

Oriental Medicine

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NEW BEGINNINGS:

How 9/11 Changed the Face of Acupuncture and Established Community Trauma Medicine

BY DR. JANET BARDINI, DACM, DiplOM

The 2000-year-old medical practice of acupuncture has been brought into the 21st century through proven, effective, researched methods to treat patients in times of shock and trauma. The NADA protocol, developed in the United States by licensed physicians, is currently used on military personnel in the United Kingdom and the United States for post-traumatic stress disorder (PTSD). Community Acupuncture has been used to

aid citizens during times of critical disasters such as in New York City post-9/11, in New Orleans after Hurricane Katrina, in the Connecticut community of Sandy Hook following the elementary school shootings, and in the UK for the survivors of London's Grenfell Tower fire. This article recounts the first-hand experience of an American acupuncture practitioner at the forefront of establishing community trauma medicine in 2001.

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Micro Acupuncture 48: *A Bright Future for Patients Experiencing Acute or Progressive Vision Loss*

By DR. ANDY ROSENFARB, ND, LAc, DiplAc, DiplCH

Approximately 285 million people worldwide are visually impaired: 39 million are blind and 246 million have low vision. Many of these conditions are considered untreatable by conventional medicine, often leaving patients in a hopeless situation.

My interest in treating degenerative eye diseases began when I was an acupuncture student at Pacific College of Oriental Medicine in San Diego. As a result of the intense reading, writing, studying, and computer work, my eyesight was noticeably deteriorating, and my corrective prescription was getting progressively stronger.

I decided to try some acupuncture on myself for a few months after which a routine screening by my optometrist revealed that the astigmatism in both of my eyes had resolved and that my prescription no longer needed to be as strong. The optometrist was astounded, and asked what I had been doing. I explained

that my eyes had been feeling tired, blurry, and that I was getting minor headaches from studying so much, so had started using acupuncture to see if it would help my vision.

A few years later, as I began my clinical practice, I took on a few cases of degenerative eye conditions including glaucoma, cataracts and macular degeneration. Some cases were mild, and some were severe; some patients were even legally blind.

I found that I became rather frustrated with my results. A few patients showed some minor improvements but nothing exceptional. I began to seek the aid of others in the AOM field who had had success treating eye diseases. For the most part, other than suggestions of reviewing my diagnosis, everyone seemed to have the same points, the same herbal formula suggestions. I tried them all, to no avail!

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California Burning...and Healing

By **CARLA CASSLER**, Associate Director of Acupuncturists Without Borders, with **MELANIE RUBIN**, Associate Director of Acupuncturists Without Borders

FIRE

I didn't know
the crickets were still singing
that the sky could still be blue
that walking near sweet pines
could be an act of liberation

I didn't know
the edgy nervous tension
the quiet restless panic
the fear to sleep
could last for days and days

I didn't know
the depth of our compassion
how the ties that bind strengthen
that tears could be shared with strangers
in a market
on a park bench
or in the morgue

I didn't know that "It's so humbling"
followed
by only silence
could mean
"I've lost everything"

-by Amy Humz, LAc, resident of Sonoma County and AWB volunteer, who provided trauma healing treatments in her community after the October 2017 fires



Thomas Fire in Southern CA, taken by Captain Maggi Kouffeld, Humboldt Fire Department, CA, when she was flying in for the deployment, and used with permission

weeks. One recipient's account:

"Just had an amazing session in Sebastopol CA for the impact of the fires on our emotional health, our families and friends and our region! The fires in the area have had a tremendous impact on all of us here and I have felt absolutely awful emotionally and physically. I can breathe right again! I have never experienced that type of opening. The amount of stress and the trauma around us has led to some very strange days indeed and helping my family and friends deal with the evacuations and sense of impending doom has caused insomnia and stress. But this session was amazing! I felt so many sensations cut through many of the confusing thoughts and feelings funneling their way through me and there were even moments of clarity. I felt a great deal of release. Thank you!!! I can't express this enough!"

