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# Pacific Symposium 30<sup>th</sup> 2018

OCTOBER  
23-30

-OUR PEARL-  
ANNIVERSARY

SAN DIEGO  
CA

UP TO 59 CEUs POSSIBLE

## SPEAKERS

Ted Kaptchuk	Holly Guzman
Kiiko Matsumoto	Roger Jahnke
Whitfield Reaves	East Haradin
Peter Deadman	Drew Pierson
Subhuti Dharmananda	David Bomzon
Misha Cohen	Avi Amir
Felice Dunas	Chad Conner
Andrew Nugent-Head	Sarica Cernohous
JulieAnn Nugent-Head	Guohui Liu
Andy Ellis	Mark Kastner
Andrew Gaeddert	Z'ev Rosenberg

Qigong with Bill Helm and Robert Nations

## SPECIAL GUEST AND KEYNOTE SPEAKER

Paul Chek, Founder of the C.H.E.K. Institute

### PRE-SYMPOSIUM WORKSHOPS

Paul Chek Oct. 23-24  
Andrew Nugent-Head Oct. 23-24

### POST-SYMPOSIUM WORKSHOPS

Kiiko Matsumoto Oct. 29  
Whitfield Reaves Oct. 29-30



WELCOME TO THE 2018 PACIFIC SYMPOSIUM

CAB Provider #1205    NCCAOM Provider #1282

Learn from the Best: Ted Kaptchuk | Kiiko Matsumoto | Whitfield Reaves | Paul Chek  
Peter Deadman | Subhuti Dharmananda | Misha Cohen  
Felice Dunas | Andrew Nugent-Head | Andy Ellis | East Haradin

Andrew Gaeddert | JulieAnn Nugent-Head | Holly Guzman | Roger Jahnke  
Drew Pierson | Guohui Liu | David Bomzon and Avi Amir | Sarica Cernohous  
Chad Conner | Mark Kastner | Z'ev Rosenberg

2018 SCHEDULE AT A GLANCE

59 CEUs/PDAs - (PENDING APPROVAL)

Tuesday/Wednesday 10/23-10/24	Thursday 10/25	Friday 10/26	Saturday 10/27	Sunday 10/28	Monday/Tuesday 10/29-10/30
Early Morning Qigong · (1 CEU per session - NCCAOM limits Qigong PDAs to 4 CEUs)					
Important Morning Announcements Begin at 8:45  Two-Day Sessions: 14 CEUs 9:00am-5:00pm  Nine Essential Needling Techniques to Increase Clinical Efficacy Andrew Nugent-Head  CHEK Life Alchemy 4 Health and Performance: Getting to the Root Cause of Your Patients' Problems Paul Chek	7:00am-7:50am  Important Morning Announcements Begin at 8:45	The Crane Frolic Qigong Bill Helm	The Crane Frolic Qigong Bill Helm	The Crane Frolic Qigong Bill Helm	Important Morning Announcements Begin at 8:45
	General Sessions · (1 CEU per speaker/3 per morning)				
	9:00am-9:50am	The Golden Elixir of Longevity & Immortality: The Qigong and Taiji Wellness System Roger Jahnke	Herbs & Nutrients for Athletic Performance & Recovery, Part 1 Andrew Gaeddert	Wu Wei Zi: Fruit for Peak Performance—Modern Discoveries Subhuti Dharmananda	Placebo Effect and Penetrating Divine Illumination Ted Kaptchuk
	9:55am-10:45am	Creating Exceptional Treatment Experiences, Part 1 East Haradin	Maintaining Metabolic Balance with Integrated Chinese Medicine Misha Cohen	Sleep: Ancient Teachings and Modern Research Felice Dunas	Traditional Chinese Medicine and Human Performance Whitfield Reaves
	11:15am-12:05pm	Treatment of Interstitial Cystitis According to Qi Transformation Theory in the Shang Han Lun Guohui Liu	Introduction to Cannabis Medicine from a TCM Perspective Chad Conner	The Fantastic Three: Combining Yamamoto New Scalp Acupuncture, Physical Therapy, & Guided Imagery in Stroke Patients David Bomzon & Avi Amir	Yangsheng Teachings on Living Longer, Healthier, Happier, and Wiser Peter Deadman
Afternoon Qigong · (1 CEU per session NCCAOM limits Qigong PDAs to 4 CEUs)					
	12:15pm-1:05pm	The Crane Frolic Qigong Robert Nations	The Crane Frolic Qigong Robert Nations	The Crane Frolic Qigong Robert Nations	The Crane Frolic Qigong Robert Nations
	Afternoon Workshops · (3 CEUs per workshop)				
	2:00pm-5:00pm	Traditional Nutrition Considerations for the Modern Patient Sarica Cernohous	Personalizing Cannabis Medicine from a TCM Perspective Chad Conner	Yamamoto New Scalp Acupuncture for Neurological Diseases, Chronic & Acute Pain. David Bomzon and Avi Amir	Cultivating the Mind and Emotions for Health and Wellbeing Peter Deadman
		Creating Exceptional Treatment Experiences, Part 2 East Haradin	Fatty Liver: An Integrated Chinese Medicine Approach to a Growing Global Epidemic Misha Cohen	Getting Back in the Game: Strategies for Recovery from Injury, Surgery, & Other Damage Subhuti Dharmananda	A Clinical Perspective on Human Performance Whitfield Reaves
		Classification & Clinical Application for Tai Yin Disease in Shang Han Lun Guohui Liu	Herbs and Nutrients for Athletic Performance and Recovery, Part 2 Andrew Gaeddert	Psyche, Breath, and Sex: Exercises to Optimize Treatment Outcomes Felice Dunas	The Ladder of the Soul in Chinese Medicine Ted Kaptchuk
		Accessible Medical Qigong for Patients and Clinicians Roger Jahnke	Treating Hips, Shoulders, and the SI Joint Successfully Mark Kastner	Things My Teachers Said: Passing the Torch Andy Ellis	Introduction to Diode Rings: Non-Insertive Adjunct Treatments for Musculoskeletal Disorders Kiiko Matsumoto
		Combining Ancient Wisdom & Modern Neuroscience for the Implementation and Assessment of Peak States Drew Pierson	Wellness vs. Disease: Clinical Application of the Shen Nong Ben Cao (SNBC) JulieAnn Nugent-Head	Shonishin, and Other Easy Ways to Treat Children from Birth to Seven Years Holly Guzman	
Evening Sessions: 1.5 CEUs	5:00pm-7:00pm	PCOM Doctoral Information Session		PCOM Alumni and Faculty Reunion 6:00pm-7:00pm	
	7:30pm-9:00pm	Returning to the Source: A Discussion on the Past, Present & Future of Chinese Medicine Z'ev Rosenberg	KEYNOTE ADDRESS Peak Health & Performance: the 4-Doctor Approach Paul Chek	Symposium Party	



