

Oriental Medicine

SUMMER 2019

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See Inside For
More Details

As We Begin the Fourth Decade of Pacific Symposium...

It is inspiring to see both the pioneers and the newer generations of practitioners continuing to advance our medicine, often in remarkable and surprising ways. This year we bring our diverse faculty to the beautiful Catamaran Resort, on the San Diego Bay and one block from the Pacific Ocean.

It is always rewarding to see medical doctors who fully embrace Chinese medicine. We are honored to host Stephen Cowan, MD, for a two-day workshop before the main event. He will present the Western concept of the neuro-gastro-immune complex that classical Chinese medicine conceptualized two thousand years ago as the San Jiao. He will apply both as means to understanding the dynamic processes of child development and treating chronic inflammation that manifest as fibromyalgia, allergies, intolerances, anxieties, and developmental disorders such as ADHD and autism. Moshe Heller will also address pediatric allergies in during the main event.

While Cowan and Heller address children, Claudia Citkovitz will show us how to care for the new mothers. Stellar veteran faculty Jeffrey Yuen, Matt Callison, and Brian Bradley will address physical medicine and treatment of pain. Other veterans like Lillian Bridges, Jill Blakeway, Kiiko Matsumoto, and Janet Zand, Bill Helm, Robert Nations, and Chad Conner will cover everything from CBDs to the microbiome to qi gong.

John Chen and Holly Guzman will present two-hour workshops to fulfill NCCAOM safety and ethics requirements.

Keeping it fresh, Pacific Symposium is pleased to introduce the following speakers to our audience for the first time: Susan Johnson, Amy Albright, Deirdre Courtney, Hillary Thing, and Dustin Dillberg, as well as the aforementioned Stephen Cowan and Moshe Heller. While new to Pacific Symposium, they represent decades of clinical experience across a fascinating array of topics. You will want to see them again!

We have two very special evening events. Jason Prall, producer of the Human Longevity Project will share experiences and scenes from the project and discuss the effects of circadian rhythm and chronobiology in a clinical setting. Grammy-nominated artists Rick Gold and Ron Yuval, with special guest Úyanga Bold, will discuss the healing effects of sound and demonstrate its power.

Last but not least, our community.

Every year old and new friends gather together to learn, share and celebrate. Whether you join the Symposium in person or online through our easy-to-use distance education platform, we welcome you. **OM**

See you soon.

– Jack Miller, President of Pacific College of Oriental Medicine

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COPE: A Strategy for Turning Burnout into Breakthrough

By **EAST PHILLIPS**, DAOM, LAc

You're driving down the road, and your check engine light comes on. "Hmm, that's strange," you might say to yourself. What do you do? If you're like most of us, you probably just ignore it. Maybe it will go away, right? Then you start to hear some weird noises coming from your engine. *Clonk, bonk, rattle, bump.* "Hmm. So odd," you ponder. Solution? Turn up the radio, of course. Then, a little further down the road, steam comes out from under the hood of your car, and you are forced to pull over because you can't even drive with billowing smoke blocking your view.

So how does that look for us, the practitioners, students, business owners, and educators of complementary and alternative medicine (CAM)?

Well, just like your car, the warning signs start off soft and subtle and get louder and louder until you are forced to address the problem.

It starts when you no longer look forward to treating people or going

to work. You might hear yourself say things like:

"Ugh, I have to go to work tomorrow," instead of "I get to go to work tomorrow."

"I hope my patient(s) cancel tomorrow," instead of "I hope more people schedule with me tomorrow."

You might start experiencing headaches, insomnia, or body aches and pains. Your burnout is getting worse when you find yourself complaining more frequently and making statements like these:

"Oh, my Gosh! My patients are driving me crazy!"

"I can't stand working when so and so is in the office."

"I don't even have time to think anymore."

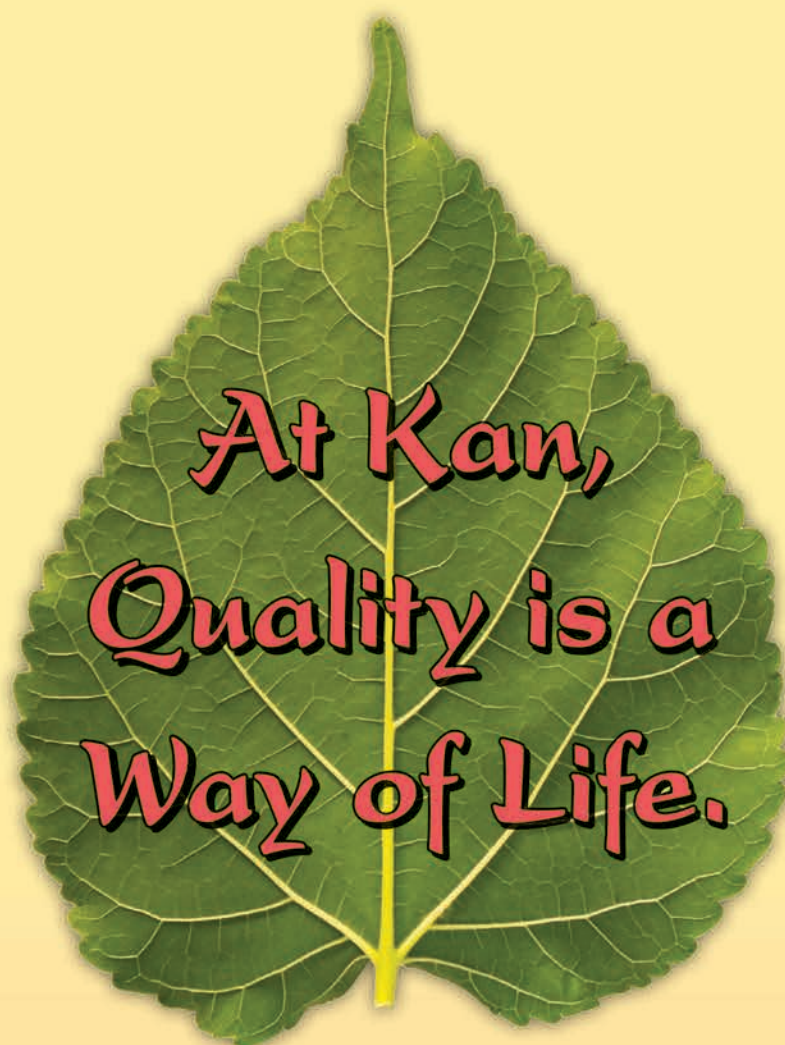
"I'm getting so out of shape. I feel crappy."

"I don't have enough money."

"I can't remember the last time I got a treatment for myself."

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Moving the Needle

By JILL BLAKEWAY, DACM

The following is an excerpt from Jill Blakeway's new book, Energy Medicine: The Science and Mystery of Healing, published by Harper Collins in April 2019.

In 1996, scientists at the Roslin Institute in Edinburgh, Scotland, were keeping a radical project under wraps. Unbeknownst to the rest of the world, including their colleagues in the scientific community, they were attempting to clone a sheep. Their plan was simple—or so they thought. First, the team removed an unfertilized egg from an adult female sheep and extracted its DNA. Thanks to a process called meiosis, the DNA of an egg is incomplete, which allows it to combine with the

DNA of a sperm to create an embryo. In lieu of sperm, however, the researchers removed the egg's incomplete DNA and replaced it with a full set of DNA taken from a cell of that same adult female sheep's body.

And then the researchers hit a wall. The DNA from a mature cell is technically complete, but it has also lost some of its capacity. As it ages, an adult cell switches on the parts of its DNA necessary to fulfill a specific function, such as creating a bone or even a freckle, and then

switches them off again once the tasks are complete. The scientists in Edinburgh realized that they had the ingredients for creating life within their grasp—if they could unlock this cell's potential, making it behave as if it were young again. In an inspired move—and employing a somewhat Frankenstein-like concept—they introduced a tiny electric charge into the process. Amazingly, this was the spark needed to bring the egg to life. Thus Dolly the sheep, the first mammal ever to be cloned from the cell of an adult animal—and our first ovine celebrity—was introduced to the world in 1997.

I was a student at Chinese medical school at the time, and the news intrigued me. The idea that electricity

was the impetus needed to produce life struck me as meaningful: an electrical energy that was a vital animating source sounded a lot like the Chinese concept of qi to me.

The idea that the body has electrical properties dates back to 1789, when an Italian physicist, Luigi Galvani, made a discovery while dissecting a dead frog. He touched the frog's exposed sciatic nerve with a charged metal scalpel and noticed that the leg flexed as if the frog were alive. (The word, “galvanize”—meaning to stimulate, or stir to life, with electricity—was coined in tribute to Galvani.) Two years later, he reported these findings in an academic

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Diagnostic Ashi Points: *A Focus on Muscle Motor Points*

By MATT CALLISON, LAc

This article is an excerpt from the soon-to-be-published textbook Sports Medicine Acupuncture: An Integrated Approach to Combining Sports Medicine and Traditional Chinese Medicine.

The Chinese term *ashi*, translated as “that’s the point” or sometimes as another expressive, indicates pain upon palpation of the tissue. *Ashi* points were first mentioned in the Tang Dynasty text *Thousand Ducat Prescriptions* and they are still used today to treat musculoskeletal pain. Early Chinese physicians observed that points of tenderness in the muscle were legitimate sites for acupuncture and moxibustion and thus included them in point prescriptions to relieve pain. Many of these points of tenderness responded very well to acupuncture treatment and were subsequently recorded and added to the traditional list of 365 acupuncture channel points. Some of these points were also categorized as “Extraordinary Points” or simply “Extra Points”. *Ashi* points may be located anywhere on the body and they become tender when qi and blood are unable to move adequately through the channels and collaterals.

“Tender points can be used as acupuncture points.”

— Ling Shu, Chapter 13

In the presence of any combination of organ disharmony, spondylosis, facilitated segments, painful

obstruction syndrome, muscle imbalance, and acute or recurring injury, the channels and collaterals respond in a predictable manner by manifesting *ashi* tenderness. For example, front-*mu* and back-*shu* points become tender from organ pathology, while a cleft-*xi* point becomes tender from an acute injury. Tenderness of diagnostic *ashi* points indicates that they should be included in the treatment protocol. In addition to locating *ashi* points, the practitioner will determine the palpable quality of the point, such as: excess, deficiency, cold, damp, or heat. Figure 1 summarizes the palpable qualities of diagnostic *ashi* points. We must remember, however, that the palpable quality of the diagnostic *ashi* point as excess or deficient does not necessarily mirror the excess and deficient diagnosis of the patient's organ pathology or musculoskeletal injury. In treatment, the quality of the *ashi* point will guide the practitioner in choosing the appropriate needle technique, angle of needling and depth of insertion for that specific point.

There are many different diagnostic *ashi* points and for the purposes of this book, the author has divided these points into two larger categories, “*Ashi* Points That Reflect the Status of the Jing Luo” and “*Ashi*

Points That Reflect the Status of the Zang Fu.” Figure 2 summarizes the types of points within each of these categories.

For the purposes of this article, we will now focus on a common diagnostic ashi point: the muscle motor point. The following information on muscle motor points is a cumulation of the author's 20+ years of experience in combining Western research, extensive cadaver dissection, and TCM theory.

MOTOR POINTS

The quest to find the optimal location on which to use electricity in the muscle tissue for diagnosis and treatment has been underway for well over a century. Between 1850 and 1930, Duchenne de Boulogne, Jean-Martin Charcot, and Joseph Babinski were some of the first pioneers in neurological medicine to apply electricity to muscles to better understand and treat motor coordination and neuromuscular disease processes.¹ Just as technology has advanced over the years, Western biomedical research on muscle motor points has also evolved since the 1930s and has accelerated in the past 30 years. The specialties of neurology and physical therapy have put considerable effort and research into finding the most accurate locations for these points. Transcutaneous nerve stimulation, a common physical therapy modality, requires accu-

rate motor point locations for precise electrode pad placement.² Motor point locations are also important for neurological interventions such as botulinum injection for spasticity due to cerebral palsy and for the location of efficient nerve block injection sites.³⁻⁴

The electrophysiological definition of a muscle motor point is still not universally agreed upon and finding precise motor point locations has proven challenging.⁵ In fact, the number of motor points per muscle can vary from subject to subject: some individuals have predictable muscle motor point locations and other subjects do not have the same motor point location at all.^{6,8}

This confusion is due in part to the various definitions of a motor point. The motor point has been described as the zone of innervation, which in turn can be defined both as where the motor nerve first pierces the muscle belly (also known as the motor nerve entry point or MEP) and as the location of the terminal end of the motor nerve at the motor-end plate (also known as the intramuscular motor point).⁹⁻¹¹ The motor point has also been defined as the cutaneous point, located on the skin above the MEP. Researchers agree that this cutaneous point has the lowest resistance to electrical conductivity in the entire muscle.¹²⁻¹³ The cutaneous point is popularly used for detecting

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Treat Women’s Diseases with 11.06 Return to the Nest and 11.24 Gynecological Points

By **SUSAN JOHNSON**, LAc, and **ERIC RENAUD**, MAc, LAc, Degrees

This article is an excerpt from Tung’s Magic Points, Volume One: A Definitive Clinical Guide.

Used primarily for women, 11.06 Return to the Nest and 11.24 Gynecological Points are combined to treat all gynecological diseases, such as premenstrual syndrome, menopausal hot flashes and night sweats, infertility, ovarian disease, cyclic migraines, PCOS, and endometriosis.

11.06 Return to the Nest (Huan Chao)

LOCATION:

- This point is located on the ulnar side of the middle phalange of the ring finger, centered between the second and third finger creases, just palmar to the intersection of the red and white skin.

Meridian: San Jiao
Reaction Area: Liver, Kidney

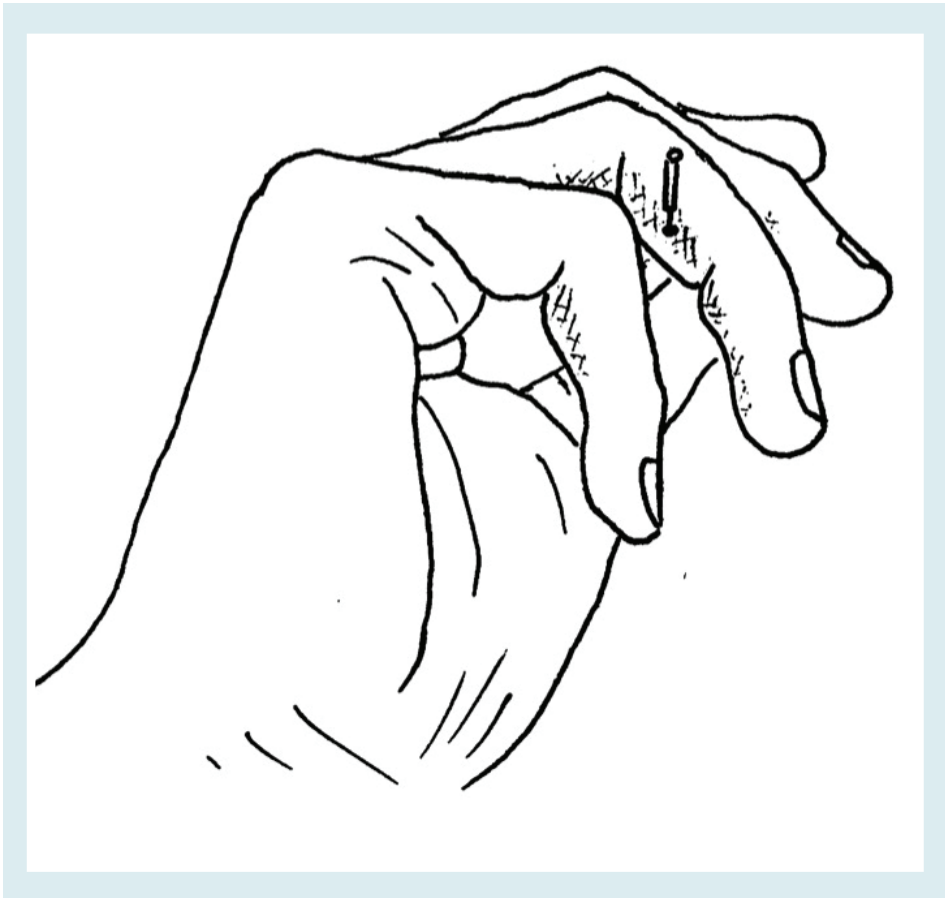
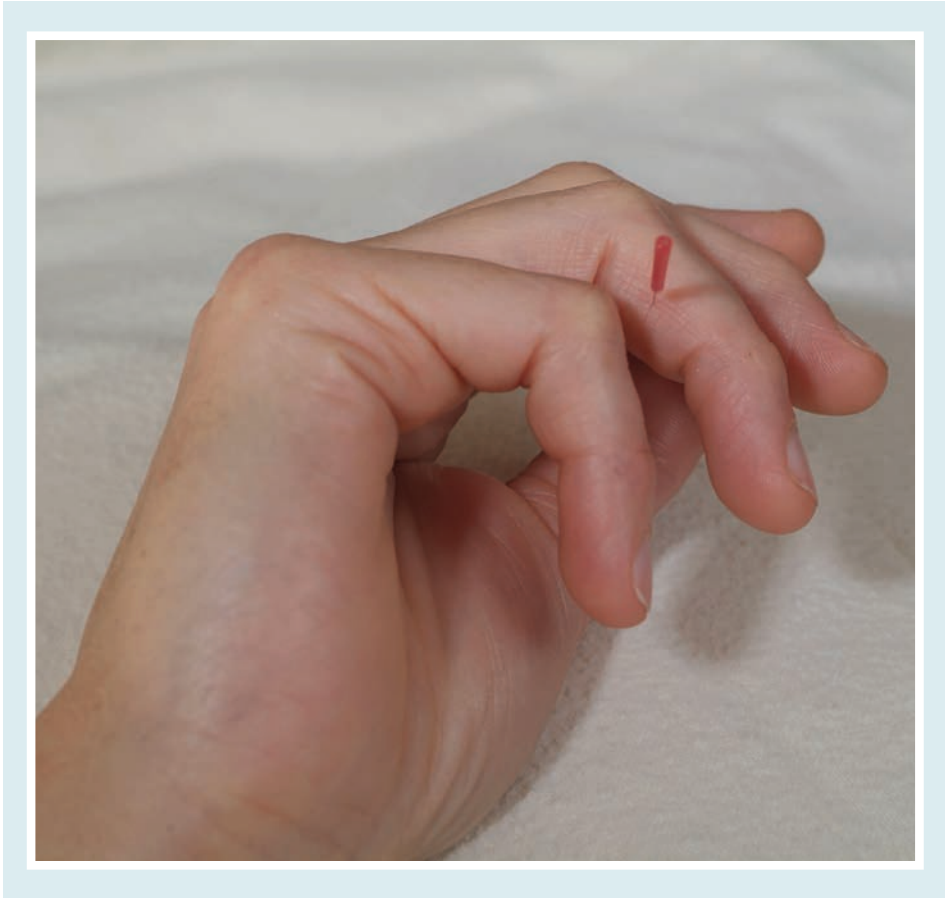
INDICATIONS:

- Premenstrual syndrome (PMS)
- Menopausal hot flashes, night sweats, irritability and depression
- Gynecological issues (due to liver qi stagnation)
- Menstrual cramps (dysmenorrhea)
- Excessive or scanty menstrual bleeding
- Infertility
- Blocked fallopian tube (often due to phlegm)
- Habitual miscarriage
- Ovarian disease
- Irregular menses
- Cyclic migraines (may have nausea, vomiting, photophobia)
- Polycystic ovarian syndrome (PCOS)
- Uterine disease
- Liver qi stagnation in the uterus
- Uterine tumors
- Uterine pain following abortion or miscarriage
- Tipped uterus leading to back pain and frequent urination
- Leukorrhea with red or white discharge (if leukorrhea persists for 10 years or more, consider the possibility of cancer)
- Vaginal swelling especially during prolonged labor (with excess liver or high blood pressure)
- Abdominal pain due to reproductive issues
- Yang deficient prostatitis (Liu, 2010)

NEEDLING NOTES:

- Needle unilaterally only:** It is fine to needle either side (usually combined with 11.24 Gynecological Points on the opposite hand).
- Needle size and gauge:** I use a 15mm x 0.16 needle (Japanese 1 gauge or Chinese 40 gauge), inserted just palmar to the intersection of red and white skin in order to avoid immediately striking the side of the phalange. In order to wrap the needle under the bone, I use a curving needle technique, inserting the tip and then introducing a curve in the shaft by holding the handle at a 90-degree angle to the tip. The goal is to insert the needle between the bone and the tendon, as this provides a kidney function by contacting the palmar surface of the bone (bone treats bone) and a liver function (tendon treats tendon). See the demonstration DVD, *Master Tung’s Magic Points: Point Location and Needling Technique*, for curving needle technique on this point.

- Avoiding blood vessels:** It is important to look carefully for blood vessels, as they are frequently found in the area of this point. Vessels may not be obvious, but I have learned an effective way to identify them. Blood vessels beneath the surface cast a shadow, which causes the skin to appear slightly darker than the surrounding area. If we look carefully and choose the more pink or white skin (relatively speaking, considering skin tone), we are far more likely to avoid blood vessels. If the patient feels a sharp burning sensation when Return to the Nest is needled, you have struck a blood vessel. Remove the needle and start again. If you should hit a blood vessel, note its location in your chart so you can avoid it in the future.
- Pegging a tendon:** You have pegged a tendon if you see a small depression around the needle where it enters the skin. It will not be particularly sensitive, but the finger will not be able to move at all and the needle will not rotate easily to stimulate the point. If this happens, withdraw the needle until its tip is just under the epidermis and redirect it slightly. *Also see “Introduction to needling finger points”.*
- Needle stimulation:** I often apply strong stimulation to the needle once it is in place, rotating quickly, clockwise and counter-clockwise, carefully watching the patient’s eyes for any sign of discomfort (hard blinking). As this point is used to open blocked fallopian tubes and stop menstrual cramps immediately, strong stimulation is required.
- Needle retention:** Retain the needle for 45 minutes to one hour or until you recognize that the treatment is complete.
- Combining points for gynecological issues:** 11.17 Wood (Anger) is frequently used in combination with Return to the Nest and 11.24 Gynecological Points. When combining these points, first needle 11.17 Wood (Anger) and 11.24 Gynecological Points on the patient’s left hand, followed by 11.06 Return to the Nest on the right hand. This arrangement allows you to best position the patient’s hands after needling, because the Gynecological Points



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journal, *Proceedings of the Bologna Academy*¹; out of this simple observation grew the modern field of bioelectromagnetism, the study of electrical and electromagnetic phenomena, such as the electric currents that flow in our nerves and muscles, that are crucial to our body's ability to function.