As is often the case when doing relief work in disaster and conflict zones, practitioners also receive healing and inspiration from the people they encounter and care for. This is from Catherine Herbin, AWB's disaster relief coordinator for the Northern California wildfire relief effort:

"Helping to organize these clinics has been one of the most powerful experiences in my life. I now have a taste of the amount of teamwork, organization, resources, patience and improvisation that it takes to make it



First responders receiving treatment at the Petaluma Armory, Northern CA



AWB volunteers in Northern CA

work! I've learned that disaster relief is never predictable and is a moving target. Although it was challenging to breathe the air, be amidst the chaos, and to witness the heartbreak, the change in people's faces after they received treatment made it all worth it. I remember our clinic at the Petaluma Armory, in a huge building with tall ceilings, cots all in a row, the sun setting in a smoky sky out the massive door out back, looking at soldiers resting in a circle during their treatments, relaxing music playing, us volunteers looking around, taking it all in. I told one of the volunteers that this was one of the best moments of my life."

The Northern California fires are out, but recovery for thousands of people will be long and slow. AWB continues to work with local practitioners to provide ongoing long-term services for people in fire-affected communities, especially those without legal immigration status or economic resources.

Though the California fire season usually ends by November, 2017 turned out to be different. Strong Santa Ana winds created multiple fires, including the Thomas Fire, the largest wildfire in California history. The weekend before the fires broke out, on December 4th, AWB had trained 80 acupuncturists at a Healing Community Trauma training in San Diego. Within several days, a group of newly trained practitioners set up pop-up clinics for local residents and first responders, including one in San

Diego, two in Ojai, one in Ventura, and three for firefighters at the Ventura County Fairgrounds in collaboration with Chiropractic First Responders and Integrative Healers Action Network. In total, about 150 people were treated.

"I've been on the fire for quite some time and this is the first moment I've had to venture to the beach (where treatments were provided). The acupuncture/ear seed treatment helped me reach a point of relaxation I haven't felt since I left home. Thank you so much for helping me get there. Bless you."

-Captain Maggi Kouffeld, deployed from the Humboldt Fire Department, California

Finally contained in mid-January, the 6,000 or so firefighters deployed from Ventura County Fairgrounds to fight the Thomas Fire have been sent home. Now AWB volunteers are looking into opportunities for treating first responders where they are stationed, as well as additional possibilities for treating residents who were evacuated or lost their homes during the fires. At this writing, 17 people are missing due to mudslides secondary to the fires and many people have been evacuated from their homes. AWB volunteers will likely provide treatments for those affected.

"Doing these treatments felt very magical. As acupuncturists we go along and do what we do every day. When you suddenly have an opportunity to really connect with people and make an immediate difference where it's needed, it is powerful. One of the most special moments was when I treated a firefighter who was obviously feeling the impact of the deployment. She completely decompressed during the treatment and I could tell that she was so touched. She went back and got a T-shirt with her firehouse logo on it and gave it to me, apologizing that it smelled like smoke and needed to be washed. I told her I will never wash that shirt..."

-LeRoy Griggs, AWB Team Leader, Ventura County Fairgrounds

To donate to AWB's Disaster Relief Funds please go to <http://www.acuwithoutborders.org/donate>

AWB would like to thank all the volunteers who have made these relief efforts possible, giving up their personal time during the middle of the holiday season. Special thanks to individuals and institutions like the Pacific College of Oriental Medicine who have supported these efforts by donating supplies and funding. **OM**

It's probably safe to say that most of us in New York City awoke on the morning of September 11, 2001, unaware of how our lives would change. As a student at the Pacific College of Oriental Medicine's New York campus (PCOM), I received a call that morning from the clinic director telling me that we were under a terrorist attack and not to come in for my shift. The following day, PCOM staff members approached the Federal Emergency Management Agency (FEMA) with a new idea: licensed acupuncturists and students would offer 24/7 trauma relief on a volunteer basis to the search and rescue teams working at the World Trade Center. FEMA said yes, please come. The call went out throughout the New York acupuncture community to round up practitioners to organize a makeshift clinic at the Jacob K. Javits Convention Center on Manhattan's west side, where the rescue workers were staying. Various acupuncture supply companies joined the cause and donated what was needed. A few days later, the clinic went into action.

