

# Oriental Medicine

SUMMER 2017

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## Pacific Symposium 2017

The world-renowned Pacific Symposium has been an interactive environment for almost 30 years, bringing brilliant minds of the Eastern medical profession together to learn from innovators in the field. This annual event unites students, professors, acupuncture practitioners, and massage therapists, opening the way for the exchange of industry information.

Returning to the gorgeous Catamaran Resort and Spa in San Diego, California, Pacific Symposium promises a range of speakers on the cutting edge of the integrative health community. This year's conference will feature authorities on Oriental medicine topics from dietary therapy and facial soundscapes to fibromyalgia and autoimmune disorders, with Jeffrey Yuen, Mazin Al-Khafaji, Saraswati Markus, Daniel Keown, Richard Gold, Jill Blakeway, Janet Zand, Matt Callison, and Kiiko Matsumoto, amongst others, presenting seminars and leading interactive workshops. With such an impressive lineup of speakers, there will be something to engage everyone's interests. As the conference's keynote speaker, Daniel Keown will capture the essence of Pacific Symposium by showing how qi, acupuncture channels, and Chinese medicinal theory are linked to Western science through embryology. **OM**

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## The Ripe Fruits of Autumn

### *Women and the Second Phase of Reproduction*

By **SARASWATI MARKUS, DAOM, LAc**

*Youth is like spring, an overpraised season more remarkable for biting winds than genial breezes. Autumn is the mellow season, and what we lose in flowers we more than gain in fruits.*  
—Samuel Butler

Chinese medicine teaches that, as women age, their energies move from the youthful, flowering fire of the lower burner, the womb, where babies can be held, into the Heart, where the fruits of all of life's unfolding can be held. This introduces in broad brushstrokes the Three Treasures of Jing-Qi-Shen, or Essence-Energy-Spirit, also known as the Kidney-Heart Axis.

The Three Treasures provides a basis for understanding menopausal transition and offers hope

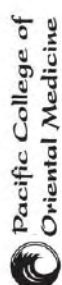
for alchemical rejuvenation and organ system rebalancing in later reproductive years. Those years may be biological, in the case of premature, accelerated aging, or chronological, that numbering we keep from birth to death. If you're reading this, you may be maintaining your own tense count through your late 30s, or even more tentatively into your 40s, a time when doctors say we shouldn't have babies.

Though Western medicine has good reason to suggest that older mothers-to-be enter into childbearing with caution, women have been having healthy babies into their 40s since the dawn of time. What's different today is that many women are choosing not to have their first child *until* their 40s, at a time in life when the reproductive energy has already moved away from its firm root in the pelvis and has begun its ascendance into the chest.

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THE RIPE FRUITS OF AUTUMN continued from page 1

Add to those cooling fecund energies the accumulated effects of habituated reactivity, poor diets, unmanaged stressors, traumatic losses, heartbreak, the insults of bacteria, viruses, and chemical toxins—and the later phase of fertility doesn't seem so abundant or safe anymore.

In my fertility practice, I now see women in their 20s and early 30s with advanced maternal aging and the associated issues of poor ovarian reserve: high FSH and low AMH. Contributing to causative internal imbalances are outer life imbalances: in large part, these women are subjecting themselves to the demands of competitive careers, long work hours, and taxing responsibilities at work and at home. They're keeping up with social networks, global business, working any and all hours of the day, perpetuating the madness and revving up the intensity because we're taught that our accomplishments are a badge of honor. The uniquely female skill of multi-tasking has backfired: our bodies are moving through time too fast... and that comes at a cost.

**LONGEVITY: THE NEW MATH**

Though we may not have thought of it in these terms, every task accomplished expends precious energy. If what's expended exceeds what's reserved or replenished, there is a deficit, and the body, mind, and spirit suffer accordingly. I am reminded of the foundational Chinese medicine principle that life is yang—warm, active, and alive—while death is cold and yin. If yang belongs to birth and yin belongs to death, we can support movement toward birth (longevity) with what are known as. Literally translated from the Chinese as nourishing life practices, these ground yang energies down into the lower burner, which solidifies the qi and returns life and higher function to the reproductive organs.

I've been so taken with the promise and demonstrated results of Nourishing Life practices that they've become my namesake.

Here are some practical ways to begin reawakening, treasuring, and cultivating yang energies in your life:

1. Understand the rhythms of nature, the position of the sun, the moon, and the stars, and learn how to



**Heart: Second Phase of Reproduction**

**Energy moves upward from the lower pelvis and reproductive organs to the upper chest and heart**

**Kidney: First Phase of Reproduction**

*Open the lock  
Let the moon in—  
The Floating Temple.  
-Basbo*

**THE THREE TREASURES: AN ALCHEMICAL GOLDMINE FOR LIVING WELL**

The Tao suggests that we are born with all our physical, mental, emotional, and spiritual predispositions—a full store of Kidney essence (jing). At the level of energy (qi) we can treasure our yang by following the guidelines above and meeting our tendencies with awareness and choice toward healthy outcomes. A lifetime of meeting life's challenges consciously creates wisdom and clarity, which bubble up into the Heart toward the autumn of our lives (shen). The precious shen is where the seen meets the unseen, where base physical essence has transmuted into refined spirit, a place where women spend the last significant *half* of their lives, the lower burner having cooled. What will we birth with all of that life experience, all of that energy in the Heart?

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# Chicago Campus Community Clinic: *Preparation for the Real World*

**P**COM-Chicago's community-based acupuncture-only clinic is grounded in faster-paced treatments based upon a Chinese hospital model. Patients are treated in reclining zero-gravity chairs with others in the room, at very affordable rates, a process that ensures the availability of acupuncture for all and makes it possible for acupuncturists to see several patients at once. Intern observers are also welcome.

*Thiera Smith, PCOM-Chicago student, on interning in the clinic:*

"I would highly recommend taking a shift in PCOM's Community Clinic. Even if community-style isn't what you want to do when you graduate, you develop skills on this shift that you don't get a chance to practice on other shifts at PCOM. These are skills that enhance any style of acupuncture you may practice and will prepare you for the real world.

In PCOM's Community Clinic, you get to practice a few office skills, time management on a new level, and managing more than one patient at a time. Typically patients are waiting for you at the start of your shift and will trickle in, or gush in, throughout the evening. You get to

practice your awareness of who is in the waiting room and how long they have had to wait. If you are like me when you graduate, you may not have a person working your front desk, so you will need to be able to keep an eye on the entire office while you are also doing treatments.

To get everyone seen, you have to manage how much time you are spending in assessing the patient, thinking up your treatment plan, presenting to the supervisor, needling, and charting. You practice time management on all your shifts, but in Community Clinic, all of this is now done within 15-20 minutes, maybe less. To work this quickly you learn to rigorously focus your intakes and practice making your best diagnosis with more limited information than you might be able to gather in a 20-minute intake on another shift. You learn to make competent and quick treatment plans and communicate succinctly with your supervisor, so that you can spend more of your allotted time with the patient. You get the chance to experiment with different point prescriptions, learning to treat all areas of the body using only points on the head, below

the elbows, and below the knees. Because you are learning about your patient in 5-10 minute increments over many weeks, and because the nature of Community Clinic leads to all the acupuncturists on a shift sharing patients, quick but precise and legible charting is a skill you master and learn to appreciate in your team. Obviously, in your own practice, time management, efficiency, and being able to work with others in your office will lead to happier patients and the ability for you to see more people and make more money.

After you have the patient resting with their needles in and you have finished charting, you move on to the next patients, but you can't forget to discharge people as their time is up. This is an opportunity to practice managing more than one patient, as you will most likely do in your own practice.

PCOM's Community Clinic is a great opportunity for you to apply the theory and clinic skills that you have learned up to this point, in a faster-paced, more true-to-life setting." **OM**

## Alumni Awards 2017

**W**e know that our alumni are increasing the recognition of acupuncture and Oriental medicine and we want to recognize you for it! One of the advancements we are seeing in both Western and Chinese medicine is the movement towards **Institutional Healthcare Culture and Practice**.

Pacific College of Oriental Medicine is working with the Academic Collaborative for Integrative Health to inform our communities about advancements and trends in healthcare. **Institutional Healthcare Culture and Practice** is one of the six competencies that have been identified as key components to moving our medicine forward.

The winners will be announced and honored at Pacific Symposium 2017! Good luck to all! **OM**

## Express Outreach Award Highlights: *Community Access to Health Information Training in San Diego*

By **NAOMI BROERING**, MLS, MA, FMLA, DEAN OF LIBRARIES, and **GREGORY A. CHAUNCEY**, BSEE, MBA, HEALTH INFORMATION INSTRUCTOR, PACIFIC COLLEGE OF ORIENTAL MEDICINE, SAN DIEGO, CA

**T**he Pacific College of Oriental College (PCOM) received an NNLM PSR Express Outreach Award in 2016 to conduct a collaborative health information program in San Diego to increase community awareness and promote access to NLM/NIH online resources in a series of training workshops and outreach conference exhibits. Working collaboratively with eight partnering organizations, who hosted the training sessions, we reached a broad base of culturally and ethnically diverse consumers and health professionals. Our collaborating organizations included libraries affiliated with San Diego county, the cities of San Diego and Chula Vista; community centers of La Jolla, Pacific Beach and the San Diego LGBT; faith-based organizations of Christ Lutheran, United Methodist and Prince Chapel AME; and the PCOM campus and affiliated clinics. The conference exhibits included the 2016 San Diego Successful Aging



2017 Aging Expo

Expo and Pacific Symposium where we reached large audiences that included healthcare professionals.

The workshops were held directly at the partners' community sites for consumers, health practitioners and library staff. The foremost objective was to introduce the NLM's resources to attendees by teaching access to NLM's MedlinePlus and MedlinePlus Connect, PubMed, and

clinical trials, as well as the use of multiple devices such as laptops, iPads, and smartphones. We taught how to search the databases, use filters, and save searches in MyNCBI. We covered medical topics on information needs and interests of our local attendees with diverse backgrounds. Presentation subjects included diabetes, heart disease, cancer, Parkinson's, obesity, HIV/

AIDS, and aging. The demonstrations, lectures, exercises, and group discussions helped attendees learn to evaluate and easily access reliable health information at their fingertips.

Our programs at community organizations have grown over the years. We had originally planned 15 workshops to reach 800 attendees, but completed 30 workshops plus two conferences and reached 2,177 attendees, certainly more than anticipated. The most rewarding outcomes were our strengthened relationships with community organizations, the value they place on the health information we provide, and the excitement by attendees who stated they would use and share their new knowledge with friends and families. They were thrilled to receive the **MedlinePlus Magazine**, brochures, and tutorial guides for future use. Scheduling the workshops was challenging with the

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fall 2016 timing, when libraries were swamped with citizenship and English language classes prior to the election, but all requests were accommodated. Although our award period has ended, we have ongoing contacts with our collaborating partners and we share our resources and services with the libraries, community centers, churches, and the affiliated clinics. From the Q & A discussions we repeatedly learned that most attendees had little or no knowledge of MedlinePlus or the NLM systems. There is a continuing need to provide ongoing outreach and to stress multiple languages, especially Spanish, Asian,

and Middle Eastern dialects for our growing immigrant community. **OM**

**NAOMI BROERING**, who is approaching her fifteenth year as Dean of Libraries at Pacific College of Oriental Medicine, teaches information literacy classes at PCOM in addition to managing a vibrant, digital, high-tech library and coordinating the New York and Chicago campus libraries. Naomi is a distinguished Fellow of MLA and the American College of Medical Informatics. Naomi is also a founding member of the Friends of the National Library of Medicine (NLM), and the first librarian to be a Board of Directors officer.

# In Memoriam:

## Mitchell Lehman

**M**itchell Lehman, Integrative Medicine Director at National Stand Down for Homeless Veterans and an alumnus of Pacific College of Oriental Medicine, passed away on May 22, 2017. He had an interest in the healing arts from early in his career, starting with the Sacramento City College Nursing program, then working as an optician and phlebotomist at the VA hospital. A disabled Gulf War-era veteran, Mitch chose to attend acupuncture school as vocational rehabilitation after his honorable discharge, attending PCOM in San Diego. There he apprenticed under Dr. Joseph Lazzaro, one of the founders of the college, who has since passed away, in 2000. Mitch also spent hours studying beside other highly regarded acupuncturists like Richard Gold, Erin Raskin, Matt Callison, and Alex Tiberi, another founder of PCOM, who passed in 2014. He continued to be an advocate for veterans throughout his life, and each year he headed the alternative medicine tent with a staff of around 50



volunteers, providing acupuncture, chiropractic, reflexology, hypnotherapy, massage, healing touch, and shamanic healing at no charge to members of the community. Mitchell was also a professor at Mueller College of Holistic Studies from 2005 until its recent closure. **OM**



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# Facial Soundscapes: Harmonic Renewal™:

## A Constitutional Vibrational Approach

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

*"The world is sound. We find music everywhere: in planetary orbits, pulsars, genes, oxygen atoms, crystals, leaf forms..."*<sup>1</sup>

### THE NATURE OF SOUND

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

The ear, a miraculous organ, can detect frequencies ranging from 20 to 20,000 cycles per second (Hertz or Hz). In fact, the entirety of the human body responds to sound vibration, and can "hear" by means of our skin and the 256 bones of our skeleton. Scientific studies have demonstrated that every cell in our bodies may be regarded as a little "ear". Other research has shown that sound can produce beneficial changes to the autoimmune, endocrine, and neuropeptide systems. When in a relaxed state, our body and brain waves vibrate at 8 Hz, which entrains us to the basic electromagnetic field of the earth.

The human body is nearly 80% water, making it an ideal conductor or resonator for sound, which moves 4 times faster in water than air. Moreover, since water corresponds, in Chinese medicine theory, to the kidney, and relates to ancestral qi, cellular memory can be accessed via the Eight Extraordinary meridians. Applying the vibrational qi of tuning forks to the acupuncture points and meridians may free patients from negative conditioning that can adversely impact their health. Tuning forks directly transmit healing vibration to every cell of the body.

Research indicates that sound and music can:

- Affect the emotions: soothe sadness, lift depression, engender joy
- Reduce stress
- Reduce physical and spiritual pain
- Deepen meditative states
- Encourage the creation and retention of memory, and boost learning
- Affect blood pressure and the heart rate
- Reduce fever
- Help patients suffering from post-traumatic stress disorder (PTSD)

### TUNING FORKS

A tuning fork is an acoustic resonator in the form of a two-pronged

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

The tuning fork was invented in 1711 by British musician John Shore, Sergeant Trumpeter and Lutenist to the royal court. The main reason for using the fork shape is that, unlike many other types of resonators, it produces a very pure tone, with most of the vibrational energy confined to the fundamental frequency—the pitch—of the fork, and very little in the way of overtones.

Another singular advantage of the tuning fork configuration is that, when it vibrates, the characteristic oscillation of the prongs causes the handle to move up and down. Consequently, there is a node (point of no vibration) at the base of each prong. The motion of the handle is largely undetectable by the person resonating the instrument, which permits the fork to be held without damping the vibration. It also allows the handle to transmit the vibration to a resonator, which amplifies the sound of the fork, or conversely, for the frequency to be absorbed by the human body via acupuncture points, muscles, bone structure, and so on.

Medical doctors often employ tuning forks as a diagnostic aid to detect bone breaks.

### SOUND AND SACRED GEOMETRY

Research has proven that sound waves engender geometric shapes in various media:

Ernst F. F. Chladni (1756-1827), a German physicist and amateur musician considered to be the father of modern acoustics, demonstrated that the power of sound vibrations has an impact on matter. In his experiment, he spread fine grains of sand or iron filings on a metal plate and caused the plate to vibrate by drawing a violin bow across the edge to produce a tone.

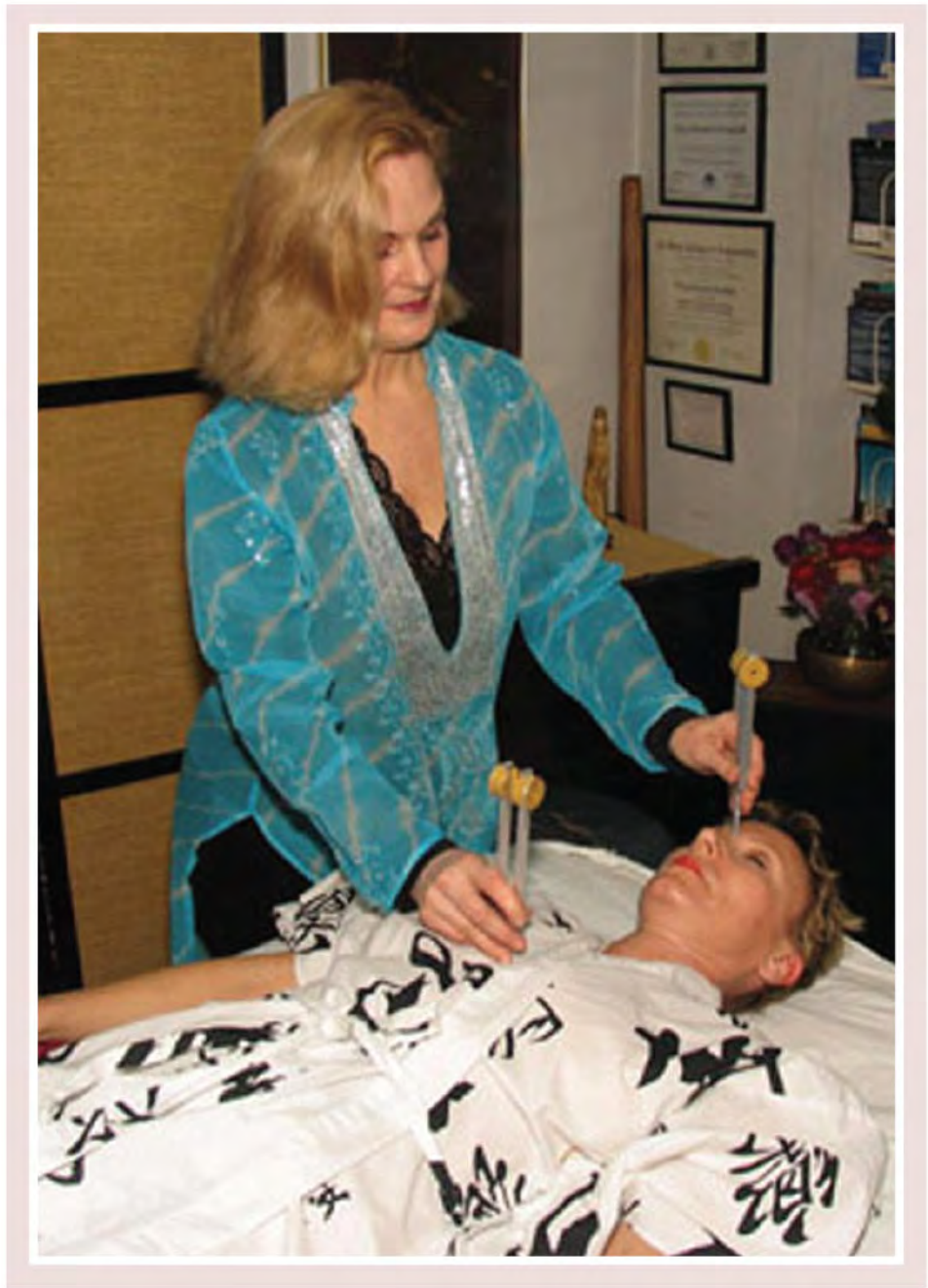
The harmonics intrinsic to the frequency of the violin tone were translated to the physical medium of the sand, producing geometric shapes as the particles rearranged themselves in accordance with the overtones of the instrument.