In terms of human physiology, the basic unit of bioelectromagnetism is the cell. Most types of cells exhibit some form of polarity, which means that there is an electrical difference across the cell membrane, creating a voltage gradient, also called an electric potential. Some cells, including neurons and muscle cells, have particularly high electrical potential due to electrically excitable membranes whose purpose it is to transmit the electrical impulses that send signals around our bodies.

Qi is not unlike this electrical activity in that it, too, is invisible and understood mostly by its effect. But there is this distinguishing factor: science believes in one and not the other. That may be because the concept of qi, to scientists, can seem too abstract. The word is often translated into English as “energy”, although qi doesn't really correlate to the scientific definition of energy. The literal translation of qi is “breath” or “air”, and the Chinese character represents the vapor that rises from a pan of rice, signifying the way food becomes energy. But, as I've discussed throughout, qi is also far more than this. Qi is the body's intelligence and its organizing system—and it links us to the greater field of the Tao.

When I was part of the acupuncture program in the labor and delivery wing of Lutheran Medical Center, I learned an important lesson about qi as it relates to the body's electrical energy. For two years, in addition to running my private practice, I ran Lutheran's inpatient acupuncture services, where part of my job was to deliver care to women in labor. My primarily low-income patients often arrived with many challenges and few resources. When things got down to the excruciating nitty-gritty, as they inevitably do in labor, it was very gratifying to be able to offer these women a respite. Sometimes the pain was so intense and chaotic that they were hardly even aware of the needles going in, but they certainly took notice once the pain abated.

To make that happen, I would insert a needle in an acupuncture point known as “Spleen 6”, which is about three fingers' breadth up from the medial malleolus, the knob-like bone of the ankle. Spleen 6 is a crossing point of three acupuncture channels, all of which



affect the reproductive organs, so it is used to calm uterine pain and menstrual cramps as well as speed up labor. Once I had the needle in, I would “put some qi on it”, as I like to say, which meant stimulating it by twisting it slightly with my fingers for about a minute. I knew that I was done when I would feel the needle grab—that is, I would feel a tug, almost like a fish taking the bait. The Chinese call this sensation *de qi*; patients can feel it on their end, too, sometimes as a tingling or deep ache around the needle. It was in doing this, time and again for these women in urgent need of a remedy, that I came to realize that the needle grab was essential.

When I did feel that satisfying little tug, the pain would not only begin to ease more readily, but these women's cervixes would also dilate more quickly—there were midwives, nurses, and doctors examining them after the treatment to confirm this. I was also overseeing acupuncture students in this program, so once I'd established that this made all the difference, I began to watch like a hawk to be sure my students were getting the needle grab too. I could actually see from the door of a hospital room if one of my students had only superficially inserted a needle, leaving it listing to one side, or if they had established this more profound relationship. “Fewer needles,” I remember frequently calling out, “more *de qi*!”

The effect was so pronounced, in fact, that one of the doctors overseeing labor and delivery suggested that we chart what we were doing with patients on the contraction printouts. (Yes, there were still printouts then.) We began to write down on the contractions graphs when we'd treated with acupuncture, at what point we felt the needle grab, and the effect on the patient. In doing so, we created a clear record that treating the Spleen

6 point, when accompanied by a strong needle sensation, increased contraction strength and frequency in addition to dilating the cervix more quickly.

It is always a relief to have instinctual practices verified in a concrete way, and yet, despite the fact that we'd been able to track the success of the *de qi* sensation at this acupuncture point, I still didn't have a clear idea of what was occurring internally. That is, not until nearly a decade later, when I came across new research that specifically investigated this phenomenon and the physiological effect it has on the body.

Helene M. Langevin², a clinical endocrinologist who was curious enough about her patients' interest in acupuncture that she took a course in Chinese medicine and then carried her newfound skills into the lab with her at the department of neurology at the University of Vermont College of Medicine, led a study that found³ a measurable “pull out force” after every needle grab. And the strength of this grab was, on average, 18 percent higher when measured at acupuncture points as opposed to non-acupuncture points. This was, to me, a corroboration of the anatomy as designed by Chinese medicine; the needle grab is more vigorous at these points because they are more conductive of electrical energy.

Perhaps more crucially, however, Langevin and her colleagues found, experimenting with acupuncture on a piece of rat abdominal wall, that when they rotated the needles—putting some qi on them—the connective tissue underneath the skin became “mechanically attached”. Writes Langevin: “Even a small amount of rotation caused the connective tissue to wrap around the needle, like spaghetti winding around a fork.”⁴ Langevin also found that the tissue remains stretched in this way for the dura-

tion of the acupuncture treatment, causing chemical changes at a cellular level that increase electrical conductivity.⁵

Connective tissue, long underplayed by Western medicine and science, has recently become of interest, particularly among molecular and physiological researchers, as new evidence has demonstrated that such stimulation to the connective tissue can be sensed at a cellular level, decreasing chronic inflammation, reducing pain, and even potentially inhibiting the growth of cancer cells or fibrotic tissue.

Connective tissue is everywhere inside of us—“one could draw a line between any two points of the body via a path of connective tissue,”⁶ Langevin points out. And it has many functions: it holds organs in place, offers a path for nerves and blood vessels, stores energy and attaches muscle to bone, and, yes, conducts electricity. The latter ability is thanks to a critical component of connective tissue: collagen. There are layers of water bound to collagen fibers that form a uniquely conductive pathway, allowing an electrical charge to travel rapidly throughout the body, just as it did when Dolly the cloned sheep was suddenly brought to life.

I felt vindicated in a new way when I discovered this research. I was feeling qi in the needle grab, I thought, and it was not only activating the connective tissue but also conducting electrical energy, sending a message of relief throughout the bodies of those women at Lutheran, allowing them to relax, at least for a little while, as they entered motherhood. **OM**

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JILL BLAKEWAY, DACM, is the founder of Yinova in New York City and the author of three books on health and healing. For her latest book *Energy Medicine: The Science and Mystery of Healing*, Jill travelled the world meeting with scientists and healers to better understand the body's own intelligence and the variety of prompts that promote self-healing.

Yuval Ron: *Sound is the Future Medicine*

Interviewed by KARA JOHNSTAD

This interview was originally published in the April 2019 OMTimes Magazine and is republished here with permission.

I have with me in the studio the world-renowned musician, composer, educator, producer, and peace activist Yuval Ron for a discussion about divine attunement and sound consciousness. Yuval Ron began composing professionally for theater and contemporary dance in Israel in the early 1980s. In the late 80s to early 90s, he worked as a composer for promotional videos, theater, television, and dance in Boston and New York. He scored his first feature film, *Urban Jungle*, produced in New York, in 1990. In the mid to late 90s, Yuval Ron was a composer for the Fox Kids network in Los Angeles, CA. In 2006, he composed music for the short film *West Bank Story*, a musical spoof of *West Side Story* that features two rival gangs of fast food employees, the Israeli “Kosher King” vs. the Palestinian “Hummus Hut”. *West Bank Story* won the Academy Award for Best Live Action Short Film in 2007. Other notable scores include scores for PBS Nova (“Breaking the Maya Code”), *Proteus*, *Oliver Twist*, *The Spiral Staircase*, *Golda’s Balcony*, and *Road to Victory*. Among Yuval’s many honors, Yuval was invited to perform for the Dalai Lama and has collaborated with the Sufi leader Pir Zia Inayat Khan and the master musician Omar Faruk Tekbilek.

Kara Johnstad: Yuval, your first book, *Divine Attunement: Music as a Path to Wisdom*, won the gold medal for the best book in the spirituality category at the Indie book awards. I feel blessed to have you here with me.

Yuval Ron: Thank you. It’s wonderful to talk to you, Kara, as always, because we have a conversation from the inside, as you are a musician. You know what I’m experiencing and what I’m talking about so it’s great to have this exchange of ideas.

Kara Johnstad: I love your music, and I know you have many fans in Europe. Now I think you have even more fans because I’ve been listening to your music over the last months, and there’s such a healing quality. It’s not just serene; there’s a rhythmic pulsation. They are such diverse woven tapestries. I wanted to start in a different place today, this interview: a dream seems so ethereal, and yet a dream, if it’s remembered and manifested, creates millions of opportunities. So today I would like to start with your dream. Can you name

the dream that you carry within you for our world, where your music is in that dream for our humanity?

Yuval Ron: Yes. I used to say to many of my friends that I feel very fortunate, because I realized all my dreams. I have been very lucky and very fortunate. Dreams that I have had since I was a teenager, I managed to realize in this lifetime.

I am in my mid-50s, and I felt that when I was 40, and one great dream still is on my list. It’s not about my personal life but the life of humanity, it’s about the world, and it’s about peace. So that’s the one dream that is on my lap, and that’s what I’m focusing on, and I’m trying to address that—and not just in my work as a peace activist.

I created the Yuval Ron Ensemble, with musicians and dancers from the Muslim and Jewish and Christian faiths. We have been working together for 20 years, touring the world and teaching and performing, ensuring that we can create more harmony and more beauty when we work together, when we respect each other and our musical and sacred traditions, our poetry and music and sacred dance.

So, I’ve been doing this work which is specifically addressing peace in the world and encouraging dialogue, and I’ve done that not just in the Middle East. I went to Korea, and I’ve done peace projects with the Korean governments on the border between South Korea and North Korea.

I have done the same in India, and Cuba. It was about bringing people together.

I became involved in music healing and healing sounds, and that is, for me, work on this same dream. It is about bringing peace to this world, through healing the mind and the body. We are doing that through contemplative music, meditative music that is rooted in the medical traditions of China and India and neuroscience. Music therapy studies come mostly from the West, and so it’s based on both Eastern and Western wisdom traditions, science and ancient shamanic wisdom. This combination is meant to create inner peace in each listener, and through that, I hope to achieve peace.

One more element in my work to try to promote that one last dream is a charitable foundation that I founded, called the Inspired Sound Initiative.



The Foundation has its base in Los Angeles, but it’s working all over the world. It’s about bringing education through music, dance, and storytelling to schools that have no arts programs, in difficult neighborhoods and struggling communities where the youth are at risk. We are trying to inspire those communities to rise above the difficult reality, like a lotus flower that grows out of the mud: that is the dream.

Kara Johnstad: A dream that I think is feasible. I think that it takes courage to speak, to say “I believe”, and live world peace. You have had many experiences with different mystery schools: we have the shamans in South America, the Sufis, and many others that work with sound. Would you like to share a little bit more about what it’s like to gain that wisdom from ancient practices?

Yuval Ron: Yes, the Sufi tradition from India is a very rich, very interesting lineage. I’ve been involved with the order of a saint that lived in India—in Europe and North America it’s called the Inyati order—that started about a hundred years ago, with a great teacher who was also a master musician. He came to America and Europe and gathered many followers all over the world. His grandson is the leader of the order right now. He became a friend of mine and a collaborator back in 2004, and since then I’ve been involved with their teachings and their work. I have studied some of the works of his grandfather, who wrote a classic book called *The Mysticism of Sound and Music*.

The book was a cult classic in the 60s, influencing John Coltrane, Carlos Santana, and many other jazz musicians. In a way I see my book *Divine Attunement* as a continua-

tion of his book about the mysticism of music: Sufism that developed for hundreds of years in India finally came to the West.

I studied the Jewish Kabbalistic rabbis as well. Their practice goes back to 11th century Egypt, where there was an ecstatic Kabbalistic rabbi named Rabbi Abraham.

Kara Johnstad: Yuval, talking about sound healing and the mystery schools: because the sound is so powerful, and mindfulness can also be such a powerful place; do you think this is why these tools were kept a secret? For example, if somebody who is the enemy or is perhaps not conscious, sees such powerful tools, that it might bring more harm than harmony to our world?

Yuval Ron: Yes, part of the reason that it was kept a secret is that people could get hurt—and some people did. Some people lost their minds, some people got injured, both body and mind, and the teacher had to sort out who is responsible, because any tool can be used for good or for bad. Television can be a wonderful educational tool too, but television can be a horrible tool. The same is true of sound healing. Teachers had to select pupils that would use it responsibly and respectfully, and I still say this to my students when they come to study with me.

Kara Johnstad: So we’ve sensed that there is a shift happening on planet Earth, and I see that across the board. I see that with Native American teachers here in America, teaching traditions and wisdom that, in the past, would be entrusted only to four people from the tribe, but are now taught to those who are

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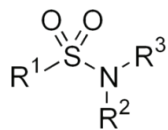
Sulfa, Sulfite, Sulfate and Sulfur: *True Allergy, Cross-Allergy, or No Allergy*

By **JOHN K. CHEN**, PhD, PharmD, OMD, LAc Reviewed by **TINA T. CHEN**, LAc; **DONNA CHOW SANCHEZ**, LAc; **ANITA CHEN MARSHALL**, DAOM, PharmD, PhD, LAc

INTRODUCTION

Sulfa, sulfite, sulfate, and sulfur are four terms that sound similar but have very different allergy profiles. As healthcare practitioners, it is important to understand these four terms to establish whether patients have true allergy, cross-allergy, or no allergy among drugs, herbs and foods.

1. SULFA (SULFONAMIDE ANTIMICROBIALS AND SULFONAMIDE NON-ANTIMICROBIALS)



Sulfonamide functioning groups

“Sulfa drugs” refers primarily to sulfonamide antimicrobials, such as sulfamethoxazole, sulfisoxazole, sulfafurazole, and sulfadiazine, containing sulfur, oxygen, nitrogen and other groups. Allergic reactions occur

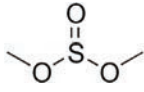
due to the actions of sulfonamide antimicrobials, not the actual sulfur. Though 3 to 4% of patients claim to allergic to sulfa drugs, only 3% of these patients have a true allergy to sulfonamide antimicrobials.” True hypersensitivity reactions, such as rash and hives, will generally resolve within two weeks after discontinuation of the drug. Severe hypersensitivity reactions, such blistering and mucosal reactions, may require hospitalization.”

Sulfonamide non-antimicrobials include drugs such as furosemide, hydrochlorothiazide, acetazolamide, sulfonyleureas, and celecoxib. Sulfonamide antimicrobials and sulfonamide non-antimicrobials have different chemical structures, and there is no clinical evidence of cross-allergy.

Sulfonamides were originally derived from red dye. There is no data available to determine whether there is cross-allergy with Chinese herbs that have been used as blue/green dye, such as *Ban Lan Gen* (Radix

isatidis), *Da Qing Ye* (Folium isatidis) and *Qing Dai* (Indigo naturalis).

SULFITE



Sulfite

Sulfites are molecules that con-

tain one sulfur atom surrounded by 2 or 3 oxygen atoms. Sulfites occur naturally in some foods during the fermentation process, such as red wine. Sulfites, which can be added as preservatives to prevent food from turning color and bacteria from spoiling foods, are commonly found in foods such as dried fruits (excluding dark raisins and prunes), bottled lemon juice (non-frozen), bottled lime juice (non-frozen), sauerkraut (and its juice), grape juices (white, white sparkling, pink sparkling, red sparkling), salad, and pickled cocktail onions.

Sulfites are also present in many oral medications (adrenaline, isoprenaline, isoproterenol, isoetharine, phenylephrine, dexamethasone and injectable corticosteroids, dopamine, local anaesthetics, propofol, aminoglycoside antibiotics, metoclopramide and doxycycline) and topical creams and ointments (antifungals and

Table 1. Sulfonamide Antimicrobials
Sulfamethoxazole-trimethoprim (Septra, Bactrim)
Sulfisoxazole-erythromycin (Pediazole)

Table 2. Sulfonamide Non-Antimicrobials
Celecoxib (Celebrex)
Furosemide (Lasix)
Glimepiride (Amaryl)
Glyburide (Glynase, Diabeta)
Hydrochlorothiazide (Microzide)
Sumatriptan (Imitrex)

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“I’m so tired. I’m tired all the time.”
“I hate these insurance companies and all the BS (bureaucratic stuff, of course) that goes along with the system.”
“Does this medicine even work?”
“Am I really making a difference?”
“My students are driving me insane!”
“These homework assignments are so stupid.”

Here’s a final test to see if you are experiencing burnout. Which one best describes you lately?
Question: When you drive to work or school, you:
(a) Listen to music or inspiring e-books or podcasts;
(b) Call friends or family to catch up; or
(c) Yell at drivers to “Get the F out of my way, people!”

When I was in Chinese medical school, I was a massage therapist. I worked for a chiropractor who booked me eight one-hour, back-to-back massages every Tuesday and Thursday. At first, I loved it. I had zero experience with bodywork or massage before Chinese medical school, so this was an excellent way for me to obtain practice in massage. After about six months of this, I really started to feel the toll of the excess one-on-contact with patients. I first noticed that after massaging eight people in a row I left work with headaches. Then I started having a hard time sleeping and began to become aware of many aches and pains in my neck, shoulders, and back. But I didn’t truly admit to myself that it was time to quit until...

Red Flag #1: I purposely left my eighth massage patient of the day face down for an extra twenty minutes because I couldn’t stop crying while massaging her back and I didn’t want her to see my tear-stained face; and;

Red Flag #2: One day before work, I was cutting fruits and vegetables for my lunch. The entire time I kept thinking to myself, “I honestly don’t know if I can do it today. This job is exhausting me.” That’s when I cut my finger so badly that I had to get stitches. And, since you cannot massage with stitches—guess what? No work for me.

Does any of the above resonate with you? Has your check engine light turned on, yet you have chosen to ignore it? Most likely it has, given recent statistics that suggest that more than half of U.S. physicians are experiencing professional burnout¹.

If you suspect or know without a shadow of a doubt that you have burnout, please understand that it’s ok. In fact it’s not only normal—it may just be a blessing in disguise. Despite your fellow practitioner’s Facebook and Instagram profiles



showing exuberant passion flowing in all directions, burnout is more common than you may think and not many people are willing to admit it. They are afraid people will think they are a bad practitioner, or that they are a bad person who doesn’t want to help people. Let me tell you something: I have two kids that I love more than anything in this world, but there are times when I fantasize about running away to live next door to Kate Hudson and Shakira in Ibiza. These feelings or thoughts don’t make me a bad mom or mean that I don’t love my kids. They are simply gauges telling me that my system needs attention—much like the gauges of your car. When my kids and the chaos they bring make me feel like running away, that’s when I know I need to make some shifts to get myself back in balanced and aligned with my true self otherwise I am not good to anyone.

So, what do we do once we have determined that we are in a state of burnout? Well, what do you do when your car breaks down? You take it to a mechanic.

Please consider me your practice mechanic. Having been in practice nearly 20 years and counseled hundreds of students and practitioners, I am an experienced, skilled and reputable mechanic that works from a space of integrity, and with your best interest in mind and at heart.

I propose that it’s time to **COPE** with your burnout. In this sense, **COPE** is an acronym for **C**ause, **O**ptions, **P**ick/**P**lan, and **E**xecute. It has been my experience that by following this 4-step process, you can transform your negative state of mind into one that re-aligns you with your passions, joys, and peak state.

Let’s break C.O.P.E down a little further and begin the transformation process. It would be helpful to record your answers to each step as we go along.

C is for Cause. What is the root cause of your burnout? Is it originating from your practice or another part of your life and bleeding into your career? Just like when we are working with a patient’s health, it’s essential that we determine the exact root cause of the problem: only then can we create an effective treatment plan.

The Mayo Clinic website (2019)² published a list of possible causes for career burnout, which I have summarized below. See if any of them feel like your situation.

- Your practice or business has become monotonous or chaotic. You find that you need to exert constant energy to remain focused or engaged.
- You feel isolated at work or in your personal life, with no sense of community or belonging.
- Your work-life balance is more like a work+work+more work = no life equation. You no longer energize yourself with quality time with loved ones.
- You have painted yourself into a corner and feel that you have no way out or control over your own life. You are forcing yourself to work on days or in ways that make you resentful and/or unhappy.
- You share your office with, or rent space from, someone negative, too loud, disrespectful or toxic in such ways that it makes working with them a bummer.
- You try to be everything to everyone and/or do too much of the things you do not enjoy.

Maybe your burnout causes are present in the list above, or perhaps you have your own specific reasons for feeling crispy. In any event, the first step is to determine and acknowledge the root cause(s).

Step 1 of the 4-step **COPE** process: Write down all the potential causes of your burnout

O is for Options. Think of all the possible options for correcting each of your burnout-causing problems. Your choices can range from easy-to-implement actions to a more complicated treatment plan that will require several steps, detailed planning and a specific amount of time to implement.

The last time I got my oil changed the technician came to me in the waiting room with my dirty air filter in his hands and a readout of my car’s overall health report which listed all issues found during the inspection. He went over my options, advising that while I could safely choose to just go with the oil change and put off the air filter replacement for a year, my tire tread was dangerously low, and I was risking a blowout.

Similarly, in Step 2 of **COPE** — **Options**, you list out all of your options for each of the problems discovered and identify the “must do now” and “can wait” items.

To get you started with your own list of options, I’ve provided some options for you to consider below. I list them in order of magnitude with the quick fixes listed first and the more extreme corrections listed towards the end.