I arrived at the Javits center for my first shift the weekend following the attack. Massage tables were lined up in rows where rescue workers were resting for treatments. There were many workers from the New York City metropolitan area, as well as from other places in the United States. Military personnel were also on hand, protecting the site. The workers came in exhausted, dazed looks in their eyes. The acupuncturist supervising the makeshift clinic gave me the following instructions: limit the conversation to asking how can I help. Do not start a conversation about what the worker had witnessed. Since I was not yet licensed to treat with needles, I was instructed to do tui na manual therapy and reiki healing using essential oils. I assisted licensed acupuncturists who provided treatment using the NADA protocol. During those shifts, I witnessed first-hand the power of auricular therapy to transform trauma into peace. The first rescue worker I treated was a man in his early 20s from Kansas. He could hardly form a sentence before getting on the table. The supervising acupuncturist treated him using the NADA protocol and body acupuncture. I did a reiki treatment on him while the needles were in place for 30 minutes. Following the treatment, I could see the shen returning in his eyes. He continued treatments throughout his tour and told me he could sleep better and handle the stress of working at Ground Zero with the aid of acupuncture.

Simultaneously, another group of acupuncturists and health care practitioners formed a volunteer team in downtown Manhattan. Led by

New York City acupuncturist Wendy Henry, CRREW (Community Relief and Rebuilding through Education and Wellness) was established with the goal of organizing practitioners to treat trauma victims during times of crisis. In the days following the 9/11 attacks, the CRREW team were on-site, treating staff members at the PAPD trailers at Ground Zero and at St. Vincent's Hospital in Greenwich Village. CRREW also used their grassroots effort to treat the New York City community at firehouses, synagogues, and churches.

In the aftermath of 9/11, acupuncturists in the United States decided it was a good idea to further the development of 'rapid response acupuncture'. CRREW continued their mission in the United States, organizing community acupuncture clinics during other times of crisis, following Hurricane Katrina in New Orleans in 2005 and after 2012's Hurricane Sandy in New York City. CRREW operates as needed. Acupuncturists Without Borders was founded by acupuncturist Diana Fried in September 2005 following Hurricanes Rita and Katrina, and now have a worldwide presence training practitioners to treat trauma.

In 2012, another catastrophic event unfolded in the United States. On the morning of December 14, twenty young students and six adult staff members of Connecticut's Sandy Hook Elementary School system were shot to death by a lone gunman. Members of the Connecticut Society of Acupuncture and Oriental Medicine (CSAOM), with the aid of Acupuncturists Without Borders, organized a makeshift acupuncture clinic in the Newtown community. A local merchant graciously granted CSAOM an empty retail space to form the clinic. Calls were made to acupuncture supply companies to donate, and for licensed practitioners to volunteer. I signed up for a few weekend shifts. These were the shifts where the presence of acupuncture services made a tremendous difference to treating trauma. Residents walked into the makeshift clinic with blank expressions, some even unable to talk. I heard stories of residents unable to sleep, eat, or work. The supervising acupuncturist organized residents into seated circles while practitioners treated using the NADA protocol. As word went out about this clinic, the Newtown community quickly came out each weekend to receive treatment. I remember one Saturday afternoon where we treated about fifty residents in a single four-hour shift.

Rapid response acupuncture has found its way into a number of U.S. communities following various natural disasters and gun violence. Acupuncturists in Joplin, Missouri treated victims who survived a catastrophic EF5 hurricane in 2011. Following the

* RAPID RESPONSE ACUPUNCTURE has found its way into a number of U.S. communities following various natural disasters and gun violence.

mass shootings at a cinema in Aurora, Colorado in 2012, and after the Boston Marathon bombing in 2013, local acupuncturists organized rapid response acupuncture services. In May 2013, a destructive EF5 tornado struck Moore, Oklahoma and adjacent areas, killing 24 people and injuring 377 others; local acupuncturists set into motion an emergency acupuncture clinic. Acupuncture groups were formed in Las Vegas, Nevada to help those affected by the killings of a mass shooter during a country music concert in October 2017. Acupuncturists are also gathering in Northern California following the wildfires in Sonoma and Napa.

New York acupuncturist Joan Boccino's organization, the Integrative Health Project (IHP), provides Traditional East Asian Medicine (TEAM) treatments and training to the underserved Latin American community. IHP is currently working with another non-profit group, Proyecto Salud y Acupuntura para el Pueblo (Health and Acupuncture Foundation for the People), to aid the New York Latino community traumatized by the most recent Caribbean hurricanes (www.theintegrativehealthproject.org).