# PEARL ANNIVERSARY

## Greetings!

As part of our 30th anniversary celebration of Pacific Symposium, we want to take Chinese medicine continuing education one step further. In addition to speakers who will address the treatment of commonly, and uncommonly seen disorders, we have asked many of our presenters to tackle the challenge of “peak performance,” i.e., how Chinese medicine can help healthy patients achieve lofty goals, athletic performance, and ensure optimal health and extended “health span.” After all, the best medicine prevents illness and helps patients (should we call them patients if they’re not sick?) get the most from their precious lifetime. We hope you enjoy such topics as *The Golden Elixir of Longevity and Immortality*, *Herbs and Nutrients for Athletic Performance*, *Wu Wei Zi: Fruit for Peak Performance*, *Creating Exceptional Treatment Experiences*, *Yangsheng Teachings on Living Longer, Healthier, Happier, and Wiser*; and *Combining Ancient Wisdom and Modern Neuroscience for Peak States*, along with many other lectures and workshops.

Chinese medicine luminaries who were at the first Symposium in 1989—Ted Kaptchuk, Kiiko Matsumoto, Subhuti Dharmananda, Whitfield Reaves, and Misha Cohen—will be there. They’ll be joined by our newest generation of brilliant presenters: Drew Pierson, Sarica Cernohous, David Bomzon, Chad Conner, Guohui Liu, and Andrew and JulieAnn Nugent-Head. Rounding out this stellar faculty will be ten other perennial favorites. Our keynote presenter is Paul Chek, founder of the C.H.E.K Institute and an embodiment of our peak performance theme. Chek is the author of an amazing array of 60 DVDs and 17 advanced-level home study courses designed for the fitness and clinical professional. He will also present an in-depth two-day, pre-symposium workshop. Whether you join us for a day or the whole week, we look forward to celebrating our 30th anniversary with you.

Sincerely,

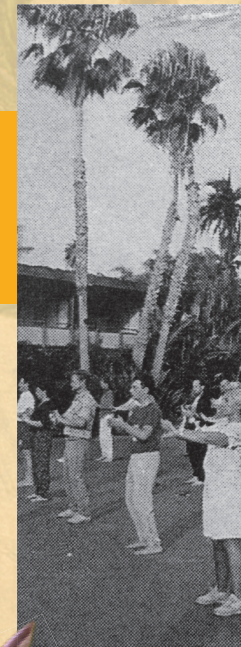
**Jack Miller, LAc, MA**  
President



## A LEGACY ROOTED IN COMMUNITY

We would like to take some time to express our gratitude and appreciation to the faithful and dedicated Symposium family, without whom this event could not have grown into what it is today; our visitors, speakers, exhibitors, faculty, students, and of course the team of volunteers and staff, who every year have worked tirelessly, placing their personal lives on hold, to put this event together. We feel honored and inspired by your contribution, and hope to enjoy your continued sharing of your passion for many years to come.

## THE SYMPOSIUM THROUGH THE YEARS



Send us your favorite “Vintage Symposium” photos—we are creating a special trip down memory lane! To share please contact us at: [Symposium@PacifiCollege.edu](mailto:Symposium@PacifiCollege.edu).



# TUESDAY & WEDNESDAY

October 23-24

# MONDAY

October 29

## PRE-SYMPOSIUM WORKSHOPS

**Nine Essential Needling Techniques to Increase Clinical Efficacy** by *Andrew Nugent-Head*

14  
CEU/PDA

Tuesday and Wednesday, October 23-24, 9:00am-5:00pm  
CAB Category: 1



A needle is not meant to be inserted into a point, but to manipulate the qi of a patient. The point is only a location, and its actions only happen reliably with correct manipulation of the needle. Understanding how to change the motion and intensity of our needling and supporting hands as well as our body weight is critical to moving beyond insertion and hoped-for results. To reliably create warming, cooling, channel traveling, gathering, spreading, filling, or emptying sensations in our patients requires knowing how to tangibly manipulate the needle. In this seminar, Andrew walks through the physical mechanics of each technique as well as demonstrates them on volunteers from the audience to keep the presentation practical. The Nine Essential Needling Techniques covered are Burning Mountain 燒山山火火法, Cooling Sky 透天涼法, Channel Traveling 行行行經通絡法, Softening/Spreading 散法, Gathering/Consolidating 聚法, Sparrow Pecking 雀啄法, Pulling Out 提氣法, Pinning In 扣氣法, and Awakening the Yuan 醒元法.