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Supporting Ovarian Reserve with Chinese Medicine

By ANN WANG, CMD, LAc

Without a doubt, the work that has brought me the most joy in my 39 years of practice has been helping my patients to conceive and to bring healthy babies to term. Fertility has become one of my specialties not only because of my growing experience in the field but also because infertility has grown more common over time. Low ovarian reserve, in particular, has become more prevalent in recent years. A decade ago, my patients experiencing low ovarian reserve were reliably age 40 or older. Today, it's not uncommon for patients in their mid-30s to experience low ovarian reserve. At the same time, more and more patients are waiting longer to have children. Fortunately, TCM treatment for ovarian function has been found effective in clinical studies and in my practice. TCM considers the main pathogenesis of ovarian reserve dysfunction to be **kidney deficiency and blood stasis**. Kidney deficiency in these patients often expresses as dysfunction in the liver, heart, and

spleen as well. The treatment is to invigorate the kidney, fill the vital essence, tonify the blood, and regulate menstruation. In this article, I will discuss a Chinese herbal formula called **Zi Shen Yu Tai Wan**, a variant called **Fertile Tonic**, and their impacts on low ovarian reserve patients in clinical trials as well as in my own practice when combined with acupuncture. Zi Shen Yu Tai Wan was originally called **Shou Tai Wan** when it was developed by Dr. Zhang Xichun, a famous doctor of the Qing Dynasty. In the early 1960s, the renowned fertility doctor and cofounder of the Guangdong University of Chinese Medicine Dr. Luo Yuankai modified the classical formula and named it **Bu Shen Gu Chong Wan**. Dr. Luo was later recognized by the Chinese Ministry of Public Health for his development of the formula and another formula for the induction of ovulation. Today, the formula that Dr. Luo popularized as Bu Shen Gu Chong Wan is known across China as Zi Shen Yu Tai Wan. The formula is

comprised of fifteen herbs: Tu Si Zi, Sha Shen, Shou Di Huang, Ren Shen, Sang Ji Sheng, E Jiao, He Shou Wu, Ai Ye, Bi Ji Tian, Bai Zhu, Dang Shen, Lu Jiao Shuang, Gou Qi Zi, Xu Duan, and Du Zhong. In the US, you can find a formula similar to Zi Shen Yu Tai Wan under the name Fertile Tonic from **Treasure of the East**. **IN CLINICAL STUDIES** A wealth of clinical studies has been performed upon Zi Shen Yu Tai Wan in China. Many of these studies focus on its impact on endometrial receptivity or on threatened miscarriage. While these applications are extremely complementary to the application for improving ovarian reserve, for the purposes of this article, I will focus on a study focused on ovarian reserve and its symptoms conducted by Dr. Yang Shenghua of Guangzhou University of Traditional Chinese Medicine. In this 2010-2012 study, 40 patients with ovarian reserve dysfunction in the gynecological clinic of the First Affiliated Hospital of Guangzhou

University of Traditional Chinese Medicine were divided into two groups: 20 patients in the Chinese medicine group and 20 patients in the Western medicine group. The Chinese medicine group participants were administered **Zi Shen Yu Tai Wan** while the Western medicine group participants were administered hormone replacement therapy (HRT) in the form of **Progynova** and **progesterone**. Prior to and following three months of treatment, patients' 1. perimenopausal symptoms, 2. menstrual cycle regularity, and 3. hormone levels were observed. Both groups showed improvement following treatment, though along different indicators. Dr. Yang's team reported that patients experiencing perimenopausal symptoms related to low ovarian reserves observed marked improvement after treatment with Zi Shen Yu Tai Wan compared with treatment using HRT. Patients' perimenopausal symptoms included lower back pain

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TREAT WOMEN'S DISEASES WITH 11.06 RETURN TO THE NEST AND 11.24 GYNECOLOGICAL POINTS continued from page 4

combine better with Wood (Anger) than with Return to the Nest. If you are needling the points multiple times in one week (or even daily in the case of infertility) you can alternate the arrangement by needling Wood (Anger) with Return to the Nest on the patient's left hand, and needling Gynecological Points on the right hand. We always needle Wood (Anger) on the left side (opposite the liver). Gynecological Points and Return to the Nest can be needled on either hand, and each can be needled unilaterally, but they should never both be needled on the same hand.

- **Alternative needling methods:** Other Tung's points practitioners describe needling Return to the Nest by picking up the point at the junction of red and white skin (E-line or A-line), from a dorsal direction. In my opinion, once the finger is relaxed, the location appears the same as in the manner described above. I like using a curving needle technique on Return to the Nest because the kidney governs hormones and bones, and bone treats bone, so by bringing the shaft of the needle into contact with the palmar surface of the bone, we create a strong kidney tonification.
- **Depth:** 0.3 cun

COMMENTS:

- **11.06 combined with 11.24:** Unilaterally needled, primarily for women, Return to the Nest is usually combined with 11.24 Gynecological Points to treat all gynecological diseases, as it regulates female hormones. Return to the Nest has a stronger effect on the ovaries, whereas 11.24 Gynecological Points adjusts the qi of the uterus. 11.06 regulates blood (cycles), while 11.24 regulates qi.
- **Function:** Return to the Nest releases liver qi stagnation, quiets the womb, and calms the fetus. It has a strong tonification and regulatory effect on the kidney, liver and San Jiao.
- **Cyclical symptoms:** Any symptoms that are cyclic in nature have an ovarian component because the ovaries regulate the menstrual rhythm.
- **Dysmenorrhea:** 11.06 relieves dysmenorrhea better than SP6 San Yin Jiao because Return to the Nest prevents acute or chronic cramping from reoccurring. However, SP6 with electrical stimulation is more effective for intense cramping, especially on the first day of the period once full bleeding has commenced. Unfortunately, this powerful effect is only temporary and cannot be implemented prior to menstruation.

- **Pregnancy:** Return to the Nest quiets the womb and calms the fetus; therefore, it can be used in any kind of pregnancy-related illness. Points that are used to treat infertility are always safe to use during pregnancy. This knowledge is helpful, as the patient may not know when she has conceived.
- **Energetic pathways:** In the name of this point, "Nest" refers to the womb. Multiple channels affect female reproductive organs, but primarily we think of the liver and kidney channels. Return to the Nest is located on the Hand Shao Yang (SJ) channel and is used to regulate hormones (ovaries) because of the special relationship between the hand Shao Yang (SJ) and the foot Shao Yin (KD). The hand and foot Shao Yang (SJ/GB) connect to the liver through the internal/external relationship between the gallbladder and liver. **OM**

EDITOR'S NOTE: Article completed online: <https://www.pacificcollege.edu/news/blog/2019/07/05/treat-womens-diseases-with-11-06-return-to-the-nest-and-11-24-gynecological-points>

SUSAN JOHNSON, LAc, has been studying acupuncture since 1982. She is an esteemed teacher of Master Tung's Magic Points, a potent system of acupuncture handed down as a treasured family secret for generations and made public by Master Tung Ching-Chang. Susan graduated from the American College of Traditional Chinese Medicine in San Francisco, California, was licensed in 1984, and began an internship with Dr. Miriam Lee. She became Dr. Lee's primary student and trained extensively with her for many years. In 1987, they traveled to Hefei, China, to study bleeding techniques with Dr. Wang Xiu Zhen. Susan studied Master Tung's Magic Points with both Dr. Lee and Dr. Wei-Chieh Young. During the 1980s she also worked with Dr. Lee, lobbyist Art Krause, and elected officials to pass legislation expanding the scope of acupuncture in California. Susan Johnson practiced acupuncture in San Francisco until 1988, specializing in the treatment of HIV, and has maintained an acupuncture practice in Santa Cruz ever since. Susan continues to work on innovative ways to share Master Tung's Magic Points with a global audience. Her passion for Tung's points and her desire to share this remarkable system with other practitioners has inspired her to guest lecture worldwide, write articles, and produce webinars and tutorial DVDs. Her newest book is *Tung's Magic Points, Volume One: A Definitive Clinical Guide*, which will soon be followed by *Tung's Magic Points, Volume Two: The Clinician's Best Friend*.

The Lymph System: *Our Silent Protector*

By RICK GOLD, PhD, MSTOM, LAc

Re-printed with permission from the recently published book Seitai (Lymphatic) Shiatsu, Cupping and Gua Sha for a Healthy Immune System, first published in 2019 by Singing Dragon Publishers, an imprint of Jessica Kingsley Publishers, 73 Collier Street, London N1 9BE, UK and 400 Market Street, Suite 400 Philadelphia, PA 19106, USA.

The lymphatic system is a complex and vital component of our physiology. Among the vital functions of the lymphatic system, the immune function is paramount. Our lymph system is constantly vigilant, on the lookout for pathogens at the cellular level. Most of the time, the lymph system goes about its dynamic functions silently and certainly away from an individual's conscious awareness. Our immune cells are able to identify and target pathogens, shuttling the pathogens off to the lymph nodes where our vast array of fighter cells take over and destroy the pathogens. Most human beings are not usually ill, even though we exist in an environment that is filled with toxins and pathogenic factors. Recent published reports indicate that the virus biomass has an enormous variety and complexity in the environment, including in the oceans. Viruses are the most numerous microbes on Earth, with an estimated 100 million different types. Research even indicates the high probability that viruses exist in space and on other planets.¹ According to a study published in 2018 in *The ISME Journal*, trillions of viruses fall from the sky each day!²

It is important to note that not all of the effects of viruses are, from a human perspective, negative. Viruses play a central role and are essential to the human gut microbiome and even our immune systems. From an even broader perspective, viruses play a role in the evolution of all species and even climate regulation.

Viruses are absolutely misunderstood in popular culture, where people use numerous consumer products to “kill” viruses. Even in Western medical practice, the treatment of viral conditions with antibiotics remains commonplace, even though antibiotics are useless in these situations and often have a secondary effect of weakening the immune system and diminishing beneficial gut bacteria. This is foolishness, as a virus is a disease-causing, yet **non-living** particle. A virus does not grow, nor develop nor carry out respiration. What viruses can do is replicate, and in order to accomplish replication, a virus must enter a host cell. A virus injects its own DNA into a host cell. Viruses are parasites and, in order to function, must remain inside living organisms. At times, our immune

system is not able to accomplish an early detection and elimination of virus replication and we fall ill. Only when we become ill and our immune system launches a dynamic counter-attack, often resulting in fever, body aches, and increased discharges, do we become aware of our lymphatics and the dynamic activities they encompass. The more we learn about the lymphatic system and the dynamic actions of our immune responses, the more astounding it becomes. It is not the purview of this article to delve into the microscopic dynamics of the lymphatic system and the different types of disease-fighting cells, but rather to explore the primary responsibilities of the lymphatic system and to discuss ways to enhance these functions.

The lymphatic system is responsible for:

- Cleansing the cellular interstitial environment
- Defending the body against disease
- Returning proteins and tissue fluids to the general blood circulatory system
- Providing the pathway for the absorption of fatty acids into the bloodstream

The lymphatic system is composed of five major components:

- Lymphatic vessels
- Lymph nodes
- The tonsils and adenoids
- The thymus
- The spleen

Of these essential functions of the lymphatic system, there are two that create a **conundrum**. On the one hand, the lymph system is essentially a sewage system for the body at the cellular level. All the metabolic byproducts of cellular activity leave the cells and enter the lymphatic system to be carried away and eventually expelled from the body. On the other hand, the lymph system, and in particular the lymph nodes, is the location where the dynamic activity of immunity occurs. In the lymph nodes, the fighter cells of our immune system identify, target, and fight to neutralize and destroy pathogens of all types. In order to accomplish this struggle successfully, the active immune cells must be able to “see,” target, and identify the pathogens when they



are present. The immune system has evolved in remarkable ways to recognize and respond to a wide variety of pathogens and to produce distinct responses against these diverse and changing pathogens. In an individual with lymphatic stagnation, this ability of the immune response to identify and target pathogens can be highly compromised. If this is the case, the pathogens can multiply and the individual will become symptomatic and ill. **Relieving lymphatic stagnation** is a vital aspect of a healthy immunity and, therefore, a healthy individual.

In order to function properly, the lymph system must not become sluggish or stagnant. This can be

especially challenging for sedentary people to achieve. There is no lymphatic pump in the body and, as a result, lymph is propelled as a secondary effect of arterial blood flow with the contracting of the heart's left ventricle. Additionally, exercise and the functioning of the musculature facilitate lymph movement. Lymph is also moved by breathing and the action of the diaphragm, and enhanced when the body is in an inclined position with the legs raised above the level of the head and heart. This can be achieved utilizing a slant board³ or practicing a yoga headstand. Finally, lymph movement can be enhanced

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Classical Five-Element Acupuncture: Two More Powerful Treatment Strategies

By NEIL R. GUMENICK, LAc, MAC (UK)

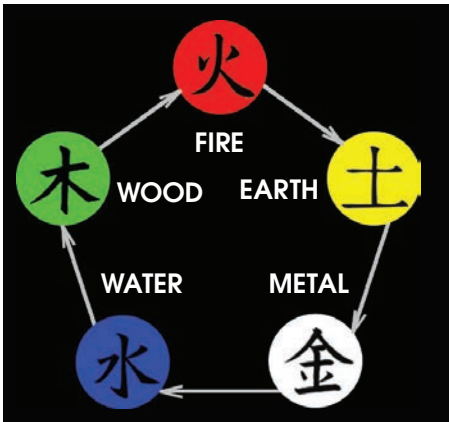
In prior articles, this author has detailed the importance of diagnosing a patient's primary elemental imbalance (aka Causative Factor or "CF") via odor, color, sound, and emotion. Once we have cleared any and all of the energetic blocks to treatment efficacy, in this system of medicine, we turn our attention to supporting, balancing, and harmonizing the CF, as it is the source of the symptoms that invariably spread throughout the entire system and manifest at the levels of body, mind, and spirit. So, when we speak of supporting the CF, what do we mean?

In this author's last article in *Oriental Medicine* (Summer 2018), the use of Command points was covered and, more specifically, Source points, Tonification points, and Horary points. This article will focus on two additional types of command points: Sedation points and Junction (aka Luo/Connecting) points.

Command points are the "bread and butter" of this system of medicine. While any point may be called upon (as needed) for its spiritual connotation, location, or function, Command points are often the first points we use in the early stages of treatment, as they are the safest points (with the lowest risk of over-tonifying or over-sedating) and provide the clearest feedback as to whether our diagnosis of the patient's CF is correct. Placing a needle in *any* point will have an effect on the whole of a person's energy, so treating the meridians of the CF without the input and reactions of treating other elements and meridians will help us know what actually caused the change. Command points are found distal to the elbow or knee flexure and include Source points, Element points (including Tonification points, Sedation points, and Horary points), and Junction points.

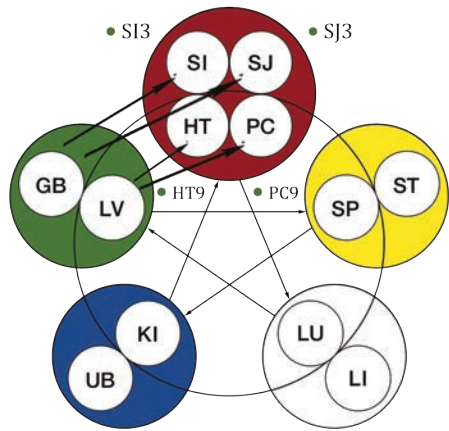
Assuming the patient is not blocked, when we treat the correct CF, we will get an immediate and palpable pulse change on all 12 pulses, as well as a change in the intensity of the patient's odor, color, sound, and emotion. Sometimes, the pulse change will be the more dramatic; sometimes the sensory indicators will register the more dramatic change; and sometimes both will be dramatic. With this feedback, we will know that the change was the result of having treated the primary core imbalance—the source of the problem. If we do not get this result, it may well indicate that our diagnosis is incorrect.

THE SHENG CYCLE OF THE ELEMENTS



TONIFICATION POINTS: A BRIEF REVIEW:

The Tonification point of a meridian is the point that corresponds to its Mother—the preceding Element on the Sheng or "Creative" cycle. We observe that, on this cycle, Wood is the Mother of Fire. It creates, promotes, and feeds Fire just as a Mother would feed her child. Thus, in the Element Fire, the Tonification point of any of its Officials (organs/functions) is the Wood point (HT 9, SI 3, PC 9, SJ 3), corresponding to its Mother Element.



In Earth, the Tonification point is the Fire point (ST 41, SP 2), and so on around the cycle.

These points can only be used as Tonification points when, by pulse diagnosis, it is determined that there is more energy in the Mother than in the child. Metaphorically speaking, there has to be more milk in the Mother's breasts than in the child's tummy. Used as such, tonifying these points affects a simple transfer of energy from the Mother to the child, as indicated in the above diagram. These points *pull* the excess to the child from its Mother. If successful, not only will Mother and child be balanced, but all Officials will feel the relief and will manifest a change for the better. In the vast majority of cases, this strategy will be successful and the pulse change will confirm it. However, in some cases, the Mother is stubborn, unwilling or unable to freely give her excess to her child. In such cases,

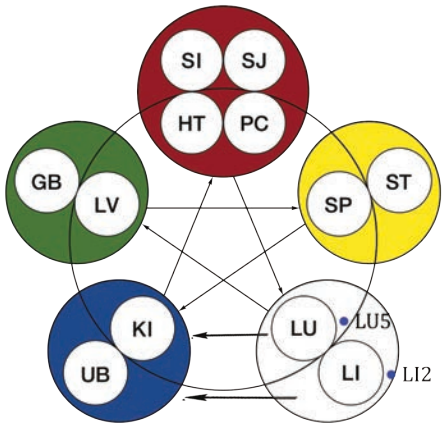
Tonification points may not work, or not work well enough. The Mother is still holding on to the excess. Thus, we turn to Sedation points.

(NOTE: for a description of the needle techniques for tonification and sedation, see *Oriental Medicine*, Summer 2018)

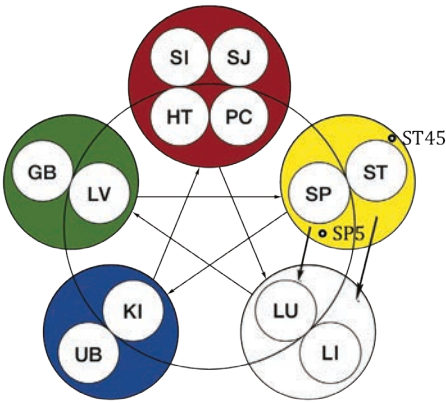
SEDATION POINTS

Unlike Tonification points, which are the points on a meridian that correspond to the Element of its Mother, Sedation points are points on the meridian corresponding to the Element of its child.

Sedating these points relaxes the Mother, helping her to release the excess and drain it into the child. The energy knows where to go because sedating the Sedation point directs it to the child. For example, if a patient were a Water CF and the pulses indicated an excess in Metal (the Mother of Water), we would first try tonifying UB 67 and KI 7 (the Tonification points) to *pull* the excess from the Mother. If that was not sufficient and Metal was still holding excess, we would sedate LI 2 and LU 5, the Water points of Metal. This would be akin to getting behind the excess and *pushing* it into the child, as diagrammed below.



In another example, if the patient were a Metal CF and there was an excess in Earth (Mother of Metal), and if tonifying LI 11 and LU 9 (the Earth and Tonification points) was not successful in pulling the excess from the Mother, we would sedate ST 45 and SP 5 (the Metal points) to push the excess from Earth and drain it into Metal, as diagrammed below.

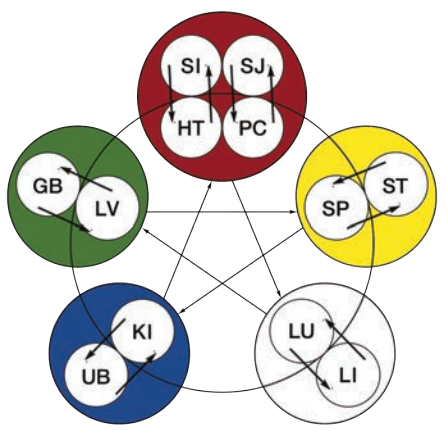


As in the previous example, we would retain these needles until the excess had drained and balance was achieved, determined by the pulse change.

Note that there are other uses of these points. For example, PC 7 (the Earth point) would be used as a Sedation point only if there were an excess in PC and a deficiency in SP, but it also could be used as a Source point, an Earth point, or for the spiritual connotation suggested by its name, *Great Mound*, all depending on the expressed need of the patient and the pulse picture. Energy understands intention and the response of a point does, in large part, depend on the intention of the practitioner.

JUNCTION (AKA LUO/CONNECTING) POINTS

Junction points connect the two-paired Officials within an element, enabling them to share the available energy equally. In the case of Fire, which has 4 Officials, the Junction points only connect HT and SI on the "organ side" and only PC and SJ on the "function side". There is no connection via Junction points between HT and PC, between HT and SJ, between SI and PC, or between SI and SJ.



We can imagine the paired Officials as siblings. To maintain balance and harmony in the family, the children should share their toys and food, and receive equal love and attention. If there is a split between the two—one having more than the other—jealousy and resentment will result, and the harmony of the whole family will be disrupted.

In terms of the qi energy, we feel this split on the pulses of the paired Officials. One will have too much and will feel stronger to our touch, the other too little and will feel weaker. The result of such a split can be devastating to the energy of the whole of the body/mind/spirit. A split in an element will create imbalance in its child and likely be passed

continued on page 15

not even part of the tribe or Native American at all. I see it among the Sufi traditions as well. They are opening up because there is a sense of urgency.

Yuval Ron: Yes, we have to respond to the crisis of the planet. We must respond with the end of these separations between men and women and young people and old people and people from different nations, different tribes; all these separations are old world. It's irrelevant now. Now is the time. We all must unite because we all must work together to deal with the crisis of the planet. The planet cries out under the abuse, mismanagement, and mishandling by humans. It is becoming a catastrophe.

Kara Johnstad: And is that the heart of unity?

Yuval Ron: Yes. Unity is crucial. We must work together to come up with smart solutions to harmoniously living on Earth.

Kara Johnstad: So, everything is receiving and giving, everything alive has a sound, has a pulsation, has a rhythm. We are relating to the planet Earth and to each other. It doesn't matter if you are 40 or 20, man or woman, black or white. We are all pulsating, magnetic, beautiful electric beings. We are connected with every single thing that is alive on this earth.

Yuval Ron: Yes, it's all vibration, and the universe is like a soup. In a soup, we are all particles; each one of us has a different vibration, and we all affect each other. Every little thing that is going on affects the molecules of air around it, and every cause has an effect, and every action has a result. We don't see it because our brain was driven by evolution to slice reality to pieces and to see things as separate. It is because it is for personal survival. Life and death are one continuum.