Acupuncture Ambassadors is a U.S.-based nonprofit organization founded by acupuncturist Anthony M. Giovanniello. Their mission is to organize acupuncture training and treatment clinics worldwide to care for refugees, victims of violence, victims of war and international conflict, and others suffering from PTSD (www.acupunctureambassadors.org).

ACUPUNCTURE PROTOCOLS

The most commonly used protocol for PTSD is the NADA 5 point auricular protocol (Shen Men, Lung, Liver, Kidney, Sympathetic). In 1974, Dr. Michael Smith and his staff at the Lincoln Recovery Center in the South Bronx developed the protocol to treat a growing addiction problem. In 1985, the National Acupuncture Detoxification Association was incorporated. NADA continues to function worldwide in training practitioners to treat mental health disorders (www.acudetox.com).

Battlefield Acupuncture was developed by retired Air Force Colonel Richard Niemtzw, MD as a way to address PTSD and prevent opioid

addiction in the U.S. military. The auricular point prescription (Omega 2, Shen Men, Point Zero, Thalamus, Cingulate Gyrus) is one of the protocols currently in effect in U.S. military hospitals (www.drclearfield.net).

CONCLUSION

My work in rapid response acupuncture continues today. In March of 2014, a gas explosion leveled an East Harlem New York building. I organized a small group of practitioners to offer acupuncture trauma relief to the community and worked out of storefront churches around East 116th Street. After the Grenfell Tower fire in London this past June, I posted a message on Acupuncturists on Facebook to contact me should they need my assistance. I am happy to have connected with practitioners Sheira Chan and Gisela Norman when they reached out to me for guidance and support as they formed Emergency Acupuncture services in the Latimer Road area. Currently I am volunteering my services with CRREW to treat the New York Puerto Rican community.

The impact of serving my community in emergency situations has been a humbling experience. It has also been a challenging one. As a practitioner who has witnessed trauma, there have been situations where I myself have felt overwhelmed. During our time in Newtown, we made sure each of us also received acupuncture treatment to keep grounded.

Our medicine shines in treating trauma and shock. In today's world of weather catastrophes, gun violence and social upheavals, our fragile psyches are subjected to falling apart. This is the opportunity for acupuncturists worldwide to put together a plan ahead of time. I encourage practitioners to start the process now: go into your community and set up community acupuncture clinics, create a buzz, gain the support of your fellow citizens. Please also make sure you are not only a giver, but also a receiver of acupuncture services for trauma. **OM**

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DR. JANET BARDINI, DACM, DiplOM received her Bachelor of Arts from Fordham University, New York, and her Doctorate of Acupuncture and Chinese Medicine from the Pacific College of Oriental Medicine, San Diego. She studied in Beijing with practitioner and published author the late Dr. Wang Ju-Yi. Dr. Bardini has also been a guest lecturer on chronic pain at the University of Westminster London, as well as a Grand rounds clinic guest at Pacific College of Oriental Medicine, New York and the Swedish Institute, New York. She is an active member of the Acupuncture Society of New York and Acupuncturists Without Borders. Dr. Bardini practices in New York City.

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Achieving Clinical Success With Upper Back Pain

By DR. JUSTIN MANDEL, DOM, APLAC

Chronic upper back pain affects millions of people across the United States every year. Upper back pain does not discriminate and affects people of all ages from highly diverse backgrounds and professions alike. Because upper back pain is so extremely prevalent, the chances are incredibly high that it will be commonly seen in a general practice, sports medicine practice, or orthopedic specialization.

A fascinating online social media poll of acupuncturists conducted in 2017 revealed the staggering number of upper back pain patients commonly seen by acupuncturists:

- 37% of acupuncturists see upper back pain in 75% to 100% of their patients
- 10% of acupuncturists see upper back pain in 50% to 75% of their patients
- 42% of acupuncturists see upper back pain in 25% to 50% of their patients
- Up to 11% saw upper back pain in 0% to 25% of their patients.