Later, another notable acoustic experiment was conducted by the Welsh singer Margaret Watts-Hughes, author of *Voice Figures* (1842-1904)<sup>2</sup>, in which geometric patterns occurring in nature were produced by the vibrations and associated overtones of the human voice. Ms. Watts-Hughes sang into an instrument called an eidophone, which consisted of a tube, a receiver, and a flexible membrane. As she sang through a musical scale, she observed that definite, recognizable shapes appeared.

Her experiments prove that:

- Sound waves produce shapes when passed through a physical medium, such as sand or a liquid, and engender characteristic patterns related to the frequencies employed;
- To produce a particular form, you must sing a specific note or pitch;
- Specific frequencies give rise to distinct and individual patterns.

In the 1960s, Swiss-born Dr. Hans Jenny (1904-1972), the creator of Cymatics, a name which is derived from a Greek word meaning "wave", devoted himself to the study of cycles. He adapted the Chladni plate, replacing it with a circular disk that he stimulated by means of a piezoelectric crystal in the center of its base, using different frequencies to produce geometric shapes.



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# Yin and Yang Pairing of Yuan and Luo with Counterpart Entry and Exit Meridians to Treat Obesity

By CYNTHIA SIU, MSTOM, LAc

Obesity is a disease of the body in which accumulation of fat cells causes obstruction to joint mobility and organ function. According to the Mayo Clinic, obesity is, in part, diagnosed by body mass index (BMI), which is weight (in kilograms), divided by height (in meters) squared:

BMI (Body Mass Index)	Weight Status
< 18.5	Underweight
18.5-24.9	Normal
25.0-29.9	Overweight
30.0-34.9	Obese (Class I)
35.0- 39.9	Obese (Class II)
40.0 and higher	Extreme Obesity (Class III)

In the United States, according to Centers for Disease Control and Prevention (<https://www.cdc.gov/>

[obesity/data/adult.html](https://www.cdc.gov/obesity/data/adult.html), 2016 Sept), more than 1/3 (36.5%) of adults are obese, with obesity-related conditions ranging from heart disease and stroke, to type 2 diabetes and certain types of cancer. The 2008 related medical cost was \$147 billion in US dollars. An obese person's medical bills round up to approximately \$1,429 higher than a person with normal weight.

Despite dieting, the weight comes back for many. The nature of the adipose tissues has a biological drive to hold on (MacLean PS, Higgins JA, Giles ED, Sherk VD, Jackman MR, 2015 Feb, *The Role for Adipose Tissue in Weight Regain After Weight Loss*). Even with surgery, one must maintain diet and exercise post procedure (Bergh I, Lundin Kvale I, Risstad H, Sniehotta FF, 2016 May, *Preoperative predictors of adherence to dietary and physical activity recommendations and weight loss one year after surgery*).

What makes a person overeat or retain unwanted weight? In Western biomedicine, the answer comes from regulators: nerve and hormone systems. Their functions are intertwined. It is not easy to pinpoint which particular set triggers what. For example, in type 2 diabetes, the pancreas' endocrine process is affected and can no longer control the sugar in the blood stream. Over long periods, this will lead to many things from blindness to unresolved infections. How does the endocrine process stop working? The pancreas is physically linked to the spleen, stomach, duodenum, gallbladder, and liver. It would be difficult to trace which organ affected what first.


Do we know any better in Chinese medicine? I refer back to The Yellow Emperor's Classic of Medicine Nei Jing Su Wen (Inner Classics Plain Questions) - (Ni, Maoshing, 1995, The Yellow Emperor's Classic of Medicine

*Meridian Pathology and Corresponding Pulse Signs*, pp. 90-93).

Selection is based on "a solid grasp of the specific therapeutic effects of approximately one hundred acupuncture points and their different effects when combined with one another" (Johns, Robert. 1996. "Guidelines for creating prescriptions", *The Art of Acupuncture Techniques*, pp. 91-92). Therefore, I pay close attention to the cravings at the times patient eat and not eat. I asked them about their general environment, and from pulse and tongue, I come up with the diagnosis to concentrate my qi on patient's pathology. I consult the chart below on "exacerbated time" and choose the zang fu (bowel viscera) pair to start with.


The channel selections are always paired in yin and yang. Yin and yang is a fundamental duality in

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Corresponding Element	Metal	Fire	Earth	Wood	Water
Propitious Season to Treat	Fall	Summer	Late summer	Spring	Winter
Disease Worsens	Summer	Winter	Summer	Autumn	Late Summer
Recovers	Winter	Late summer	Autumn	Summer	Spring
Spirits and Minds are Clearest	Early evening	Noon	Afternoon	Dawn	Middle of the night
Exacerbated Time	Noon	Midnight	Daybreak	Evening	7-9 AM & 7-9PM; 1-3 AM & 1-3PM
Calmer Part of the Day	Midnight	Daybreak	Evening	Midnight	Early Evening
Disdains	Upward, rebellious movements	Scattered	Dampness	Constriction	Dryness
Herbs to Administer	Bitter herbs to purge and disperse. Converged/tonified with sour herbs.  Sedate with pungent herbs.	Sour herbs to keep Heart flow contained. Softening methods: salty herbs are utilized for this tonification.  Sedate with sweet herbs.	Salty herbs to dry damp. Harmonized/tonified with sweet herbs.  Sedate with bitter herbs.	Sweet-tasting herbs to soften; dispersion method: pungent herbs. Tonification ~ pungent tonics fortify.  Sedate with sour herbs.	Pungent and lubricating herbs. Pungent to mobilize and disperse the body fluids to lubricate the body. Solidifying with bitter herbs which tonify as well.  Sedate with salty herbs.
	Cold foods and underdressing	Eating hot food and overdressing	Hot foods, overeating and damp environments	Drafts	Hot foods and drink; clothes straight from fire drying
Foods to Eat	Bitter foods to help to disperse: wheat, lamb, apricot, kernels, garlic, and onion.  Bitter foods to help dispersal.	Sour food: dog meat, plums, chives, small beans e.g. mung beans and adzuki beans.  Sour foods to contain the heart.	Salty foods to help dry dampness: beans, soybeans, pork, chestnuts, and leaves of bean plants.	Rice, beef, dates, sunflower and other greens.  Sweet foods to soften the liver.	Pungent foods to help disperse: corn, chicken, peaches, and scallions.  Pungent foods to help dispersal.

Chinese medicine concept. Its root dictates the existence and relationship of how diseases and wellness are perceived (Bensky, Dan and O'Connor, John. *Acupuncture: A Comprehensive Text. Shanghai College of Traditional Medicine*, pp. 4 -5). There is an intimate relationship between the meridians and their respective zang fu. Often, the opposite pairing is directly within its path. This regulates the timing of the meridians. Similar to Western biomedicine, regulators depend on each other in their own natural rhythm. When working with long term issues, the Yuan (Source) and Luo (Connecting) pairing addresses the accumulation, concretions, conglomerations, and gatherings. In other words, as stated in the Ling Shu (*Spiritual Axis*), "it is said that the Source points generally reflect an Excess or deficiency of Qi in their respective channels and are useful in diagnosing, by means of palpation, the presence of disease in Organs associated with the channels" (Bensky et. al. translated by. *Acupuncture A Comprehensive Text. Shanghai College of Traditional Medicine*, p. 128). This Yuan (Source) and Luo (Connecting) pairing technique is often used to address "host and guest" or "exterior-interior related meridians" (Cheng Xinnong, chief editor. 1999. *Chinese Acupuncture and Moxibustion [Revised Edition]*, p. 389.).

The application of entry and exit is vast. "A blockage which occurs between two meridians in the sequential flow of Qi is known as an 'entry /

exit' (E/E) block and may have implications for the functional balance of the entire energetic system" (Jarrett, Lonny S. "The Use of Entry and Exit Points in Traditional Acupuncture," *The National Academy of Acupuncture and Oriental Medicine*, pp. 19-30). Well, is this not true for every channel, we ask as a practitioner? Absolutely. Again, during the intake with the patient, I go back to the Su Wen timeline to see which symptoms are exacerbated at what time. This is how the second set is decided.

For example, a 52-year-old female came to me initially to address her coughing symptoms. I concentrated on the Hand Tai Yin to regulate the Lung. This is a chronic cough. Patient confirmed that by noon time, she was exhausted, like "going through quick sand".

This technique is cycling through according to the meridian clock. Tai Yuan LU-9 and Gong Sun SP-4, Yuan (Source) and Luo (Connecting) meridians combination to begin the regulating process. Adjunct points to use are their Yang pair of Entry and Exit points ("Entry and Exit Points and Blocks", *Acupuncture Today*): Shang Yang LI-1 and Ying Xiang LI-20 with Cheng Qi Li ST-1 and Chong Yang ST-42. Next visit I see the patient, I will use He Gu LI-4 and Chong Yang ST-42 and match it with the Entry and Exit pair, Zhong Fu LU-1 and Lie Que LU-7 with Yin Bai SP-1 and Da Bao SP-21. The third visit, I will use Chong Yang ST-42 and Pian Li LI-6.

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# Hologram Discs in the Treatment of Pain

By DR. BARBARA DE LEON, DACM & JACKSON TATE

This is a descriptive study to evaluate whether the use of adhesive holographic discs placed on acupuncture points changes the effectiveness of pain relief obtained through acupuncture treatments alone. We compared the results obtained in one treatment of 44 patients with existing data on the effectiveness of acupuncture for five main chief complaints: neck pain, low back pain, upper back pain, shoulder pain, and knee pain.

Patients reported their pain level on a 1-10 scale before treatment and 24 hours after.

Of the 44 patients treated, 32 were treated with acupuncture and holograms and 12 were treated with hologram discs alone. The use of holograms was found to be effective for treating various sources of pain: patients treated with holograms had a decrease in pain of 59.2%. It was found that patients treated with acupuncture as well as holograms responded even better, with a decrease in pain of 72.2%.

Based on the results, the addition of holograms to acupuncture treatments increased the pain relief by over three times. Hologram use alone, with no treatment as a control method, provided an average of 59% pain relief. The data obtained hinted at the possibility that the depth of the injured tissue is related to the effectiveness of the holograms.

In order to identify whether age, gender or site of injury contribute to the efficacy of the holograms, future studies with more subjects, a stricter inclusion criteria, and a longer treatment duration are recommended.

Orthopedic pain is one of the top three complaints driving patients to seek acupuncture care (Mao, J., Armstrong, K., Farrar, J., Bowman, M., 2007). Holograms use a magnetic field to affect the vibrational frequency of the tissue, and may help restore normal frequency in injured cells.

This is a descriptive pilot study with a retrospective control, conducted in an outpatient acupuncture clinic in Truckee, California. Partici-

pants were current clinic patients presenting with orthopedic pain at different sites. Chief complaints included acute low back sprain, chronic neck pain, chronic upper back pain, acute and chronic knee pain, shoulder pain, and elbow tendinitis.

### INTERVENTION

44 patients received one treatment with acupuncture and holograms, or holograms alone. Patients with a complex presentation involving symptoms not covered in this study received acupuncture to address those symptoms, and holograms locally for their orthopedic pain. Only the hologram treatment results were recorded for these patients. Patients whose complaint was only orthopedic received a combination of acupuncture and holograms to treat the pain. Due to the limited sample size, the control used was current research in the effectiveness of acupuncture in the treatment of pain in the low back, upper back, neck, shoulder, and knee.

### MEASUREMENTS

Patients reported the pain level before the treatment and 24 hours after using a 1-10 verbal pain scale. This was recorded during the visit intake and subsequent follow-up via a scripted question. The effectiveness of the treatment was measured as a percentage reduction of the original pain level reported by the patients.

### POPULATION

The population ranged in age from 20 to 70 years old. Patient age made no significant difference in the effectiveness of the acupuncture and holograms treatment ( $p > 0.05$ ).

The gender split was 30 females and 14 males. Table 1 shows the average age and efficacy of treatment by gender. The data suggests there may be a correlation between gender and efficacy, but a t-test was unable to reject the null hypothesis of a significant difference between efficacy of males and females.

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# Creative Healing 5 Elements Style

By LAURIE MORSE, LAc, MTOM

If we agree that everything in the universe is a form of qi or life force, and if the nature of the universe is expansion by way of the creative impulse, then we could easily make a case that qi and the creative life force are one and the same.

There is a (re) emerging realization that when a human being considers, respects, and cultivates a relationship with the creative life force, qi moves.

Taken a step further, when a conscious connection with the innate creative life force is fostered intentionally for healing, qi doesn't simply move; it is influenced in all the same ways we know our medicine to influence. It tonifies, sedates, warms, protects, raises, holds, transports, and transforms—at every level of being.

Whether we are treating a patient for a physical, mental/emotional, or spiritual need, we are sending an intelligent message that supports the transformation of their qi to prompt the healing capacity of the body.

We know our medicine works. As a practitioner it can be frustrating that we have too little time to convey the depth of the medicine, or to swiftly move them to the results they seek.

Of course, we know true healing is a journey; alchemy at its best. Our medicine has not the life-threatening side effects of pharmaceutical drugs, though patience is sometimes necessary. I've found that creativity not only tames impatience but makes the journey more enjoyable.

Since the 'transformation journey' is similar in nature for all human beings, I've broken it down into a 5 Element perspective below:

- Fire: Inspired about changing and improving, begin with enthusiasm for the result that outweighs or overshadows the pain, divine impulse accompanied by hope.
- Earth: Not there yet, path might seem longer than expected, weariness may be setting in, losing enthusiasm, missing the comfort and familiarity of the old; begin to question everything, frustrated to have come this far without reward, path feels barren, resistance is shackling, fear, stalled, discomfort of the unknown, teeters towards turning back, and may do just that. This can be where people feel 'stuck'.
- Metal: Discovers and cultivates the wherewithal to keep putting one foot in front of the other no matter the discomfort;



this is where the transformation happens. Perseverance rises and light begins to illuminate the path again, possibility of hope returns, resilience replaces resistance.

- Water: Noticeable shift and sense of arrival; feet feel stable and planted on the other side of the path or bridge and there is a sense of one's stability again, only stronger and expanded... even as the old way still whispers, beckons, entices, and offers lures of return.
- Wood: The unification and free flow of knowing, trusting, appreciating, and embodying this expanding field is solid. Can make more evolved life choices from new terrain. Dedicated to maintain focus here (instead of being lured back) in preparation for next crossing.

In a shorter version we can look at it from the Mother/Child cycle. When a problem arises:

Wood is emotionally upset, Fire causes impulse/spark for transformation, Earth nourishes for journey, Metal inspires and activates life force, and Water reveals truth, so that Wood can relax and soften for transformation and the Heart can enjoy, Earth can strengthen, Metal can release, and Water can rest.

A creative healing process can be entered like a portal or doorway through each element to support the exact place where a person is, which keeps healing and transformation in motion rather than

the tendency to slow or become stagnant.

For those who say they aren't creative, I gently point out the very fact they are breathing is 'proof' they are alive with creative life force. Their willingness to reclaim this part of themselves, however hidden they insist it is and as a respected partner in the healing process, will open a flow of creative expression and healing. Period.

What I've learned in the past ten years is that guiding, prompting, and facilitating people in cultivating creativity alongside regular acupuncture treatments (which may include herbs, nutrition and so on), improves treatment results significantly. An average range of a 27-45% increase in treatment outcome is the data I've gathered.

The research regarding creative healing is very promising. NIH, American Journal of Public Health, Science Direct, and Psychology Today all have regular publications of research that supports the connection between healing and creativity. Here's just one example: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2804629>.

Oliver Sacks, a British neurologist, describes the quality of awakening that creativity provides to a patient as a *reversal*. "The patient ceases to feel the presence of illness and the absence of the world, and comes to feel the absence of illness and the full presence of the world."

In some cases, adding the creative healing element has been the difference between patient retention,

results, and referrals, all valuable elements to a successful practice.

One of the great benefits to bringing a creative healing process into the therapeutic mix is that it tends to bypass the mind. Our mental beliefs and patterns can keep qi in lockdown! A creative healing process is able to reach past the gates of the mind, into the subconscious, and release old emotions and patterns.

Creative healing can happen individually, with a guide, as well as in a larger group context. I engage them all. I cherish my personal creative healing processes, I love guiding others, and I enjoy the larger group experience as well.