In all the traditions of contemplations and ecstatic practices those practices were done in a group, under the supervision of a master. You had to have somebody hold the space, supervising and navigating the ecstatic, so in those practices, the teacher often does not get ecstatic with the students or followers. The teacher watches and cares for the health of all the other human beings in the room, or the field, or in the mountains.

In tribal and shamanic cultures, some ceremonies were taught to reach those ecstatic practices, but it would be a special occasion. They are not meant to be done all day, every day, because people had to hunt, had to maintain their camp. The reasonable thinking mode doesn't allow us to feel the deep connection and unity between and amongst all things, so we are alienated from an aspect of ourselves and of the universe. The universe is unity expressed through variety. What we see is variety; what

is hidden is unity. They are missing the unity.

Kara Johnstad: Yuval, in your music there's an amazing sense of unlimited expansiveness. I can stream your music from an MP3 player and yet there's an expansive open possibility that's there. Do you feel that there are always new musical sounds or ways that you approach music? Can rules be broken?

Yuval Ron: I see what you are describing. I like layered, rich sound. Sometimes I compose with just one instrument. For example, on the album *Voyage to the Chakras*, the whole third chakra is just one solo cello, and it's beautiful and powerful. Sometimes just one instrument is all that is called for, and sometimes a whole symphony is called for, or many, many layers of electronic sounds and acoustic sounds together. I've done a lot of work for film, and a lot of work for modern dance and contemporary dance, for choreographers, theaters, and world music albums, and they like rich sound. I look for the best sounds I can get. When I record a cellist, for example, I try to get the best microphone and the best studio and the best cellist with the best instruments, and the richest, most beautiful sound. That's why I wouldn't say I like MP3 and all of the streaming stuff because it's degrading, the quality has less vibration than the real thing. We went from analog, LPs and vinyl that

maintained all of the frequencies, to digital formats on CDs, where there were some reductions in the amount of frequencies. We are getting fewer sounds but the music is still beautiful, which is amazing. You could listen to old, old recordings of classical music made with lower-quality equipment and it sounds thin, but it's still Mozart.

I want to conclude on a hopeful note is. Technology will improve—this will be remembered as the transitional period of the digital revolution. The technology will improve, and it will allow for the Internet and work computers and phones to stream full-quality sound, which has much, much more information. It will be the music in its full glory, its full vibration through the Internet, which will fix this issue.

Kara Johnstad: I am sure that all of your albums are available at least in CD format.

Yuval Ron: Sure, all of my albums are available to download in the full-quality FLAC format, as lower-quality MP3s, or as CDs. You can go to CD-baby.com and search for Yuval Ron, or my website, which is YuvalRon-Music.com.

Kara Johnstad: The dream of world peace is in progress and Yuval Ron is leading the way. Thank you so much.

Yuval Ron: Thank you, Kara. **OM**



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and knee pain, insomnia and hyperactive dreaming, fatigue, shortness of breath, and aversion to socializing.

Of patients experiencing menstrual cycle irregularity related to low ovarian function, the majority recovered to normal menstrual cycles after treatment with HRT. Zi Shen Yu Tai Wan was effective in many patients, but a smaller proportion of patients with menstrual cycle irregularity recovered fully after treatment with herbs than with HRT.

The hormones observed in the study were **follicle stimulating hormone (FSH)**, **luteinizing hormone (LH)**, **estradiol (E2)**, **inhibin B (INHB)** and **antimullerian hormone (AMH)**. The hormones FSH and AMH are indicators of ovarian reserve, while E2 is an indicator of ovarian function and egg quality. The hormone LH regulates the function of the ovaries and menstrual cycle, and INHB is a lagging indicator of the development of ovarian follicles.

Dr. Yang's team found that compared to patients' hormone levels prior to treatment, patients taking Zi Shen Yu Tai Wan observed improved levels of FSH and LH, but observed no significant change in E2. Patients taking HRT observed improved levels of FSH, but observed no significant change in LH or E2. Both groups showed improvement in their levels of AMH and INHB compared to their levels prior to treatment.

During the two-year period of the study, 4 out of 20 patients treated with Zi Shen Yu Tai Wan became pregnant. An additional 8 patients improved significantly, while 6 patients improved, and 2 patients observed no response. In the Western medicine group, 2 out of 20 patients became pregnant, 7 patients improved significantly, 8 patients improved, and 3 patients showed no response. No adverse reactions were observed in the Chinese medicine group. In the Western medicine group, 3 patients reported breast swelling and pain and 2 patients reported nausea and vomiting.

After statistical analysis, Dr. Yang concluded there was no significant difference between outcomes in the traditional Chinese medicine group and the Western medicine group, but that both groups showed improvement compared to indicators prior to treatment.

IN MY PRACTICE

I use a combination of acupuncture and herbs in my fertility practice. It has been my experience that, in the treatment of fertility, acupuncture is most effective for stress reduction, menstrual cycle regulation, ovulation induction, and in vitro fertilization (IVF) support. I find that herbs are most effective for restoring or improving ovarian reserve, constitutional balance, glandular function,

and egg quality. The combination of acupuncture and herbs has a greater effect in fertility care than either alone. With acupuncture and herbs, it's possible to help patients with many aspects of fertility including ovarian function, egg quality, cycle regulation, avoidance of miscarriage, and IVF preparation and support.

Acupuncture. The method of acupuncture I have been using in my practice is based on Dr. Zheng Guoping's four groups of Acupuncture Fertility Assisting Points. The first group is to calm the mind, relax the body, and improve the blood calculation. The acupoints used are Shen Ting (DU-24) and He Gu (LI-04). The second group consists of auricular points to stabilize the mind, relax the body, and regulate the ovarian uterus function. There are four auricular points (the ovaries, uterus, kidneys and Shenmen), but only two points should be used at a time. The third group is a set of six fertility points for tonifying Chongren channels, regulating qi and blood, and supporting the ovary and uterus function. The acupoints are Zhong Ji (CV-3), Guan Yuan (CV-4), Gui Lai (ST-29, bilateral), and Zi Gong (EX-CA1, bilateral). The fourth group is to invigorate the kidney and liver, regulate the blood, strength the spleen and stomach function to support the ovary and uterus. The acupoints are Tai Xi (KD-3), San Yin Jiao (SP-6), Yin Ling Quan (SP-9), Zu San Li (ST-36), Zhong Wan (CV-12) and Bai Hui (GV-20).

Additionally, I use modifications according to patient differentiation in TCM diagnosis, and differentiation according to menstruation phases. For example, in the menstrual phase, the acupoints Shi Qi Zhui (EX-B-8) and Ming Men (GV-4) are added to the four groups of Acupuncture Fertility Assisting Points described above. In the follicular phase, the acupoints Qi Hai (Ren-6), Guan Yuan (CV-4), Yang Ling Quan (GB-34) and Tai Chong (LV-3) are emphasized; during the ovulation phase, the acupoints Qi Hai (Ren-6), Guan Yuan (CV-4), Zi Gong (EX-CA1, bilateral), San Yin Jiao (SP-6), and Zu San Li (ST-36) are emphasized; and during the luteal phase, the acupoints Shen Shu (BL-23), Ge Shu (BL-17) and Fu Liu (KI-17) are added. The combination of these acupuncture points can help to improve the reproductive function, relax the body and mind, regulate the hormones, and balance the yin and yang to create a healthy environment for fertility.

Herbs. Zhi Shen Yu Tai Wan is an extremely effective and widely used formula; however, I've used a variant of it for many years in my practice that is specifically designed for Western patients with low ovarian

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by manual, body therapy techniques, for instance Seitai shiatsu, cupping, and gua sha.

Lymph (as distinct from its time in the general blood circulation) only flows in one direction, from the extremities and central core of the body back to the area just below the clavicles (or collar bones) to join the two subclavian veins, and then dumps back into the heart. I encourage the reader to search online for diagrams of the lymph system in order to gain a visual understanding of this vital system.

In the heart, the returning lymph joins the general blood circulatory system, and is then expelled from the left ventricle of the heart into the aorta to begin the recirculation process again—first as part of the blood, then gradually filtering out through the tiny blood capillaries and seeping into the interstitial and intercellular spaces. During this process of filtration, the lymph emerges from the general arterial blood circulation. What is designated as lymph spends part of its time circulating in the general blood circulation. Lymph is derived from blood by filtration through the tiny capillary walls in the tissues.

- Blood and lymph:
- Circulate ceaselessly in an endless cycle
- Are two aspects of one system
- Continually join and then separate

In Western physiology, the lymphatic system is considered a separate system from the cardiovascular (circulatory) system. From a reductionist perspective, this is accurate. From a holistic (synthetic) perspective, the circulatory and lymph systems are two aspects of one great system. Both systems are intimately associated developmentally. They flow together at various sites, especially when exiting the heart. What



is designated as lymph spends a significant part of its lifetime in the general blood circulation. Lymph and plasma have essentially the same composition, with the location being the primary distinguishing factor. The source of plasma is ingested water and the liquid components of foods. Plasma flows within blood vessels and lymph flows within lymphatic vessels and in the interstitial spaces. Lymph pours into the bloodstream at the junction of the internal jugular and subclavian veins located just below the clavicle. **OM**

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DR. RICHARD GOLD, PhD, MSTOM, IAc, graduated from Oberlin College in 1972 and the New England School of Acupuncture in 1978. Ever since, he has devoted his career to the study, practice, researching, teaching, and publishing in the field of East Asian medicine. Dr. Gold has pursued advanced studies in China, Japan, and Thailand, and holds a doctorate in psychology. He is one of the earliest pioneers of Thai massage therapy in the United States, Brazil, Israel and Europe, and has published several books on the topic.

Dr. Gold was one of the four founders of the Pacific College of Oriental Medicine, served on the board of the college for many years, and continues to teach there. In addition, he served for over twenty years as the President and Chairman of the Board of the International Professional School of Bodywork (IPSB), where he was also a senior faculty member. In recent years, Dr. Gold has been working in the field of applied neuroscience and sound. Currently, he is the President and Executive Producer of Metta Mindfulness Music, a company devoted to creating original music to facilitate meditation, health and mindfulness.

CLASSICAL FIVE-ELEMENT ACUPUNCTURE - TWO MORE POWERFUL TREATMENT STRATEGIES continued from page 12

further along the Sheng Cycle and throughout the system. It is better that whatever amount of energy is present in an element is equally divided between the paired Officials. It is particularly important that any split in the CF be addressed, as balancing the CF will tend to balance out splits in other Elements.

To resolve such a split in an Element, we tonify the Junction point of the deficient Official. This is akin to opening a lock or valve on a waterway. If, on one side of the valve, there is excess water, and very little on the other, opening the valve will allow the excess to flow into the deficiency, resulting in an equal quan-

tity of water on both sides.

For example, if we found by pulse diagnosis that there was a split within the Wood element wherein the predominantly yin Official, the liver, was deficient in relation to its brother, the predominantly yang Official, the gall bladder, we would tonify LIV 5, bilaterally, allowing the excess to flow from gall bladder to liver, creating balance and harmony between the two.

If the situation were reversed and liver had the excess, we would tonify GB 37, the Junction point of gall bladder, allowing the excess to flow from liver to gall bladder.

The Junction points of the twelve

meridians are as follows: HT 5, SI 7, UB 58, KI 4, PC 6, SJ 5, GB 37, LIV 5, LU 7, LI 6, ST 40, and SP 4. Note that the direction of flow is one way: into an Official from its paired Official. Used as Junction points, they are always tonified, drawing the energy to the deficiency from the excess.

As in the case of many kinds of points, the use is determined by the expressed need of the patient and the pulses. For example, GB 37 would be used as a Junction point in the situation described above, but could also be used for its spiritual connotation, suggested by its name: *Bright and Clear*. LIV 5 could also be used for its spiritual connotation:

Insect Ditch. Energy does understand intention. **OM**

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

motor point locations with a surface electrode device, although there is a notable lack of consistency from person to person when using this location technique. The thickness and hydration of the subcutaneous layer significantly impacts the effectiveness of the electrical stimulation and detectability of the cutaneous locations of muscle motor points.¹⁴

There is a high likelihood that the MEP can be found in the central aspect of the muscle, which is the location that provides the best advantage for neuro-mechanical efficiency to affect the entire muscle.¹⁵ When examining muscle motor points in cadaver dissection, there is usually one primary MEP in each muscle. If there are two or more, a frequent occurrence in the infraspinatus muscle, one MEP is usually more reactive to surface electrode stimulation than the other due to the higher quantity of motor and sensory nerve fibers. Once the motor nerve has entered the muscle, in most cases it will bifurcate with one branch travelling in a proximal direction and the other in a distal direction. These proximal and distal branches of the motor nerve traverse the intramuscular spaces until the nerve eventually

Figure 1. Palpable qualities of diagnostic ashi points

Palpable Qualities	
Excess	The point is found within a tight ropy band of muscle tissue and is painful upon palpation.
Deficient	The point is tender to palpation but the patient reports that it feels better with pressure.
Damp	The point is not clearly delineated within the tissue because it is spongy or swollen.
Cold	The point feels cold to the touch. <i>Ashi</i> points are often cold in cases of recurring injury.
Hot	The point is warm to the touch. <i>Ashi</i> points can be hot in cases of acute injury with an active inflammatory response.

meets its terminal end at the motor end-plates, which is the location that some refer to as the intramuscular motor point.¹⁶⁻¹⁷ The MEP and the intramuscular motor points are both considered to innervate the muscle tissue.

The motor nerve at the MEP is usually larger in diameter and carries a greater quantity of motor and sensory fibers than after the nerve bifurcates in the intramuscular tissue. Although proximal and distal intramuscular motor points can be nearby or a fair distance away from the MEP, research indicates that the MEP, located between the intramuscular motor points, is where the motor nerve

endings are most densely populated. This explains why the MEP has the most electrical conductivity.¹⁸ The farther the motor nerve travels through the intramuscular tissue, the thinner it becomes. In some muscles, it is so small and indistinguishable that identifying the intramuscular motor points is very difficult, even with the use of microscopic dissection.¹⁹⁻²⁰

Based on the author's examinations of nerve topography and motor point locations from over 20 years of cadaver dissections, it is safe to say that there are similar and predictable trajectories for the large nerves that traverse the extremities (sciatic, ulnar, etc.), but the point at which the mo-

tor nerve branches off the primary nerve to eventually enter the muscle at the MEP varies markedly from specimen to specimen. For example, the author has seen variability in the location where the motor nerve branches off the ulnar nerve to innervate the flexor carpi ulnaris, which has a motor point location of 3-4 *cun* distal from SI 8 (*xiaobai*). In certain specimens, a very short collateral branch splits from the nearby ulnar nerve very close to the motor point location and travels at a 70°-80° angle to enter directly into the muscle motor point. In other specimens, the

continued on page 36



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KEYNOTE ADDRESS & PERFORMANCE

Thurs: Jason Prall of Human Longevity Project (Lecture + Movie)

Fri: Music as Medicine: Explorations of Healing Sounds by Rick Gold/ Yuval Ron/ Úyanga Bold

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Pacific Symposium 2019 Schedule at a Glance - 56 CEUs/PA

Tuesday-Wednesday 10/29-10/30		Thursday 10/ 31	Friday 11/1	Saturday 11/2	
<div>Two-Day Pre Sessions: 7 CEUs Per Day 9:00am-5:00pm</div> <div>The Spirit of the San Jiao: The Developmental Fu* Stephen Cowan</div> <div>Cannabis and CBD Hemp from a TCM Perspective* Chad Conner</div>		Morning Qigong (1 CEU per session, NCCAOM limits qigong PDAs to 4 units)			
	7:00 ^{AM} - 7:50 ^{AM}	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>	Dr. Xie Eight Energies Qigong <i>Bill Helm</i>
	8:45 ^{AM} - 9:00 ^{AM} MORNING ANNOUNCEMENTS	General Sessions (1 CEU per speaker/3 per morning)			
	9:00 ^{AM} - 9:50 ^{AM}	Diagnosing from Facial Colors* <i>Lillian Bridges</i>	Are We on the Same Page? TCM and the Modern Microbiome* <i>Janet Zand</i>	Energy Medicine: The Science and Mystery of Healing* <i>Jill Blakeway</i>	Introduction to Posture and Pain: A TCM Perspective* <i>Matt Callison</i>
	9:55 ^{AM} - 10:45 ^{AM}	Introduction to Peak Performance: Optimizing your Practice* <i>Amy Albright</i>	Introduction to Posture Therapy and Functional Medicine* <i>Dustin Dillberg</i>	Introduction to Posture and Pain: A TCM Perspective* <i>Matt Callison</i>	Introduction to Posture and Pain: A TCM Perspective* <i>Matt Callison</i>
	11:10 ^{AM} - 12 ^{PM}	Introduction to Cannabis Medicine from a TCM and Genomics Perspective* <i>Chad Conner</i>	Fundamentals of Yang Sheng: Food and Herbal Therapy* <i>Deirdre Courtney</i>	Introduction to Master Tung's Magic Points* <i>Susan Johnson</i>	Introduction to Master Tung's Magic Points* <i>Susan Johnson</i>
		Afternoon Qigong (1 CEU per session, NCCAOM limits qigong PDAs to 4 units)			
	12:15 ^{PM} - 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>	Dr. Xie Eight Energies Qigong <i>Robert Nations</i>
		Afternoon Workshops (3 CEUs per workshop)			
	2:00 ^{PM} - 5:00 ^{PM}	Facial Manifestations of Shen* <i>Lillian Bridges</i>	TCM Microbiome Strategies: Mood, Weight Control, and Immunity* <i>Janet Zand</i>	Maximizing the Energetic Effects of Acupuncture Treatment* <i>Jill Blakeway</i>	Maximizing the Energetic Effects of Acupuncture Treatment* <i>Jill Blakeway</i>
		Cannabis Medicine from a TCM and Genomics Perspective* <i>Chad Conner</i>	Yang Sheng: Food and Herbal Therapy* <i>Deirdre Courtney</i>	Posture and Pain: A TCM Perspective <i>Matt Callison</i>	Posture and Pain: A TCM Perspective <i>Matt Callison</i>
		Peak Performance: Optimizing your Practice <i>Amy Albright</i>	Posture Therapy and Functional Medicine in your TCM Practice <i>Dustin Dillberg</i>	Master Tung's Magic Points <i>Susan Johnson</i>	Master Tung's Magic Points <i>Susan Johnson</i>
		Physiology and Treatment of the Lymphatic System <i>Rick Gold</i>	Treatment of Pediatric Allergies <i>Moshe Heller</i>	The Egoscue Method <i>Brian Bradley</i>	The Egoscue Method <i>Brian Bradley</i>
		Treatment of Lyme Disease with Chinese Medicine <i>Hillary Thing</i>	Herb-Drug Interactions Update (2 CEUs per workshop) <i>John Chen</i>	Difficult Decisions in Ethics (2 CEUs per workshop) <i>Holly Guzman</i>	Difficult Decisions in Ethics (2 CEUs per workshop) <i>Holly Guzman</i>
	2:00 ^{PM} - 4:00 ^{PM}				
		Parties (No CEUs)			
	6:00 ^{PM} - 7:00 ^{PM}	Halloween Happy Hour <i>Sponsored by Lhasa OMS</i>		PCOM Alumni & Faculty Reunion	PCOM Alumni & Faculty Reunion
		Evening Sessions (1.5 CEUs per workshop)			
7:00 ^{PM} - 8:30 ^{PM}	Applying Chronobiology In the Clinical Setting* <i>Jason Prall</i>	Music as Medicine: Exploration of Healing Sounds <i>Rick Gold/Yuval Ron/Úyanga Bold</i>	Symposium Party <i>Sponsored by Treasure of the East</i>	 <i>Treasure of the East</i>	

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11/3

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Nurturing Life and Longevity*
Bill Helm

Treatments Every Caesarean
Patient Should Have*
Claudia Citkovitz

Pain Management:
Point Selections*
Jeffrey Yuen

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Jeffrey Yuen

Blood Pressure and
onomic Nerve Imbalances
Kiiko Matsumoto

Yang Sheng: Nurturing
Life and Longevity
Bill Helm

Monday
11/4

**One-Day
Post Sessions:**
7 CEUs Per Day
9:00am-5:00pm

**Kidney Treatments for
Longevity and Detoxification**
Kiiko Matsumoto

**A Balanced Diet &
Gastrointestinal Issues from a
Chinese Medical Perspective***
Jeffrey Yuen

**Courses that will
also be offered
live-streamed, online,
during the conference
are marked with an
asterisk. Registration for
these courses will open
on July 20th.**



EVENTS EVERY EVENING

Thursday: Halloween Happy Hour
+ Film Presentation by Jason Prall
of the Human Longevity Project

Friday: Healing Sounds
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Ron, and special guest Úyanga
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7445 Mission Valley Road, Ste. 105
San Diego, CA 92108



CALL

619-365-4088 or 619-732-3945

CONFERENCE DETAILS

REFUND POLICY

All cancellations must be in writing via email to symposium@pacificcollege.edu. An administrative fee of \$50 is assessed on ALL cancellation emails dated before Tuesday, October 1, 2019. Starting Wednesday, October 2, 2019, a 50% cancellation fee will apply. NO refunds will be granted after Friday, October 25, 2019, 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 + 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.

HOTEL ACCOMMODATIONS

The Catamaran Hotel (Symposium site) 3999 Mission Blvd., San Diego, CA 92109 1-800-422-8386
https://www.catamaranresort.com/PCOM
\$189 Single/Double, \$199 Triple, and \$209 Quad

QUESTIONS REGARDING HOTELS AND AIRLINES

Contact Barbara Weber, (619) 334-3180 or Confcoord@aol.com, for information regarding room sharing options.
For airport shuttle service to and from the hotel, the Catamaran resort is contracted with Cloud 9 Shuttle Services.

PARKING

Please note the following rates if you are planning to park at the Catamaran Hotel. Hotel Guest: \$25.00, \$29.00 Valet
Non-Catamaran Hotel Guest: \$10.00 for the first hour, \$2.00 each additional 1/2 hour, with a daily maximum of \$35.00.
*Street parking is available. If you choose street parking, please note the streetsweeping signs posted in the Pacific Beach area

CEU/PDA HOURS PENDING

Pacific Symposium provides up to 56 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.