**CHEK Life Alchemy 4 Health and Performance: Getting to the Root Cause of Your Patients' Problems** by *Paul Chek*

14  
CEU/PDA

Tuesday and Wednesday, October 23-24, 9:00am-5:00pm  
CAB Category: 1



Chinese medicine, like alchemy, emerged from observations of the principles and functions of nature. Chek Life Process Alchemy (CLPA) is the product of 32 years of clinical experience and research into body-emotion-mind-soul interrelationships. CLPA will aid acupuncturists and healthcare professionals in understanding key physiological regulatory systems, and how the psyche and body of a patient respond to and mirror each other. Using key principles of alchemy as expressed via physiological regulatory systems, Jungian principles of depth psychology and the four functions of consciousness, and assessment of an individual's life story; CLPA provides an efficient means of identifying the etiology behind patient symptoms. Students of CLPA will learn a structured system of patient assessment progression, awareness training and behavioral change that is highly complementary to acupuncture theory and practice. You will learn to use CLPA in combination with acupuncture to resolve root causes of psychophysical challenges and facilitate the patient's ability to accomplish their stated dream, goal, or objective for healing and life.

## POST-SYMPOSIUM WORKSHOPS

**Diode Rings: Non-Insertive Adjunct Treatments for Vascular Disorders** by *Kiiko Matsumoto*

7  
CEU/PDA

Monday, October 29, 9:00am-5:00pm  
CAB Category: 1



Vascular system disorders are common, painful, and deadly. As an acupuncturist, it can be difficult to deal with these circulatory issues, and often it seems that there is little that we can offer besides the usual promise of reducing inflammation and boosting oxygen circulation in the blood. While that is, in fact, a benefit itself, the external manifestations of vascular issues, such as neuropathies and varicose veins, are often what patients want "fixed". In addition to the usual root- and condition-specific treatments, non-insertive diode rings offer a solution. By painlessly delivering microstimulation through the skin (without the use of electricity), they can reduce inflammation and increase circulation without needling these delicate areas, which are prone to infection.

# MONDAY & TUESDAY

October 29-30

**Acupuncture Treatment of Joint Dysfunction Made Easy** by *Whitfield Reaves*

14  
CEU/PDA

Monday and Tuesday, October 29-30, 9:00am-5:00pm  
CAB Category: 1



Learn how to integrate Chinese acupuncture practices with an understanding of anatomy, orthopedics, and sports medicine. Each attendee will improve their skills and gain confidence in the diagnosis, assessment, and treatment of many common joint injuries seen in the acupuncture clinic. Treatment of joint pain, injury, and dysfunction is a daily need in the acupuncture clinic, but effective treatment includes more than is typically described in the classic and modern acupuncture texts. A clear understanding of anatomy and the movement pattern of the joint results in a better treatment plan and choice of points. Reaves will teach attendees how to effectively use acupuncture, electrical stimulation, and other techniques for common injury sites. The role of muscle, tendon, ligament, and fascia on the joint will be included, and will lead the practitioner to effective meridian and point selection.

### DON'T MISS THESE SPECIAL EXHIBITOR PRESENTATIONS NO CEU CREDITS

Friday	10:00 am – 10:45 am	'OUTCH' OINTMENT
	11:15 am – 12:00 pm	MAYWAY
Saturday	9:00 am – 9:50 am	LHASA
	10:00 am – 10:45 am	MIRIDIA TECH
Sunday	10:00 am – 10:45 am	INSTITUTE of CLASSICAL 5 ELEMENT ACUPUNCTURE

## DAILY

Daily, Early-Morning, and Afternoon Qigong NCCAOM limits Qigong to 4 CEUs

The Crane Frolic Qigong by *Bill Helm and Robert Nations*

1  
CEU/PDA

Daily, 7:00-7:50am & 12:15-1:05pm  
CAB Category: 2

Hua To was a famous Chinese medical practitioner who created a system of qigong health exercises based upon the movements and spirits of five animals: tiger, crane, deer, bear, and monkey. In the workshop we will learn the Crane Frolic which emulates the movement patterns of the crane. These movements are graceful and flowing, integrating the breath with stepping and standing postures. They increase the circulation of qi through the cardiovascular system, help to improve balance in movement, and provide the practitioner with methods for increasing their qi sensitivity and strength.



# THURSDAY October 25

## The Golden Elixir of Longevity & Immortality: The Qigong and Taiji Wellness System by *Roger Jahnke*

1  
CEU/PDA

Thursday, October 25, 9:00-9:50am

CAB Category: 1

Ancient Chinese sages and medical innovators understood what conventional science is realizing now – thousands of years later. Taiji and qigong activate basic physiological mechanisms that are associated with the reduction of pathology – through naturally occurring self-regulatory mechanisms that neutralize the negative effects of oxidative and inflammatory process. In the ancient world, these were associated with longevity: the capacity to extend the duration of wellbeing and immortality. The process of sustaining a relationship with the quantum aspect of being wherein one is intimately connected with the aspect of oneself that is eternal. The foundations of these concepts are expressed in the Three Treasures: San Bao Science. Dr. Jahnke will explore ancient wisdom, contemporary research, and accessible practice to inspire practitioners to consider the power of qigong and taiji.

## Creating Exceptional Treatment Experiences, Part 1 by *East Haradin*

1  
CEU/PDA

Thursday, October 25, 9:55-10:45am

CAB Category: 1

Instead of providing everyday, ordinary treatments you can create exceptional treatment experiences for your patients. By doing so, you have an opportunity to enjoy your work more fully and make your treatments more effective and valuable. Join Dr. East for this introductory discussion on the difference between an ordinary treatment and an extraordinary treatment experience. She will share with you a few simple, and highly effective, tools, techniques and modalities you can incorporate into your practice right away to begin to create exceptional treatment experiences for your patients. In addition, she will explain why they have been clinically proven to increase patient satisfaction and treatment outcomes.