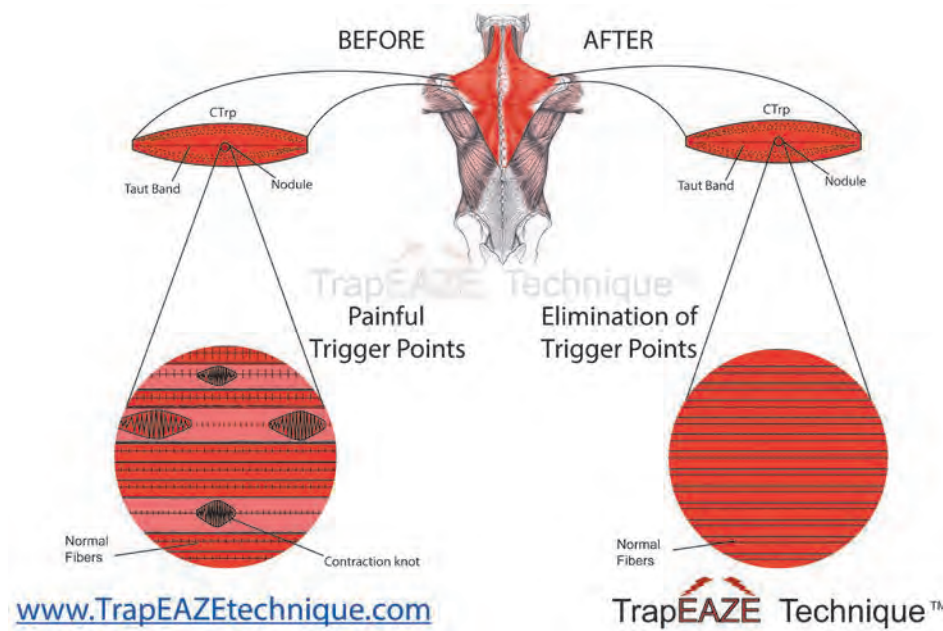
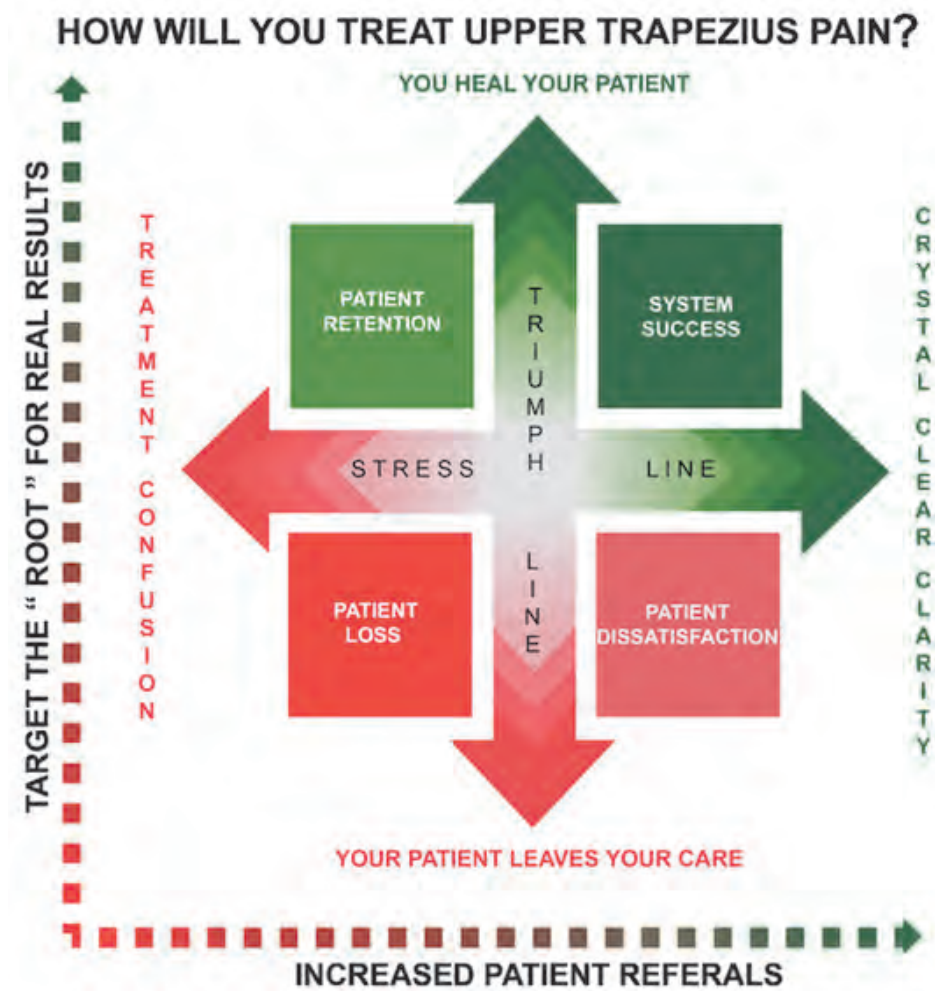
Typically, upper back pain is treated locally by acupuncturists with non-specific treatments like acupuncture and dry needling, which can be applied to any body part. But all too often for patients suffering in pain, these treatments only offer temporary relief. Worse yet, patients often get locked in a negative cycle of recurring pain with root causes that are rarely properly treated.