PRE-SYMPOSIUM WORKSHOPS

The Spirit of the San Jiao: The Developmental Fu
by Stephen Cowan

14 Tuesday and Wednesday, October 29-30, 9:00am-5:00pm
CEU/PDA

Children are the “canaries in the coal mine” of our modern society: they show us what is needed to heal our world. The growth and development of a child’s early years lay the foundation for health throughout their life. The examination of patterns of growth and development lies at the heart of Chinese medicine and treating children is a perfect opportunity to deepen our understanding of Dao, yin-yang dynamics, and the Five Phase relations. The San Jiao Triple Burner is a novel concept in Chinese medicine that, until recently, was entirely overlooked in Western medicine. Recent advances in systems-based medicine in the West have begun identifying a unified neuro-gastro-immune complex that classical Chinese medicine conceptualized 2000 years ago in such texts as the Nanjing Classic of Difficulties. This has broad applications in understanding the dynamic processes of child development and treating the epidemics of alienation in our modern life. The San Jiao Triple Burner offers us ways to navigate the difficult and often confusing cases of chronic inflammation that manifest as fibromyalgia, allergies, intolerances, autoimmunities, anxieties, and developmental disorders such as ADHD and autism. Join Dr. Cowan in a deep dive into the ways to promote health, resilience, memory, and environmental coherence within the unity of body-mind-spirit in children of all ages. Acupuncture, qigong, tui na, craniosacral techniques, and herbs will all be included in this discussion

Cannabis and CBD Hemp from a TCM Perspective
by Chad Conner

14 Tuesday and Wednesday, October 29-30, 9:00am-5:00pm
CEU/PDA

Learn how cannabis sativa has been used traditionally within natural medicine, with an emphasis on TCM and Ayurvedic perspectives. Conner will also cover how to add cannabis sativa into traditional Chinese herb combinations and formulas. We will explore the importance of dosage and modes of administration to get the best results, including how to personalize the ratios of CBD to THC and terpene profiles, and how to read a certificate of analysis and apply it to TCM theory.

POST-SYMPOSIUM WORKSHOPS

A Balanced Diet & Gastrointestinal Issues from a Chinese Medical Perspective
by Jeffrey Yuen

7 Monday, November 4, 9:00 am-5:00 pm
CEU/PDA

The notion of a “balanced diet” has often been espoused by nutritionists, but rarely has there been agreement as to what constitutes one. While there are diet plans that do work for some, they do not work for everyone. Chinese medicine contends that seasonal, individual, digestive, and constitutional factors account for the disparities in the efficacy of these diet plans. Since diet is a crucial cultivation of yang sheng, this seminar will focus on how to develop and tailor a diet plan specific to an individual based on his/her wellness or illness. In addition, we will review the digestive process from a Chinese medical perspective and how to treat certain gastrointestinal disorders through the application of Chinese dietary therapy.

Kidney Treatments for Longevity and Detoxification
Kiiko Matsumoto

7 Monday, November 4, 9:00am-5:00 pm
CEU/PDA

The strength of the kidneys is important for the health of any patient, especially those with a history of long-term medication use—whether prescription or over the counter—as well as allergies, irregular eating, diabetes, or autoimmune disease. Because the kidney is the organ responsible for clearing many toxic substances from the body, treating the kidney can have wide-ranging systemic effects.

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prestigious authors!

Jill Blakeway
Energy Medicine:
The Science and Mystery of Healing

Matt Callison
Sports Medicine Acupuncture

Rick Gold
**Seitai, Cupping and Gua Sha for
a Healthy Immune System**

Claudia Citkovitz
**Acupressure and
Acupuncture during Birth**

East Haradin
More Than a Treatment

Z’ev Rosenberg
Ripples in the Flow:
Nan Jing Vessel Diagnosis

THURSDAY-SUNDAY

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

1 CEU/PDA Daily, 7:00-7:50am and 12:15-1:05 pm CAB Category: 1

Learn specific exercises in the Yi Jin Jing sequence to teach your patients. These can be useful in the treatment of conditions such as chronic musculoskeletal pain, fatigue, neck and shoulder tension, and shortness of breath.

THURSDAY, OCTOBER 31, 2019

Diagnosing from Facial Colors* by Lillian Bridges

1 CEU/PDA Thursday, October 31, 9:00-9:50am CAB Category: 1

The Chinese pictogram for color involves a radical for the face, implying that color on the face is important. In classical Chinese medicine, facial color was used extensively as part of the “looking” aspect of diagnosis. In this session, you will learn more about the diagnostic meanings of facial colors, and how the manifestation of these colors on specific parts of the face corresponds to the functioning of the internal organs. Bridges will also offer some recommended treatments for immediate use in the clinic.

Introduction to Peak Performance: Optimizing your Practice* by Amy Albright

1 CEU/PDA Thursday, October 31, 9:55-10:45am CAB Category: 1

Biohacking, an emergent area of healthcare, has been defined as the use of science and technology to change both the inner and outer environment to become the best version of the self. In this workshop, Albright will introduce some commonalities between TCM and biohacking, exploring concepts such as whether TCM is a form of biohacking, and explain how the philosophies and treatment principles of TCM and biohacking are aligned. Enhance your TCM practice with the introduction of metrics and treatments found within this new healthcare field.

Introduction to Cannabis Medicine from a TCM and Genomics Perspective* by Chad Conner

1 CEU/PDA Thursday, October 31, 11:10am-12:05pm CAB Category: 1

Western science personalizes medicine using the patient's genetic profile. Find out how this can be integrated with natural medicine and TCM, and how to use the resulting information to personalize cannabis medicine.

Physiology and Treatment of the Lymphatic System by Rick Gold

3 CEU/PDA Thursday, October 31, 2:00-5:00 pm CAB Category: 1

Our lymphatic system has two vital functions: the movement of metabolic ash, or toxic material, that is released from cells, effectively serving as the body's sewage system, and immune functions. In this second capacity, the lymphatics must be as uncongested as possible, so that our immune fighter cells can identify and destroy antigens and pathogens. In this workshop, we will explore the physiology of the lymphatic system from both the Western and East Asian perspectives as well as strategies to relieve lymphatic and blood stagnation—and thereby enhance immune potential.

Facial Manifestations of Shen* by Lillian Bridges

3 CEU/PDA Thursday, October 31, 2:00-5:00 pm CAB Category: 1

The face is the best place on the body to recognize the shen in a patient, best seen as the light behind the eyes and under the skin, radiating outward when healthy and flourishing. In this workshop, you will be shown the various manifestations of shen, from signs of health to deficiency and disturbances. Bridges will teach you how to perceive brain function, evaluate emotional fluctuations, and recognize psychological and psychiatric conditions.

Treatment of Lyme with Chinese Medicine by Hillary Thing

3 CEU/PDA Thursday, October 31, 2:00-5:00 pm CAB Category: 1

Learn how to navigate complex, chronic cases of Lyme disease, from clinical diagnosis to the final phases of regeneration and recovery. Thing will cover how to interpret Lyme-Borreliosis and co-infection lab work, and accurately explain to patients what it suggests. Discover when it is advantageous to utilize pharmaceutical antibiotics for Lyme disease and co-infections and how to augment their effects with natural medicine—or when to avoid them altogether.

Cannabis Medicine from a TCM and Genomics Perspective* by Chad Conner

3 CEU/PDA Thursday, October 31, 2:00-5:00 pm CAB Category: 1

Explore more deeply how to personalize cannabis medicine by combining the modern Western scientific approach with the TCM perspective. Integrate information gained from genomics and DNA into the diagnostic framework of Chinese medicine's Eight Principles. Learn how to determine cannabis ratios, terpene profiles, dosages, and modes of administration. We will also use case studies to show how these apply in your practice.

Peak Performance: Optimizing your Practice by Amy Albright

3 CEU/PDA Thursday, October 31, 2:00-5:00 pm CAB Category: 1

Biohacking has much to provide to us and our patients. Explore the use of biohacking equipment and testing while learning how to prescribe their usage via TCM theory to improve the efficacy of our treatments, and ultimately better resolve our patients' health challenges. Reassure your patients that they are making improvements and keep them engaged in their own care.

KEYNOTE ADDRESS

Applying Chronobiology in the Clinical Setting by Jason Prall

1.5 CEU/PDA Thursday, October 31, 7:00-8:30 pm CAB Category: 1

The modern industrial world has brought with it a drastic change in our lighting environment. Bright LED screens and overhead lighting are now part of nearly everyone's life and few are asking how this impacts chronic disease. In this course, we will discuss the role circadian rhythms play in health and the pathophysiology of a variety of chronic disease states. Learn how the light/dark cycle impacts physiological pathways, why circadian biology should be included in every patient evaluation, and why the Nobel Prize in Medicine was awarded for research on this very topic in 2017.

FRIDAY, NOVEMBER 1, 2019

Are We on the Same Page? TCM and the Modern Microbiome*
by Janet Zand

1
CEU/PDA

Friday, November 1, 9:00-9:50 am

CAB Category: 1

The human microbiome is currently one of the most exciting topics in life sciences. Will conventional medicine’s acceptance of the microbiome lead to a bridging of the gap between modern medicine and traditional Chinese medicine? Ancient practitioners of TCM developed an understanding of the activity and primary importance of the microbiome—and even microorganisms. This session will introduce you to how TCM captures this microbiome balance and has the potential to improve weight management, longevity, immunity, and mental performance.

Introduction to Posture Therapy and Functional Medicine in your TCM Practice*
by Dustin Dillberg

1
CEU/PDA

Friday, November 1, 9:55–10:45am

CAB Category: 1

Dr. Dustin Dillberg will present multiple ways to make your Chinese medicine practice even more comprehensive, integrative, and effective using complementary therapies that are compatible with our Chinese medicine principles and philosophies. These include Foundation Training, breath work, laser therapy, the Egoscue Method, and in-office lab testing such as the omega index and functional medicine.

Fundamentals of Yang Sheng: Food and Herbal Therapy*
by Deirdre Courtney

1
CEU/PDA

Friday, November 1, 11:10am–12:00pm

CAB Category: 1

Courtney presents the fundamental principles of Yang Sheng from classical Chinese medicine, using the teachings of Sun Si Miao, Yellow Emperor’s Classic, and Herbal Compendiums. Learn how Yang Sheng food and herbal therapies can be adapted to modern Chinese medicine practice.

Yang Sheng: Food and Herbal Therapy*
by Deirdre Courtney

3
CEU/PDA

Friday, November 1, 2:00–5:00pm

CAB Category: 1

Food is the first and best medicine, yet it is important to use it in a way that is not just healing, but enjoyable and delicious. This workshop is designed to help you understand how food and herbs influence health, and how to choose foods based on temperature, taste, and nutritional value. Special attention will be paid to modern issues around food. Learn which foods and herbs are most helpful for common conditions seen in the clinic.

Posture Therapy and Functional Medicine in your TCM Practice
by Dustin Dillberg

3
CEU/PDA

Friday, November 1, 2:00–5:00pm

CAB Category: 1

Brought to life with cases from his private practice, Dr. Dillberg will present complementary therapies that are compatible with our Chinese medicine principles and philosophies, including the Egoscue Method and Foundation Training, breath work, and functional medicine. We will also cover neurological tests, omega index, and other in-office testing options. Discover the methods for integrating such modalities and examples of their progression during treatment

TCM Microbiome Strategies: Mood, Weight Control, and Immunity*
by Janet Zand

3
CEU/PDA

Friday, November 1, 2:00–5:00pm

CAB Category: 1

As TCM practitioners, we are aware that drugs don’t generally treat the underlying causes of chronic illness, and even our genes are not at the root of diseases. Instead the roots lie in diet, lifestyle, stress, how connected we are to our communities, toxic chemicals and pollutants in our environment, and the balance and wellness of our microbiome. The health of the microbiome has been linked to weight, mood, energy, immunity, and even longevity. This workshop will present strategies for combining new scientific microbiome information with TCM to further enhance the quality of your patients’ lives.

Treatment of Pediatric Allergies
by Moshe Heller

3
CEU/PDA

Friday, November 1, 2:00–5:00pm

CAB Category: 1

Allergies are becoming more prevalent—and causing a wide variety of symptoms. Fatigue, depression, anxiety, muscle pains, joint pains, headaches, brain fog, stomach aches, bloating and yes, even weight gain, could be related to allergies. In this workshop we will look at the pathomechanisms from both biomedical and Chinese medical perspectives. We will discuss Mast Cell Activation Syndrome, look at different treatment protocols, and use case studies to demonstrate the principles for treatment of pediatric allergies.

Herb-Drug Interactions Update
by John Chen

2
CEU/PDA

Friday, November 1, 2:00–4:00pm

CAB Category: 1

The practice of medicine is at a crossroads: countless patients are being treated simultaneously with both prescription medications and herbal formulas. Safety has become a major issue. Patients today are well-informed, and they want to know how compatible herbs are with their prescription medication and what possible adverse interactions they should be aware of. With some general insights in pharmacology, you can foresee possible interactions and thus take precautions to avoid incompatibilities.

KEYNOTE PERFORMANCE

Music as Medicine: Explorations of Healing Sounds
by Rick Gold/Yuval Ron/Úyanga Bold

1.5
CEU/PDA

Friday, November 1, 7:00–8:30pm

CAB Category: 1

This course will present how music and sound can enhance treatment and play a role in the movement and balancing of energy during and after treatment. Using information from the Nei Jing describing musical tones that influence the elements, participants will learn to incorporate music into their clinical sessions. Drawing from the Ayurvedic tradition, participants will learn the use of the sacred Aum chant in invoking and balancing the three doshas and academic insights from neuroscience and physics will be presented showing how music and sound can benefit the brain and the rest of the body.

Courses that will also be offered live-streamed, online, during the conference are marked with an asterisk. Registration for these courses will open on July 20th.

SATURDAY, NOVEMBER 2, 2019

Energy Medicine: The Science and Mystery of Healing*
by Jill Blakeway

1
CEU/PDA Saturday, November 2, 9:00-9:50am CAB Category: 1

What is the energy that heals us? A variety of prompts, both physical and psychological, can encourage the body to heal. In 2017, Harper Collins sent Jill Blakeway around the world in search of answers from the halls of academia, healers, researchers, and practitioners. The result is Energy Medicine: The Science and Mystery of Healing, which examines the healing modalities used to diagnose and treat illness by manipulating the energy that pulses through us. Blakeway will draw upon her research into acupuncture as a form of energy medicine and explore the science behind its profound effects.

Posture and Pain: A TCM Perspective*
by Matt Callison

1
CEU/PDA Saturday, November 2, 9:55-10:45am CAB Category: 1

TCM practitioners understand that zang fu-related pathologies can contribute to the patient’s musculoskeletal pain and dysfunction. This internal and external relationship must be diagnosed and treated for successful long-term outcomes. In 2011, Callison presented the results of over 100 postural assessment and TCM differential diagnosis case studies correlating specific postures with zang-related pathologies. This session will present the evolution of this ongoing research. Understanding the relationships between posture, the myofascial sequences (jingjin), and zang fu pathology allows you to further refine your assessment and treatment techniques.

Introduction to Master Tung's Magic Points*
by Susan Johnson

1
CEU/PDA Saturday, November 2, 11:10am-12:00pm CAB Category: 1

This session will begin with an introduction to the system, including a very brief history of Master Tung Ching Chang and Tung’s Points in America. She will then cover in detail the seven theories implemented in choosing the proper acupuncture points within Tung’s system, differentiating between pain management and organ system imbalances.

The Egoscue Method: Unlocking Human Potential
by Brian Bradley

3
CEU/PDA Saturday, November 2, 2:00-5:00pm CAB Category: 1

The Egoscue Method can synergize multiple therapies or performance enhancements into a stronger therapeutic whole. Through the simple exercises taught in this workshop, your patients will get better results from their complementary therapies. As the skeleton aligns, so will the body’s reaction to other treatment modalities. During this workshop, attendees will explore the causes of chronic pain and limitations to pain-free movement. Functional exercises will be discussed in detail and practiced.

Maximizing the Energetic Effects of Acupuncture Treatment*
by Jill Blakeway

3
CEU/PDA Saturday, November 2, 2:00-5:00pm CAB Category: 1

In this workshop, Dr. Blakeway will share practical tools that practitioners can use in their own clinics to maximize acupuncture’s energetic effects. We will discuss the Tao as the container for human experience, qi as the body’s intelligence, and the role both play in self-healing. We will also explore the various prompts, physical, psychological, and emotional, that practitioners can give their patients to encourage the body to recalibrate, and the work of the Princeton PEAR lab and the CUNY mouse studies, as well as their significance to acupuncturists

Posture and Pain: A TCM Perspective
by Matt Callison

3
CEU/PDA Saturday, November 2, 2:00-5:00pm CAB Category: 1

In TCM, ashi points were first mentioned in the Tang Dynasty text Thousand Ducat Prescriptions and they are still used today to treat pain. Understanding that the channels and collaterals respond to pathologies in a predictable manner by manifesting ashi tenderness, we can see that an ashi point is a diagnostic sign of a specific underlying causative factor. This workshop will define diagnostic ashi points that reflect the status of the jing luo and the zang fu, then discuss and demonstrate treatment methods and needle techniques, both traditional and modern, that are geared toward treating the excess and/or deficient qualities of these ashi points.

Master Tung's Magic Points
by Susan Johnson

3
CEU/PDA Saturday, November 2, 2:00-5:00pm CAB Category: 1

This workshop offers a thorough look at a few of Tung’s most relevant points or point patterns—the ones the instructor uses in her clinic all day, every day. As the Symposium takes place in the fall, she will discuss the best points and point patterns for colds and flus, sinus infections, allergy to winter-pollinating trees, pneumonia, and other winter or fall-associated ailments. Learn points and point patterns through location, indications, operative theory and commentary, and video.

Difficult Decisions in Ethics
by Holly Guzman*

2
CEU/PDA Saturday, November 2, 2:00-4:00pm CAB Category: 1

Knowledge of laws and regulations is basic. Social norms, and the sensitive subjects of power, money, and sex, are evolving differently between generations, populations, cultures, and religions. This workshop will consider these differing norms and present updates on gender considerations, conflicts of interest, scope of practice, kickbacks, reporting requirements, and boundaries for difficult patients. It will also consider decision-making protocols, as well as the six parameters of medical ethics that make right things right, and wrong things wrong.

SUNDAY, NOVEMBER 3, 2019

Introduction to Yang Sheng: Nurturing Life and Longevity*
by Bill Helm

1 Saturday, November 3, 9:00-9:50am CAB Category: 1

Yang sheng is the traditional study of how to nurture the life force to improve the quality and length of a person’s life. Based on living harmoniously with the natural cycles of yin and yang and the Five Phases, yang sheng teaches how to follow these principles. Application, practical methods from multiple sources, and meditation methods will also be introduced.

Four Treatments Every Caesarean Section Patient Should Have*
by Claudia Citkovitz

1 Saturday, November 3, 9:55-10:45am CAB Category: 1

Caesarean section is epidemic, including for many fertility patients. As much as we try to prevent Caesarean section, we can also be of tremendous help to patients who have undergone this routine, but highly invasive, abdominal surgery. Expect to learn a set of four key treatment strategies (and their appropriate time windows) to help reinstate normal qi and blood flow in the lower abdomen, reduce adhesions, prevent subsequent Caesarean sections, and reduce the risk of uterine rupture.

Pain Management: Point Selections*
by Jeffrey Yuen

1 Saturday, November 3, 11:10am-12:00pm CAB Category: 1

Historically, pain was commonly encountered in the Chinese military and its subsequent management evolved into wai ke, or external medicine, with many of its principles retained in the study of die dat, sports medicine or “bonesetting”, which provides practitioners with guidelines on how to manipulate the sinews and bones. Crucial to this understanding is the angle of manipulation, local and distal selection, bilateral and/or contralateral inclusion, and activation or desensitization of certain points or areas.

Yang Sheng: Nurturing Life and Longevity
by Bill Helm

3 Saturday, November 3, 2:00-5:00pm CAB Category: 1

Yang sheng, which teaches how to live harmoniously with the natural cycles of yin and yang and the Five Phases, can improve the quality and length of a person’s life. Application involves adjusting the vital substances of shen, qi, and jing. Practical methods from the Huang Di Nei Jing, Tao Te Ching, and the I Ching will be presented. Meditation methods for clearing and focusing the shen and qi gong exercises for generating and harmonizing the flow of qi will also be included.

The New Normal: Acupuncture to Prevent Unnecessary Labor Induction
by Claudia Citkovitz

3 Saturday, November 3, 2:00-5:00pm CAB Category: 1

Recent research suggests that maternal and fetal outcomes are better when labor is induced at 39 weeks, although the evidence is debatable. Acupuncturists in this course will learn to successfully engage patients and providers in that debate, suggesting prenatal acupuncture as a safe way to encourage timely natural onset of labor. Learn Dr. Citkovitz's approach to diagnosis and treatment for labor preparation. She will also cover diagnosis, needling, and manual therapies, as well as acupressure, moxa, and lifestyle homework.

Pain Management Based on Wai Ke/External Specialty*
by Jeffrey Yuen

3 Saturday, November 3, 2:00- 5:00 pm CAB Category: 1

Wai ke, or external medicine, evolved from the Chinese military’s approach to pain. Many of its principles have been retained in the study of die dat, sports medicine or “bonesetting”, which provides practitioners with guidelines on how to manipulate the sinews and bones. Gain an understanding of the guiding principles of wai ke, how limb pain can manifest from other unresolved issues located in other regions of the body, and develop treatment strategies for chronic pain within the modalities of Chinese medicine.

Blood Pressure and Autonomic Nerve Imbalances
by Kiiko Matsumoto

3 Saturday, November 3, 2:00-5:00pm CAB Category: 1

This course will focus on autonomic nerve imbalances, identifying patients as high or low blood pressure types (with or without an official medical diagnosis), and using these tendencies to determine autonomic nerve-based root treatments. We will discuss governing vessel points on the head, points selection, and how to treat a variety of complaints by addressing the underlying physiological imbalances.