## Treatment of Interstitial Cystitis According to Qi Transformation Theory in the Shang Han Lun by *Guohui Liu*

1  
CEU/PDA

Thursday, October 25, 11:15am-12:05pm

CAB Category: 1

Interstitial cystitis is a common yet difficult disease for middle-aged women. It is easily confused with urinary tract infection and treated as damp-heat alone in clinic. After studying the Shang Han Lun for more than four decades, Guohui Liu has found that the qi transformation theory related to the tai yang, tai yin, and jue yin diseases are quite useful in dealing with this disease. Based on analysis of a couple of his own case studies, the speaker will lay out the strategies and formulas to treat this disease.

## Accessible Medical Qigong for Patients and Clinicians by *Roger Jahnke*

3  
CEU/PDA

Thursday, October 25, 2:00-5:00pm

CAB Category: 1

Long before acupuncture, and as a part of the methods for discovering herbal medicine and acupuncture, there was self-observation and self-cultivation: qigong. The insight and awareness cultivated by ancient sages created Chinese medicine. Clinical practitioners of Chinese medicine can cultivate the wisdom and insight of the ancients through the practice of qigong in modern times. Dr. Jahnke, with the experience accumulated through ten trips to China and 35 years of clinical practice, will support participants in learning and practicing an accessible form of medical qigong: Bu Zheng Qigong. The foundations for this class are the classical Chinese Three Treasures body-jing, heartmind-qi, spirit-shen, and the four baskets of practice: body practice, breath practice, mind practice, and self-applied massage. A key seminar theme is the idea that teaching people to help heal themselves is in accord with the Huang Di Nei Jing and actually increases financial success.

EXTEND YOUR STAY FOR SPECIAL  
IN-DEPTH STUDY SESSIONS

Register Early!

Our Pre and Post-Symposium Workshops sell out quickly. [PacificSymposium.org](http://PacificSymposium.org)

## Creating Exceptional Treatment Experiences, Part 2 by *East Haradin*

3  
CEU/PDA

Thursday, October 25, 2:00-5:00pm

CAB Category: 1

Join Dr. East Haradin for this fun and interactive workshop which will explore specific ways you can take your treatments to the next level by providing exceptional treatment experiences rather than just plain treatments. By doing so, you will not only improve patient satisfaction and treatment outcomes, you will have the potential to increase the value, and price, of your treatments. Dr. East will share with you the key components of an exceptional treatment experience, including: (1) A prepared practitioner: ways you can practice mindfulness, prevent burn out and work from your highest potential. (2) Tools, techniques, and adjunctive modalities you can include in your treatments to make them extraordinary. (3) The use of objective measurements. (4) A collective and mindful approach to patient care. Woven into the workshop will be hands-on-practice and experience of many of the tools, techniques, and modalities explored.

## Classification and Clinical Application for Tai Yin Disease in Shang Han Lun by *Guohui Liu*

3  
CEU/PDA

Thursday, October 25, 2:00-5:00pm

CAB Category: 1

Tai yin disease in the Shang Han Lun is related to digestive disorders, for practitioners in clinic. As early as the 3rd century, Zhang Ji recorded many diagnostic skills and formulas to treat tai yin disease in his work based on his clinical practice. Nowadays, clinical practice has proven these skills and formulas are quite useful for us to deal with digestive disorders in our daily practice. This speech will classify all information about tai yin disease in the Shang Han Lun into two categories: disorders completely belonging to tai yin disease and disorders partially belonging to tai yin disease. We will also discuss how to identify them according to the speaker's experience and analyze the formulas related in details. Some case studies will be used to demonstrate how to manage these diagnostic skills and treatment approaches in clinical practice

## Traditional Nutrition Considerations for the Modern Patient by *Sarica Cernohous*

3  
CEU/PDA

Thursday, October 25, 2:00-5:00pm

CAB Category: 1

Is nutritional guidance part of your care for your patients? It is as it is a powerful way to help your patients help themselves, and support the good you do for them in the treatment room. However, have you found that the standard suggestions to eat whole, organic foods, to read labels, or maybe to avoid gluten, or work within paleo principles...maybe that isn't enough? And how is it that legumes, grains, and dairy have been a common component of the human diet, but are now "off-limits" for many? If you are ready to deepen your support for your patients around nutrition (and benefit yourself in the process), this class is for you. Learn about the important methods of predigestion through traditional food preparation techniques and how they are a missing link in the modern picture of health!

## Combining Ancient Wisdom and Modern Neuroscience for the Implementation and Assessment of Peak States by *Drew Pierson*

3  
CEU/PDA

Thursday, October 25, 2:00-5:00pm

CAB Category: 1

This course will focus on the neuroscience of peak states and inherent trait changes, including what happens on a neurophysiological level while in peak states. We will also cover EEG assisted meditation, attention and state awareness, where "state" refers to the cognitive, sensory integration and self referential aspects that can arise during a peak experience, and Taoist wandering and the free mind: the loss of self-consciousness and how it is essential for states of flow. Learn about tools for assessment, training, and state attainment such as neurofeedback, heart rate variability, TCM, and a number of new neurostimulation technologies such as pulsed electromagnetic fields, transcranial direct current, and cryotherapy.

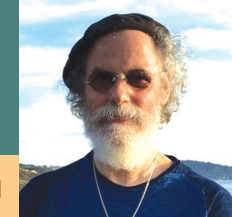
## Returning to the Source: A Discussion on the Past, Present & Future of Chinese Medicine by *Z'ev Rosenberg*

1.5  
CEU/PDA

Thursday, October 25, 7:30-9:00pm

CAB Category: 1

Chinese medicine constantly refers back to its sources in order to initiate the new. Its source code is in the Han dynasty medical classics. In this lecture, Z'ev Rosenberg shares the knowledge from his study of these texts, explaining how these inform his methodology of diagnosis and treatment. He advises how biomedical disorders can be retranslated into sophisticated Chinese medical diagnoses, address the great clinical challenges of our time, and rebalance the body/mind landscape and circadian rhythms that are so essential to health.