For example, I've been creating a piece of art for the annual Pacific Symposium for the past handful of years. Each piece is dedicated to the theme of the Symposium. Gail Vogt, PCOM's VP of Marketing, and I collaborate regarding theme, colors, and elements, then I enter the creative process, design, and make a piece of art dedicated to the symposium.

Last year was the Year of the Monkey and the theme was intelligence, with mostly blue and gold colors. My intention woven into the creative process was to activate healing intelligence for all who view the art.

This year is the Year of the Rooster, with bolder red and violet colors. The theme of this piece is abundance. My intention woven into this creative process is to activate abundance for all who view the art. As you are abundance, our medicine thrives.

People have told me that they were moved to tears when they viewed the art, a wonderful sign of qi being activated.

"Through creativity and imagination, we find our identity and our reservoir of healing" (NIH study published in Am. Journal of Public Health February 2010).

Does creativity influence qi? I'd have to say yes, because it *is* qi, and the myriad ways this works continues to be revealed. I hope you find ways to weave creativity into your personal and professional world in equally effective ways.

A version of this article originally appeared in the June 2017 issue of *Acupuncture Today*. **OM**

**LAURIE MORSE, LAc, MTOM** is the creator of the 5-Element creative Healing Process™ and has been in private practice in San Diego, CA for 20 years. A graduate of PCOM-SD, her art hangs in several of the campus halls. Laurie also holds regular online and in-person 5 Element creative Healing programs and speaks on the topic nationally.



# CBD Hemp Oil Products the Latest Health Trend Offering Complete Wellness

By PRISCILLA VIRAMONTES, AS

In the past few years, since hemp-based CBD became available to a national market, stories of the remarkable results that individuals and families have gotten from extracted hemp oil have been covered by major media outlets, including National Geographic, TIME Magazine, and CNN's Weed documentary series.

However, the use of hemp is not a new concept for humanity. Man's relationship with hemp may reach as far back as 10,000 years.

## HEMP HISTORY

Hemp cultivation was widespread in post-Neolithic ancient China. The Chinese used hemp to make many textiles and materials, including paper. There is a record dating to the Sung Dynasty that tells the story of how the legendary, semi-mythical Emperor Shennong taught the Chinese people how to cultivate hemp. Shennong (the 'Emperor of the Five Grains') is also credited with granting knowledge of herbal medicine to the Chinese. Although many of these stories may be folklore, China does boast the longest continuous history of hemp production.

Moving west, hemp and cannabis were mentioned in the ancient Indian text the "Atharvaveda" and referred to as the 'Sacred Grass'—one of the five sacred plants of India. Bhang was a preparation of female cannabis plants that was consumed ritualistically as an offering to the god Shiva.

As time went on, the use of hemp and cannabis became more and more common around the world. The Scythians of ancient Iran were known to leave hemp as a tribute in the tombs of the dead, and hemp rope first makes an appearance in Greece around the year 200 BCE. The famous Greek historian Plutarch speaks of the Thracian use of hemp and cannabis, as does Pliny the Elder.

Imported hemp rope made an appearance in England in about 100 AD, brought there by the Romans. By the end of the 15th century, as Britain began to grow as a naval power, one of the greatest challenges they faced was securing enough hemp to fully outfit their sailing ships—a perennial problem for the British Empire. To solve this issue, Britain mandated that hemp be grown in the American colonies. The goal was to secure a steady supply of raw hemp to solidify their place as a global power.

As the colonies grew in prosperity, so did their reliance on hemp; a few of the colonies even had laws requiring farmers to grow hemp. At

this point in history, Americans used hemp in many of the same ways the ancients did—and more. They produced ropes and cloths, extracted oils from the seeds to use in lamps, and bartered with it.

Eventually, hemp cultivation would come to be outlawed in the US due to hemp's relationship to marijuana. Both plants are of the Cannabis genus, causing non-psychoactive hemp to be lumped in with its illicit cousin.

It is only in modern times that hemp and its major cannabinoid, cannabidiol, or CBD, are once again being fully utilized around the world.

## HEMP, CANNABINOIDS, AND CBD

CBD is just starting to make a name for itself. It's been the subject of thousands of clinical studies and is even patented by the National Institutes of Health for its neuroprotective properties, but it has only recently become widely available to the American public.

Researchers discovered that it is possible to create a high concentration of CBD in unique cultivars of hemp and extract the oil. In addition to CBD, this oil contains many other healthy cannabinoids, terpenes, and nutritious omega fatty acids and vitamins. Hemp is part of the Cannabis sativa L. species, but hemp, and the CBD oil from it, has none of the psychoactive properties of other cannabis species, meaning that you get all the health benefits with no high or negative side effects.

Derived from the stalk and seed of cannabis (hemp) plants, cannabidiol (CBD) oil is a natural botanical concentrate that is high in the compound CBD. Cannabinoids are a class of active chemical compounds produced by the cannabis plant.

Endocannabinoids like anandamide and 2-AG are naturally occurring cannabinoids made by the human body. Anandamide, named for the Sanskrit word for bliss, is similar in its construction and effects to THC. On the other hand, 2-arachidonoylglycerol, or 2-AG is analogous to CBD.

Phytocannabinoids come from plants. When users consume cannabis, the cannabinoids in the marijuana plant are absorbed by the body. However, cannabinoid-like chemical compounds that interact with the body are also found in Echinacea, black pepper, and even cacao.

It is also possible to create synthetic cannabinoids in a lab. These synthetic cannabinoids mimic the effects of natural cannabinoids and can

be used alongside phytocannabinoids to develop novel new pharmaceutical treatments.

Of the more than 100 phytocannabinoids so far identified in the cannabis plant, CBD is the second most common after tetrahydrocannabinol (THC). Unlike THC, CBD is non-psychoactive and therefore doesn't cause a euphoric high.

CBD hemp oil is extracted from the cannabis varieties that are naturally abundant in CBD, and low in THC. A specialized extraction process is used to yield highly concentrated CBD oil that also contains other nutritious material such as omega-3 fatty acids, terpenes, vitamins, chlorophyll, amino acids, and other phytocannabinoids like cannabichromene (CBC), cannabigerol (CBG), cannabinol (CBN) and cannabidivarian (CBCV).

Pure hemp cannabidiol oil can be consumed directly as a nutritional supplement. Over the years, advances in CBD hemp oil product development have led to what are now dozens of different types of CBD hemp oil products, including capsules, drops, and even chewing gum. Concentrated CBD hemp oil can also be infused into skin and body care products and used topically.

Our understanding of CBD cannabis oil has expanded in a few short years, and we're more aware today than ever of the cannabinoid's potential. Studies on CBD's natural health benefits are extensive, and groundbreaking research is being done regularly.

## BENEFITS OF CBD OIL

Decades of research indicate that cannabinoids like CBD interact with the body's endocannabinoid system (ECS), a complex system that contributes to a variety of biological processes like immune responses, sleep, mood, and appetite. The ECS is a network of cannabinoid receptors found in the brains and abdominal organs of mammals. By linking with the two main types of cannabinoid receptors, CB1 and CB2, which are found on cells throughout the body, CBD interacts with the endocannabinoid system, helping it in the regulation of homeostasis—the body's natural state of balance.

Mostly located in the brain and spinal cord, CB1 receptors combine with the brain's nerve cells to help regulate the body's biochemistry. Both endocannabinoids and phytocannabinoids bind to these receptor points to control the passage of proteins between cells.

CB2 receptors are mostly found on white blood cells, the tonsils, and the spleen. Cannabinoids that bind to these sites act to modulate immune system response. Research into the CB2 receptor has shown that cannabidiol may have some influence in balancing the body's internal systems.

Because organic hemp oil is extracted from high-CBD, low-THC cannabis, it doesn't produce psychoactive effects the way THC does, making it a safe and legal option for all age groups and demographics.

Extracted hemp oil contains an extensive list of naturally occurring vitamins, including vitamins A, C, and E. Also present are B complex vitamins like riboflavin, thiamine, and niacin. Hemp further contains vitamins that are not sufficiently present in most modern diets, like beta carotene, helping users gain the nutrients they need to maintain health. Hemp oil is likewise a source of minerals like zinc, potassium, calcium, phosphorous, iron, and magnesium.

Protein in your diet is essential in the reception of amino acids, but it's important that we obtain protein from the right sources. Eating even small amounts of red meat has been warned against by health officials. Instead, essential amino acids can be obtained through sources like hemp, which contains all 20 amino acids, including the 9 essential amino acids our bodies can't make on their own.

The one fat you can never get enough of is omega-3, but modern diets typically use other, less healthy fats. While both omega-3 and -6 fatty acids are essential to human health, they should ideally be consumed at a close ratio of around 1:3, but in the typical American diet, the ratio is about 1:25. This is due to a diet increasingly fried in vegetable oils high in omega-6 and could be an indicator for a number of diseases. Eating the right kind of omega-6 fatty acids, like gamma linolenic acid (GLA), a plant based omega-6 fatty acid found in hemp at the 1:3 ratio suggested, can reduce the negative effects of high fat diets.

When viewed as a complete dietary supplement, we begin to see the value of hemp oil beyond a source of CBD. The cannabinoids in hemp oil work together in the entourage effect to provide their balancing effects, while the many nutrients present supplement our deficient modern diets. Contemporary fast

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# Safe & Effective Alternatives to Opioids

By **RICHARD FLOYD**, MIM and **MELODY WANG**, MSN, ANL, RN

Millions suffer from acute or chronic pain every year and this pain exacts a tremendous cost on our country in healthcare costs, rehabilitation, and lost worker productivity, as well as the emotional and financial burden it places on patients and their families (American Academy of Pain Medicine [AAPM], 2016). The costs of unrelieved pain can result in longer hospital stays, increased rates of re-hospitalization, increased outpatient visits, and decreased ability to function fully, leading to lost income and insurance coverage (AAPM, 2016).

According to a recent Institute of Medicine Report: *Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research*, pain is a significant public health problem that costs Americans at least \$560-\$635 billion annually, an amount equal to about \$2,000 for each citizen. This includes the total incremental cost of health care due to pain, more than \$261 billion, and over \$300 billion due to lost productivity, based

on days of work missed, hours of work lost, and lower wages (AAPM, 2016).

Opioids are currently the first-line treatment for moderate to severe pain management. However, studies show that they induce undesirable side effects and drug addiction in many patients, as well as having limited efficacy. These drugs have such serious interactions and causes for concern to healthcare providers that there is now a strong movement for healthcare providers to cease or reduce prescribing opioid use as much as possible.

The danger of opioid prescription is a widely-recognized, researched problem and the American Academy of Pain Medicine, as well as healthcare providers and organization throughout the nation, have recognized the need to reduce opioid use.

For example, it is part of the Arizona Pain Specialists' mission statement to reduce the use of opioids as much as possible. According to the Arizona Pain Specialists, opioid abuse kills more people in America than car accidents. There is an increasing desire to learn about more holistic

approaches, specifically TCM or traditional Chinese medicine, which has been used for thousands of years in Asian countries to successfully treat pain (Zhang, 2012).

"Short-term side effects of opioid use include drowsiness, decreased rate of breathing, constipation, unconsciousness, and nausea, while long-term use or abuse can result in physical dependence and addiction," Melody Wang, master's prepared registered nurse explains. "If the patient suddenly ceases the medication or reduces dosage, he can experience withdrawal symptoms. These symptoms can be extremely uncomfortable, painful, and possibly fatal."


As practitioners of traditional Chinese medicine, there are a number of safe and effective alternatives to these dangerous drugs. One advantage of TCM over opioids is that, instead of just temporarily blocking pain receptors, you can often get to underlying etiology and help resolve the problem or give more lasting relief.

Research has demonstrated that topical traditional Chinese medicine


(TCM) agents such as herbal pastes provide antioxidant and anti-inflammation effects on the diseased tissues after penetrating the skin barrier. The vascular promotion ability observed further supports the revascularization and regeneration of tissues accordingly (Leung, 2016).

TCM, like any treatment, may take a number of treatments to be effective. As a holistic discipline, it can take time for the body's healing mechanisms to respond. Research has shown that focusing on a multimodal approach to pain, rather than just pharmaceutical drug use, has proven to be the better choice (Wood et al., 2015). In a 2015 randomized controlled trial conducted by Sharon Wood, RN, the impact of alternative pain management methods was measured. The evidence demonstrates that using more than just opioids for pain management leads to better pain management and more positive patient outcomes.


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British osteopath Dr. Peter Guy Manners later adapted Jenny's Cymatics and applied the theory to healing. Cymatics therapy uses a toning device to transmit the signature vibrations of healthy organs and tissues into diseased areas of the body. The dysfunctional body structure is re-harmonized through the introduction of a vibrational signature that is associated with its naturally healthy state; in effect, the tissue is re-programmed. Malfunctioning organic "software" is overwritten with the original energetic matrix, which returns it to optimal functioning.

## MUSIC AND CHINESE MEDICINE

According to the *Harvard Dictionary of Music*, the origins of Chinese music can be traced back to 2700 BCE. Its fundamental precepts were established by Ling-Lun at the time of the famous Yellow Emperor, Huang-Ti. Like other ancient civilizations, the ancient Chinese sought to align their music with cosmic principles and produce tones that corresponded with certain proportions.

The employment of music in ancient Chinese culture is believed to have been instrumental in the accomplishment of a variety of objectives from treating the health and well-being of the body and psyche to ensuring conformity with established moral codes and addressing disharmony within the State. Parallelizing a similar philosophy established in the 6<sup>th</sup> century BCE in Greece by Pythagoras and his successors, music also provided a means whereby man could achieve harmony with the cosmos, the abode of divinity:

"When one considers the relationship between music and the cosmos, Pythagoras and his followers immediately come to mind ... It is not known whether the early Chinese ... were influenced by Pythagoras' theories on the connection between numerical patterns and music ... but, the possibility that the Greeks somehow influenced the Chinese on

this matter, or vice versa, cannot be ruled out."<sup>3</sup>

The concerted use of music in this manner had an essentially practical and therapeutic goal: to achieve balance and promote longevity.

## ACUPUNCTURE NEEDLES ARE FROM MARS, TUNING FORKS ARE FROM VENUS

The needle is the customary tool employed by Chinese medicine practitioners to activate the energetic matrix of acupuncture points and meridians, and, as such, it may be likened to a Martian implement as it is a phallic, metallic instrument, which pierces the body and mobilizes its immune response; the first acupuncture needles were undoubtedly fashioned from iron, which is the metal associated with Mars. All these yang characteristics, as described by Chinese medicine, can be associated with this particular planetary archetype.

A tuning fork is easily recognized as being the opposite of a needle in its constituents; it more readily resembles the female *yoni*. Thus, a tuning fork can be seen as Venusian, and it partakes of many of those qualities; it even, to a certain extent, suggests a receptacle. Sound is intrinsically a medium of communication in which receptivity is essential; in order for human beings to perceive sound, the delicate structures of the inner ear must be stimulated by vibrations from the environment. The ear cannot actively seek out resonance; it is passive and receptive.

It is this yin aspect of sound transmission that invokes additional attributes of Venus, those of relationship and cooperation. Furthermore, sound waves, in a Martian fashion, penetrate the body and stimulate the qi. The vibrating tuning fork, yang in its energy, is gently touched to the skin, in a yin state, and the body absorbs only the sound that it requires; sound is employed in this manner as

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# It's a Great Time For Acupuncture in the USA!

By ANNA SMITH, DACM, LAc, Diplom

## *A Report from the Society for Acupuncture Research (SAR) Conference*

From the role of acupuncture in pain management to its place in cancer treatment; from upcoming job openings with the Veteran's Administration to an increased focus on pragmatic studies and clinically relevant research (say goodbye to studies using 'sham' acupuncture!); from an interest in patient-reported outcomes to an open acknowledgement in biomedical circles of the need for qualitative data collection—the news was all great at the SAR conference in San Francisco in May 2017. Here are a few highlights...

### PAIN MANAGEMENT

At a cost of over \$650 billion annually, America's more than 100 million sufferers of chronic pain have the attention of the federal government. Research studies on CAM therapies for pain have been receiving NIH grants for several years and acupuncture studies have shown conclusively the positive results of acupuncture for several types of pain. Now, with the opioid epidemic upon us, there's even more incentive to explore acupuncture as a non-pharmacological treatment for pain. Citing, among other things, the landmark American College of Physicians (ACP) guidelines published in February 2017 that recommended acupuncture as a treatment for acute or sub-acute low back pain, researchers generally agreed that we no longer need effectiveness research. According to Ben Kligler, what we need now are implementation research and dissemination strategies. Acupuncture is poised to play a significant role in our country's National Pain Strategy, a report that was released by the US Department of Health and Human Services in March 2016.

Hugh McPherson's presentation of research from the UK (the "NICE" [National Institute of Clinical Excellence] Study) supported the above notion regarding effectiveness studies, demonstrating conclusively that acupuncture is more effective than sham acupuncture and is effective for chronic pain. In a study that replicated (and in some cases improved upon) results from previous studies on acupuncture for chronic migraine, low back pain, and neck pain, not only was acupuncture effective at clinically relevant levels, but 90% of the benefit of acupuncture was

sustained at 12 months. This has obvious and major implications for cost-effectiveness.

As an interesting aside, Dr. McPherson reported that the National Institute of Clinical Excellence used disparate standards for acceptance of acupuncture data versus pharmaceutical data. Acupuncture was required to show an effect size of ~0.5 ( $p < 0.001$ ) in order to be considered clinically relevant, whereas pharmaceuticals were considered acceptable as clinically relevant at an effect size of ~0.2 ( $p < 0.001$ ).

A consistent problem with acupuncture studies in general is a lack of power (statistically speaking) due to small study size. Dr. Kligler seems to be partially addressing this problem. He shared preliminary results from his current study of acupuncture administered in a group setting. The study, with which some PCOM-NY students are assisting, enrolled 700 participants from low-income areas in Brooklyn. Dr. Kligler reported that they had no problems recruiting patients and attendance rates for treatments are very good.