SYMPOSIUM PARTY

Be sure to join our Symposium Party, co-sponsored by **Treasure of the East** and **Pacific College of Oriental Medicine**.

Saturday, November 2, 7:30–10:00pm
in the Aviary Ballroom. 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!



Courses that will also be offered live-streamed, online, during the conference are marked with an asterisk. Registration for these courses will open on July 20th.

THIS YEAR’S SPEAKERS

Amy Albright

Dr. Amy Albright, DACM had her first experiences with “biohacking” 17 years ago, when she used rare equipment to induce theta and other brain waves, creating profound healing and insights for her patients. More recently, Dr. Albright worked full time as an executive for a company called Bulletproof, where she spearheaded the creation of Bulletproof Labs (now called Upgrade Labs), a first-of-its-kind \$2M biohacking facility in Santa Monica, CA.

Dr. Albright runs a coaching and consulting practice, advising executives and other changemakers from all over the world. Although she rarely uses needles and herbs anymore, she does work in conjunction with acupuncturists and other doctors and routinely prescribes technology and testing to her clients to optimize their performance.

Jill Blakeway

Dr. Jill Blakeway, DACM, LAc, 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 coauthored her first book, Making Babies, with a reproductive endocrinologist; so far it has been translated into six languages and remains a bestseller in its genre. Her second book, Sex Again: Recharging Your Libido, was published in 2013, and her third in 2019: Energy Medicine: The Science and Mystery of Healing. Formally the host of a CBS Radio weekly podcast called Grow Cook Heal, Jill has appeared on The Dr. Oz Show; CNN; the Early Show; Good Morning America; NBC, ABC, and Fox News; the Real Housewives of New York; and The Talk. She has also been quoted in New York Magazine, the New York Times, Martha Stewart Living, Elle, W, and Town & Country. www.yinovacenter.com

Úyanga Bold

Uyanga Bold is a vocalist, composer, and performing artist from Mongolia, based in Los Angeles, who has worked as a vocal soloist with Oscar-nominated composer Marco Beltrami and Grammy-nominated composer Austin Wintory. She has sung on films including the award-winning Madagasikara (2018), including the main title theme, and a piece that won a Hollywood Music in Media award with Thomas Parisch.

Bold performed as a vocal soloist with the Bucharest Symphony Orchestra on Hans Zimmer’s “Batman: The Dark Knight” Suite, projects with Disney and Google Japan, and the Boston Ballet. Her solo voice is also heard on video game soundtracks and vocal libraries. When she is not working as a soundtrack vocalist or a composer, Bold creates multi-instrumental live performances with dilruba, sitar, frame drum, guitar, and bulbul tarang, amongst others. www.uyangabold.com

Lillian Pearl Bridges

Lillian Pearl Bridges is the world’s leading authority on face reading and facial diagnosis. She is credited with reawakening Chinese medicine to this body of ancient knowledge and introducing it to Western medicine. Bridges has taught doctors, acupuncturists, and psychologists around the world. She is also the founder of the Lotus Institute, Inc., based in Seattle, WA and trains students in her Master Face Reading Certification Program. She is a lineage holder from a long line of Master Chinese practitioners in her Chen family and author of Face Reading in Chinese Medicine, 2nd Edition. Bridges has contributed to several books on Chinese medicine, been a guest columnist for Natural Health Magazine, and has been featured in newspaper and magazine articles. She hosted her own internet radio show in Seattle, called “Conscious Living”, and was featured on the Dr. Oz Show in 2013 in the episode “What Your Face Reveals About Your Health.” She also writes the internationally popular food blog, 5 Element Food: <http://5elementfood.blogspot.com>

Matt Callison

Matt Callison, MS, LAc, is well known for his work with professional athletes; he has traveled across the United States in his 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 six 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 www.sportsmedicineacupuncture.com

John Chen

Dr. John Chen, PhD, OMD, LAc, 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 other universities of traditional Chinese medicine. Chen actively participates in education and research, and lectures widely at conferences at local, state, national, and international levels. He also appeared in a six-hour Discovery Channel documentary on complementary and alternative medicine in 1999. Chen is the author of three textbooks: Chinese Medical Herbology and Pharmacology, Chinese Herbal Formulas and Applications, and Chinese Herbal Formulas for Veterinarians.

Claudia Citkovitz

Dr. Claudia Citkovitz, PhD, MS, LAc, has directed the inpatient Acupuncture Service at NYU Langone Hospital - Brooklyn since 2004, where she and her team provide postgraduate instruction in inpatient care. Her PhD study on acupuncture during stroke rehabilitation was the first in the U.S., as was her 2006 study of acupuncture during birth. Claudia teaches and practices acupuncture for birth and neurological conditions in New York and Massachusetts. She sits on the Accrediting Commission for Acupuncture and Oriental Medicine and is an editorial board member on several scholarly journals including the Journal of Alternative and Complementary Medicine and Meridians.

She worked in the obstetrics and gynecology rotation at the University of Chicago School of Medicine, and authored, presented research, and conducted clinical trials related to labor and delivery for the Society for Acupuncture Research, Journal of Alternative and Complementary Medicine, Lutheran Hospital Department of Obstetrics and Gynecology, and University of North Carolina, among others.

Chad Conner

Chad Conner, MSOM, has over 20 years of experience developing and overseeing successful, integrative medicine centers in both the United States and abroad. As a licensed acupuncturist, herbalist and massage therapist, Chad has provided Chinese medical services to the University of San Diego’s medical school free clinic and San Diego Hospice while running a successful private practice. He also currently serves as a professor and clinic supervisor at Pacific College of Oriental Medicine.

While abroad, Conner co-founded Ananda Health Centers in Casablanca, Morocco, the first multi-disciplinary wellness centers in the country, and the Institute of Wu Wei, the first acupuncture school in the country, where he partnered with SPERE, the oldest acupuncture school in France, and had many students pass their acupuncture certification in France.

Over the last five years, he has studied and incorporated cannabis medicine into his practice. He has been featured in several podcasts on cannabis and Chinese medicine, and co-founded Pure Ratios, a vertically-integrated medical cannabis and CBD hemp company specializing in unique product combinations of Eastern natural medicine and Western scientific research.

www.pureratios.com

Deidre Courtney

Deirdre Courtney, MTCM, CAC (China), DiplAc, came to acupuncture and face reading through her passion for cooking good, healthy, macrobiotic food. In the 1980s, she was in demand as a chef, working in French, Italian, vegetarian and macrobiotic restaurants in her home town of Dublin, as well as in Denver, Colorado, and Los Angeles. She also became a teacher, showing other cooks how to use the healing power of healthy food to help people recovering from alcohol, drug abuse, and obesity.

Seeking to develop her healing talents further, she earned her master’s in traditional Chinese medicine from Yo San University and opened a private practice. Courtney has since lectured and conducted workshops worldwide, been published in journals, magazines, and newspapers, and made many appearances on TV and radio. She was the head of the acupuncture department at the College of Naturopathic Medicine CNM Ireland for 12 years and Chairperson of the Irish Register of Chinese Medical Herbalism for four.

Stephen Cowan

Dr. Stephen Cowan, MD, FAAP, is a board-certified pediatrician with 30 years of clinical experience working with children. He sub-specializes in developmental pediatrics and is New York state certified in Medical Acupuncture. Dr. Cowan is a fellow in the American Academy of Pediatrics, and a member of both the AAP Committee on Children with Disabilities and the American Academy of Medical Acupuncture. He founded the Westchester Center for Holistic Families, where he offers holistic evaluation and treatments for children. Dr. Cowan also sees patients at Tournesol Wellness in NYC, and is director of health and education for the nonprofit Tournesol Kids. He has lectured internationally on alternative approaches to health problems in children. Dr. Cowan is the author of Fire Child, Water Child and has contributed chapters to several books about holistic approaches to childhood conditions. He specializes in the diagnosis and treatment of pediatric problems such as attention deficit disorder, autism spectrum disorders, migraine, Tourette syndrome, asthma, and allergies. Understanding the child as an interrelated part of family and environment is the central focus of his practice. This approach respects the inseparability of mind, body, and spirit and promotes a deeper understanding of what it means to be healthy.

Dustin Dillberg

Dr. Dustin Dillberg, DACM, LAc, is a speaker, writer, and educator specializing in sports medicine, myofascial systems, lymphatics, pain management, and functional medicine. He is a graduate of Pacific College of Oriental Medicine, Egoscue Institute, and Pettibon Spinal Technologies. Dr. Dillberg has extensive clinical experience working with many top professional athletes and co-authored the book Body and Soul with Bethany Hamilton in 2014. Dr. Dillberg lives and works on the island of Kauai, where he runs the Pain Free Kauai clinic, providing traditional Chinese medicine along with postural corrective exercise, laser therapy, and functional medicine. He is a speaker and consultant to healthcare professionals on integrating posture-based exercise and functional medicine into practice. www.painfreekauai.com

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Rick Gold

Dr. Richard Gold, PhD, MSTOM, LAc, graduated from Oberlin College in 1972 and the New England School of Acupuncture in 1978. Ever since, he has devoted his career to the study, practice, researching, teaching, and publishing in the field of East Asian medicine. Dr. Gold has pursued advanced studies in China, Japan, and Thailand, and holds a doctorate in psychology. He is one of the earliest pioneers of Thai massage therapy in the United States, Brazil, Israel and Europe, and has published several books on the topic. Dr. Gold was one of the four founders of the Pacific College of Oriental Medicine, served on the board of the college for many years, and continues to teach there. In addition, he served for over twenty years as the President and Chairman of the Board of the International Professional School of Bodywork (IPSB), where he was also a senior faculty member. In recent years, Dr. Gold has been working in the field of applied neuroscience and sound. Currently, he is the President and Executive Producer of Metta Mindfulness Music, a company devoted to creating original music to facilitate meditation, health and mindfulness.

Holly Guzman

Holly Guzman, OMD, LAc, began studying acupuncture at the age of 13, with help from the Chinese Embassy in Afghanistan, where she lived in 1972. There, she was given a booklet on curing deaf mutes. A few years later, Guzman traveled to the Guang Zhou School for the Deaf Mute in China to see the successful acupuncture protocol in action. She also witnessed acupuncture anesthesia in major surgery and national health care programs using Chinese herbs. Guzman attended NESA in 1979, and a year later assisted Ted Kaptchuk in opening the first acupuncture program at a state hospital. In 1983, she joined the first graduating class of ACTCM, assisted Miriam Lee, and studied with Yat Ki Lai. Guzman regularly lectures at major Chinese medicine symposiums, one of the very few unpublished speakers with this honor. She is a contributing author in Acupuncture in Practice, The Natural Health First Aid Guide, and Breast Cancer/Breast Health. Holly has practiced in Santa Cruz, CA since 1983, specializing in women’s health, pediatrics, immune issues, cancer, and epilepsy. www.hollyguzmanseminars.com/

Moshe Heller

Moshe Heller, a graduate of Pacific College of Oriental Medicine - San Diego, is the former academic dean and department chair of Oriental medicine, herbal medicine, and the clinic at Pacific College - New York. Heller has been practicing and teaching Chinese medicine for nearly 25 years. He taught at the Hebrew University’s Medicine College and the Israeli College of Complementary Medicine. Heller developed a year-long certification course in Chinese medical pediatrics with Dr. Stephen Cowan and has lectured at the Pacific Symposium in San Diego, FSOMA Conference in Florida, and ICCM conference in Israel. He has completed postgraduate work on internal medicine, TCM gynecology, pediatrics, and Japanese acupuncture, and participated in a research study on the use of acupuncture during labor. Heller currently maintains a busy practice in NYC.

Bill Helm

Helm is the director and lead instructor at the Taoist Sanctuary of San Diego and the former department chair of the massage and bodywork program at Pacific College of Oriental Medicine. He has been studying Chinese martial and healing arts since 1965, specializing in taijiquan, tui na, qigong, and herbal medicine. Helm is a 20th generation Indoor Disciple of Grandmaster Chen Xiaowang and holds a 6th Duan Wei from the Chinese Wushu Association. He has also studied with taijiquan masters Chen Xiaoxing, Chen Zhiquang, Ren Guangyi, and Chen Bing. Helm studied traditional Chinese Medicine at the Shanghai College of Medicine and the Beijing Olympic Training Center in China and in the U.S. with Taoist Master Share K. Lew and Dr. Yu Da Fang.

Susan Johnson

Susan Johnson, LAc, has been studying acupuncture since 1982. She is an esteemed teacher of Master Tung’s Magic Points, a potent system of acupuncture handed down as a treasured family secret for generations and made public by Master Tung Ching-Chang. Susan graduated from the American College of Traditional Chinese Medicine in San Francisco, California, was licensed in 1984, and began an internship with Dr. Miriam Lee. She became Dr. Lee’s primary student and trained extensively with her for many years. In 1987, they travelled to Hefei, China, to study bleeding techniques with Dr. Wang Xiu Zhen. Susan studied Master Tung’s Magic Points with both Dr. Lee and Dr. Wei-Chieh Young. During the 1980s she also worked with Dr. Lee, lobbyist Art Krause, and elected officials to pass legislation expanding the scope of acupuncture in California. Susan Johnson practiced acupuncture in San Francisco until 1988, specializing in the treatment of HIV, and has maintained an acupuncture practice in Santa Cruz ever since. Susan continues to work on innovative ways to share Master Tung’s Magic Points with a global audience. Her passion for Tung’s points and her desire to share this remarkable system with other practitioners has inspired her to guest lecture worldwide, write articles, and produce webinars and tutorial DVDs. Her newest book is Tung’s Magic Points, Volume One: A Definitive Clinical Guide, which will soon be followed by Tung’s Magic Points, Volume Two: The Clinician’s Best Friend.

Robert Nations

Dr. Robert Nations has been involved with healing and traditional medicine since 1983. For years, he has studied and trained with the Taoist Sanctuary of San Diego, Pacific College of Oriental Medicine, the Institute of Canonical East Asian Medicine, and the Alexander Technique. He has worked with multiple organizations and agencies training and promoting Chinese medicine, philosophy, and health practices. His primary interests are the aging process and working with older adults. He and his wife operate their clinic in San Diego. www.nations-acupuncture.com

Kiiko Matsumoto

Kiiko Matsumoto, LAc, is a world-renowned acupuncturist and teacher, best known for her ability to integrate the work of Japanese masters such as Master Nagano, Master Kawai, and Dr. Manaka into a coherent and clinically effective style. She is co-director of the KINKO Psychiatric Hospital in Yokohama City, Japan, researching and treating depression using Master Nagano-style. Matsumoto is also 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 continually evaluate and refine her techniques. www.kiikomatsumoto.com

Jason Prall

Jason Prall, founder and CEO of the Human Longevity Project, is an optimal health and longevity practitioner who works remotely with individuals around the world who are those struggling with weight loss, or suffering from complex health issues that their doctors have been unable to resolve. He shares his unique and innovative approach as a nationally-recognized speaker and radio host, transforming the lives of thousands with simple, practical, powerful solutions to combat chronic health conditions and improve quality of life. In 2016, Prall was honored with the Community Award by the National Association of Nutrition Professionals. He is also the author of the forthcoming book Longevity: Living Beyond 100 with Abundant Energy, Happiness, and Vitality by Applying the Secret Wisdom of the World’s Healthiest People. <https://humanlongevityfilm.com/>

Yuval Ron

Yuval Ron is a world-renowned musician, composer, educator, peace activist and record producer. He composed the music for the Oscar-winning film West Bank Story and was invited to perform for the Dalai Lama. Ron has collaborated with Sufi leaders, master musicians, Zen Buddhist priests, visual artists, choreographers, and neuroscientists. He was awarded with the Los Angeles Treasures Award and grants from the National Endowment for the Arts, American Composers Forum, California Council for the Humanities, and the Rockefeller Foundation. He is a noted lecturer and has been invited to speak at schools including Yale, John Hopkins University, UCLA, MIT, Berklee College of Music, and University of Chicago. Yuval has been on the faculty of Esalen Institute, is an affiliated artist with the Center for Jewish Culture and Creativity, and a “Guiding Voice” for Seven Pillars – House of Wisdom. Yuval’s first book Divine Attunement: Music as a Path to Wisdom won the Gold Medal for Best Book in the Spirituality Category at the Indie Book Awards 2015. To listen to the music of Yuval Ron and to find more information about his recordings, books, talks, master-classes, workshops and concerts, please visit: www.yuvalronmusic.com

Hillary Thing

Hillary Thing, LAc, is a holistic medicine practitioner with two decades of clinical experience. Lyme disease became her specialty ten years ago, after her husband suffered repeated bouts of Lyme and co-infection. Hillary now trains other health professionals through a year-long training, the Holistic Lyme Practitioner Mentorship. She and her associates treat patients both in-person at Accord Acupuncture & Herbs in High Falls, NY and internationally via telemedicine. Hillary also speaks at scientific and holistic medical conferences throughout the US

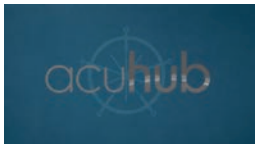
Jeffrey Yuen

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

Janet Zand

Janet Zand, LAc, OMD, has over thirty years of private practice experience in natural medicine including acupuncture, herbal medicine, functional medicine, and nutrition. She has taught and lectured to physicians, acupuncturists, chiropractors and nurses throughout the United States and Europe. Zand is the author of Smart Medicine for a Healthier Child, A Parent’s Guide to Medical Emergencies, and Smart Medicine for Healthier Living and The Nitric Oxide Solution, and she currently writes a popular weekly Women’s Health e-alert. Zand began her first term on the NCCAOM Board of Commissioners in February 2017 In 2015, she was inducted into the Hall of Legends, and acknowledged by the National Nutritional Food Association and New Hope as a thought leader, innovator, and leader in the natural products industry. In 2009, Dr. Zand joined forces with Dr. Nathan Bryan in nitric oxide research and the co-formulation of NEO40, a nutritional supplement that has since sold over a million doses. Zand cofounded Zand Herbal Formulas, Inc., and was Chairman of the Board for more than twenty years.

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Lyme Treatment Success with Chinese Medicine

By HILLARY THING, LAc

Lyme and similar devastating stealth infections are on a rise across the world. Chinese medicine practitioners across the United States and beyond are being faced with patients with illnesses that are difficult to diagnose and even more difficult to treat.

Many of us are drawn to Chinese medicine for its refined holistic diagnostic approach and untapped range of plant, dietary, and lifestyle medicines that can heal all types of infections and symptoms. We have a rich tradition to draw from, yet most practitioners still feel overwhelmed and unable to knowledgeably lead these enigmatic patients out of the woods and into full health and disease resilience.

The real problem is not the effectiveness of Chinese medicine to treat these problems, but our ability as practitioners to:

- Recognize the true underlying causes of chronic multi-system inflammatory disease.
- Know how to navigate the maze of diagnostic and treatment options and be positive leaders for our patients.
- Understand how to wield the tools of Chinese medicine most effectively to create powerful results for this unique patient population.

The little-known secret sauce of Chinese medicine's success in the treatment of mysterious and difficult-to-treat illnesses such as Lyme and tick-borne infections lies in some profound insights and treatment strategies that are as relevant today as when they were developed 3,000 years ago. Understanding the characteristics of Gu disease will give you immediate holistic insight into the nature of Lyme, parasitic, and chronic inflammatory disease.

GU SYNDROME: ANCIENT INSIGHTS INTO A MODERN EPIDEMIC

Gu zheng, which can be translated as "possession syndrome", is a Chinese medical diagnosis that describes a situation where a person's body is overcome with one or many parasitic-type organisms. The visual pictogram of Gu in written language depicts worms breeding in a pot.

Gu is one of the oldest Chinese characters, and therefore a very old concept in Chinese culture. It's been part of medical practice for many thousands of years and is discussed in the earliest Chinese medical texts, which are 3,000 years old.

Due perhaps to decreased immunity, compromised genetics, diet, or our sedentary tendencies, the average modern person is more susceptible to parasitic infection than people of the past.

Gu syndrome encompasses all complex chronic infections and inflammatory diseases and gives us a profound understanding of what we're dealing with when a patient has chaotic multi-system health problems—whether or not we can identify through bloodwork the exact infection or infections that a patient has.

THE CHARACTERISTICS OF GU (LYME AND LYME-LIKE) DISEASES

Gu, as described in the classical Chinese medical texts, is characterized by a complex disease picture that first and foremost is triggered by infection from a parasitic organism such as *Borrelia burgdorferi*, *Babesia*, or *Bartonella*.

Next, it often manifests in a combination of digestive, mental/cognitive, and nervous system symptoms such as insomnia and anxiety.

It is understood to:

- Be a disease experience that feels like a terrible calamity, like the worst thing that has or could ever happen to you. Lyme patients will often say "I feel like I'm dying", "I feel like I'm being tortured," or "I can't take any more". This is a trademark characteristic of Gu syndrome.
- Involve nonsensical or inexplicable symptoms (both for patient and practitioner) such as a seizure-like experience that doesn't show up on an EEG or sensations that patients have a hard time putting into. This is common with Lyme disease and with Gu.
- Typically, medical diagnostic exams turn up nothing. Both Lyme and Gu are the diagnosis that's left when all else has been proven negative.
- Gu pathogens also act as a type of toxin or poison (*Gu du* = Gu poison). We know this is true in Lyme disease because it's corroborated by the fact that the metabolic byproducts of parasitic organisms are known to have a toxic effect on the body. Since the 7th century, classical Chinese medical texts have stated that "Gu can transform itself into harmful toxins".

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LYME DISEASE RE-DEFINED: A SUPER-INFECTION THAT CONSUMES ITS HOST'S RESOURCES

Lyme disease is not just a spirochetal infection. Through the lens of Gu, we can see Lyme as more than simply a super-infection involving a combination of different strains of parasitic organisms. It also operates by consuming the resources of the host, leading to a physical and emotional wasting of the person, and creating great mental, physical and emotional suffering in the process.

Gu are chronic inflammatory degenerative syndromes, super-infections involving a variety of pathogens such as fungi, viruses and spirochetes, that may lead to malnourishment and a depleted, dysfunctional immune system.