# FRIDAY October 26

## Herbs and Nutrients for Athletic Performance and Recovery, Part 1 *by Andrew Gaeddert*

1  
CEU/PDA

Friday, October 26, 9:00-9:50am

CAB Category: 1

Whether your clients are weekend warriors, amateurs, or professionals, we will discuss nutritional needs, eating plans, and mind-body approaches for athletes based on the latest research. Learn about alternatives to performance-enhancing drugs and pain pills. Protocols for anxiety, altitude sickness, anemia, blood sugar balance, injury prevention, muscle soreness, digestive health, sleep disorders, and overtraining will be presented. Discover how constitutional TCM herbs and formulas can maximize recovery and performance. We will look at methods for obtaining the best results from ginseng, schizandra, astragalus, cordyceps, curcumin, and pomegranate. Best practices for herbal dispensing and communications strategies will also be discussed.

## Maintaining Metabolic Balance with Integrated Chinese Medicine *by Misha Cohen*

1  
CEU/PDA

Friday, October 26, 9:55-10:45am

CAB Category: 1

The number of people in our society who suffer from type 2 diabetes, essential hypertension, elevated cholesterol, high BMI, abdominal fat, and fat in the liver is increasing exponentially. This is often characterized in Western medicine as “metabolic syndrome”. Chinese medicine, along with other natural approaches, can help prevent the development of metabolic syndrome as well as reverse the effects of metabolic syndrome once it has become entrenched. In this lecture, metabolic syndrome and Chinese medicine pattern differentiation will be identified. Practices will be recommended that can help prevent the development of the various components of metabolic syndrome as well as treat aspects of metabolic syndrome once it has developed.

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

1  
CEU/PDA

Friday, October 26, 11:15 am-12:05 pm

CAB Category: 1

This lecture will introduce the history of Cannabis use in China. The major therapeutic directions of the plant correlated with TCM patterns will be discussed. The endocannabinoid system will be explained followed by a discussion of the biochemical constituents of the plant. A review of the known contraindications of Cannabis will be presented. The lecture will finish with a discussion of extraction methods, quality assurance testing, and legal issues in the United States and worldwide.

## Wellness vs. Disease: Clinical Application of the Shen Nong Ben Cao (SNBC) *by JulieAnn Nugent-Head*

3  
CEU/PDA

Friday, October 26, 2:00-5:00pm

CAB Category: 1

Qing Dynasty practitioner Chen Xiuyuan said that the study of Chinese medicine was actually quite easy. Yet today, herbal medicine is seen as either incredibly academic or encourages the use of set formulas without modification. In this short program, JulieAnn Nugent-Head outlines how the Shen Nong Ben Cao provides clear guidance to application of herbs for longevity, mild symptoms and disease. By it's tripartite organization, the SNBC clarifies herb dosage and appropriate length of treatment. Discussing specific herbs from each category as well as clinical case examples, participants will come away from this lecture with a clear and applicable grasp on how to apply herbs for wellness and disease.

## Fatty Liver: An Integrated Chinese Medicine Approach to a Growing Global Epidemic *by Misha Cohen*

3  
CEU/PDA

Friday, October 26, 2:00-5:00pm

CAB Category: 1

Chances are good that you are treating people with chronic liver disease, including fatty liver, but may not know it. Chronic liver disease affects more than 50 million people worldwide, yet the vast majority of people with liver disease have not been diagnosed and often feel well until the last stages of disease. The fastest growing chronic liver disease is fatty liver disease and, very soon, will become the primary reason for liver transplant in the developed world. People with liver disease need to be identified, receive a Western diagnostic workup, and can benefit from using Chinese medicine, nutritional support and other non-pharmaceutical treatments. This course will explore the theory and practice of integrated Chinese medicine for chronic liver disease, especially fatty liver disease in conjunction with metabolic syndrome. Supportive and safe Chinese herbal medicine and acupuncture will be explored. Case studies and open discussion will round out the seminar.

## Treating Hips, Shoulders, and the SI Joint Successfully *by Mark Kastner*

3  
CEU/PDA

Friday, October 26, 2:00-5:00pm

CAB Category: 1

This workshop is focused on teaching simple clinical techniques to better understand how to evaluate and treat most shoulder, hip, and SI joint pain. This will include specific needling and myofascial massage protocols that are easily learned and can be immediately implemented into your clinical practice. There will also be a demonstration and discussion how to use electro-stimulation in treating these disorders.

## Personalizing Cannabis Medicine from a TCM Perspective *by Chad Conner*

3  
CEU/PDA

Friday, October 26, 2:00-5:00pm

CAB Category: 1

This workshop will cover the challenges of integrating Cannabis into the practice of TCM. It begins with a review of the TCM actions of cannabis flowers in the traditional materia medica literature. The physiological effects of cannabis will be discussed, with an emphasis on the importance of Cannabinoid ratios and Terpene profiles in personalized Cannabis medicine. A framework for personalized Cannabis medicine based on the classification of Cannabis cultivars on a Yin/Yang continuum will be presented. Lastly, this course will present case studies to illustrate the personalization of Cannabis medicine from a TCM perspective.

## Herbs and Nutrients for Athletic Performance and Recovery, Part 2 *by Andrew Gaeddert*

3  
CEU/PDA

Friday, October 26, 2:00-5:00pm

CAB Category: 1

Whether your clients are weekend warriors, amateurs, or professionals, we will discuss nutritional needs, eating plans, and mind-body approaches for athletes based on the latest research. Alternatives to performance-enhancing drugs and pain pills, as well as protocols for anxiety, altitude sickness, anemia, blood sugar balance, injury prevention, muscle soreness, digestive health, sleep disorders, and overtraining will be presented. Learn how constitutional TCM herbs and formulas can maximize recovery and performance. We will look at methods for obtaining the best results from ginseng, schizandra, astragalus, cordyceps, curcumin, and pomegranate. Best practices for herbal dispensing and communications strategies will be discussed.