The studies presented by both Dr. McPherson and Dr. Kligler have been accepted for publication by major peer-reviewed journals dealing with the topic of pain, and will be published within the next few months.

### TECHNOLOGY

Data collection and study has been revolutionized by the ability to assemble huge databases using electronic medical records, along with tablets and smartphones to record patient-reported outcomes. Large grants from the National Institutes of Health have funded several major advances in data collection.

One such advance is the PROMIS system. PROMIS, the acronym for Patient-Reported Outcomes Management Information System, is a comprehensive, qualitative data collection tool that is great for the clinical setting, validated for use in research. This means that it has been proven to measure what it was designed to measure and is a reliable instrument for use in research. For those of you familiar with the MYMOP form, this is MYMOP on steroids. MYMOP has been dear to researchers' hearts for years as a validated, patient-reported outcomes tool that is free. PROMIS is also free and may be used by anyone, and measures an array of domains custom-tailored by the clinician or researcher. Patients may answer PROMIS surveys on tablets, smartphones, or home computers, or they may come in to clinicians' offices and answer questions there with support



from staff. Alternatively, users may generate paper versions of the surveys when patient situations dictate. There are translations available in several languages. Currently, many researchers are using PROMIS for most if not all of their outcomes measurements. Please note that what I have described here is only a small part of the capability of PROMIS. For a fuller description of this truly remarkable and ground-breaking tool, visit the PROMIS website (cited below).

Researchers at Stanford's Pain Management Center developed the NIH-funded Collaborative Health Outcomes Information Registry (CHOIR) system. This free data collection software gathers qualitative data on patients with chronic pain. CHOIR offers a safe, secure, easy-to-use system that can gather data on tablets and phones. After giving permission, the patient receives an email survey they may take at home on a computer, tablet, or smartphone, or they may choose to arrive in the office 30 minutes early and fill out the survey there. The initial survey includes an interactive body map to record aspects of the patients' pain as well as demographic and a host of other pain-related data. The CHOIR system, which uses elements of PROMIS, allows care providers to, for example, track outcome data for an individual patient and compare it to data from the US population in general.

The CHOIR software is made available free of charge to any institution that wants it and is willing to collaborate in its further development. It is provided as source code only, so each institution is responsible for building out its own system. Although some acupuncture schools have adopted electronic medical records, many have not, so the CHOIR system isn't accessible to them. However, their students who intern in university-affiliated integrative settings are likely to encounter this system in the near future.

Stanford isn't the only entity using body maps! Digital Symptom Mapping (aka Electronic Symptom Drawing) is now a "thing". There are technologies on the market,

and more are under development, and they can be used in your clinic as well as in your patients' homes on tablets and phones. For anyone interested in acquiring one of these apps, research presented by Shellie Boudreau, PhD, Center for Neuroplasticity and Pain, Aalborg University, indicates that the way the body map is drawn can make a big difference, so various apps should be compared prior to purchase. Dr. Boudreau's research suggests two features of primary importance. First, the larger the size of the body map, the better. Second, the map should allow the patient to quantify area and location (to account for the shifts, expansion, and contraction of symptomatic areas over time). Gender and anatomical detail are good but not entirely necessary.

Ultrasound technology was in use at the conference. In a small workshop that presented research tools from high-tech to low-tech, Helene Langevin demonstrated ultrasound visualization of an acupuncture needle insertion and the connective tissue changes that accompanied it. It was exciting for us to needle each other and be able to see what was happening in real time. We could see all the layers of tissue and how they responded differently to varying stimuli. The ultrasound unit was about the size of a laptop computer and used Dr. Langevin's Mac screen for the output. According to Dr. Langevin, portable ultrasound prices have dropped, and units are available for as low as \$4,000 or \$5,000. Perhaps it won't be long until acupuncture students to have access to this technology in their needling labs.

A study presented by Jiande Chen, PhD, of Johns Hopkins, appealed to the public health professional in me. Dr. Chen's study involved functional gut disease, for which there is currently no pharmaceutical treatment in the U.S. Dr. Chen developed a treatment using Transcutaneous Electrical Acupuncture. This non-invasive technique was developed because effective

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# The Worldwide Evolution of Granule Herbs in Traditional Chinese Medicine

By DR. JIPU WEN, MD (China) and JENNIFER KNAPP

Chinese herbal medicine has come a long way from the raw herb cooking decoctions many of us visualized or experienced when first learning of traditional Chinese medicine. There have been significant developments and progress in the field of manufacturing and processing Chinese herbs, just over the last several decades, that have helped establish Chinese herbs as a leading source of integrative medicine worldwide. One of the most substantial and compelling features to come out of this progress is the evolution of the granule herb.

With the approval of some classical *Shang Han Lun* formulas as ethical drugs in the late 1960s, Japan became the first country to catapult the further development of Chinese herbal granules. The pharmaceutical industry has invested in standardization and processing techniques to ensure compliance with pharmaceutical

standards as set forth by the Japanese Ministry of Health and Welfare. These were called “Kampo” medicinal granules. Then, in the 80s, Taiwan adapted Japan’s model of standardizing granule herbs to introduce their version of “scientific Chinese herbs”. Finally, in the 90s, mainland China began efforts on their large-scale production of quality processing and manufacturing of compounding granule herbs (“Pei Fang Zhong Yao”).

Japan’s undeniable impact on assuring granule herbs with their Kampo system included the first approval of 147 formulas as ethical drugs prescribed by medical doctors with national healthcare insurance coverage in the 70s and 80s. All granules are manufactured in pharmaceutical GMP facilities and standardized by HPLC to maintain consistent levels of 2-3 bioactive markers further ensuring consistency in efficacy with each lot. Kampo formulas are formed using a

standard wet granulation process with pharmaceutical starch and binders. In Japan, the raw herbs are cut, then weighed, mixed, and cooked together. They are then extracted, separated, spray dried to form extract powder, and granulated into unit dose packets.

Taiwan stepped in in the 80s and expanded the granule market with over 300 formulas and the inclusion of single herb granules to allow customization and modification. This expansion included pharmaceutical standards and GMP certified manufacturing facilities, just as in Japan. Taiwan granules are also covered under healthcare insurance plans, further implementing large scale usage in the healthcare system. Taiwanese granules are also often produced using a similar wet granulation as the Japanese Kampo, mostly at 5:1 concentration ratio.

Mainland China began its evolution into the granule herb market by adopting from Japan and Taiwan

while also creating their own path. Tianjiang Pharmaceutical Co., Ltd. started development of granule herbal compounds in the early 90s, then in the early 2000s, six manufacturers were licensed by China’s State Food and Drug Administration (SFDA) to produce granule herbs at the pharmaceutical level under GMP certification. HPLC measurements are widely used to source raw herbs under “Dao Di” principles and during all stages of granule herb production. The preferred granule herb form in China is individual herbs packaged in daily dose packets due to the ease of administration, safety, and modern convenience. China’s approach to compounding single herb granules developed over the last 20 years, preserving a classic approach in raw herb cleaning, weighing, blending, water extraction (cooking herbs in

continued on page 38



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Health-wise and in all other aspects of life, the most effective way we have of staying grounded is by tonifying the Earth element—supporting our center. Supporting digestion improves not only our ability to assimilate food, but also allows us to assimilate our life experiences. Here are a few of the formulas we suggest to help you and your patients strengthen the center:

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HERBS



# A Guide To Pacific Symposium 2017

October 31 - November 7, 2017



**San Diego, CA • 57.5 CEUs Possible**

Jeffrey Yuen | Suzanne Robidoux  
Mazin Al-Khafaji | Kiiko Matsumoto  
Jill Blakeway | Matt Callison | Janet Zand  
John Chen | Mary Elizabeth Wakefield  
Holly Guzman | Jian Min Fan | David Miller  
Richard Gold | David Fuess | Andy Rosenfarb  
Saraswati Markus | Bill Helm  
Robert Nations | Jennifer Williams  
David Allen | Brian Lau | MichelAngelo

**Special Guest and Keynote, Daniel Keown,  
author of *Spark in the Machine***

**Screening of Documentary Film:  
*The Professor: Tai Chi's Journey West***

**Pre-Symposium Workshops with:**

Jeffrey Yuen - November 1

Daniel Keown - October 31-November 1

Suzanne Robidoux - October 31-November 1

**Post-Symposium Workshop with:**

Mazin Al-Khafaji - November 6-7

TCM • Acupuncture • Massage



# Pacific Symposium 2017 Schedule at a Glance - 57.5

Tuesday/Wednesday 10/31-11/1		Thursday 11/2	Friday 11/3	Saturday 11/4
Early Morning Qigong (1 CEU per session, NCCAOM limits qigong PDAs to 4 units)				
7-7:50 am	One-Day Session:	Dr. Xie Eight Energies Qigong <i>Bill Helm</i>	Dr. Xie Eight Energies Qigong <i>Bill Helm</i>	Dr. Xie Eight Energies Qigong <i>Bill Helm</i>
9-9:50 am	Classical Chinese Dietary Medicine <i>Jeffrey Yuen</i>	General Sessions (1 CEU per speaker/3 per morning)		
	Two-Day Sessions:	How to Select from the Healing Modalities of Chinese Medicine <i>Jeffrey Yuen</i>	The Unfolding of the Vessel: Human Growth and Development from Eastern and Western Perspectives <i>David Miller</i>	The Four Lessons Successful Practitioners Have Learned <i>Jill Blakeway</i>
		Introduction to Classical Chinese Medicine for Parkinson's Disease <i>Suzanne Robidoux</i>	Perspectives on Autoimmune Disorders <i>John Chen</i>	Treating Bacterial Skin Diseases with Chinese Herbal Medicine <i>Mazin Al-Khafaji</i>
9:55-10:45 am	Chinese Medicine: Ancient Medicine – Modern Understanding <i>Daniel Keown</i>	Healing the Eyes with Acupuncture and Chinese Medicine <i>Andy Rosenfarb</i>	Ancient Techniques to Address the Effects of Aging <i>Janet Zand</i>	Nine Star Patterns and the Small Intestine <i>Kiiko Matsumoto</i>
11:10 am-12 pm		Afternoon Qigong (1 CEU per session, NCCAOM limits qigong PDAs to 4 units)		
12:15-1:05 pm		Dr. Xie Eight Energies Qigong <i>Robert Nations</i>	Dr. Xie Eight Energies Qigong <i>Robert Nations</i>	Dr. Xie Eight Energies Qigong <i>Robert Nations</i>
2-5 pm	Clauses and Cases in Classical Chinese Medicine for Parkinson's Disease <i>Suzanne Robidoux</i>	Afternoon Workshops (3 CEUs per workshop)		
		Practical Approach to Chinese Dietary Therapy <i>Jeffrey Yuen</i>	Case Based Pediatrics <i>David Miller</i>	Taking Your Practice to the Next Level <i>Jill Blakeway</i>
		Classical Chinese Medicine Approaches for Parkinson's Disease <i>Suzanne Robidoux</i>	Integrative Treatment for Autoimmune Disorders <i>John Chen</i>	Treatment of Pompholyx Eczema with Chinese Medicine <i>Mazin Al-Khafaji</i>
		Clinical Pearls in Treating Eye Diseases with Acupuncture and Chinese Herbal Medicine <i>Andy Rosenfarb</i>	Anti-Aging Strategies: Prevention or Therapy? Or Both? <i>Janet Zand</i>	Advanced Treatment for Shen and the ANS <i>Kiiko Matsumoto</i>
		Beyond the Spectrum: Treating Autism with Chinese Medicine <i>David Allen</i>	Assessment and Treatment of the Sinew Channels for Pes Planus (Foot Over-Pronation) and Its Relationship to Leg, Ankle and Foot Injuries <i>Matt Callison and Brian Lau</i>	Understanding the Science and Practice of Chinese Medicine <i>Daniel Keown</i>
		Treating Veteran Populations and Getting Paid for Claims <i>Jennifer Williams</i>	The Bladder <i>Holly Guzman</i>	How to Open the Healing Power of Your Hands: Connect Chi and Breath <i>David Fuess</i>
5-7 pm	PCOM Doctoral Information Session			PCOM Alumni and Faculty Reunion
7:30-9 pm		Documentary Screening <i>The Professor: Tai Chi's Journey West</i>	Keynote Address: Daniel Keown <i>Fascia- The Rosetta Stone Linking East to West</i>	Symposium Party

2017 Package Prices	EARLY (by Aug. 13)		REGULAR (Aug. 14 - Oct. 1)		LATE AND ONSITE (After Oct. 1)	
	Online	Mail/Phone	Online	Mail/Phone	Online	Mail/Phone
Full plus 2-Day Pre AND 2-Day Post (Tues-Tues), 57.5 CEUs	\$900	\$990	\$940	\$1,035	\$980	\$1,080
Full plus 1-Day Pre AND 2-Day Post (Wed-Tues), 50.5 CEUs	\$835	\$920	\$870	\$960	\$915	\$1,010
Full plus 1-Day Pre (Wed-Sun), 40.5 CEUs	\$655	\$720	\$705	\$775	\$730	\$805
Full plus 2-Day Pre OR Post (Tues-Sun) OR (Thurs-Tue), 47.5 CEUs	\$730	\$805	\$785	\$865	\$835	\$920
Full (Thurs-Sun), 33.5 CEUs	\$520	\$570	\$575	\$635	\$630	\$695
3-Day General Pass	\$435	\$480	\$475	\$525	\$515	\$570
2-Day General Pass	\$330	\$365	\$385	\$425	\$435	\$480
1-Day General Pass (Thurs or Fri)	\$180	\$200	\$215	\$240	\$250	\$275
1-Day General Pass (Sat or Sun)	\$170	\$190	\$205	\$225	\$240	\$265
1-Day Pre, 7 CEUs	\$195	\$215	\$225	\$250	\$260	\$285
2-Day Pre OR Post, 14 CEUs	\$320	\$350	\$360	\$395	\$390	\$430
Keynote, 1.5 CEUs	\$30	\$35	\$35	\$40	\$40	\$45



# CEUs/PDAs (Pending Approval)

Sunday 11/5      Monday/Tuesday 11/6-11/7

Dr. Xie Eight Energies Qigong <i>Bill Helm</i>	<b>Two-Day Session:</b>  <b>Treatment of Skin Diseases with Chinese Medicine – A Clinical Perspective</b> <i>Mazin Al-Khafaji</i>
The Science of Yogic Breathing <i>Saraswati Markus</i>	
Introduction to Real Traditional Chinese Pulse Diagnosis <i>Jian Min Fan</i>	
The Nature of Sound: An Introduction to Facial Soundscapes: Harmonic Renewal™ <i>Mary Elizabeth Wakefield and MichelAngelo</i>	
Dr. Xie Eight Energies Qigong <i>Robert Nations</i>	
Women’s Sexuality – The Dao of Love and Yang Sheng (Nourishing Life) <i>Saraswati Markus</i>	
The Measurement and Clinical Value of 28 Pulses <i>Jian Min Fan</i>	
Facial Soundscapes: Harmonic Renewal™ <i>Mary Elizabeth Wakefield and MichelAngelo</i>	
Strategies for the Understanding and Treatment of Fibromyalgia <i>Richard Gold</i>	

**10% Discount for PCOM Alumni and Groups of 10 or More Registering Together (individual workshop fees excluded)**

**Observers, Students, and Non-Professionals: See Online Pricing, [www.PacificSymposium.org](http://www.PacificSymposium.org)**

## Pre-Symposium Workshops

**Classical Chinese Dietary Medicine** by Jeffrey Yuen

**7** CEU/PDA      Wednesday, November 1, 9:00 am-5:00 pm

Dietary therapy has always been considered the highest form of healing among physical modalities of Chinese medicine. As a regular staple of life, food plays a significant role on one’s level of energy, moods and emotions, and sleeping cycles. During the classical era, the use of food and the impact of the environment on food sources were substantially different than today. Utilizing the observations from classical Chinese medicine, this course will examine and explore the dynamics of food and its selection based on the seasons, wellness, and illness.

**Chinese Medicine: Ancient Medicine – Modern Understanding**

by Daniel Keown

**14** CEU/PDA      Tuesday and Wednesday, October 31-November 1, 9:00 am-5:00 pm

Do you struggle to understand how Chinese medicine fits into the modern view of the body? Does your (healthy) skepticism sometimes make you doubt what Chinese medicine teaches? Would you like to understand Chinese medicine better... so you can practice better? The author of *The Spark in the Machine*, Dr. Keown, invites you to learn how easy it is to really understand the basics of Chinese medicine. This course builds upon the book to delve deeper into qi, the channels, and the jing luo system; the functions and anatomy of the organs; and an understanding of the pathogens and substances. The course will leave you with a much clearer view of what you are doing as a practitioner and a greater respect for both your patients and Chinese medicine.

**Clauses and Cases in Classical Chinese Medicine for Parkinson’s Disease** by Suzanne Robidoux

**14** CEU/PDA      Tuesday and Wednesday, October 31-November 1, 9:00 am-5:00 pm

After this two-day lecture, you will have a deeper understanding of the six syndrome diagnostic system of Zhang Zhongjing in the lineage of Hu Xi Shu in the treatment of tremors, vertigo, paralysis, hemiplegia, Parkinson’s disease, multiple sclerosis, amyotrophic lateral sclerosis, and other conditions. We will be discussing clauses and cases related with the presentation of the Xu Ming Tang, Fang Ji Di Huang Wan, Huang Qi Gui Zhi Wu Wu Tang, Mu Fang Ji Jia Long Gu Mu Li Tang, Da Chai Hu Tang, plus Tao He Cheng Qi Tang and more. The discussion of the original clauses and case studies in this course will clarify the clinical application of over 20 commonly used formulas on various neurological degenerative diseases. This course is suitable for practitioners interested in the classical teachings of Zhang Zhongjing, used in today’s clinic with great results. Practitioners treating or interested in treating patients with neurological disorders will also benefit from this lecture.

