missing his spot entirely, which is why cats do not have a place on the Chinese zodiac (though they do on the Vietnamese zodiac, replacing rabbits). The pig took a nap upon arrival, coming in last place; the dog took a bath in the river, coming in 11th. The sheep, monkey, and rooster collaborated to build a raft, and took 8th, 9th and 10th; the horse charged across

the river ahead of them but unwittingly aided the snake, who had caught a ride on the horse's hoof and so stole 6th. The dragon helped the rabbit to take 4th with a gust of wind, and the tiger leapt agilely across the river for 3rd. The rat hid atop the oxen and jumped off after the oxen had forded the river to scurry into 1st place.

According to legend, the Chinese New Year was once a time of suffering and fear. An evil beast called a Nian terrorized the people of China every spring, devouring food, villagers, and even their children. One year, though, a frustrated villager consulted a god on how to deal with the Nian. The god said that the beast was himself afraid of loud noises and the color red, so the villagers hung red scrolls and lanterns on their doors and windows and made loud noises with pots, pans, and explosives to scare the Nian away every year afterward, until the Taoist monk Hongjun Laozu captured the Nian to use as his mount. The Nian is still represented every New Year as the dancing, stylized lion-like beast seen in parades and celebrations around the world, and the bright scarlet decorations and firecrackers keep the Nian away for another happy year.

In the final few days, the Lantern Festival activities begin. The Lantern Festival is when the incredible dragon and lion dances begin, with parades running throughout most of the day. Finally, in the evening, families go out to enjoy the full moon and light beautiful paper lanterns, some made into elaborately shaped animals and inscribed with riddles. The Chengdu Lantern Festival in southern China is known for its Dragon Pole, a lantern in the form of a huge golden dragon that winds its way up a hundred-foottall pole.

The Lantern Festival has many different myths surrounding its origin; some say it was a time to placate Taiyi, the God of Heaven, who commanded sixteen dragons whom he would otherwise command to spread plague or stir up storms against humankind. Others say it is linked to the Taoist god Tianguan, who simply enjoys entertainment.

In all of these activities, the Chinese New Year is meant for spending time with relatives and neighbors and enjoying the sense of community. It's a time to renew friendships, dismiss arguments, and reconcile differences from the previous year. Good luck, and have a prosperous Year of the Sheep! **OM**

The Infinite Spring

By GREG LANE, LAC, Dipl Ac

ellness in all its forms has seeped into the public consciousness. In fact, it's become a buzzword for healthful products and services from skin care to trendy exercise packages, spa treatments, diets, holistic health treatments, vacations, and medications—all aimed at improving and augmenting our lives.

In the insurance industry and within the walls of corporate America, wellness programs are now woven into the fabric of employer-based health plans. Some are rewarding employers and employees with incentive-based programs that use biometrics to measure health risk factors and keep employees healthy and productive. The goal is to create a positive affect on the nation's bottom line through increased productivity and lower healthcare costs.

Some components of these wellness programs include diet, exercise, and lifestyle coaching and counseling. These can be monitored and adjusted based on blood draws, blood-pressure readings, and activity-measuring devices such as pedometers and heart-rate monitors that feed directly into online health-tracking websites. These programs are highly incentivized by employers, and the competition for slices of the wellness pie is fierce, with an entire industry of consultants, designers, and managers vying for the lion's share.

With technology assisting in the tracking and accountability of wellness plans and programs, people also yearn for effective therapies and systems that empower them to take control of their own health and well-being.

Much of the current movement towards wellness is also driven by consumers who are tired of having to rely on a doctor or healthcare system such as an HMO for their well-being. The current medical model of healthcare needs to shift focus toward achieving better health and maintaining overall wellness and disease prevention, rather than restoring health after an individual becomes hurt or ill, according to the American Hospital Association.¹

Traditional Chinese medicine (TCM), also known as Traditional East Asian medicine (TEAM), may have been the first example of what is today considered to be a "wellness program." To illustrate, consider the scope of practice of today's licensed acupuncturists, which varies from state to state along with licensure requirements.

In California, the scope of practice of a licensed acupuncturist as defined by the California Acupuncture



Board includes acupuncture; Oriental massage; acupressure; breathing techniques; exercise; hot and cold therapy; magnets; nutrition; diet; herbal, botanical, animal, and mineral products; and dietary supplements to promote, maintain, and restore health. Each of these elements has rich traditions that can be traced back through the classic texts of Chinese medicine.

Traditionally, acupuncture practitioners of yore would also incorporate bone setting as part of their treatment protocol. In today's environment, bone setting has evolved into chiropractic care and has grown into its own vital system of healthcare. The two professions work extremely well side-by-side for patient care. You often see acupuncturists and chiropractors working together in shared offices, or at the very least the two professions have developed a well-established cross-referral relationship in most parts of the country with licensure available for both.

When a patient seeks to include acupuncture as part of his or her wellness program, an acupuncturist will first conduct an extensive intake including a thorough health history while engaging with the patient through the diagnostic process.

This process includes observation, auscultation, interviewing, palpation, and examination, which allows the practitioner to form a picture of the patient and treat him or her according to the pattern of disharmony formed after evaluating the information gathered. This approach allows the practitioner to view each individual as unique and expansive as compared to a more reductionist and Cartesian view of a patient from a pathological perspective.

Once the pattern of disharmony has been unfolded like a mystery, only then will a treatment plan, which may include any of the abovementioned tools in the scope of practice, be employed. Treatment modalities selected are based upon a patient's level of readiness for participation. For example, some patients may choose to have only acupuncture, while others may want to learn tai chi or qi gong (traditional forms of Chinese therapeutic exercise).

Other patients may be open to brewing a traditional Chinese herbal formula and incorporating therapeutic massage into their programs. Many combinations of therapeutic modalities within scope may be employed to work in concert and form an individualized wellness regimen. Some techniques may be performed by the practitioner, while others may be taught to patients and empower them to take control of their healthcare.

One example of empowerment through TCM is in the method of teaching patients about nutrition. Patients are encouraged to eat according to the seasons and incorporate whole, nutrient-dense foods, which are rich with *qi*,(pronounced "chee," meaning "life force").

A diet devoid of cold, damp foods (e.g., ice cream, iced drinks, or even salads in some cases), which inhibit the digestive process, is adopted. Patients are urged to incorporate warming and easily assimilated foods.

In TCM, it is said that digestion likes warmth, dryness, and regular meals at regular times. Emphasis is placed on eating at the same time each day, the same amounts of foods, chewing appropriately in a relaxed fashion, and allowing the food to digest before resuming activity.

Other resources in the TCM wellness toolkit are breathing techniques and exercise, if allowed by the scope of practice. In Chinese therapeutic exercises such as tai chi and qi gong, breath work is combined with physical movement and mental imagery to produce therapeutic results.

If we reflect upon today's wellness programs such as yoga, Pilates, massage, and diets, we see elements of what was being performed thousands of years ago in ancient China, now repackaged and modified to fit today's modern world. **OM**

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