## KEYNOTE ADDRESS

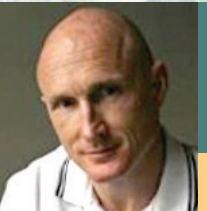
Peak Health and Performance: the 4-Doctor Approach *by Paul Chek*

1.5  
CEU/PDA

Friday, October 27, 7:30-9:00pm

CAB Category: 1

Learn the 4-Doctor approach to create balance and structure in your clients' programs and experience high levels of body-mind performance with Paul Chek. As foundation principles, Dr. Happiness, Dr. Movement, Dr. Quiet, and Dr. Diet, are essential to long-term success for all people, and are the bedrock of any living philosophy. Start by clearly defining a dream, goal or objective to direct your client's intention, awareness and energy. Then explore your client's current 4-Doctor habits from the perspective of yin/yang balance. Next, we establish goal-affirmative 4-Doctor core values to guide effective choices, so patients feel healthier, become stronger, recover from an injury, and enjoy improved mental-emotional capacity and athletic performance. Paul's 1-2-3-4-step system is efficient and provides a structured approach to balancing and enhancing performance, is harmonious with acupuncture principles and practices, and is used by healthcare professionals, coaches, and elite athletes worldwide.



# SATURDAY October 27

## Wu Wei Zi: Fruit for Peak Performance—Modern Discoveries *by Subhuti Dharmananda*

1  
CEU/PDA

Saturday, October 27, 9:00-9:50am

CAB Category: 1

The original applications of Wu Wei Zi, as recorded in ancient texts, mostly point to its inclusion as a minor ingredient in formulas for lung diseases and for astringent effects. This early work led to Wu Wei Zi as a frequently used herb, but one which did not generate much interest in further development. Perhaps the most important ancient use came with the formula Sheng Mai San, the pulse-generating powder that has become an important base for modern prescriptions. During the post-revolutionary period in China, research into Wu Wei Zi's effects on the brain and the immune system became a new area of interest, stimulated by research done outside of China. Most practitioners of Chinese medicine tend to use Wu Wei Zi according to its more limited ancient applications, so this presentation will broaden the understanding of its clinical use and particularly for enhancing performance.



Sleep: Ancient Teachings and Modern Research *by Felice Dunas*

1

CEU/PDA

Saturday, October 27, 9:55am-10:45am

CAB Category: 1

Sleep serves many purposes according to TCM, yet modern science is still discovering new facts that practitioners should know, some of which confirm what TCM has been espousing for generations. Learn how to merge TCM’s philosophical and physiological understanding of sleep with the newest research, with emphasis on practical strategies for enhancing patient care. Dr. Dunas will address the role of sleep, how much is needed, and how it affects peak performance and recovery.

The Fantastic Three: Yamamoto New Scalp Acupuncture, Physical Therapy, and Guided Imagery in Stroke Patients *by David Bomzon and Avi Amir*

1

CEU/PDA

Saturday, October 27, 11:15am-12:05pm

CAB Category: 1

The current therapy for stroke patients is repeated stimulation to damaged neurons, and the extent of recovery is linked to the frequency of these stimulations. Over the years, knowledge of brain structure, development, and function has dramatically increased. This new knowledge has led to proposals that new neuronal connections can be forged within brain tissue damaged by cerebrovascular accidents (CVA) or trauma. This session will describe the combined use of three rehabilitative therapies for stroke patients: Yamamoto New Scalp Acupuncture (YNSA), physical therapy, and guided imagery. Bomzon and Amir will also cover the outcome of this combined therapy in patients who have experienced a CVA or who suffer from chronic pain.

Psyche, Breath, and Sex: Exercises to Optimize Treatment Outcomes *by Felice Dunas*

3

CEU/PDA

Saturday, October 27, 2:00-5:00pm

CAB Category: 1

This workshop will include discussion of the behavioral symptoms of illness, psychology as expressions of energetic syndromes, and the TCM view of sexual energy and breath healing techniques, or qigong. Dunas will also cover exercises for in-office treatments or take-home protocols for patients. Familiarity with this material broadens treatment room conversations to include emotion and behavior as viewed from a TCM perspective, which helps patients understand how the condition of their qi is responsible for their behavior, interpersonal interaction patterns, and love relationships, as well as physical health.

Getting Back in the Game: Strategies for Recovery from Injury, Surgery, and Other Damage *by Subhuti Dharmaranda*

3

CEU/PDA

Saturday, October 27, 2:00-5:00pm

CAB Category: 1

Treatment of injury is one of the foundations of acupuncture practice, but the herbal component of therapy is often given little attention, relying primarily on a single therapeutic principle—vitalizing blood—and use of some well known topical oils, liniments, and plasters. However, TCM has a richly developed field of traumatology that includes consideration of injury in stages—initial, intermediate, and chronic—with different herbal therapeutics based on not only stage but location of injury, depth, and assessment of progress. The experience with traumatic injuries can be applied as well to the effects of surgery, radiation therapy, localized infection and inflammation, and childbirth.

Things My Teachers Said: Passing the Torch *by Andy Ellis*

3

CEU/PDA

Saturday, October 27, 2:00-5:00pm

CAB Category: 1

Andy Ellis has had the great fortune in the last 40 years to study with excellent practitioners of Chinese medicine. His goal for this workshop is to pass on some of the techniques, formulas, and life advice he has received from his teachers. He will select noteworthy lessons, particularly effective treatments, and sage advice to pass on to upcoming generations. Attendees will learn clinically applicable treatments for various disorders, including unique uses and external applications of herbs and self-massage techniques.