## Post-Symposium Workshop

**Treatment of Skin Diseases with Chinese Medicine – A Clinical Perspective**

by Mazin Al-Khafaji

**14** CEU/PDA      Monday and Tuesday, November 6-7, 9:00 am-5:00 pm

Skin disorders, in their various forms, are among the most common diseases suffered by mankind, accounting for no less than 1 in 5 of all visits to outpatient departments in the Western world. Chinese herbal medicine has a real and enduring answer for a significant number of sufferers of many diseases of the skin. It can induce spectacular and lasting change in a whole range of intractable conditions such as eczema, acne, and psoriasis, yet due to lack of specialist training, numerous practitioners of Chinese medicine fail to achieve the optimal results that are well within their grasp. In this introductory two-day lecture, the fundamental principles of treating the commonest skin diseases will be presented, using many case examples with photographic slides from Mazin’s own practice. Throughout, the emphasis is on practical and clinically relevant information, which will serve as a foundation to enable doctors to understand the essential concepts required to construct effective formulae to suit the vagaries of clinical reality.

**Ready to Register? [www.PacificSymposium.org](http://www.PacificSymposium.org)**



# Daily Exercise

**Dr. Xie Eight Energies Qigong** *by Bill Helm and Robert Nations*

1

CEU/PDA

Daily, 7:00-7:50 am and 12:15-1:05 pm

Regular practice of qigong exercises enables you to practice your healing craft more effectively and prevents depletion and injury. These exercises are very powerful and easy to learn and practice. Empower yourself and learn these simple exercises.

## Thursday, November 2, 2017

**How to Select from the Healing Modalities of Chinese Medicine** *by Jeffrey Yuen*

1

CEU/PDA

Thursday, November 2, 9:00-9:50 am

Chinese medicine is noted for its various modalities, ranging from acupuncture and herbal medicine to qigong, tuina, and dietary therapy, as well as others. Given the repertoire of all these possible techniques, one of the most important questions is how to select the most appropriate modality for the patient. While an integrative approach that utilizes a number of these modalities is common, it is significant for clinicians to ponder which of these techniques would be most suited for the patient. This brief talk will examine the relevance of each of these modalities and their roles within the comprehensiveness associated with Chinese medicine.

**Introduction to Classical Chinese Medicine for Parkinson’s Disease** *by Suzanne Robidoux*

1

CEU/PDA

Thursday, November 2, 9:55-10:45 am

Begin to understand the classical Chinese medicine approach to some of the symptoms of Parkinson’s disease through the eyes of Zhang Zhong Jing’s six syndrome diagnostic system approach. This course is focused on patient care and will also introduce a case study to bring to light the compilation of treatments needed in treating this debilitating neurological disorder. Using a combination of classical and modern clinical treatments disease has shown valuable results not usually seen using solely Western medicine. This lecture will present the classical understanding of some of the most common symptoms in Parkinson’s disease, along with classical Chinese medical techniques and formulas with which to treat the patient until symptom resolution.

**Healing the Eyes with Acupuncture and Chinese Medicine** *by Andy Rosenfarb*

1

CEU/PDA

Thursday, November 2, 11:10 am-12:00 pm

About 285 million people are visually impaired worldwide: 39 million are blind and 246 million have low vision. Many of these conditions are considered untreatable by conventional medicine, often leaving patients in a hopeless and desperate situation. Loss of vision can occur suddenly or develop gradually over time, with impaired vision becomes more common with age. Common causes of vision loss in the elderly include diabetic retinopathy, glaucoma, age-related macular degeneration, and cataracts.

**Practical Approach to Chinese Dietary Therapy** *by Jeffrey Yuen*

3

CEU/PDA

Thursday, November 2, 2:00-5:00 pm

Learn how to create a diet plan for wellness and illness based on the organization of food into eight categories with the perspective of wei-ying-yuan qi or san yin/three causes of diseases. This workshop is intended to provide a simple and effective tool for clinicians to make dietary recommendations quickly for patients, based on Chinese medical energetics.

**Classical Chinese Medicine Approaches for Parkinson’s Disease** *by Suzanne Robidoux*

3

CEU/PDA

Thursday, November 2, 2:00-5:00 pm

At the end of this course, the practitioner will understand the classical Chinese medicine approach to some of the symptoms of Parkinson’s disease through the eyes of Zhang Zhong Jing’s six syndrome diagnostic system approach. This course is focused on patient care and will introduce various treatment approaches to bring to light the compilation of treatments needed in treating this debilitating neurological disorder. Using a combination of classical and modern clinical treatments disease has shown valuable results not usually seen using solely Western medicine. This lecture will present the classical understanding of some of the most common symptoms in Parkinson’s disease, along with classical Chinese medical techniques and formulas with which to treat the patient until symptom resolution.

**Clinical Pearls in Treating Eye Diseases with Acupuncture and Chinese Herbal Medicine** *by Andy Rosenfarb*

3

CEU/PDA

Thursday, November 2, 2:00-5:00 pm

Findings from the 2015 National Health Interview Survey (NHIS) estimated that 23.7 million adult Americans, or 10% of all adult Americans, reported either trouble seeing, even when wearing glasses or contact lenses, or that they are blind or unable to see at all. For many of these ophthalmic conditions, there is no conventional medical treatment available. Millions of people are losing their sight, in desperate need for acupuncture services to help recover and preserve vision. Andy Rosenfarb is a world-renowned expert who specializes in treating eye conditions. Dr. Rosenfarb has worked for over two decades to create awareness around the benefits of acupuncture for vision loss. Acupuncture is in high demand and rapidly becoming the "go-to" therapy for many untreatable eye diseases. We simply need more trained acupuncturists to help these individuals. Learn how treating eye diseases can be highly profitable and super-charge your practice!

**Beyond the Spectrum: Treating Autism with Chinese Medicine** *by David Allen*

3

CEU/PDA

Thursday, November 2, 2:00-5:00 pm

With the diagnosis of autism on the rise, many practitioners are seeing an increase in the number of parents looking for alternatives for their autistic children. Acupuncturists and herbalists are uniquely poised to provide specialized treatments and advice that autistic children and their parents cannot obtain anywhere else. This course will focus on the Chinese medical understanding of autism, focusing on Earth types and Wood types and how treatment can affect their most common problem areas.

**Treating Veteran Populations and Getting Paid for Claims** *by Jennifer Williams*

3

CEU/PDA

Thursday, November 2, 2:00-5:00 pm

Learn how to become a contracted fee base provider for the US Department of Veterans Affairs (VA), complete medical records, submit claims for payment, and request additional services. This presentation provides tools and strategies for working with military and veteran populations; engaging in hospital based research, and publishing case studies. Participants will learn to communicate biomedical pain mechanisms in relation to Chinese medical pain mechanisms and trends towards the use of acupuncture, nutrition, and herbs to address pain and comorbid conditions such as insomnia, anxiety, and feelings of stress. There will be an in-depth review of the microbiota-gut-brain axis, the vagus nerve, and glial cell pathology in relation to pain dysregulation. This presentation will review commonly used acupuncture approaches used by military medical acupuncturists, physical therapists, medics, and nurses; how acupuncture as a tool can be used constructively and destructively; and the emerging role of licensed acupuncturists as professional representatives in biomedical, integrated, and collaborative settings.

**DOCUMENTARY SCREENING**  
***The Professor: Tai Chi’s Journey West***

Thursday, November 2, 7:30-9:00 pm

A feature documentary about tai chi and one of its great masters, Cheng Man-Ching, a man who brought tai chi and Chinese culture to the West during the swinging, turbulent 60’s. This documentary film tells his remarkable story and features tai chi as a martial art and a spiritual practice.

## Friday, November 3, 2017

**The Unfolding of the Vessel: Human Growth and Development from Eastern and Western Perspective** *by David Miller*

1

CEU/PDA

Friday, November 3, 9:00-9:50 am

This plenary will explore the different lenses that Chinese medicine uses to understand human growth and development. From the roles of the extraordinary vessels to the spirits of the organs and how channels develop over time, we can gain a greater understanding of ourselves as beings. Our journey from single cell to fully formed adult is structured and predictable, but also amazingly elegant and revealing. Considering this process through the compatible views of Chinese medicine and evolutionary biology gives us a profound glimpse into our patients as well as ourselves.

Ready to Register?



## Perspectives on Autoimmune Disorders *John Chen*

**1** Friday, November 3, 9:55 -10:45 am  
CEU/PDA

Autoimmune disorders are rapidly becoming one of the most common and challenging conditions facing Western medical and TCM healthcare practitioners. In this one-hour introduction, we will explore how Eastern and Western medicine view autoimmune disorders: background, causes of illness, clinical signs and symptoms, and general diagnosis.

## Ancient Techniques to Address the Effects of Aging *by Janet Zand*

**1** Friday, November 3, 11:10 am -12:00 pm  
CEU/PDA

We know that compromised health is an expected outcome of aging. With TCM, natural, and conventional medicine, many of the disabilities and illnesses associated with aging can be avoided or at the very least delayed. Learn how ancient techniques addressing blood sugar, hypertension, digestion, hormones, and sleep can be modernized and enhanced with 21st century discoveries.

## Case Based Pediatrics *by David Miller*

**3** Friday, November 3, 2:00-5:00 pm  
CEU/PDA

This will be a case-based discussion of pediatric issues including the extraordinary vessels and child development, development of the Hun-Shang Ling, the po demons (J.A. Johnson origin), core supplement principles, sleep disruption and yin xu, child abuse, and others. The goal will be to frame the theory within clinically-based case scenarios to demonstrate actual application of principles in the context of relevant physiology. Practitioners will learn a number of treatment protocols, but also gain experience applying theory to adapt treatment. Relevant East/West physiology will be integrated into the discussion as well.

## Integrative Treatment for Autoimmune Disorders *by John Chen*

**3** Friday, November 3, 2:00-5:00 pm  
CEU/PDA

Autoimmune disorders are rapidly becoming one of the most common and challenging conditions facing Western medical and TCM healthcare practitioners. In this three-hour workshop, we will explore practical diagnosis and treatment from both Western medical and TCM perspectives. Detailed discussion will include effects and side effects of drugs, pros and cons of herbs, drug-herb interactions, and cautions and contraindications.

## Assessment and Treatment of the Sinew Channels for Pes Planus (Foot Over-Pronation) and Its Relationship to Leg, Ankle and Foot Injuries *by Matt Callison and Brian Lau*

**3** Friday, November 3, 2:00-5:00 pm  
CEU/PDA

Foot pronation is a part of normal foot motion during gait and is regulated by an even balance in the sinew channels, especially the biao li channel relationships of the kidney-urinary bladder and spleen-stomach sinew channels. When the foot is pronated, its spring-like action provides both shock absorption and elastic recoil to propel continuous movement. However, in many people, the foot rolls into excessive pronation, a condition also known as pes planus or foot over-pronation. In pes planus, postural and muscle imbalances predispose the patient to lower extremity injuries such as plantar fasciitis, Morton's neuroma, medial tibial stress syndrome, Achilles tendinopathy, tarsal tunnel syndrome, pes anserine tendinopathy, patellar tendinopathy, and even lumbopelvic and hip injuries. In this workshop, we will assess common muscle imbalances of pes planus and treat the postural distortion with acupuncture protocols and innovative needle techniques to the affected sinew channels. Treatment techniques for many leg, foot, and ankle injuries will be demonstrated. In addition, therapeutic exercises will be demonstrated that greatly enhance rehabilitation success.

## Anti-Aging Strategies: Prevention or Therapy? Or Both? *by Janet Zand*

**3** Friday, November 3, 2:00-5:00 pm  
CEU/PDA

2,000 years ago, The Yellow Emperor's Internal Classic described aging for both men and women. It is clear from ancient writings that both men and women are 'used up' by age 50, but today, we are living into our eighties and nineties and beyond. Learn about accessible strategies from conventional, natural, and traditional Chinese medicine to improve the quality and possibly length of life for the next 30-40 years.

## The Bladder *by Holly Guzman*

**3** Friday, November 3, 2:00-5:00 pm  
CEU/PDA

Frequent, difficult, and painful urination are just a few of the problems the bladder is commonly known for. How clear are your clinical skills to help transform bladder conditions? Teens, infants, men, women, pregnant women, and the elderly all have unique urinary concerns. Acupuncture can cure some urinary tract infections, herbs some others. What can we learn from Tibetan urine analysis? This class is designed to be clinically relevant for anyone who includes treating urinary complaints in their practice.

## Saturday, November 4, 2017

### The Four Lessons Successful Practitioners Have Learned *by Jill Blakeway*

**1** Saturday, November 4, 9:00-9:50 am  
CEU/PDA

Dr. Jill Blakeway founded the YinOva Center in New York City with an initial investment of just \$100. Today it's one of the largest Chinese medical practices in the US and in this class Jill will share the lessons she has learned along the way. She will outline the 4 simple strategies that she believes are vital to a successful practice and teach you how to make them your own. The lecture will cover how to market authentically, why effective case management is key to managing clinical efficacy and how to build medical, operational, financial, and marketing infrastructure as your practice grows.

### Treating Bacterial Skin Diseases with Chinese Herbal Medicine *by Mazin Al-Khafaji*

**1** Saturday, November 4, 9:55-10:45am  
CEU/PDA

With the advent of antibiotics in the 1940s, many considered the era of infection over. This view is now considered naively optimistic with antibiotic resistance reaching dangerously high levels in all parts of the world. This short talk will explore options that Chinese medicine offers in treating bacterial infections of the skin.

### Nine Star Patterns and the Small Intestine *by Kiiko Matsumoto*

**1** Saturday, November 4, 11:10 am-12:00 pm  
CEU/PDA

This course will cover patterns related to the small intestine and their foundation in Chinese medicine. Kiiko will discuss the classics, the theoretical basis of the nine star system, the reflection of the nine star map in relation to the abdomen, and clinical applications. This is a great short course for anyone interested in a fresh interpretation of classical Chinese medical texts, and how to use this information to help their patients.

## Keynote Address

### Fascia- The Rosetta Stone Linking East to West *by Daniel Keown*

**1.5** Friday, November 3, 7:30-9:00 pm  
CEU/PDA

Qi, acupuncture channels and Chinese medicinal theory has seemed incompatible with Western science until now! Building on his book *The Spark in the Machine*, Dr. Keown shows how the most important story of all—how we grow from a single cell—brings Chinese medicine into complete focus. When we understand qi at this level it can not only be

understood but actually seen! Furthermore, the acupuncture channels become clear as day and Dr. Keown shows how they are visible in every anatomical textbook. Chinese medicine has a science and that science is called embryology.

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**Taking Your Practice to the Next Level** *by Jill Blakeway*

**3** Saturday, November 4, 2:00-5:00 pm  
CEU/PDA

Eighteen years ago, Dr. Jill Blakeway founded the YinOva Center, one of the largest Chinese medical practices in the US and in this class she will explain what she's learned (often the hard way) about growing a thriving practice. She will outline the clinical, operational, marketing, and financial infrastructure a practice needs in order to grow. The course will cover best practices in case management that enable a practitioner to have a busy practice without diminishing clinical outcomes. There will be discussions on a range of topics from hiring and training staff, to stocking and running an herbal pharmacy, to managing finances effectively. A third of the course will focus on ethical marketing, including how to build an authentic brand, creating a media platform, how to identify and communicate with potential patients, how to build relationships with referring physicians, and how to use social media effectively.

**Treatment of Pompholyx Eczema with Chinese Medicine**  
*by Mazin Al-Khafaji*

**3** Saturday, November 4, 2:00-5:00 pm  
CEU/PDA

Pompholyx eczema, known as river snail vesicle in traditional Chinese medicine, is a very common, chronic, relapsing dermatitis of the palms and soles characterized by pruritic vesicles that often flare in a cyclic nature. It is the source of much morbidity due to its persistent nature and the rather limited benefits offered by the conventional treatment of potent topical steroids. This lecture will outline the salient characteristics of this disease and put forward precise options for treatment in Chinese medicine. The lecture is illustrated throughout with case examples from Mazin's own practice.

**Advanced Treatment for Shen and the ANS**  
*by Kiiko Matsumoto*

**3** Saturday, November 4, 2:00-5:00 pm  
CEU/PDA

The "limbic system" is a convenient term used to describe deep structures of the brain known for their role in autonomic and endocrine functions. It plays a central role in the regulation of survival, emotions and arousal, and so has relevance to over-stimulated modern patients who suffer from chronic hypervigilance. Continuing her exploration of the Shaoyang meridian's relationship to the central nervous system, Kiiko Matsumoto has researched a new treatment approach to regulating the shen and ANS which may be mediated by the relationship of certain scalp points to the limbic system. This approach has relevance for a range of clinical presentations that include chronic pain, sensory disorders, emotional disturbance and internal pathology.

**Understanding the Science and Practice of Chinese Medicine** *by Daniel Keown*

**3** Saturday, November 4, 2:00-5:00 pm  
CEU/PDA

In this lecture, Dr. Keown will discuss how to understand Chinese medicine on a practical scientific level. Dr Keown's revolutionary understanding of Chinese medicine allows us to describe these processes in a way that is not only compatible with the scientific view of the body but also elevates Chinese medicine above Western medicine. In this workshop the aim is to give you the tools to start to understand what you are doing at a more practical level: know what the substances and pathogens are; understand what the Six Levels of Shang Han Lun represent; and, finally, be able to palpate these changes on channels and use them to guide treatment. Theory is meaningless without practical results!

**How to Open the Healing Power of Your Hands: Connect Qi and Breath** *by David Fuess*

**3** Saturday, November 4, 2:00-5:00 pm  
CEU/PDA

Through slow easy practices you will learn how to feel the "qi" flow in your own body. We will learn how to "listen" to our own interior in a new way. Learn or relearn in a new way how to connect consciousness, the breath, your hands and the patient in one continuum. Give new meaning to the concept of "connecting Heaven and Earth" and find the subtle within the subtle.

## Symposium Party

Saturday, November 4, 7:30-10:00 pm

Be sure to join our 29th Anniversary Symposium Party in the Aviary Ballroom on Saturday, November 4th from 7:30–10 pm. Enjoy live music, light dinner, and a cash bar. Make sure you bring your business card to enter the raffle sponsored by our generous Symposium exhibitors. We give away amazing prizes!