These co-existing infections thrive upon each other as well as other toxic material stored within the body. They symbiotically assist each other in the process of feeding upon their more and more deficient host. Unfortunately, the choices humans have made over the recent past decades have led to our bodies becoming attractive havens and easy targets for infestation by these types of microbes.

This is the nature of Gu disease, as well as a very accurate description of Lyme and Lyme-like illnesses that we see in the modern clinic. The treatment approaches that were developed in response to Gu disease are still highly valuable today. In our clinic we've developed many protocols that evolved out of the Gu approach and are highly effective at bringing the modern Gu patient back to a state of health.

THE MOST IMPORTANT ELEMENTS OF LYME TREATMENT WITH CHINESE MEDICINE:

Successful treatment of complex chronic disease requires a multi-layered, strategic treatment approach. There are numerous strategies that we apply in different cases depending on the symptom presentation, diagnoses, and what phase of healing they are in.

However, there are 3 crucial treatment strategies that are foundational to nearly all cases of chronic Lyme disease. They are:

1. Rebuild and restore the life force energy flow. This is the central factor around which our treatment plans are built and the primary principle that we use to navigate treatment decisions with our patients. This translates into TCM terms as tonifying the patient's qi, blood, yin, and yang (emphasis varies patient to patient). One of the unique and critical aspects of successful Gu treatment is that all the tonic herbs that we use for rebuilding the deficiencies

also have detoxifying properties. A few common examples are gan cao, dang gui, and huang qi (not honey-fried!).

2. Detoxify and move the stagnant liver qi and blood. Lyme is a disease of toxicity. The suffering it creates is largely a result of the endotoxins the *Borrelia* spp. and other pathogens produce as they live, breed and die inside the body.

Detoxification is always compromised in long-term and severe cases of Lyme disease, and the pathways of elimination must be strengthened before the true healing progress can begin. This equates to coursing, harmonizing and softening the liver qi, as well as invigorating the movement of liver blood.

In our work with patients we utilize many tools of Chinese medicine to support detoxification including lifestyle practices, herbs, acupuncture, diet, and exercise.

3. Eliminate the pathogenic factors. Antimicrobial herbs and techniques are used to reduce the total load of parasites, bacteria, protozoa, viruses, and other microbes that burden the body. Herbs are chosen to target specific species or classes of microbes (such as *Bartonella* and viruses, or Lyme and *Babesia*) depending on what the current symptom picture is showing are the active infection or infections. Some favorite anti-gu herbals include ding xiang, qing hao, gui zhen cao, hu zhang, and chuan xin lian. We typically include different herbs for elimination of eggs, spore forms, and at some point in the treatment journey (generally not the beginning) we also use herbs to initiate the breakdown of biofilm, hidden colonies of pathogenic microbes that remain protected from antibiotics and the immune system.

Practitioners of Chinese medicine can (and indeed must!) play a leading role in the diagnosis and treatment of Lyme and Lyme-like illness with our holistic diagnostic perspective and non-toxic treatment tools that focus not only on the elimination of the microbes but also on the generation of health and disease resilience. **OM**

HILLARY THING, LAc, is a holistic medicine practitioner with two decades of clinical experience. Lyme disease became her specialty ten years ago, after her husband suffered repeated bouts of Lyme and co-infection. Hillary now trains other health professionals through a year-long training, the Holistic Lyme Practitioner Mentorship. She and her associates treat patients both in-person at Accord Acupuncture & Herbs in High Falls, NY and internationally via telemedicine. Hillary also speaks at scientific and holistic medical conferences throughout the US.

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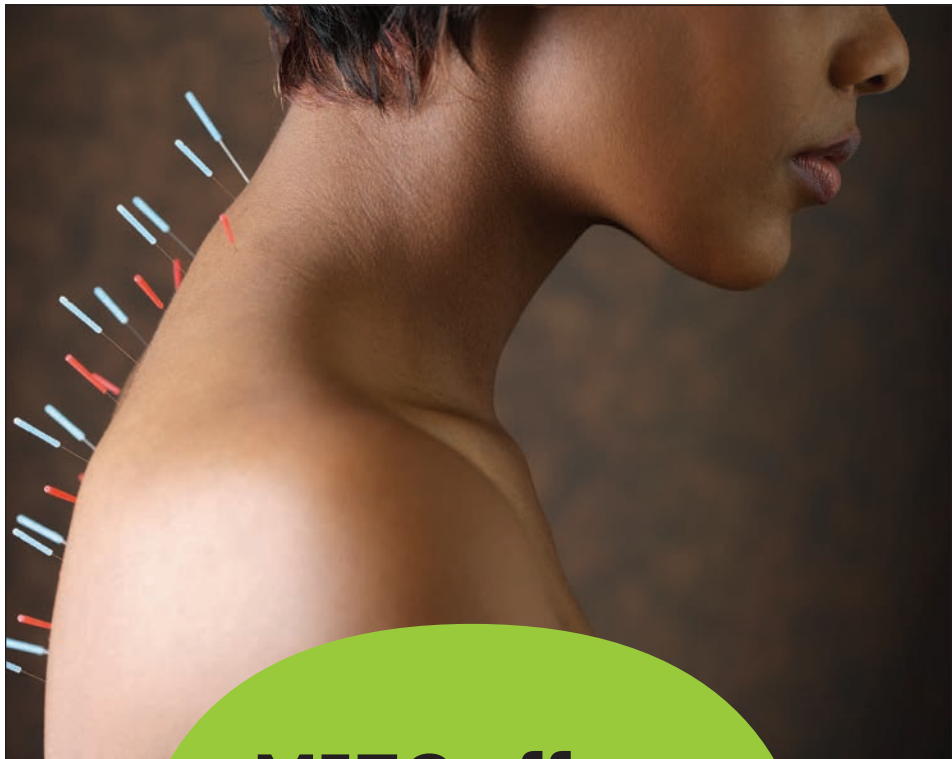
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Our Congee Calling

By **KAREN M TAYLOR, LAc**

Due to today's fraught political climate and frenzied pace of life, Americans are experiencing increased levels of worry and stress. The *New York Times* recently reported that "in the United States, about 55 percent of adults said they had experienced stress during 'a lot of the day' prior, compared with just 35 percent globally. Statistically, that put the country on par with Greece, which had led the rankings on stress since 2012."¹

As physicians of Asian medicine, we are aware of the epidemic levels of digestive distress. We understand the strain this cultural climate has put upon on our digestion, but we also provide treatment that reduces stress and protects the spleen against the detrimental effects of so much worrying. To meet the demands of today, our remedy must be quick, easy, convenient, and accessible. But it must also be warm, whole, slow, soothing, healing, and agreeable to the average person. The solution is thousands of years old, and it's been in our doctor's bag all along.

Congee is that simple wisdom; that ancient elixir. A traditional Asian rice porridge that's been around since the time of the Buddha, this medicinal meal benefits the stomach and intestines and is excellent for digestion. Slow-cooked with lots of water, congee is exceptional at hydrating, often fed to babies, nursing mothers, or the ill and depleted. This simple porridge easily delivers needed nutrients to those with compromised digestion, while simultaneously healing and repairing the organs and associated channels.

In my practice, congee is the first line of defense for patients who suffer from loose stools or constipation of any type. It regulates and balances, working equally well for both dry and damp conditions. The benefits extend far beyond discomfort in the abdomen or epigastrium. Strengthening qi and yang, nourishing yin, building blood, and calming shen must be part of a daily routine.

From surveying my patients over the decades, I have come to believe that breakfast is the meal most likely to damage spleen qi and yang. Cold smoothies and granola bars on the run are not the nourishment our bodies need. I know congee offers a nourishing alternative because I've been eating it for breakfast for 27 years.

When my beloved mother passed away from complications of constipation, my calling became crystal clear: to bring the simple, healing power of congee to my home country and the West. Breakfast Cure was born.



My mission is two-fold: make it so easy that success is guaranteed, and create recipes that delight the Western palate. Congee is convenient because it cooks overnight while you sleep. It offers a warm, well-cooked, homemade meal that is ready when you wake up and easy to digest and absorb. It dawned on me that a pre-packaged, easy-to-make, high-quality congee might also be the key to compliance. I was right.

The prospect of making congee from scratch is often daunting and congee packets can be training wheels that allow patients to see, taste, and feel what is possible. Some will be inspired to create their own personalized recipes, while others will be relieved to have pre-packaged options. Either way, the key to my Breakfast Cure method is to slow-cook the congee overnight while you sleep, eliminating morning stress from deciding, prepping, and cooking.

When this message came in recently I was thrilled—one more person blown away by the power of a simple old porridge:

"Hi Karen. I wanted to let you know that I made the Fig Cardamom Congee and ate it with the pistachios. It was divine! I don't know how I've lived without it until now. I'm not bloated or uncomfortable at all. I will make one of the other flavors on Sunday night."

Then another update:

"I still feel great. It was exactly as you said it would be, but it was still surprising to me. The congee

continued on **NEXT PAGE**

is strangely comforting, and eating it makes me feel like I'm doing something profoundly good for my health. It's nourishing in a deep, spiritual way. Breakfast Cure certainly lives up to its name. Thank you!"

My passion redoubles upon receiving a glowing report like this one. I share it with you here to emphasize that it doesn't have to take a long time. It is as powerful as it is simple. Love your spleen, and make it a daily routine.

Congee works because it presents no challenges to a weak digestive system. There is nothing raw, cold, hard, dry, or difficult to digest after cooking with five or more times the volume of water at a low temperature for 8 to 14 hours. Breakfast Cure recipes emphasize organic, gluten-free whole grains and a wide variety of ingredients, which is one of the keys to good nutrition.

Traditional recipes, as well as Breakfast Cure flavors, target specific patterns. For example, *The Book of Jook's* basic congee recipe for a malnourished patient is made from white rice and water and served with butter and honey. Many people are surprised to learn that white rice is best in some cases: it is soothing and easy to digest. I love introducing people to a truly whole oat groat and the delicious congee it makes. I created Apple Cinnamon Breakfast Cure as a way to introduce people to congee using a flavor already popular for breakfast, yet made with a grain so complete it requires a much longer cook time.²

One of my recipes, Masala Chai Spice, I call a quintessential modern congee because it is a soothing qi and yang tonic made primarily of white rice. I formulated Mega Omega, a more complex flavor, to nourish yin and clear false heat. I recently introduced my first true culinary medicinal flavor: Red Mushroom Medley. Drawing on the benefits of Wuyi mushrooms to nourish blood, it also contains Da Zao (jujubes) and longan fruit. Scallions, ginger, shiitake mushrooms, and red rice round out this Chinese herbal offering. The results are in: this savory, Chinese herbal flavor rivals my other top recipes in popularity. This is a significant milestone: Americans are finally ready to love our congee mornings.

It is my personal mission to hear "congee" uttered as a common household word, just as I have witnessed with "acupuncture" during my career. When I started acupuncture school, needles were still considered experimental by the FDA. When I began my practice in 1995, I spent most of my days educating patients about acupuncture. Most people had never heard of it and didn't know anyone who had tried it.

We are the ones who can bring congee and all its healing powers to the people around us. As acupuncturists, we understand why it is genuinely good for everyone. We are not part of the bandwagon mentality, judging a food group the "bad" food of the decade. Meat was bad for you in the 80s, fat was unacceptable in the 90s, and today grains are the demonized food. Chinese medicine provides us a vantage point that allows us to see beyond trendy fads and draw instead upon our beautiful, time-tested traditions.

The pioneers among us who brought our medicine to the West, like Bob Flaws, shared so much wisdom with early acupuncturists here. *The Book of Jook*, first published the year I graduated from Southwest Acupuncture College, was an early English-language resource that opened the path for us to embrace this healing medicinal porridge. The book's tagline even suggests congee as a "healthy alternative to the typical Western breakfast."³

I imagine that, like me, many among us have tried and failed to get patients to make congee at home. Compliance is the key as well as the greatest challenge. I had the same issue when I first started my practice with a full, loose-herb pharmacy. Now we have the option of so many easy-to-take, high-quality Chinese herbal formulas that compliance isn't much of a barrier.

As acupuncturists, we know that the concept of spleen yang and our theory of digestion are often difficult for our patients to fully understand. The immediate, tangible, soothing effect of eating congee first thing in the morning, coupled with the deeper long-term benefits, allow patients to experience this abstract theory through personal experience. They feel good!

I sleep better knowing that I'm following the teachings of the ancient masters by turning first to tools of diet and lifestyle. Congee and Breakfast Cure have allowed me to share these tools with others in a way that will reduce stress, nourish, and heal. I invite you to try it. **OM**

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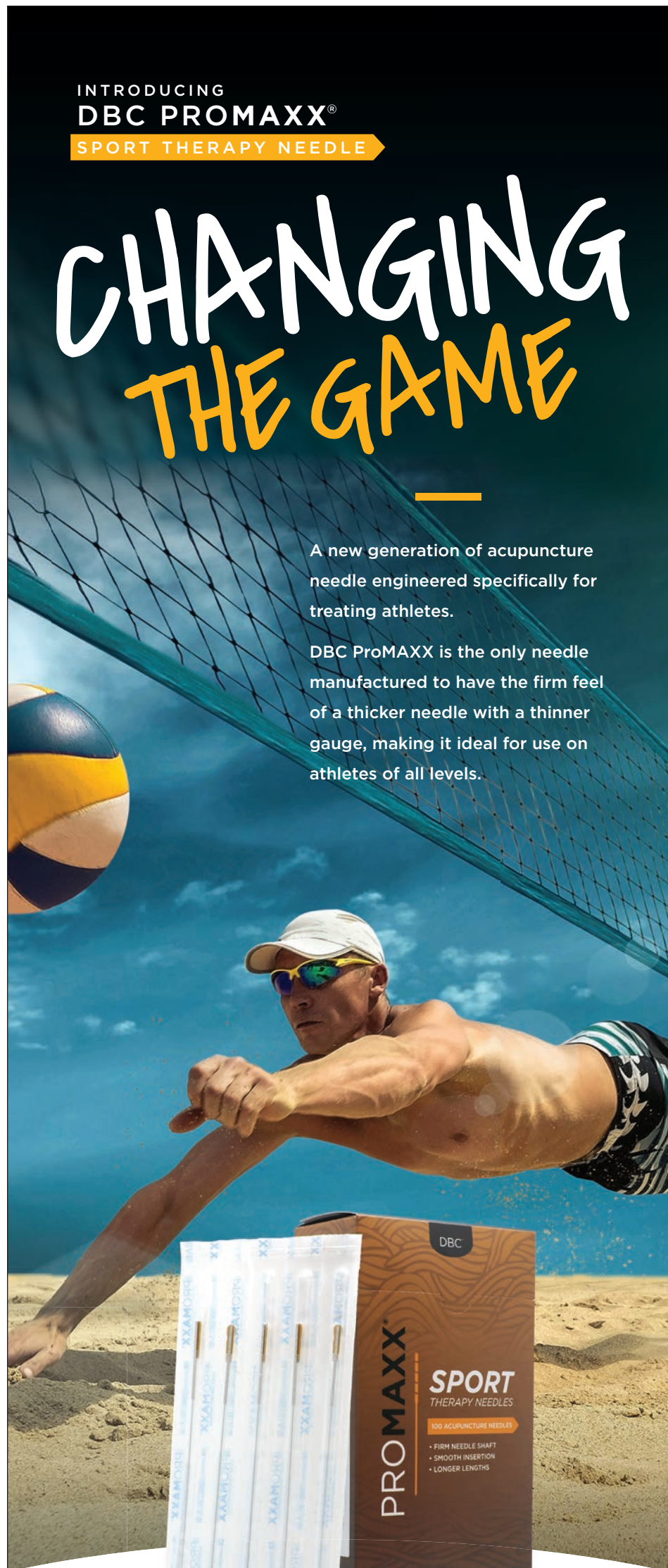
KAREN TAYLOR, LAc, DiplAc, lives in Eugene, Oregon and has been in private practice since 1995. Taylor received her Diplomate of Chinese Herbology in 1994. She founded Breakfast Cure in 2017 to facilitate the adoption of congee as a morning ritual for everyone from toddlers to doctors of Chinese medicine.

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Self-Care. Get a treatment or massage, listen to motivational podcasts, read inspirational stories/books/articles, have a spa day, get out in nature, get a sub to teach your class, take a class in something that makes you happy. The idea is to engage in activities that recharge your batteries and bring you joy.

Eat Right. Diet really does make a difference in how we feel. Even hydration plays a significant role in how we think and perform. Did you know that, since our bodies and brains are mostly water, that dehydration of even 2% can have negative cognitive implications?²³ Moral of the story: drink water and eat well. Most of us have been trained in Eastern and Western nutrition. We not only understand the importance of feeding our bodies, minds, and souls, good food we preach this to our patients. Let's be good role models and walk our talk.

Exercise. Stagnation leads to dis-ease. Move your qi. If you don't have the disciple to exercise regularly then get a workout accountability partner and com-

mit yourself to meeting at least once per week. A strategy that has worked for me for nearly 20 years is to teach fitness classes: I have to be there because people are counting on me, and I get free health club memberships. Can you teach yoga, fitness, or another form of exercise that forces you to get out there and exercise? It can also become another revenue source.

Say No. I love how Derek Sivers, a successful American entrepreneur, approaches his decision making: "If it's not a 'Hell Yeah,' then it's a 'No.'⁴

Hire Out. Stop doing things that you don't want to do. It drains your energy and has also been considered a contributor to career burnout. Is it finally time for you to hire someone to do all your billing or get a house keeper? What are you waiting for? I promise you that once you hire out the tasks you hate to do, you will hear yourself think or say "damn it, why didn't I do this sooner?" Stop waiting and start living your life the way you want *now*.

Create a Master Mind. When two people meet to discuss and explore an idea or topic there become three minds: The first person's mind, the second person's mind, and the third mind, considered the "mastermind", that is created between them. To tap into this powerful peak state-promoting strategy, meet regularly with a colleague for collaboration and motivation. I have been doing this for several years and find it to be incredibly helpful in countless ways. Every two weeks, I meet with my practice/business mastermind colleague, and we present to each other our highs, lows, challenges, and successes while we offer insight and ideas to each other. It is often easier for someone else to see what's going on in our blind spots. Since I tend to "over-passionate", my practice/business mastermind colleague regularly points out that I'm taking on too much work and will inevitably crash if I don't let some things go. It is so effective, and it helps to reduce the feelings of isolation many of us feel as private practitioners and entrepreneurs.

Stop Over-Passionating. I coined the phrase "over-passionating" after personally suffering from this dis-ease for countless years and witnessing many other people doing the same thing. I often have a hard time saying no to things—I want to do it all! The problem is that I simply cannot do all the things for which I have passion. I want to have a successful product business, be the best mother, volunteer at MOPS, read at least 40 books per year, teach fitness classes, have a successful private practice, write books, teach acupuncture classes, run workshops, speak at events, start new product businesses, coach and consult... are you dizzy yet? I am. I finally had to write a prioritized list of all the things I wanted to do and for which I had enthusiasm. I then picked the top three on the list and told the remaining 99+ items that they will have to wait for the time being. Think of juggling: typically, there are three balls in motion because any more becomes almost impossible. So why do we

continued on **NEXT PAGE**



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try to juggle more than three major efforts in our lives and then wonder why we aren't incredibly successful in any of them?

Empower your Lists. Having huge task lists can weigh us down and contribute to the sense of burnout. Therefore, here are some strategies for having your lists empower and serve you rather than bog you down:

1. Marie Kondo your list⁵. If it doesn't lead you to joy, get rid of it. If you do not know about Marie Kondo's movement of tidying up your life – following her advice alone can reduce your stress and burnout tremendously.
2. Rename your list. Instead of a "To Do List" have a "I Get To Do This List."
3. Devote an entire day to your "I Get to Do This List." Wake up and get yourself into a peak state by exercising, meditating, etc. and then turn off the outside world while you go through each item on the list and finally complete them. Get motivation by promising yourself that once you finish a certain number of the items from your list that you will reward yourself. You'll go get a treat, have lunch with a friend, engage in something artsy, go for a hike, go to the beach, have a glass of wine, watch your favorite Netflix show – whatever is the perfect carrot to dangle in front of yourself to stop procrastinating and finally finish something that must get done and is causing you stress.

OHIO. Only Handle It Once. This is a great strategy to keep your "I Get to Do This" List short and stress levels low. If there is any chance you get something done immediately rather than placing it on the list—do it right away. Only handle it once, not twice or three times while you put it on your list and then keep procrastinating on it.

Raise your prices. A major cause of burnout is too much people contact. Another common cause of burnout is feeling as though you aren't being paid adequately. Are you seeing too many patients or charging too little? I remember one particular Friday night as I was driving home from a week where I treated 40 patients—I cried the whole way home. I was so spent. When I arrived home, my boyfriend couldn't understand why I was so emotionally, mentally, and physically drained. His response to me was, "You just

sit and talk with patients all day. How hard can that be?" While people that aren't healthcare providers may not ever understand how taxing it can be, you and I know the toll it takes on us. I've been coaching practitioners for nearly 10 years now, and 95% of them have come to me with this dilemma. They want to make the same amount of money, if not more, but not have to see more patients. You are going to have to raise your prices and/or bring additional revenue streams to your practice to correct this issue.

Additional Revenue Streams. Selling herbs, supplements, adjunctive treatment tools, instructional videos, and/or other products that you endorse or use in your treatment sessions is a great way to bring in additional revenue without having to see more patients. You can incorporate e-commerce into your website and sell these items online. If you aren't sure how to do this, hire a consultant to help you get started. They can save you hundreds of hours and dollars from you trying to learn it all on your own.

Monetize what you are already doing for free. For many years, students, recent graduates, and even seasoned practitioners would call or email me asking for advice on how to take their practice or business to the next level. I loved helping these individuals, and it felt good to know I was being of service to a fellow practitioner. After one particular email exchange which went on for days and took up several of my hours, the prior student of mine whom I had just given a ton of helpful advice ended his email by saying "Gosh. You are so good at this. You should charge for it." That's when a light bulb turned on for me. What are you doing a lot of, for free, that you could start to charge for? What are people telling you should charge for?

While I have provided you with some potential options, it's now time for you to explore all possible options for each of your burnout causes. Take a moment to write down all your options next to each cause identified in Step 1.