SYMPOSIUM PARTY

Saturday, October 27, 7:00-10:00pm

Be sure to join our 30th Anniversary Symposium Party in the Aviary Ballroom on Saturday, October 27th from 7:00–10 pm. Enjoy live music, light dinner, and a cash bar. Make sure you bring your business card to enter the raffle sponsored by our generous Symposium exhibitors. We give away amazing prizes!

Shonishin, and Other Easy Ways to Treat Children from Birth to Seven Years *by Holly Guzman*

3

CEU/PDA

Saturday, October 27, 2:00-5:00pm

CAB Category: 1

When the people you know have children, it is great to be able to help from babyhood on. Shonishin, first popularized in southern Japan, is used to enhance childrens’ immunity, diagnose their constitutions, and get them through many common ailments. The main methods do not insert needles, but use gentle, brief tapping and rubbing of acupuncture channels. A lovely way of interaction, it can stand alone as treatment or be combined with herbs and other therapies. The workshop includes a demonstration of a once-a-month method for wellness, as well as techniques for acute and chronic issues. Whether you are experienced in treating children or want to begin now, this class will show quick, effective ways to positively influence childrens’ health.

Yamamoto New Scalp Acupuncture for Neurological Diseases, Chronic and Acute Pain *by David Bomzon and Avi Amir*

3

CEU/PDA

Saturday, October 27, 2:00-5:00pm

CAB Category: 1

Yamamoto New Scalp Acupuncture (YNSA) is named after the Japanese physician, Dr. Toshikatsu Yamamoto, who developed this acupuncture system in 1973. YNSA is used to treat neurological conditions, and is effective in stroke patients with pain and/or restricted mobility. YNSA is comprised of basic acupuncture points (somatopes), mainly on the scalp. In addition to providing symptomatic relief, YNSA is sometimes curative. Attendees will learn background of YNSA, and how to use it to treat patients with acute or chronic pain and neurological diseases, including the needling points of YNSA, its diagnostic area, and how to use them to select the correct needling point; how YNSA is applied to a patient with neurological disease and pain, how to apply it to treat any energy imbalance in the body, and how to combine YNSA with any TCM treatment.

SUNDAY

October 28

Placebo Effect and Penetrating Divine Illumination *by Ted Kaptchuk*

1

CEU/PDA

Sunday, October 28, 9:00-9:55am

CAB Category: 1

What is the fundamental difference between “causality” as defined in biomedicine and East Asian medicine? What is “evidence” in the two systems? The difference will be examined by contrasting the biomedical idea of placebo effects and the concept of the “penetrating divine illumination”. Professor Kaptchuk will present a history of the “penetrating divine illumination” from the Nei Jing to early 19th century and why it disappears from Asian medical texts. Clinical implications will be discussed, which will form the foundation for the afternoon talk on how the soul and physical body are inextricably linked.

Traditional Chinese Medicine and Human Performance *by Whitfield Reaves*

1

CEU/PDA

Sunday, October 28, 9:55-10:45am

CAB Category: 1

The skillful use of acupuncture, Chinese herbs, and nutrition provides benefits to athletes at a time when they are searching for any and all means of performance enhancement. What has been learned from this specialized application of Chinese medicine can be applied to anyone seeking optimal performance to achieve their personal goals. This lecture will focus on enhancing human performance beyond the sporting world. Reaves will discuss the integration of acupuncture and the principles of Chinese medicine used in sports medicine, both for the athlete and the active person.

Yangsheng Teachings on Living Longer, Healthier, Happier, and Wiser *by Peter Deadman*

1

CEU/PDA

Sunday, October 28, 11:15am-12:05pm

CAB Category: 1

Gain inspiration from a broad overview of the 2500-year-old yangsheng (nourishment of life) teachings on how to live longer and be healthier, happier, and wiser in doing so. Attendees will learn how best to care for their own wellbeing and serve as models and teachers for their patients.

The Ladder of the Soul in Chinese Medicine *by Ted Kaptchuk*

3

CEU/PDA

Sunday, October 28, 2:00-5:00pm

CAB Category: 1

This presentation will describe the nature of the “soul” (ling-hun) in Chinese medicine. Far from being marginal, it is central to the Nei Jing and many other early Chinese medical texts. The talk will review the five components of the soul—hun, po, yi, zhi and shen—on existential, moral, and spiritual levels, and their intrinsic relationship to the physical body. After describing these five components, the unifying foundational Chinese medicine concept of “the ladder of the soul” will be examined. Examples of relevance to herbal and acupuncture practice will be presented.



3  
CEU/PDA

Sunday, October 28, 2:00-5:00pm

CAB Category: 1

In many cases, mental and emotional states play a greater role in health and wellbeing than any other factor, because without a level of emotional integration, it is impossible to truly care for ourselves. This workshop will delve into the harm caused by unregulated emotions and explain, using both yangsheng (nourishment of life) teachings and modern research, how practitioners and patients can transform them into positive mental states. It will then offer simple, practical ways to cultivate cooler, calmer, more centered, more connected, and more compassionate states.

A Clinical Perspective on Human Performance *by Whitfield Reaves*

3  
CEU/PDA

Sunday, October 28, 2:00-5:00pm

CAB Category: 1

The skillful use of acupuncture, Chinese herbs, and nutrition provides benefits to athletes at a time when they are searching for any and all means of performance enhancement. What has been learned from this specialized application of Chinese medicine can be applied to anyone seeking optimal performance to achieve their personal goals. This lecture will focus on enhancing human performance beyond the sporting world. Whitfield Reaves will discuss his favorite techniques, formulas, and acupuncture points, used in the athletic community since before the 1984 Olympics in Los Angeles, where Reaves supported American athletes. Included will be the importance of proper zang-fu diagnosis, mental preparation, and postural stability. Attendees will gain new skills and confidence in the care of the athlete and the active patient.