**Sunday, November 5, 2017**

**The Science of Yogic Breathing** *by Saraswati Markus*

**1** Sunday, November 5, 9:00-9:55 am  
CEU/PDA

Breath work is a general term used to describe any type of therapy that utilizes breathing exercises to improve physical, mental and spiritual health. Many forms of breath work exist today, each with their own unique methods of using breath for healing purposes. Drawing from traditions of yoga, qigong and contemplative practice, these techniques are used for relaxation, self-awareness, and stress reduction. Recent research conducted at the Medical University of South Carolina discovered that yogic breathing promotes salivary secretions that contain protein molecules that are important for healthy living and aging. One of the most compelling findings: after 20 minutes of pranayama, the saliva contains more Nerve Growth Factor (NGF) than the non-treatment group. NGF has a central role in the growth of neuron cells and in the prevention of Alzheimer's disease. Learn the technique used in this study and the other benefits of this ancient practice.

**Introduction to Real Traditional Chinese Pulse Diagnosis**  
*by Jian Min Fan*

**1** Sunday, November 5, 9:55-10:45 am  
CEU/PDA

Traditional Chinese pulse diagnosis has several thousand years of history. Its value has been solidly proven, whether it was recognized by modern science or not, having been widely used across the whole medical profession in modern times... but it also has been facing some challenges. We must standardize the measurement process of pulse diagnosis, so that every medical professional can use it with proper training, and we must increase recognition of the clinical value of traditional pulse diagnosis so that the whole medical profession and general public can benefit from it. This course is designed to achieve the purpose of resolving some of these challenges.

**The Nature of Sound: An Introduction to Facial Soundscapes: Harmonic Renewal™**  
*by Mary Elizabeth Wakefield and MichelAngelo*

**1** Sunday, November 5, 11:10 am-12:00 pm  
CEU/PDA

Everything that moves, from the smallest molecule to the planets in their unceasing orbits, generates a vibration that we may consider to be sound. The ear can detect frequencies ranging from 20 to 20,000 cycles per second. The human body "hears" by means of its skin and the 256 bones of the skeleton, and can sense the vibrations by means of its watery consistency: our bodies are comprised of 80% water, and sound travels 4 times faster in water than in air. Consequently, sound vibration communicates with the Water element via the Kidney meridian, permeating the most profound level of essence – the Jing. In this experiential seminar, gentle and non-invasive vibrational treatments for face and body, utilizing Acutonics® Earth, Moon and Sun tuning forks, will be introduced. These protocols serve as an alternative treatment for needle-phobic patients, and can be easily integrated into an acupuncture practice.

**Women's Sexuality – The Dao of Love and Yang Sheng (Nourishing Life)** *by Saraswati Markus*

**3** Sunday, November 5, 2:00-5:00 pm  
CEU/PDA

Love and sexuality belong to an ancient system of Chinese philosophy called Yang Sheng, literally translated as Nourishing Life; it is a technology of potency, health maintenance, and longevity. This workshop will use the lens of graceful aging to explore the theories and energetics of the Dao of Love and sexuality as it relates to women's health and self-care. Chinese medicine and techniques from both yoga and qigong will be shared to regulate the gynecological issues of infertility, low libido, hormonal imbalance, and menopausal syndrome. Intimacy, an important and often overlooked mid-life topic, will also be addressed, along with the practices that enhance and restore relationship and love.

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Sunday: 8:30 am-1:00 pm

**Ready to Register? Go to**



## The Measurement and Clinical Value of 28 Pulses

by Jian Min Fan

**3** Sunday, November 5, 2:00-5:00 pm  
CEU/PDA

The challenges that traditional Chinese medical pulse diagnosis faces need to be addressed to allow both our profession and patients to reap its benefits. Pulse diagnosis requires standardization and broad recognition to move forward. This course will involve detailed discussion of measurement and the clinical value of 28 pulses, followed by interaction to pulse confirmation and Q&A.

## Facial Soundscapes: Harmonic Renewal™

by Mary Elizabeth Wakefield and MichelAngelo

**3** Sunday, November 5, 2:00-5:00 pm  
CEU/PDA

In this experiential seminar, gentle and non-invasive vibrational treatments for face and body, utilizing Acutonics® planetary tuning forks, will be introduced. These protocols serve as an alternative treatment for needle-phobic patients, and can be easily integrated into an acupuncture practice. This journey into sound therapy includes an overview of the qualities, resonances and usage of the Earth, Moon and Sun tuning forks, the 3 Treasures grounding protocol, "Balancing the Corpus Callosum" protocols, acu-sound treatments for the constitution and the Eight Extraordinary meridians, a facial balancing treatment, and a full topical protocol with gem-infused essential oils, hydrosols, jade rollers, etc. The instructors will demonstrate the entire protocol.

## Strategies for the Understanding and Treatment of Fibromyalgia

by Richard Gold

**3** Sunday, November 5, 2:00-5:00 pm  
CEU/PDA

An estimated 5 million Americans have been diagnosed with fibromyalgia. Mature women account for 80-90% of all fibromyalgia cases. There are no reproducible, objective tests to definitively diagnose this condition, no agreed upon treatment strategies, and no statistically effective drug protocols to treat it. There is an amazing opportunity for the TCM practitioner to provide significant benefit in an area where Western medicine has very few answers. Common symptoms often present to a varying degree with fibromyalgia: muscle spasms, intense headaches, generalized pain, tenderness (especially within the joints), depression, sleep disturbance, memory loss and brain fog, bowel issues, muscle and joint stiffness, and painful menses. All of these symptoms, individually or in patterns, offer significant road signs for the TCM practitioner to follow and to successfully alleviate our patient's suffering. As integrative and TCM practitioners, we have the tools and strategies to make a profound difference in people's lives without the risk of harmful side effects.

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Jian Min Fan · David Allen · David Miller

Saraswati Markus · Richard Gold

Brian Lau · MichelAngelo

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*\*10% service fee will be charged for phone registrations.*

### CANCELLATION/REFUND POLICY

All cancellations must be in writing via email to [symposium@pacificcollege.edu](mailto:symposium@pacificcollege.edu). An administrative fee of \$50 is assessed on ALL cancellations email dated before Thursday, October 12, 2017. Starting Friday, October 13, 2017, a 50% cancellation fee will apply. NO refunds will be granted after Saturday, October 28, 2017, including no-shows. Refunds will be processed within 3 weeks of your request. Your refund will either be credited back to your credit card or mailed by check.

### MEETING SPACE AND SEATING

All seating is 'first come, first served'. All meeting spaces are locked while not in session and no items can be left in rooms to reserve a seat. For the afternoon workshops, the doors will open and seats become available 15 minutes prior to the start of the workshop start time. Plan accordingly and arrive early to lectures and workshops to secure a seat. Once a room is full and there are no seats remaining, please plan to go to another workshop location. No refunds will be granted based on no seats available to preferred courses.

## Conference Details

### HOTEL ACCOMMODATIONS

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### QUESTIONS REGARDING HOTELS AND AIRLINES

Contact Barbara Weber, (619) 334-3180 or [Confcoord@aol.com](mailto:Confcoord@aol.com), for information regarding room sharing options.

### PARKING

Please note the following rates if you are planning to park at the Catamaran Hotel.

**Hotel Guest:** \$17.00, \$22.00 Valet

**Non-Catamaran Hotel Guest:** \$8.00 for the first hour, \$1.50 each additional hour, Day Maximum \$25.00. Hotel Parking validation stickers (all day parking for non-Catamaran guests) are available at the Symposium Registration desk after 11 am – rate \$17 per day.

\*Street parking is available. If you choose street parking, please note the street sweeping signs posted in the Pacific Beach area.

*Airport shuttle service to and from the hotel.* The Catamaran Resort Hotel uses Cloud 9 Shuttle.

### CEU/PDA HOURS PENDING

Pacific Symposium provides up to 57.5 Continuing Education hours total. Schedule is subject to change without notice. At the time of this publication, all CEUs/PDAs are pending as we apply for approval from NCCAOM and CAB. Any changes made to the CEU/PDA totals will be updated on the website.\* You must pay the professional rate to receive CEU credit. Pacific College of Oriental Medicine Alumni receive 10% off the professional rate.

### RECORDING

By registering for the Symposium, you understand that lectures and presentations held within the Symposium venues may be video and/or audio recorded for internal, broadcast, non-broadcast and promotional purposes. As an audience member, some of these recordings may contain your likeness and/or your voice. By your registration, you grant Pacific Symposium and its affiliates the irrevocable right to record and use any recordings containing your likeness and/or your voice for internal, broadcast, non-broadcast, and promotional purposes.

No personal audio or video recording will be permitted. Dismissal from the conference will be enforced. High quality CD recordings will be made of most sessions and available for purchase during and after the Symposium.



# This Year’s Speakers

## Mazin Al-Khafaji, DCM

Mazin is one of the leading experts in the practice of Chinese herbal medicine in the West, with particular expertise in dermatology, allergy and autoimmune diseases. Over the past 25 years, he has taught his successful and innovative approach to clinical practice to hundreds of students worldwide. Originally brought up and educated in the Middle East and later the UK, Mazin began his studies in acupuncture and modern and classical Chinese in 1979. From 1983 onwards, he studied in Nanjing, Taiwan, and Shanghai, specializing in herbal medicine. His thorough grasp of the Chinese language earned him the first Sino-British scholarship to study internal medicine at the Shanghai College of Traditional Chinese Medicine alongside Chinese students, graduating as a Doctor of Chinese Medicine in 1987. On his return to the UK, he founded the Avicenna Centre of Chinese Medicine, where he has been in practice for the last 27 years. He runs his own traditional herbal dispensary and has developed the Avicenna range of topical products and skin creams to use as supportive treatment to internal therapy. Mazin also lectures at a postgraduate level and at conferences worldwide, and runs the diploma course in Chinese medicine drmatology and the Register of Chinese Medicine Dermatologists. He is co-author of the international textbook *A Manual of Acupuncture* and is working on his long-awaited book on the treatment of dermatological conditions.

## David Allen, DAOM, LAc

David graduated from Pacific College of Oriental Medicine in 2007, having studied pediatrics as a specialty. He primarily treats children in his private clinic, with a sub-specialty in treating autism with acupuncture and Chinese herbs. Using existing Chinese medical pathomechanism theory, as well as developing ideas based on the clinical experience of himself and others, David brings together a wide-ranging experience to his diagnoses and treatments. He travels extensively to further his studies and is currently a faculty member at the Pacific College of Oriental Medicine in San Diego, California.

## Jill Blakeway, DACM, LAc

Jill is a practitioner, author, and speaker who appears regularly in the media to talk about Chinese medicine. Jill graduated from Pacific College of Oriental Medicine in San Diego in 1999 and is the founder and Clinic Director of the YinOva Center, a large multidisciplinary complementary medical center in New York City. She wrote her first book, *Making Babies*, with a reproductive endocrinologist; published by Little Brown in 2009, it has so far been translated into 6 languages and remains a bestseller in its genre. Her second book, *Sex Again*, on low libido, was published by Workman Press in 2013. Jill is a former associate professor of Chinese medicine at Mercy College in New York and currently teaches Obstetrics and Gynecology in the Doctoral Program at Pacific College of Oriental Medicine in San Diego. Jill has given a TED Talk and appears regularly on Dr. Oz. She has given Katie Couric acupuncture on TV, discussed libido on The Talk and Fox News, appeared on Good Morning America and The Early Show, and has been interviewed many times in the national print media.

## Matt Callison, MSTOM, LAc

Matt is well known for his work with professional athletes and has traveled across the United States to work with NFL players. His unique ability to blend Chinese medicine with sports medicine is particularly evident in his international certification program, Sports Medicine Acupuncture. He has been published on acupuncture and tibial stress syndromes and sports-related muscle tension headaches. Matt created the Motor Point and Acupuncture Meridian Chart and is the author of *The Treatment of Orthopedic Disorders* and the *Sports Medicine Acupuncture* textbook. He has worked at Alvarado Sports Medicine Clinic and Scripps Hospital in La Jolla for 6 years. Matt received his master’s from Pacific College of Oriental Medicine and serves as PCOM’s supervisor of acupuncture interns at the University of California San Diego Sports Medicine RIMAC Center.

## John Chen, PhD, PharmD, OMD, LAc

John is a recognized authority on Chinese herbal medicine and western pharmacology. Holding doctoral degrees from both USC School of Pharmacy and South Baylo University, he currently teaches at USC and numerous universities of traditional Chinese medicine. John actively participates in education and research and lectures widely at conferences at local, state, national, and international levels. He also appeared in the Discovery Channel six-hour documentary on complementary and alternative medicine in 1999. John is the author of three textbooks: *Chinese Medical Herbology and Pharmacology*, *Chinese Herbal Formulas and Applications*, and *Chinese Herbal Formulas for Veterinarians*.

## Jian Min Fan, MS, LAc

Dr. Jian Min Fan received his medical degree and master’s degree of TCM from the world-famous Nanjing University of Traditional Chinese Medicine during the 1980s. Upon graduating with honor, he was appointed as a professor at Nanjing University of TCM and a physician at Jiangsu Provincial

Hospital of TCM. He has been published many times and contributed to the national standard textbook in China several times, until 1991, when he came to the United States of America. He has since been a professor and a clinical supervisor at the Pacific College of Oriental Medicine and runs a clinic in San Diego. His wealth of knowledge in both Western medicine and traditional Chinese medicine, his artistic lecture and teaching style, and his sterling reputation have earned him respect and appreciation from students, colleagues, and consumers.

## David Fuess

David Cushing Fuess is a high energy sensitive. He has taught internationally for 37 years, including ten years at the Body Mind Spirit Festivals in England and Australia. David was an advanced Polarity Therapy student of Pierre Pannetier and has taught healing in Japan, India, Mexico, Italy, and Canada. David is a certified tai chi chih teacher and has taught kundalini yoga since 1972. He spoke at the World Peace Conference in India and led 3000 people in pranayama breathing and his YouTube video "Inquire Within" has had more than 70,000 views. David believes that love is the most powerful force in the universe.

## Richard Gold, PhD, LAc

Richard is a licensed acupuncturist and holds a doctorate in psychology. He graduated from Oberlin College in 1972 with a degree in world religions and a minor in pre-medicine and from the New England School of Acupuncture in 1978. Richard has since devoted his professional career to the field of East Asian medicine, pursuing advanced studies in China (1981), Japan (1986) and Thailand (1988, 1989, 1992). In 1985, along with two partners, he established the Pacific Center of Health, an integrative medical center that still flourishes today. Richard was also one of the four founders of the Pacific College of Oriental Medicine. He served on the board of the college for many years and continues to teach there. In recent years, Richard has been working in the field of applied neuroscience and sound, and is currently the President and Executive Producer of Metta Mindfulness Music, a company devoted to creating original music to facilitate meditation, health, and mindfulness.

## Holly Guzman, OMD, LAc

Holly Guzman has spent her entire adult life specializing in Chinese medicine, both clinically and in education. She graduated from the New England School of Acupuncture in 1980, and as part of the first graduating class from ACTCM in 1983, was one of the first to practice acupuncture legally in California. Guzman continued on to a doctorate in 1988 through SAMRA, based on clinical study done in China and Japan. Since 1984, she has served as faculty at Five Branches University in both the master’s and doctorate programs. She also has a solid working background in naturopathy and western herbalism. With extensive studies, Guzman has incorporated the wisdom of several styles: Kiiko Matsumoto’s acupuncture genius, Jeffrey Yuen’s authentic Daoism, Miriam Lee’s visionary approach, and Ted Kaptchuk’s reverence for humanity.

## Bill Helm, HHP, BS, TS

Bill began his study of Asian arts in 1965, travelling to China to study tui na in 1986. Bill has been teaching and practicing tai chi chuan since 1973 and began to study Chen-style tai chi chuan in 1986, becoming a disciple of Chen Xiao Wang in 2007. He currently resides in San Diego, CA, is Department Chair of Massage and Bodywork at PCOM, and Director of the Taoist Sanctuary of San Diego and the Chenjiagou Chentaijiquan Branch school of California.

## Daniel Keown, MD, LAc

Daniel first became interested in acupuncture in his teens, when his octogenarian grandmother would return from her trips to China and tell him of the great tradition of Chinese medicine. He then made it his life’s work to get acupuncture and Chinese medicine fully integrated within the Western medical system. To this aim he completed not only a degree in Western medicine, in 1998, but also Chinese medicine in 2008. Realizing that there were still major aspects of Chinese medicine that were poorly understood (or maybe taught), he continued to study. In 2011, he travelled to China to learn under Dr. Wang Ju-Yi in Beijing. It was here that he realized that the key to understanding acupuncture lay in the embryology and awareness of space within the body. In 2014, he published his best-selling book *The Spark in the Machine*, which shows how Western science validates Chinese medicine. The understanding of the fundamental scientific nature of Chinese medicine, qi, and channels continues to guide, illuminate, and instruct Daniel’s work and practice. When not working, he lives with his wife and two children in Tunbridge Wells in the UK, tending his allotment and dreaming of surfing the perfect wave.



**Brian Lau, AP, DOM, CSMA**

Brian is certified in both Sports Medicine Acupuncture and Structural Integration, developed by Ida Rolf. Since beginning his studies in 1998, his primary focus has been the sinew channels (jingjin)--first in his taiji and qigong practice, then by study of Western fascia systems such as Anatomy Trains, and finally through direct exploration of the sinew channels described in Chinese medicine. This included literature review and work with Matt Callison in cadaver dissection under the auspices of the Sports Medicine Acupuncture Certification (SMAC) program. He continues to work with SMAC and is on the faculty of East West College of Natural Medicine in Florida, where he also maintains a private practice.