In such cases, Western medical doctors have resorted to prescribing dangerous opioids to help control the severe pain. This highly addictive prescription medication merely masks the pain and can ultimately destroy families. With this surging epidemic, we need natural solutions now more than ever that deliver real results.

Patients who suffer from upper back pain often have complicated, difficult-to-treat medical conditions such as musculoskeletal pain, bulging or herniated cervical spine discs, radiculopathy that causes numbness, tingling and weakness that radiates down the arms into the finger tips, or even limited range of motion from rotator cuff surgery. Multiple medical conditions such as these will often occur simultaneously, which unfortunately complicates treatment.

UPPER BACK PAIN CAUSES

When we look at the causes of upper back pain we find that, most of the time, the nagging constant chronic pain that's so difficult to get rid of is due to fibrous bundles



of muscles (F-BOMs) that have accumulated in the upper trapezius muscle. This twisting of one's once-healthy individual muscle fibers often proves frustrating to treat permanently. The endless cycle of temporary relief following treatment followed by terrible, frequently debilitating pain, needs to be broken once and for all.

These incredibly painful F-BOMs can occur due to a variety of reasons such as a lifetime of poor posture, accidents like trips and falls, poor ergonomics at work, repetitive stress injury from performing the same actions repeatedly, and from craning one's neck for long periods of time

while using a smartphone.

Without treatment, upper back pain can get worse over time and become more difficult to treat. Heading off upper back pain at the pass is important because it can quickly go from tolerable to debilitating. As it progressively gets worse, treatment times can increase and conventional treatment effectiveness rates can decrease, which is another reason why upper back pain needs to be treated after it sets in.

THOROUGH UPPER BACK PAIN EXAMINATIONS

Achieving clinical success for upper back pain starts with a proper

physical examination. The 4 general parameters of the upper trapezius muscles that need to be thoroughly assessed are:

1. Superior/Inferior
2. Medial/Lateral
3. Anterior/Posterior
4. Spasm/Flaccidity

Without first properly assessing the degree of our patient's upper back pain, we will fail as practitioners to properly communicate its impact on our patients. Without properly communicating its impact, the likelihood that we will convert our prospective patients into paying patients will deteriorate. Over time, a low prospective patient to paying patient conversion rate will sink our practice into the financial doldrums.

Worse yet, without proper examination we'll ultimately fail to properly treat it. Without properly treating it, we will lose out on short-term and long-term patient referrals along with honest testimonials, which can aid practice success. This vicious cycle that will negatively impact both practitioners and patients alike can be stopped dead in its tracks by simply understanding how to do a thorough upper back pain examination.

Beyond that, we can buoy our success by offering our patients an upper back pain "report of findings" and "care plan" that details exactly what their issue is. This highly professional touch will put you in the league of truly successful doctors who deliver to their patients all of the reasons why they are the right practitioner to treat a particular condition.