Introduction to Diode Rings: Non-Insertive Adjunct Treatments for Musculoskeletal Disorders *by Kiiko Matsumoto*

3  
CEU/PDA

Sunday, October 28, 2:00-5:00pm

CAB Category: 1

For those that practice a more distal approach to their acupuncture treatments, immediate relief of pain can be elusive. While inserting needles at local sites has the potential to harm inflamed tissues, it does offer a simple and often effective solution in the short term. A fantastic compromise is the use of diode rings, which are a non-insertive alternative to needles that can easily be applied along channels directly at the site of pain. Diode rings are similar to magnets, but more effective, and can offer profound long-term results. In this workshop, attendees will learn how to safely use diode rings as an adjunct to more traditional treatments for musculoskeletal and vascular disorders.

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David Bomzon and Avi Amir · Guohui Liu  
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Musings on Pacific Symposium's 30 Year Anniversary

*As the varnish dries on the Pacific Symposium 30th Anniversary art piece, I contemplate the deeper meaning of this mark in time. It turns out that 30 years is a significant cycle in time, a gathering of essence, of rhythmic fluctuations, and cyclical occurrences.*

*The 30 year mark represents the reaching of physical and mental maturity, along with the capacity to handle greater responsibilities. It symbolizes a dedication to a calling and represents the 'maturity of a crop'.*

*As I ponder this, it occurs to me that our medicine here in the West—which clearly stands on the shoulders of those in the East, the many who have gone before us for thousands of years—has reached a maturing point in the journey worthy of celebration. Worthy of honor. Worthy of next cycle determination and up-leveling. Whether you're decades into Chinese medicine, or newly in, I believe we are each called to it, and perhaps now we're being called to yet greater expansion. Isn't that the nature of growth cycles?*

*Each of us is a steward of this medicine, this healing art that works at depths and breadths sometimes hard to fathom. My research on the Chinese character for 'mature' and 'maturity' was fascinating. There are nine different symbols or characters to represent this experience. The character I chose for us, for this 30 year celebration, is a version of 'mature' that denotes evolution and progress.*

*My inquiry for myself and you is: how shall we use this more mature qi to further our medicine? What are some next steps for this furthering? How can we continue to evolve alongside, not in competition with, but alongside conventional medicine?*

Laurie Morse, LAc, MTOM  
Featured Artist



**PEARL ANNIVERSARY ARTWORK**  
“Maturity”, mixed media collage mounted on canvas.

The artwork for the theme of this year's symposium was created by Laurie Morse, LAc, MTOM, a graduate of Pacific College. Ms. Morse serves as the Director of Holistic Health Services in San Diego, California, a private practice dedicated to supporting optimal health through natural medicine for the past 20 years. Laurie's artwork, which represents ancient Chinese characters and elements of Chinese medicine, is intended to inspire and awaken love and healing.

[LaurieMorse.com/asian-art/](http://LaurieMorse.com/asian-art/)



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**1 ONLINE**  
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1-800-729-0941 or 619-574-6909 ext. 121

**\*10% SERVICE FEE WILL BE CHARGED FOR PHONE REGISTRATIONS.**

### REFUND POLICY

All cancellations must be in writing via email to [symposium@pacificcollege.edu](mailto:symposium@pacificcollege.edu). An administrative fee of \$50 is assessed on ALL cancellations email dated before Thursday, October 4, 2018. Starting Friday, October 5, 2018, a 50% cancellation fee will apply. NO refunds will be granted after Saturday, October 20, 2018, 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.

### CONFERENCE DETAILS

#### HOTEL ACCOMMODATIONS

The Catamaran Hotel (Symposium site)  
3999 Mission Blvd., San Diego, CA 92109  
1-800-422-8386  
<https://www.catamaranresort.com/groups/PCOM2018>  
\$189 Single/Double, \$199 Triple, \$209 Quad

#### QUESTIONS REGARDING HOTELS AND AIRLINES

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

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

#### PARKING

Please note the following rates if you are planning to park at the Catamaran Hotel.  
Hotel Guest: \$17.00, \$22.00 Valet  
Non-Catamaran Hotel Guest: \$8.00 for the first hour, \$1.50 each additional hour, Day Maximum \$25.00. Hotel Parking validation stickers (all day parking for non-Catamaran guests) are available at the Symposium Registration desk after 11 am – rate \$17 per day.

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

### 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.

### CEU/PDA HOURS PENDING

Pacific Symposium provides up to 59 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.

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Prices listed are for registration on [PacificSymposium.org](http://PacificSymposium.org). An additional 10% fee for mail or phone registration.

	EARLY BY AUG 10	REGULAR AUG 11 - OCT 1	LATE + ONSITE AFTER OCT 1
Full + 2-Day Pre + 2-Day Post (Tues-Tues) 57.5 CEUs	\$1050	\$1105	\$1175
Full + 2-Day Pre + 1-Day Post (Tues-Mon) 50.5 CEUs	\$920	\$965	\$1030
Full + 1-Day Post (Thu-Mon) 36.5 CEUs	\$670	\$705	\$750
Full + 2-Day Pre OR Post (Tues-Sun) OR (Thurs-Tue) 43.5 CEUs	\$810	\$850	\$905
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2-Day General Pass	\$360	\$380	\$405
1-Day General Pass	\$180	\$190	\$200
1-Day Post, 7 CEUs	\$195	\$205	\$220
2-Day Pre OR Post, 14 CEUs	\$360	\$380	\$405

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### Pre and Post-Symposium Workshops

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☐ Chek  
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☐ Matsumoto  
10/29

☐ Reaves  
10/29-30

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