**Saraswati Markus, DAOM, LAc**

Saraswati is the founder of Nourishing Life Center of Health, an institute for women’s health and regenerative and restorative medicine. She lectures at medical colleges and specialty conferences around the world. She received both her master’s and doctoral degrees in acupuncture and Oriental medicine from Pacific College of Oriental Medicine in San Diego, CA. Between 2005-2009, she completed advanced training in acupuncture, herbal medicine, and classical medical literature at Shandong University and Hospital in China. Saraswati is in her 22nd year of teaching medicine and currently holds faculty positions in both master’s and doctoral degree programs. She lives in her Asheville, North Carolina, and leads trainings and immersion programs for women, patients, and practitioners in the U.S. and abroad.

**Kiiko Matsumoto, LAc**

Kiiko is a world-renowned acupuncturist and teacher of the unique Master Nagano-style of clinical-based strategies. She is the author of several books on acupuncture, based on a growing understanding and deep interest in classical Chinese medical texts. Her two-volume *Kiiko Matsumoto’s Clinical Strategies* is a seminal work and cornerstone of palpation-based acupuncture. She continues to travel all over the world to teach her style of acupuncture and sees an average of 60 patients each week at her private clinic in Newton, MA, allowing her to always re-evaluate and refine her techniques.

**MichelAngelo, MFA, CTM**

An opera singer, classical composer, pianist, astrologer, healer, diviner, and writer, MichelAngelo was a presenter at the 2011 conference of the International Society for the Study of Subtle Energy and Energy Medicine (ISSSEEM). He has been published in the Oriental Medicine Journal and created a 3-part certification series, Planetary Vibrational Medicine, in which he synergizes Western medical astrology with Oriental medicine theory and practice. From 2006-13, MichelAngelo served as advisor on astrological medicine and musical studies to Acutonics® Institute of Integral Medicine, LLC. MichelAngelo has collaborated with Mary Elizabeth Wakefield on a wide range of educational seminars focusing on applications of Western and Eastern alchemy, essential oils, and gem elixirs, as well as synergies of sound healing techniques with acupuncture needling. He has been her co-instructor on 4 continents and co-written articles with her for Acupuncture Today, Oriental Medicine Journal, Spa Asia, and others.

**David Miller, MD, LAc**

David is one of the only MD physicians in the U.S. to be dually board certified in pediatrics and Chinese medicine (NCCAOM). His practice, East-West Integrated Medicine, LLC, is located in Chicago, Illinois, and he enjoys seeing patients of all ages for holistic and integrative care. David has designed curricula in integrative physiology and is an active participant and leader in numerous state and nation medical associations. He is currently national chair of the American Society of Acupuncturists.

**Robert Nations, DACM, LAc**

Robert has been involved with healing and natural medicine for over 30 years. He graduated from Pacific College of Oriental Medicine in San Diego, California, where he has been a member of the faculty since 1997, and his further studies of healing have included time in both China and Senegal. Robert and his wife maintain their private practice, Nations Integrative Acupuncture, in San Diego. He is also a staff acupuncturist with Sharp Hospital in Coronado and contracts with the University of California San Diego Center for Integrative Medicine as an educator and acupuncturist. Robert also trained and taught at the Taoist Sanctuary of San Diego for 14 years. In 2010, he was certified as the master trainer for the California Department of Public Health, teaching a taiji program designed for fall prevention in older adults, and teaches taiji and qigong at the San Diego Community College Continuing Education Emeritus Program.

**Suzanne Robidoux, PhD, LAc**

Suzanne is an international speaker and teacher focused on teaching classical and clinically proven acupuncture, moxibustion, and Chinese herbal medicine. Her clinical experiences and courses have a strong focus on treating various neurological and debilitating diseases. Suzanne, herself Canadian, has been living and studying in Asia for the last 15 years. During this time, she has focused her search on learning with the best teachers and physicians with remarkable clinical results. She has also found interesting and powerful masters and spent several years with them. Suzanne is now completing a clinical post-doctorate with the Beijing University of Chinese Medicine, with a focus on the effect of classical medicine on difficult diseases. She has also dedicated her life to documenting lost lineages or lineages that have not yet found a voice in the West, with media to make them available for like-minded practitioners.

**Andy Rosenfarb, ND, MSTOM, LAc**

Andy, founder and clinical director of Acupuncture Health Associates in Westfield, NJ, is a world-renowned expert in the field of Chinese Medical Ophthalmology. Since 1996, he has led the field in integrated treatment methods that combine traditional Chinese medicine, naturopathic medicine, and cutting-edge therapies to help people suffering from debilitating eye diseases to recover and maintain their eyesight. Andy earned his master’s in traditional Chinese medicine from Pacific College of Oriental Medicine and his doctorate in naturopathy from Canyon College. He continued his post-graduate education at Zhejiang College of Chinese Medicine in Hangzhou, China. Drawing from his extensive training and clinical experience, Andy recently teamed up with researchers at Johns Hopkins University to design the acupuncture protocol for the first-ever clinical study on the efficacy of treating RP with acupuncture. He has also published five books on Chinese medical ophthalmology and ophthalmic acupuncture.

**Mary Elizabeth Wakefield, LAc**

Mary Elizabeth is an acclaimed teacher, herbalist, Acutonics® and Zen shiatsu practitioner, craniosacral therapist, and a professional opera singer, as well as the internationally recognized author of *Constitutional Facial Acupuncture* (Elsevier UK, 2014) as well as many articles in periodicals. Mary Elizabeth is acknowledged as the leading international authority on facial acupuncture and has created 20 innovative educational seminars that emphasize a constitutional approach to this modality. Eight of these courses are combined in her 2-year certification program, the 3rd iteration of which debuted at Northwestern Health Sciences University in Bloomington, MN, USA in June 2018. She is currently co-authoring a new book (with MichelAngelo) on *Vibrational Acupuncture™: Integrating Tuning Forks with Needles*, for Singing Dragon UK, which is due for publication in 2018. She maintains a private practice on the Upper East Side of Manhattan, in New York City.

**Jennifer Williams, PhD, MS**

Jennifer completed her doctorate in counseling studies at Capella University and earned her MS in traditional Chinese medicine at the Academy of Chinese Culture and Health Sciences in the California Bay area. She is on the faculty at Walter Reed, where she teaches herbs and nutrition to senior pain management providers of the Army, Navy, Air Force, and Veterans Administration. Jennifer has also published articles, contributed to books, and participated in research. She worked for the U.S. Army as an acupuncturist, researcher, and educator, and has a small Chinese medical practice north of Asheville, NC, where she specializes in chronic pain with comorbid conditions, complex presentations, and difficult diseases. In her mountain property, she grows herbs, mushrooms, and tea.

**Jeffrey Yuen**

Jeffrey is a frequent lecturer at Pacific Symposium. Coming from a classical Chinese medical approach, he offers different perspectives to understanding the rigors of Chinese medicine. He comes from two Daoist traditions: the Shangqing and Quanzhen schools. He was instrumental in developing the first classical Chinese medicine doctoral program in the state of California and is the Director of Classical Studies in Daoist Traditions at an acupuncture school in Asheville, NC. He was the first recipient of the “Educator of the Year” award, conferred by the AAAOM. Jeffrey is most noted for bringing the influence of Daoism into the practice and teachings of Chinese medicine. He resides in New York City and serves as President of the International Tai Chi Institute.

**Janet Zand, OMD, LAc**

Janet has been in practice for more than 30 years. She is the nationally respected author of *Smart Medicine for a Healthier Child*, *Smart Medicine for Healthier Living*, and *The Nitric Oxide Solution*, as well as a lecturer, practitioner, and nutraceutical formulator whose work has helped thousands of people achieve better health.



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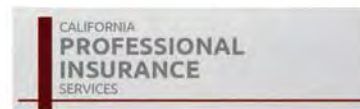
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## THE RIPE FRUITS OF AUTUMN continued from page 3

### MENOPAUSAL TRANSITION DOESN'T HAVE TO BE AN ENDLESS CYCLE OF SUFFERING

Twenty-five hundred years of Chinese medical literature corroborates Western medical findings about what we'll call the second reproductive phase. The early phase of fertility occurs from around age 14, when the jing is robust. Cycling through women in seven-year increments, physical and reproductive vigor peaks at around age 28. The second cycle then begins around age 33 until the ripe age of 49, just before textbook menopause, which marks the end of the reproductive years.

Whether or not you're preparing for pregnancy in late fertility, the tools of Chinese medicine will smooth your transition to a post-reproductive life and spare you some of the symptoms from which most women unnecessarily suffer. It's the abrupt shift from lower to upper

burner that creates those hallmark experiences of menopausal transition: the hot flashes, groggy feeling, weight gain, low sex drive, insomnia, depression, and stress.

I've developed nine steps to add grace and ease to this process. Each definitely requires your commitment to self-care, and they may require some explanation, but please do what you can. I'll offer more on each of the nine steps in upcoming newsletters and workshops.

### NOURISHING LIFE'S NINE STEPS TO HEALING INFERTILITY AND HORMONAL BALANCE

1. Cultivate fertile ground. Reduce toxic load and detoxify the body.
2. Bring in fresh ingredients: eat well, often, fresh. Breathe.
3. Nourish, harmonize, and let it flow. Open your body's energetic channels with acupuncture, meridian flow, acupressure and yoga.

4. Prioritize ease of mind. Settle and learn to focus. Do one thing at a time (OTAT).
5. Practice active relaxation.
6. Pivot from negative mental states; actively cultivate feelings of well-being.
7. Fertilize your spirit. Connect consciously with each moment.
8. Let go of the work of conceiving; become an empty, receptive vessel.
9. Harmonize yourself with the wisdom and rhythms of nature and return to your naturally fertile state.

Here I've focused on the autumn of life, the specific obstacles to vitality we modern women face, having been taxed by the insults of our environments and our own compromising habituation. I've touched on the Three Treasures of Jing-Qi-Shen, and the beautiful hope of revitalizing what's been lost with *yang sheng* practices, freely offering you some of

my favorites. It is my hope and intention that you've found something rich and worthwhile in these pages. **OM**

**SARASWATI MARKUS** is the founder of Nourishing Life Center of Health, an institute for women's health and regenerative and restorative medicine. She lectures at medical colleges and specialty conferences around the world. She received both her master's and doctoral degrees in acupuncture and Oriental medicine from Pacific College of Oriental Medicine in San Diego, CA. Between 2005-2009, she completed advanced training in acupuncture, herbal medicine, and classical medical literature at Shandong University and Hospital in China. Saraswati is in her 22nd year of teaching medicine and currently holds faculty positions in both master's and doctoral degree programs. She lives in Asheville, North Carolina, and leads trainings and immersion programs for women, patients, and practitioners in the U.S. and abroad.



Table 1: Average ages and efficacy of male and female patients.

	Female	Male
Age	39	44
Efficacy	74.5	62.8

RESULTS

Of the 44 patients treated, 32 were treated with acupuncture and holograms and 12 were treated with holograms alone. The use of holograms was found to be effective for treating various sources of pain; patients treated with holograms had a decrease in pain of 59.2%. It was found that patients treated with acupuncture as well as holograms responded even better with a decrease in pain of 72.2%. Figure 1 shows each individual patient and their corresponding pain reduction.

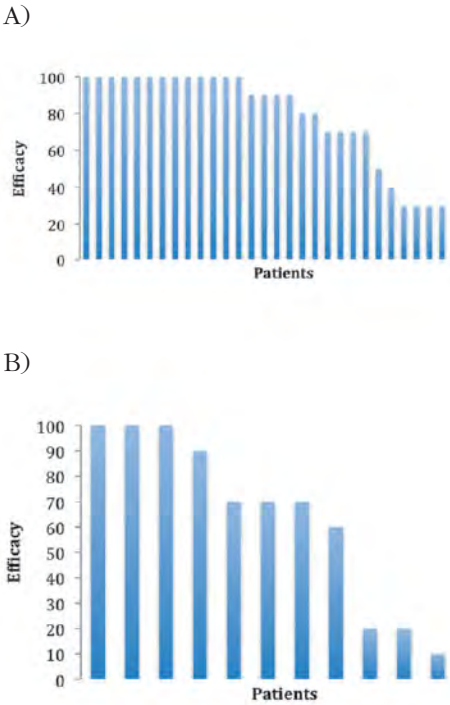


Figure 1: A) Efficacy of acupuncture and hologram treatment. Average 72.2 +/- 34. B) Efficacy of hologram treatment. Average 59.2 +/- 37.3

T-tests were run in a spreadsheet comparing the pain reduction of acupuncture and holograms to acupuncture alone, for neck, low back, upper back, shoulder, and knee pain. The data from other studies of target acupuncture were used as the control group. Through the t-tests, it was possible to reject the null hypothesis ( $p < 0.01$ ), indicating that there was a significant difference between the use of acupuncture with holograms and acupuncture on its own. {1} {2} {3} {4} {5}

The use of acupuncture with holograms had the greatest reduction in pain when used to treat neck pain, and was least effective when used on shoulder pain. Figure 2 shows the average efficacy of acupuncture and hologram by chief complaint. The data suggests that there is a difference between the locations and efficacy of treatment, but this was unable to be statistically confirmed.

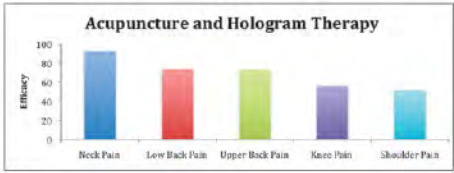


Figure 2: Efficacy of acupuncture and holograms treatment by site of pain

DISCUSSION

Results show that the addition of holograms to acupuncture treatments increases the pain relief by over three times. Hologram use alone, with no treatment as a control, provided an average 59% relief in pain. The data obtained hinted at the possibility that the depth of the injured tissue is related to the effectiveness of the holograms. In order to identify whether age, gender, or site of injury contribute to the efficacy of the holograms, future studies with more subjects, a stricter inclusion criteria, and a longer treatment duration are recommended. OM

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DR. BARBARA DE LEON received her master's of science in traditional Chinese medicine in 2011 and her doctorate in 2016, both from Pacific College of Oriental Medicine-San Diego. She has a family practice in Truckee, California, specializing in orthopedics and internal medicine. She partners with the High Fives Foundation, a non-profit organization that supports athletes suffering spinal cord injury through their rehabilitation.

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Finally, if a primary care physician has prescribed patients opioids, it is essential for patients to consult their provider and carefully follow their instructions to reduce opioid dosage over time to avoid dangerous withdrawal symptoms. It is always good practice for you to contact a patient's primary care provider and develop a relationship with them. They often have other patients that can be helped with complementary alternative approaches as well.

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by cutting length-wise and applying to the bottom of the feet at night to increase circulation in the lower extremities. It can also be cut in half the other direction and applied to the abdomen and lower back to treat menstrual pain and cramping.

- b. **Golden Sunshine® COOL Herbal Patch** – This patch is designed for people with good circulation or serious inflammation and acute conditions and is ideal for sports injuries or rehabilitation of sprains, strains, muscle pulls, etc. It can also be used as above for those that don't tolerate the HOT patch due to good circulation or serious inflammation.
  - c. **PAIN Terminator® Analgesic Patch** – This patch is designed as a good all-around solution and is "balanced" between the HOT and COOL patches. It can be used for chronic conditions in people with good circulation in lieu of the HOT patch.
3. **Herbal Cream** – This product is designed to treat inflammatory joint diseases like arthritis, bursitis, tendonitis, etc., as well as headaches and even migraines. It comes in two varieties:
    - a. **PAIN Terminator® Analgesic Cream** – This cream is more oil based with jojoba as a base and, from a body worker's standpoint, has more surface glide. Great for massage, gua sha, tui na, and as a gasket for cupping.
    - b. **Golden Sunshine® Herbal Cream** – This formulation is more water-based and will absorb quicker and, from a bodyworker's standpoint, is more for deep tissue work. **Note:** Both creams can be allowed absorption and drying time, then followed up with one of the patches for increased potency.
  4. **Herbal Spray – Golden Sunshine® Herbal Spray** is designed with the athlete in mind. It can be used before (prevention), during (at time of injury) and after (rehabilitation). Great for runners, martial artists, gymnasts and dancers who know they are going to stress their connective tissues during a workout so apply the spray prior to their activity to prevent injury. If injured, it is the first line of defense and will often suffice to resolve minor injuries. For rehabilitation, it can be augmented with use of the Herbal Patch to increase potency. Just make it is absorbed and dries before the patch is applied.

OM

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# An Interview with a Pioneer: *Miriam Lee*

By DAVID CUSHING FUESS

This unpublished interview with pioneer acupuncturist Miriam Lee was written in 1994. Miriam Lee suffered a stroke and passed away at the age of 82 in 2009.

Miriam Lee is a fierce woman cushioned by the parentheses of love and compassion. She was fierce in fighting to have acupuncture legalized in California, she was fierce in demanding high standards from and respect for acupuncturists, and she is fierce in promoting and insuring the health of her many thousands of patients.

Twenty years ago [ed: 43 years ago now], Miriam Lee became the first acupuncturist to be arrested for practicing her art in a country basically unfamiliar with traditional Chinese medicine. On April 16, 1974 at 6:45 am, the police entered her clinic, already full of patients, and took her to the Palo Alto jail. The day before, April 15, 1974, Governor Reagan had vetoed a bill legalizing the practice of acupuncture in California. She stayed in jail until 10:00 am, when she could get bail money, and subsequently appeared in court.

Hundreds of her patients showed up to support her. Many were elderly, God-fearing, respectable members of the community. The surprised judge dismissed her case. And Miriam Lee began her efforts to make acupuncture both legal and respectable. Miriam Lee had been chosen as a test case because she had been both highly visible and successful.

She sat for an interview in an eerily quiet office at the end of a long morning of work followed by a refreshing nap. “To have a law in California you have to stick your neck out,” she says as she physically elongates her neck from her stocky body. “For more than a century, in California, you could get herbs and go home and be healed, but it was hush-hush, under the table. I would not ‘hush-hush’ under the table to do acupuncture. I was seeing eighty patients a day. Before, I was working at my house, and the staircase had cracked on the side of the house because there were so many people. I could only get an office by working with a doctor.”