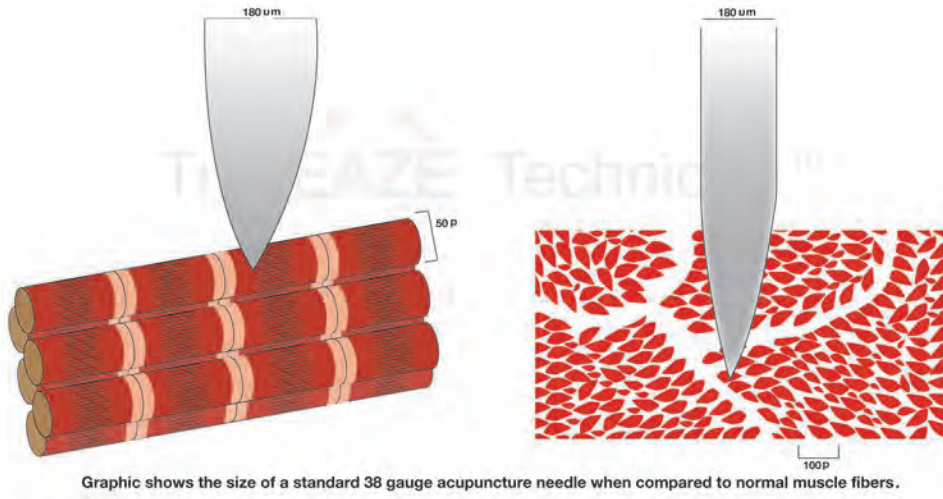
The added benefit of a care plan will place your patients on an easily understood plan for the future--how many treatments they will need and what the exact course of action will be to remedy their upper back pain. Providing this road map will put your patients at ease, since they will know exactly what they to do. Without such a care plan, a seed of doubt can grow in prospective patients' minds, especially if their treating practitioner is not specific about what their plan of attack needs to be.

All three together--report of findings, care plan, and upper back pain examination--will leave them with the feeling that they are in the best, most capable hands possible.

THE ISSUE WITH ACUPUNCTURE FOR UPPER BACK PAIN

Without directly acting upon these renegade F-BOMs that have formed over time, pain will eventually return with a vengeance even after the very best acupuncture treatments

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possible from needling GB21, SJ15, SI13, etc. The problem with using a 38-gauge acupuncture needle, for example, is that even if we needle directly into small diameter F-BOMs, the needle is way too small to break up and separate the gangly individual muscle fibers into healthy sections of muscle.

With the right examination, our patients will finally feel like they are in competent hands since we can accurately zero in on the precise areas of their upper back pain. Once we identify the locations of F-BOMs

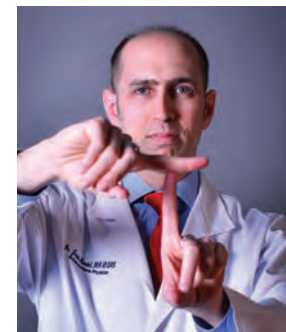
along with their size, including length and thickness, we can go about systematically breaking them up over time in a highly organized fashion. Then, treatment by treatment, we can objectively observe our results and see how closely they match up with our patient's subjective reports of their progress. It's extremely common for the objective and subjective results to sync up perfectly, thus making one's professional assessment of what's happening with their patient's case highly accurate.

WHY USING AN UPPER BACK PAIN TREATMENT SYSTEM MAKES SENSE

In 2018, busy acupuncture professionals are saddled with complicated existences. In addition to needing to be highly proactive in publicizing and marketing one's services, practitioners need to provide excellent care and deliver results that'll make patients keep on returning. This makes running a successful practice very tricky, but without the right systems in place practitioners won't be able to consistently deliver easily repeatable results and generate the necessary level of success.

A successful system to treat upper back pain will ease a practitioner's burden by streamlining the entire process from start to finish. This means: (1) helping practitioners find the local upper back pain patients who need their help, (2) providing the most comprehensive upper back examination possible, (3) supplying prospective patients with a report of findings and care plan that will position the practitioner as the perceived expert on upper back pain, (4) furnishing readable, direct response-based marketing materials for prospective patients following

their examination, and finally (5) offering a proven 4-step formula for resolving upper back pain by systematically diminishing and/or eliminating the F-BOMs that cause the debilitating upper back pain in the first place. **OM**



DR. JUSTIN MANDEL, DOM, AP, LAc started his first acupuncture internship in 1997 with Dr. Jun Tu, OMD in his

college hometown of Oneonta, NY and developed the patent-pending TrapEAZE Technique™. The TrapEAZE Technique™ has been positioned to be the "gold standard" for how post-graduate courses will be offered in 2018 and beyond thanks in part to its proprietary done-for-you online and offline marketing system that makes it much easier to get hypertargeted upper back pain patients into one's practice.