Step 2 of the 4-step **COPE** process:
Write down *all* possible options next to each root cause

P is for Pick and Plan. From *all* possible options, select those options that are both necessary and realistic for you at this time and design a plan to incorporate these remedies into your life immediately.

Yes, immediately. I cannot stress enough the importance of taking immediate, massive action (thank you, Tony Robbins, for these words of motivation). I often hear my clients and/or patients say things like, "Yeah, I know I need to do that but I can't right now because I am waiting until I make more money or I'm waiting for my kids to grow up, or I can't do it until I lose some weight, or I just signed a lease or...(Enter any and all excuses here)." To this, I'd like to offer a quote from Richard Bach, author of the book *Illusions*: "Argue for your limitations, and sure enough they are yours." Circle 1 to 3 options for each burnout cause and commit to them now.

Step 3 of the 4-step **COPE** process:
Pick your options and make a plan

E is for Execute. Now it's time to act on what you've determined is necessary if you are going to transform the burnout into an opportunity to improve your situation. We all know that engaging in activities like exercise, yoga, meditation, nature, and music will reduce our stress levels, but we must take action for them to have any effect on our situation. I give you permission to: stop working Saturdays or late nights, get a new office space, gracefully refer out the patients that aren't willing to pay you what your services are worth, raise your prices, take some time off, leave private practice and create a product business, do whatever it takes to bring you back to your true self—the same person that eagerly and most passionately pursued a career in healthcare.

"A journey of a thousand miles begins with a single step"
-Famous Chinese proverb

Jim Collins, author of *Good to Great and Built to Last*, writes about the concept of the "20 Mile March" in his book *Great by Choice*. If you marched 20 miles every day, regardless of rain or shine, extenuating situations or outside events, you would eventually go across the entire United States. By engaging in the 20 Mile March approach to a goal you will invoke order amidst disorder, discipline amidst the chaos, and consistency amidst uncertainty. Simply stated: one step at a time. The key to all of it is in taking the steps.

Step 4 of the 4-step **COPE** process:
Do something every day that moves you towards your transformation

The 4-Step process of **COPE** can get you out of a burnout phase and recognize the incredible gift you are given when you feel burn-

out. It is actually an opportunity to finally reach this kind of rock bottom burnout because only then will you will take action in the direction of your heart. I often tell my clients and patients that "nobody gets off a comfortable couch." Perhaps the universe is making your couch uncomfortable enough that you will finally make some changes in your career or life.

Remember, you were drawn to a career in healthcare for a reason. Something called to you like a songbird until you answered the summons and dedicated a good part of your life to helping others. Maybe you became a healthcare practitioner to heal yourself, or perhaps you once loved it and now find yourself out of love. It's up to you to honor the warning signs and do what you need to do to get yourself back on track even if it means taking a serious time out, getting help or going into a different direction all together.

As your mechanic, I encourage you to pay attention to the warning signs that your body, mind, and spirit are giving you. Honor those messages because they are a blessing. They are there to provide you with the opportunity to bring yourself back into alignment and onto a track that feels right, brings you joy and a deep sense of job fulfillment. Bringing your car into the shop for occasional check-ups and to make sure you get routine maintenance is important. Take care of your vehicle. Take care of yourself. Stay aligned and turn the seeming setback of burnout into a breakthrough. **OM**

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With a commitment to helping others actualize their greatest potential and well-being, **EAST PHILLIPS**, DAOM, LAc, has been a licensed acupuncturist since 1999 and professor of Chinese Medicine at the Pacific College of Oriental Medicine since 2004. She currently resides in Del Mar, CA with her husband and two kids and continues to help patients, students, other practitioners, and the general public with her books, lectures, workshops, coaching and wellness related products.

motor nerve branch can split from the ulnar nerve 1-1.5 inches proximal to the motor point location and travel alongside the ulnar nerve until it enters the MEP. In other words, there may be differences in where the motor nerve branches off the primary nerve but the MEP is generally at the same location from specimen to specimen. In addition, the size of the motor nerve that enters the muscle tissue does not seem to be based on the size or sex of the individual. For example, a collateral branch of the median nerve that enters the pronator teres muscle in a 5-foot tall woman can be twice the size as the same nerve of a 6-foot tall man. These types of disparities may be attributable to anthropometric differences or they may be adaptations to the individual's health and activity level. Other researchers have observed that the sciatic nerve branches to the hamstring musculature can vary randomly in length and size, which can alter the innervation patterning.²¹⁻²²

IDENTIFYING MOTOR POINT LOCATIONS

Motor point location references dating as far back as the 1920s were mostly research articles or electromyographic user manuals that provided little more than line drawings of a figure with black dots of approximate motor point locations. These types of drawings were commonly provided with commercially available electrical stimulators. Even by the late 1990s, there were still only a few publications that were helpful in showing the approximate locations of motor points.²³⁻²⁶ When the author went through and cross-referenced these books, it became apparent that there was a lack of consistency between the locations noted in these reference books. For an acupuncturist to effectively use motor points, more precise locations were needed for accurate needle insertion. Around this time, the most commonly used electronic neuromuscular stimulator was the EMS-2A from Medlabs, which used an interrupted galvanic current to test and locate cutaneous motor points. As discussed previously, superficial muscle motor points corresponded to the locations on the skin above the MEP, where an electrical pulse evoked a muscle twitch with the least amount of current.

Starting in the early 1990s, the author used the EMS-2A to begin the process of finding the precise motor point locations on the skin, so that acupuncturists would be able to accurately stimulate these points. The process of testing the points went much like this:

1. Once the area of the skin was identified as the probable location of the motor point, the 8 mm circular head from the electrical stimulator was placed on the skin.

2. In order to complete the stimulation current loop (monopolar stimulation), a reference electrode was placed over the antagonist muscle unit before the electrical current was initiated.
3. A small electrical current was applied from the electrical stimulator to different locations on the skin where the motor point was suspected to lie until it evoked a muscle twitch.
4. The twitch response was determined by visual inspection and manual palpation of the muscle and its proximal or distal tendon. When the twitch response was identified, the stimulation current was decreased to a value that still elicited a small response of the muscle in order to further refine the location of the muscle motor point.
5. Once the motor point was found and recorded, the author tested the same point location on at least 5 other people to determine the reliability of the location.

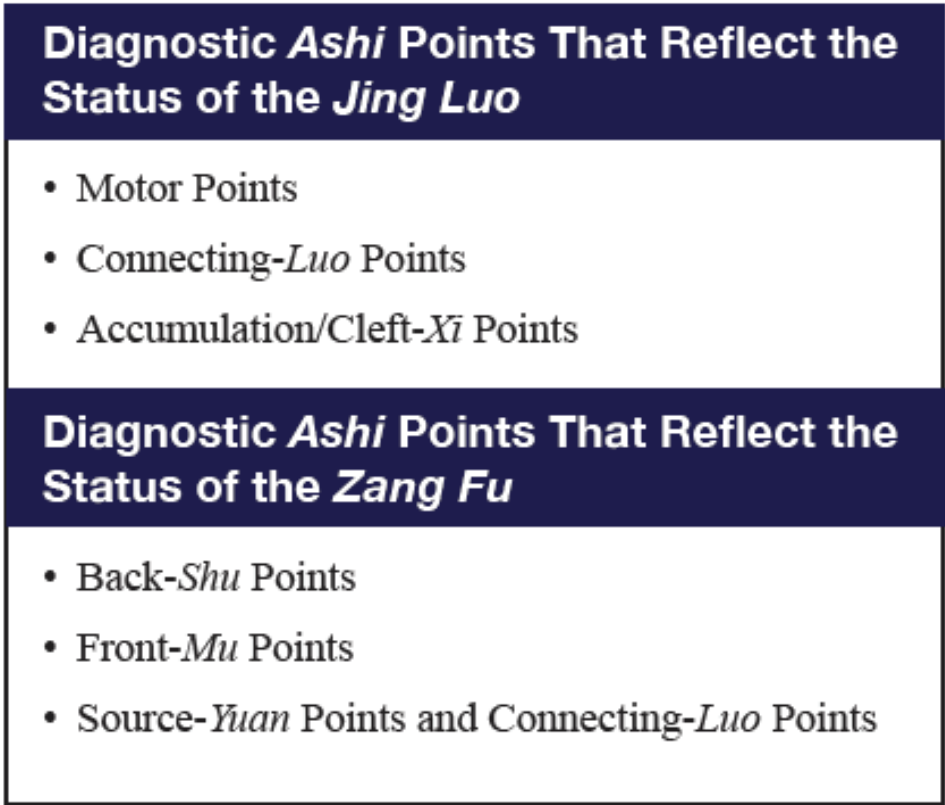
In the vast majority of cases, the motor points had consistent locations but there was a small percentage of subjects for which certain motor point locations varied by as much as 0.5 inches from the identified location.

At the present time the author uses a pen electrode to locate cutaneous motor points because it is easier to use than the galvanic stimulator. It is important to remember that surface electrode testing is not useful or reliable for locating muscle motor points in the deeper muscle layers. Motor point locations for muscles such as the hip external rotators and the tibialis posterior are too deep to be tested on the surface of the skin. For these motor point locations, the author relied on research articles to describe the approximate locations of the motor nerve entry points and then, whenever possible, has confirmed these research findings through cadaver dissection.

MOTOR POINT LOCATIONS AND TCM THEORY

In many Western-based research articles on motor point locations, the measurements are specified through the use of X and Y coordinates that are based on anatomical landmarks. While this can be an efficient way to locate a point, this type of mapping doesn't offer any additional insights. TCM practitioners have the advantage of a comprehensive system of inter-connected acupuncture points that are categorized and classified in many different ways, including the traditional names of the acupuncture points themselves. This gives the TCM practitioner not only an easy and practical way to find motor points using *cun* measurements, but in certain cases, especially when a

Figure 2. The two major categories of diagnostic ashi points



motor point and acupuncture point share the same location, the acupuncture point names or their classifications can provide additional clinical information that enables a more comprehensive, holistic treatment.

For example, the primary motor point for the external oblique shares the same location as LIV 13 (*zhangmen*). This motor point has a profound effect on correcting pelvic rotations, but if we look at its TCM categorization, we will remember that this point is not only the front-*mu* point of the spleen, but also a meeting point of the liver and gallbladder channels. Front-*mu* points are known as “alarm” points, which display *ashi* tenderness when the corresponding organ is not functioning properly. Knowledge of the crossing points of particular channels is useful because of the point's influence on those particular channels and organs. So, if the external oblique motor point is tender, the practitioner can understand that not only does the muscle need to be regulated, but there is also a high probability that the patient has some manner of spleen disharmony that may be related to a liver/gallbladder disharmony. There is even the potential that the muscle dysfunction and pelvic rotation is physically affecting the spleen's ability to function. This is the type of integrative information that practitioners can gain by remembering some of the basics of TCM theory.

In another example, extra point *xinfutu* shares the same location as the distal motor point of the vastus lateralis muscle. *Xinfutu*, translated as “new hidden rabbit”, is an extra point located 1 *cun* posterior to the traditional acupuncture point ST 32 (*futu*), meaning “hidden rabbit”. The Chinese characters for this point describe how the rabbit, sitting back on its haunches with its knees flexed, is

hiding and ready to leap with speed and power. In this case, the name of the point provides us with useful clinical information. After years of experimenting with needling this point, the author suggests that it is best palpated and needled when the knee is flexed between 45°-60°. The vastus lateralis is a large and powerful muscle and has two primary MEPs. *Xinfutu* in particular enhances the explosive nature of knee extension, such as in jumping sports. This point also has an incredible proprioceptive effect on regulating quadriceps muscle firing sequences when combined with the vastus medialis motor points.

In another example where point nomenclature provides additional information, the peroneus tertius motor point occupies the same location as an extra point called *naoqing*, meaning “brain's clearing.”. This point is not only useful for musculoskeletal injuries (ankle sprain or foot-over-pronation, for example) but by paying attention to the point's name and its traditional functions, the TCM practitioner understands that it also has a remarkable ability as a distal point to help with lassitude, amnesia and vertigo.

In addition to over 20 years of the author's testing, refining, and clinical use, editorial references are provided for the motor point locations that the author has used from 1998 until the publication of this article. Motor point locations can definitely vary and finding the most consistent locations of large diameter motor nerve entry points—those that have the greatest clinical impact when needled—has been a long process. The passion and desire to continue this research has not waned for the author because matching anatomical findings with

continued on page 38

Table 3. Foods That Contains Sulfites

Fruits, dried (excluding dark raisins and prunes)
Grape juices (white, white sparkling, pink sparkling, red sparkling)
Lemon juice, bottled (non-frozen)
Lime juice, bottled (non-frozen)
Pickled cocktail onions
Salad
Sauerkraut (and its juice)
Wine

Table 4. Drugs That Contains Sulfites

Adrenaline
Aminoglycoside antibiotics
Anaesthetics, local
Antifungal (creams and ointments)
Corticosteroids (creams and ointments)
Corticosteroids (injectable)
Dexamethasone
Dopamine
Doxycycline
Isoetharine
Isoprenaline
Isoproterenol
Metoclopramide
Phenylephrine
Propofol

Table 5. Cosmetic Products That Contains Sulfites

Anti-aging creams and moisturizers
Around-the-eye creams
Blush
Body washes/cleansers
Bronzers and highlighters
Facial cleansers
False tan lotions
Hair colors and bleaches
Hair sprays
Home permanent solutions
Perfumes
Skin fading/lighteners

Table 5. Herbs That May Contain Sulfites

Bai Guo (Semen Ginkgo)
Bai He (Bulbus Lili)
Ge Gen (Radix Puerariae Lobatae)
Gou Qi Zi (Fructus Lycii)
Ren Shen (Radix et Rhizoma Ginseng)
Shan Yao (Rhizoma Dioscoreae)
Yu Zhu (Rhizoma Polygonati Odorati)

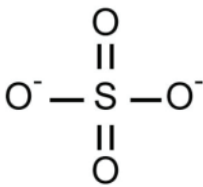
corticosteroids). Lastly, many cosmetic products also contain sulfites (hair colors and bleaches, home permanent solutions, skin fading/lighteners, false tan lotions, anti-aging creams and moisturizers, facial cleansers, around-the-eye creams, body washes/cleansers, hair sprays, perfumes, blush, bronzers, and highlighters).

Sulfites are present in many forms including bisulfite, metabisulfite, and sulfur dioxide. Sulfites cause allergy in approximately 1% of population. Hypersensitivity reactions include hives, dyspnea, and in severe cases, anaphylactic shock. Products that contain more than 10 ppm of sulfite require disclosure on the label, according to the US FDA.

Sulfites and sulfonamides have different chemical structures, and there is no evidence of cross-allergy between sulfites and sulfonamides.

For patients with sulfite allergy, inquiry should be made to ensure the seven herbs listed below are sulfite free. Chinese herbs that may be treated with sulfite include: *Bai Guo* (Semen Ginkgo), *Bai He* (Bulbus Lili), *Ge Gen* (Radix Puerariae Lobatae), *Gou Qi Zi* (Fructus Lycii), *Ren Shen* (Radix et Rhizoma Ginseng), *Shan Yao* (Rhizoma Dioscoreae), *Yu Zhu* (Rhizoma Polygonati Odorati).

Sulfate



Sulfate

Sulfates contain one sulfur atom surrounded by 4 oxygen atoms. Sulfates are widely present in everyday life: sulfate-containing drugs (i.e., ferrous sulfate), dietary supplements (i.e., glucosamine sulfate), and personal care products (i.e., shampoo, toothpaste, shaving foam, body washes and facial cleansers).

Sulfate allergies are rare. In addition, sulfates, again, are different from sulfonamide antimicrobials as well as sulfites and do not cause allergic or sensitivity reactions.

Sulfur



Sulfur

Sulfur is a chemical element that is naturally present in many amino acids and other important molecules in the body. In fact, after calcium and phosphorus, it is the third most abundant mineral in the

human body. Sulfur is also found in many foods, such as garlic, onions, and broccoli.

While some individuals may be allergic to the action of sulfonamide antimicrobials and sulfites, they do not have true allergy to sulfur itself. True allergy to sulfur is virtually impossible, as sulfur is present in all living tissues and humans cannot survive without it.

CONCLUSION

Sulfa, sulfite, sulfate, and sulfur are four terms that sound similar but have completely different clinical implications. In addition to inquiring after patients' allergy profiles, health-care practitioners must help patients understand the differences between these four terms so patients who have true allergy or cross-allergy with sulfa, sulfites, and/or sulfates can avoid those drugs, herbs, foods, and products.

- Sulfa drugs, specifically sulfonamide antimicrobials, may cause allergy in approximately 3% of the population. There is no clinical evidence of cross-allergy between sulfonamide antimicrobials and sulfonamide non-antimicrobials, or documented evidence

of cross-allergy between sulfonamide antimicrobials and Chinese herbs.

- Sulfites, including bisulfite, metabisulfite, and sulfur dioxide, are widely present in foods, dietary supplements, drugs and cosmetic products. There is no evidence of cross-allergy between sulfonamide antimicrobials and sulfites. For patients with true sulfite allergy, seven herbs (listed above) should be tested to ensure they are sulfite-free.
- Sulfates are widely present in everyday life as drugs, dietary supplements, and personal care products. Sulfate allergies are rare. There is no evidence of cross-allergy between sulfates with sulfonamide antimicrobials and sulfites.
- Sulfur is a chemical element that is naturally present in human body and many foods. It is virtually impossible to be allergic to sulfur. **OM**

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TCM acupuncture theory and its applications continues to fascinate him.

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MATT CALLISON, CA licensed in 1992 and a member of the faculty of Pacific College of Oriental Medicine, is the creator of the Treatment of Orthopedic Disorders classes, which are taught at all three PCOM campuses. He was the first to start an acupuncture externship for acupuncture interns in a university sports medicine setting. This model of treating university athletes at UC San Diego with sports acupuncture began 14 years ago and continues today. Callison is the author of the Motor Point Index, The Motor Points and Acupuncture Meridians wall chart, and the book *Sports Medicine Acupuncture: An Integrated Approach to Combining Sports Medicine and Traditional Chinese Medicine*, due out October of 2019. He is also president of the AcuSport Education and the Sports Medicine Acupuncture Certification Program, founded in 2007. www.sportsmedicineacupuncture.com

SUPPORTING OVARIAN RESERVE WITH CHINESE MEDICINE continued from page 14

Fertile Tonic, like Zhi Shen Yu Tai Wan, works to improve ovarian reserves by invigorating the kidneys, regulating the liver, and tonifying the blood. Additionally, Fertile Tonic contains Chai Hu to **smooth the liver qi** to regulate emotions for a happy and peaceful feeling during the treatment of fertility, and **Dan Shen to remove blood stasis** for improved egg quality. The ingredients in Fertile Tonic are Bai Shao, Bu Gu Zhi, Chai Hu, Chuan Xiong, Dan Shen, Dang Gui, Du Zhong, Gan Cao, Gou Qi Zi, Gui Ban, Shu Di Huang, Tu Si Zi, Xian Mao, and Yin Yang Huo.

It is advised when taking both Zhi Shen Yu Tai Wan and Fertile Tonic to avoid consuming radishes, coix seeds (also known as Yi Yi Ren or Jacob's Tears), and mung bean sprouts at the same time. If liver and kidney yin deficiency patients feel dryness or bitterness in their mouths, they are advised to take the formula with water and honey.

In Conjunction. To boost ovarian reserves, improve follicular development, promote ovulation, and improve the quality of eggs, it is important to work with patients well in advance of pregnancy. Typically 3-6 months of treatment are needed prior to pregnancy to fully invigorate the kidney and the spleen. Patients experiencing poor egg quality should take Fertile Tonic or other herbal formulas that work to revitalize the kidneys

and remove blood stasis as early in the process as possible.

Low ovarian reserves may also manifest in irregular menstruation. If so, patients will benefit from acupuncture 1-2 times every week and herbs taken twice a day for 20 days starting on the 5th day of menstruation for a period of three months. While HRT is the most direct treatment for cycle regulation, acupuncture and herbs can gently and successfully regulate the cycle and the uterine environment while also addressing delayed menstruation or hypomenorrhea. Acupuncture and herbs may also be used in conjunction with HRT for severe cases or for patients who prefer to see faster results.

Low ovarian reserve patients, due to associated poor egg quality, are also often at risk of threatened miscarriage or recurrent miscarriage. In these cases, the goal is to improve luteal function and endometrial receptivity by invigorating the kidney and spleen, to nourish the blood, and to stabilize the fetus. Particularly for patients with frequent spotting, lumbar soreness and lower abdominal pain, acupuncture should be administered 1-2 times a week and herbs should be taken 12 weeks prior to pregnancy through the first 12 weeks of pregnancy.

Finally, patients undergoing IVF frequently see higher rates of success

when also undergoing TCM treatment for ovarian function. Of patients undergoing IVF, those with low ovarian reserve are more likely to respond to follicle stimulating drugs poorly (few mature eggs) or not at all (eggs are not mature). Even when mature eggs are retrieved, the eggs are more often of low quality and so they less frequently capable of developing into the stage needed to successfully transfer. Further, poor egg quality can lead to higher rates of miscarriage after successful transfer and implantation.

The benefits of acupuncture and herbal treatment in advance of IVF are especially beneficial, as I've seen in my last 17 years of treating infertility patients in partnership with IVF specialists in central New York. In patients simultaneously undergoing Chinese medicine and IVF, I've observed improved response to ovulation stimulation drugs, higher numbers of retrieved mature eggs, more fertilized eggs, more quality embryos, and higher chances of conception with each round of IVF. Even after IVF, the rates of miscarriage are frequently reduced in patients undergoing treatment with acupuncture and herbs.

IN CONCLUSION

While fertility is an extremely complex field, the herbal formulas described in this article are effective

tools for building your integrative fertility practice. Particularly when combined with acupuncture, patients experiencing a wide range of fertility issues may benefit and increase their chances of conception.

It takes patience and dedication to see patients through their fertility issues, but the rewards are tremendous for patients, families, and practitioner alike. The fertility work I do is the work that I personally welcome and appreciate the most. I hope that you too may experience the immense joy of meeting highly-anticipated newborns and the delight of seeing them grow year after year. **OM**

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