“Patients were everywhere; wheelchair patients were treated in the toilet because it was the only place they could stay longer. I thank God there was no mishap. The telephone could never stop, I would take notes, collect money—at that time I had a brain! I was working so much that the local Western practitioners’ patients were getting lesser and lesser, because word passed so fast. They cancelled their appointments. A doctor came by

and looked in, he was very angry. My office was filled with patients and he looked here and there. He said, ‘This is not a clinic, this is a refugee place! I will sue you!’”

“When I was arrested,” she recalls, “I was calm, very calm. I was prepared because I was willing to stick my neck out, to do something known to everybody. The judge would not find anyone against me, not even one said something was wrong.” After her release, Miriam Lee met lobbyist Art Kraus and formed an alliance which has lasted twenty years.

Today, Art Kraus is a senior, respected lobbyist, but in 1974 he was a novice and had to educate himself as to the needs of the acupuncture world. Most people in America had only heard of acupuncture by means of New York Times columnist James Reston’s adulatory articles, following an appendectomy while Nixon was on his first visit to China.

Miriam Lee retained Art Kraus with her own money and continues to do so today. They met with the new governor Jerry Brown, organized fundraisers, and educated people. Miriam Lee remembers that; “Jerry Brown was very, very important. He was the only one that recognized the importance of acupuncture.”

Her eyes twinkle mischievously as she recalls the confrontation in Sacramento. “When we were trying to pass the bill our only enemy, we should not say enemy, was the CMA (California Medical Association). They had a million dollar lobbyist but we knew he always came late to meetings. Art Kraus saw that and arranged to have the final debate right sharp when it opened. We talked about acupuncture and the bill was passed because no one was against it. The CMA lobbyist came in, oh! He was so mad, a million dollars a year and he could not do this.”

The victory meant that acupuncturists could practice under the auspices of a medical doctor or by referral only with the doctor diagnosing. If this was violated, there was a \$500 misdemeanor fine, which obviously created great limitations.

The next step was also taken by Miriam Lee in 1977. “A man came to see me on crutches. He had sciatica and he had had a cough for a whole year. No one cared about his cough, only about his sciatica and

continued on page 33



his crutches. I treated him for fifteen minutes and he walked without his crutches. I told him his problem was with his lungs and to have his doctor read his x-rays again. It turned out he had third degree lung cancer. Another patient came in with low back pain; I treated her and sent her to her doctor to check for bone cancer. The doctor said, 'How can an acupuncturist know bone cancer? How can you know without tests?' I remember the date: January 3, 1977. The woman's pelvis broke in the doctor's office.

This lobbyist for the CMA said 'How can you know what is cancer?' Doctors who were acupuncturists explained. The legislature passed a bill allowing acupuncturists to treat and diagnose freely and they are now considered primary healthcare practitioners, as are medical doctors."

Miriam Lee had come a long way from living in China raised by educated, Christian parents. She lived through the Japanese occupation. "It was a very, very hard life—very harsh," she remembers.

"It was purely like the disciples in the Bible, donations depending on faith. We were seven children, six brothers, and we saw miracles. My mother had one bag of rice and we made porridge to fill up. It lasted so long. We had strong faith." Even today her assistants are scolded for wasting even one match.

"My father told me to study acupuncture, we had no Western medicine. He bought me acupuncture needles, one book, and one chart. Later I worked in a bank in Singapore and went to school. My mother was my first patient. I thank God so much that I listened to my father. In US kids reject the parents, they won't listen. I think you should listen, at least you know they love you."

An invitation to practice in Los Altos led also to a job on the Hewlett Packard assembly line. While working she developed her intense focus and single-minded purpose.



"I worked on a church member. She had right shoulder pain and in my technique you treat the opposite shoulder while moving the bad shoulder to bring the energy there. She had pain for six years and worked one hour a day. She had a big body and I had short needles. I prayed to God, give me some healing powers. Three days later she was outside my house calling. I was thinking something was wrong, just calling and yelling: 'Miriam!' I carefully opened the door. She had been cleaning her house for seventeen hours and had no pain!"

Students from all over the world were soon seeking out Miriam Lee because she got results. One student, Leela Carney, worked with her for three years and edited her book *Insights of a Senior Acupuncturist: One Combination of Points can Treat Many Diseases* published by Blue Poppy Press in Boulder, Colorado. Leela remembers when they first met: "She could look at you and know who you were. She had such a depth of understanding of human nature. She really deals with the poetry of the soul as it manifests in the

human body." Leela appreciated being "introduced to acupuncture from a non-communist viewpoint. The communist viewpoint was reductionist and mechanical. Miriam really broke the Caucasian resistance to traditional Chinese medicine."

Leela considers Miriam Lee a practitioner of "grandmother medicine". "She is fierce," says Leela. "She is a warrior woman, fearlessly stepping out in the community. She has incredible confidence in herself."

*Insights of a Senior Acupuncturist* is a concise book that pierces the Western character with the accuracy of a laser. She has chapters on treating AIDS, allergies, and weight loss. The tone of the book, however, is revealed in such chapter headings as "Intention and Healing the Patient, Not Just the Disease" and "Depression and Running on Empty". In the former, Miriam Lee advises "to prevent disease and re-establish vitality, both the acupuncturist and the patient must use the whole universe wisely". She also cautions young people about the attitude of "make me well but don't expect me to change the way I live. Just fix me".

In the latter chapter she suggests that "depression attacks slowly, unnoticed... these unhappinesses accumulate over the years", and that "everyone is exhausted, especially the women, who must not only manage the home and raise the children but earn a living as well". Her prescriptions often have to do with simple changes such as slowing down or not eating cold foods and drinks, which she says lead to "refrigerator diseases". "In the US, the problem is not one of limitation but the lack of limits... they never truly rest... exhausted, they do not have the reserves to deal with the stresses of life". She considers coffee, chocolate, sugar, and cigarettes to be "powerful drugs" and says that regular users are "over-stimulated and unable to rest when rest is appropriate".

Miriam Lee is beloved by her patients but she is no saint. She has been known to hold a grudge and to be very aggressively opinionated in her efforts to help her patients see themselves clearly. She is also known for her strong needle technique and is not afraid to inflict pain in the best interests of her patients. Indeed, she is known for getting results in very difficult and seemingly hopeless cases. She brings her personal power to the healing as well as the power of prayer.

She writes, "I have a good feeling towards the patients. The intention I have for them to get well travels, as a wave travels on the sea, from me to them through the needles and through my voice and eyes and hands."

Miriam Lee supports a number of elderly missionaries who worked in China. She has fought for low cost treatments to be available to the poor and bristles when acupuncturists charge \$120 for a facelift and scold her for continuing to charge \$40 per treatment. When she was fighting on behalf of acupuncture she often did not get support. "When the time

continued on page 38

## CBD HEMP OIL PRODUCTS THE LATEST HEALTH TREND OFFERING COMPLETE WELLNESS continued from page 33

food diets high in unhealthy fats largely fail in supplying the vitamins and minerals our bodies need each day, making dietary supplements with these nutrients critical in maintaining a healthy balance.

### CBD AND ORIENTAL MEDICINE

Some companies, like San Diego based Kannaway, have integrated CBD hemp oil with traditional East Asian medicine to enhance its effects.

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available to the royal families of East Asia, the power of bi-bong formulas herbal blends is not the individual herbs but the way they are used together to create a balanced formula that works optimally with the body.

Bi-bong formulas have been valued for centuries for their ability to rebalance the body's qi, which is qi is the main source of energy for all life in Eastern medicine. When qi is disrupted, the body manifests it through pain and disease. Disruption of one's qi can be caused by injury, stress, diet, toxins, and even overuse and aging. Bi-bong formulas rebalance

the body's qi, allowing your body to function optimally. When your qi is balanced, your mind and body are in their optimal state, promoting health, youthfulness, and longevity.

The ingredients used in Kannaway's bi-bong formulas include Mu Xiang (Aucklandia root), Wu Wei Zi (Schisandra fruit), Huang Qi (Astragalus root), Panax ginseng (Korean ginseng root), Fang Fen (Ledebouriella root), Dong Quai (Angelica), Suan Zao Ren (jujube seed), Jue Ming Zi (cassia seed), Dang Shen (Codonopsis root), and Fu Ling (poria cocos), among others.

In Kannaway's products, these herbs are mixed synergistically with CBD hemp oil to enhance the benefits of the company's CBD oil supplements. This blending of Eastern medicine and a modern understanding of the effects of cannabinoids like CBD on the body makes these products a unique new option for maintaining balance within the mind and body.

OM

PRISCILLA VIRAMONTES received her associate of science in massage therapy and Asian bodywork in 2017.













**YIN AND YANG PAIRING OF YUAN AND LUO WITH COUNTERPART ENTRY AND EXIT MERIDIANS TO TREAT OBESITY** continued from page 9

Pairing with the Entry and Exit points of Zhong Fu LU-1 and Lie Que LU-7 with Yin Bai SP-1 and Da Bao SP-21.

In addition, I address the physical part of the body where it holds on to the accumulation the most. In her case, it was the breast tissues and her abdomen. She had already had breast reduction done. I use gua sha with San Qi Fen (Radix notoginseng) on her abdomen after I removed all the needles. At first, during the gua sha, she could not stop laughing and at the same time, she felt the abdominal pain. After I administered that, her bowel movements went back to once a day without any further report of constipation or incomplete feelings in her bowel movements.

I inform the patient that under Chinese medicine, she may help herself by not eating cold foods. Once she cut out her salads, the coughing symptoms did not return. As treatment progressed, I only saw

her once a month and she began to exercise. Her eureka moments were, “I notice I go for that donut when I am exasperated by the current situation. And I don’t even like donuts!” “I notice when I follow the few tips, my energy goes up and the hot flashes go away.” This patient is still at “obesity class II” despite losing ten pounds in one year. At our last visit, her food craving timing changed to the Kidney times. Her family stress situation persists.

At her next visit, I will be starting with Jing Gu UB-64 and Da Zhong KD-4 pairing with Shao Ze SI-1 and Ting Gong SI-19, and Ji Quan HT-1 and Shao Chong HT-9. Her journey continues. **OM**

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**CYNTHIA SIU** has been in practice for over 15 years in traditional Chinese medicine. She graduated from Pacific College of Oriental Medicine and is now a doctoral candidate for the DACM program. She is a NCCAOM diplomate and a member of New York ASNY and Classical Chinese Medicine. Ms. Siu’s practice focuses on internal medicine diseases, specializing in weight management and facials. She is an adjunct professor at Pacific College and an NCCAOM PDA provider.



an adaptogen. If a person is particularly deficient, the body will absorb a certain frequency only until such time as the appropriate balance is restored.

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**MARY ELIZABETH WAKEFIELD, MS, MM, LAc, AAAOM Educator of the Year**, author of *Constitutional Facial Acupuncture*, is an internationally-recognized author, teacher, Oriental medical practitioner and musician – a licensed acupuncturist, herbalist, Zen shiatsu and cranio-sacral therapist, and an opera singer. She is a creator of innovative treatment protocols and writer for acupuncture periodicals, and has contributed

significantly to raising public awareness of facial acupuncture and related approaches as viable, holistic treatment modalities.

In 2012, Ms. Wakefield launched the inaugural International GOLD STANDARD FACIAL ACUPUNCTURE™ Certification Program with MichelAngelo at Northwestern Health Sciences University in Minneapolis, MN. This 2-year, 3-level training program, consisting of 8 individual modules, for licensed practitioners only, represents a new standard in facial acupuncture education and practitioner proficiency. A third GOLD STANDARD® Program launches in June 2018.

She has personally trained more than 5,000 acupuncturists, bodyworkers and estheticians from 5 continents in her protocols and maintains a private practice on the Upper East Side of Manhattan, New York City.

**MICHELANGELO, MFA, CTM** is an opera singer, classical composer, pianist, astrologer, healer, teacher, diviner and writer. He has a long-established healing practice in *Planetary Vibrational Medicine*, a powerful synthesis of astrological consultation with oneirology (dream interpretation with astrology), vocal sound healing, and transformative planetary vibrational healing with tuning forks and gem elixirs. He has contributed articles on medical astrology to *Oriental Medicine Journal*.

For 7 years, MichelAngelo served as Advisor on Astrological Medicine to Acutonics® Institute of Integral Medicine, LLC, and was also Advisor, Musical Studies. During that period, he was the principal creative partner of Acutonics® visionary founder, Donna Carey, co-teaching advanced level seminars, creating new curriculum, and serving as her astrological consultant. He also co-authored the Acutonics® advanced level textbook, *From Galaxies to Cells, Planetary Science, Harmony, and Medicine*.

He has created 2 innovative courses in applied medical astrology, *Planetary Vibrational Medicine 1 & 2*, which he has taught successfully in a variety of locations in the US, as well as various symposiums.

**SAFE & EFFECTIVE ALTERNATIVES TO OPIOIDS** continued from page 31

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**RICHARD FLOYD and MELODY WANG** both work for Golden Sunshine, Inc. Visit Booth #46 at the Pacific Symposium or Golden Sunshine International's website at [www.Golden-Sunshine.com](http://www.Golden-Sunshine.com) to view their product offerings in pain management and skin care for anti-aging facial rejuvenation. Contact them for wholesale (doctor) pricing and protocols or to establish a wholesale account (health provider license number or student ID required).

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water in a controlled manner), condensation (discarding the solid form of herb and condensing the liquid), spray drying, granulation and final packaging. Another aspect to mainland China's approach is the use of modern dry granulation over more traditional wet granulation. Dry granulation applies a direct pressure on herbal extracts to form granules instead of mixing herbal extract with other binders and excipients. The advantage of dry granulation is a resulting product that contains none or sometimes small amounts of binders and excipients.

Around the time that China began its work on development and progressing granules, there were several large clinical studies coming out that compared differences between formulas wherein herbs are cooked together or separately as compounding herbs. These studies showed that there were no significant differences in cooking herbs together or separately. Gradually, the providers and manufacturers have reached a consensus: using compounding herbs benefits the large patient populations in China. This is the form that we see throughout China today.

Within the last decade, the usage of granule herbs from Taiwan and

mainland China has seen significant growth in Europe and America. Most of the manufacturers of granule herbs have their representatives in the US, providing the best of their product selections and services to American integrative health practitioners. The recent publication of the Good Herbal Compounding and Dispensing Practices whitepaper by the American Herbal Products Association (AHPA) was a positive move by the industry towards self-regulation of herbal granule usage among practitioners. All of these phases in the evolution of granule herbs in traditional Chinese medicine are important in solidifying granule herbs as a safe, effective medicinal tool with technological advancements. **OM**

**DR. JIPU WEN** has a medical degree from Guangzhou University in China and over 25 years' experience in scientific research and product marketing in US integrative medicine. He is the founder and president of TCMzone, LLC.

**JENNIFER KNAPP** holds a Bachelor's of Science Degree in Business Administration and International Marketing and has worked with TCMzone for 14 years. She is currently the vice president of TCMzone, LLC.

acupuncture treatment requires twice-daily sessions. With the transcutaneous technique, patients can self-administer their treatments at home. I love the idea of giving patients the education and technology to self-administer treatments! While there were many more sessions of interest at the conference, my space is short and I've room but for one last summary. I'll close with an account of another public health-oriented presentation, which spoke to the power of research in healthcare policy. Did you know that there are now two states in which acupuncture is covered under Medicaid? Both Vermont and Oregon have such coverage, and in both states, one of the requirements for the approval of acupuncture was the submission of a substantial amount of credible research demonstrating its effectiveness. In both states, there are remarkable stories of how the legislation came about—it took the work of many, many people; people who often didn't know anything about government, or research, or policy, but who were committed bringing about change for the benefit of a medically underserved population.

In Vermont, acupuncture practitioners did the work, including conducting a systematic review of research on acupuncture for back pain (which required literally hours and hours of everyone reading through and recording copious amounts of data), and luck played a part, when the opioid epidemic became a hot topic for the Medicaid at precisely the time the proposal for acupuncture

was being readied for presentation to the legislature.

In Oregon, it was students who provided the bulk of the work that eventually effected coverage for acupuncture under Medicaid. I find this quite remarkable, that under the pressures of students' workloads, they could make the time to do the work required to create this policy change. I'd like to salute those students (and their leaders) for their dedication and perseverance. **OM**

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**ANNA SMITH, DACM, LAc, DiplOM** has 40 years of experience in healthcare including work as an RN, medical editor, educator, and 15+ years of private practice in clinical massage. She lives in Carlsbad with husband David and divides her time between teaching, semi-retirement, and running the nonprofit Foundation For Acupuncture Research, which she founded with the goal of supporting acupuncture research.



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AN INTERVIEW WITH A PIONEER: MIRIAM LEE continued from page 33

came, I needed their help all they were all gone. It broke my heart." She cautions against avarice. "Our life is guided by God, the spirits. If you work only for money, your eyes are blind. God knows everything."

"I did my duty, my part. When I will die this is beyond my ability to know. I have peace in my heart; I don't worry. We live and have only our breath. Our breath is in the hand of God. I've seen many dead people. I was a nurse. Pssshhh, this breath comes out and is finished. Our labor and our hardship is finished. I'm not afraid of death because I know where I go when I die. Go to Heaven, be with God."

Miriam Lee considers slowing down the act of seeing the same number of patients only in a half day instead of a whole day. She is still vital, fierce, opinionated and protective of both acupuncture and her patients.

She concludes in her book: "My intention for my patients to get well must awaken their own will and desire for recovery. If they can feel better after one treatment, they will have something real to trust, to base their hope on. Many of them have been sick a long time. They have been to many doctors, chiropractors, and other acupuncturists, and I am the last resort. They have come from far away. I come far to meet them."

Today [1994 numbers] there are 12 accredited acupuncture schools in California and since 1974, 4600 licenses have been granted of whom 3000 are still actively practicing. **OM**

**DAVID CUSHING FUESS** has taught Chinese history, philosophy and medicine at Meridian Acupuncture College and at Five Branches Institute. He lives and practices in Carmel, California.



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