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Combining Old and New in the Clinic

By TOM INGEGNO, LAc

In 2015, I had been in practice 15 years and had established myself in Baltimore; my lease was coming up and I had to decide what my next steps were. Three options lay before me and all were viable. I could have simplified my life, cut my current office down to a solo practice, let go of the employees and other practitioners leasing from me, and run a small clinic with just two rooms and a front desk. Another option I explored was updating my family's passports, skipping town, opening up a small shop in some Central American country, and living a stress-free life. The option that excited me the most, however, was to make my workload infinitely more complicated and attempt to put together a center with multiple modalities that followed the same ultimate goal of acupuncture: to provide patients with therapies that stimulated the body's natural healing processes. Some days I wish I had gone with either of the first two options, but my mental health be damned, I chose to build a center. I looked at how acupuncture worked and tried to find simple biomedical principles to describe it, then searched for services that caused both a reduction in inflammation (Frantz, 2017) and increased circulation (Yao, 2015).

THE QUEST FOR NEW MODALITIES

In my search for cutting-edge and new services that still adhered to the previously mentioned criteria, I found Whole Body Cryotherapy (WBC). WBC is a new trend in the US but was invented back in 1978 by Dr. Yamaguchi, who was looking for a way to decrease inflammation and reduce the pain of rheumatoid arthritis. The process involves an intense rapid cold exposure, usually from air cooled with liquid nitrogen for up to 3 minutes. This exposure causes contraction of tissue from the skin level down to the joint spaces, which efficiently squeezes byproducts of inflammation back to the core of the body. When the treatment is over, the body rapidly warms up causing massive vasodilation and allowing fresh blood to bath the tissue (Westlund, 2003). This contraction during the cold exposure also drives blood back to the torso, enabling it to pick up more oxygen from the lungs and more nutrients from the gastrointestinal tract.

From a physiological response perspective, cryotherapy was akin to acupuncture, in that it reduces

inflammation and improves both the quality and circulation of blood flow. There was, however, an issue with classical traditional East Asian theory and the use of cold. The classical theory states that cold is a yin pathogen that can injure yang (Macioca, 2015 p. 297). Would incorporating WBC do more harm than good? After review, several studies showed increased energy, metabolism, and a significant release of endorphins (Leppäluoto, 2008). These effects, when looked at in yin/yang terms, seem to be yang in nature. Could it be that this extreme short-term exposure to cold is activating the yang within the utmost yin? This question would require further study, but what we've seen in the clinic may suggest this to be the case.

COMBINING WBC WITH ACUPUNCTURE

The primary goal of our clinic is to get the patient as much therapeutic value as possible, so we try to employ a synergistic approach whenever feasible. Our original theory was to have patients do a WBC before acupuncture, to start increasing blood flow rapidly to make the acupuncturist's job easier. What we found was that the endorphin rush and subsequent energy boost made even some of our calmer patients a little too alert to lay down for an hour. Switching the order seemed to help. We found that the very calming, parasympathetic nervous system acupuncture treatment followed by very stimulating, cold therapy to be a better fit for patients.

WHAT WE HAVE SEEN CLINICALLY

Overall, patients who receive both acupuncture and WBC during treatment have been reporting better pain relief, sleep and overall quality of life versus patients who have been receiving only one of those two modalities. It would be interesting to develop a study using MYMOP or some other patient reporting tool to compare and contrast results more formally between patients who choose one service over the other, or both. It is difficult to do in our clinic as patients choose the treatments they want and may not be interested in having their course of care randomly selected for them.

My clinic has been running with new equipment such as WBC for over a year, and we are excited to

continued on **NEXT PAGE**

One day while reading a health magazine, I came across an acupuncturist in Arkansas named Otte who was treating people with macular degeneration and claiming excellent results.

I called to find out what methods he was using. The long and short of that story is that I would have to wait three years before I could train with him. Finally, however, I made it out to his clinic to train and was amazed at his success rate, as well as the overwhelmingly positive testimonials given by each patient I talked to—most had macular degeneration.

“Wow!” I thought, “This is incredible. This Micro Acupuncture is really helping people to see again.”

I went back to my practice in New Jersey and started working on myself, my friends, family, current patients, and so on for the next 6 months. The results I got were nothing short of amazing!

SO WHAT IS MICRO ACUPUNCTURE?

Micro Acupuncture is a relatively new acupuncture system developed in Denmark in 1984 that involves 48 acupuncture points located only in the hands and feet, and is generally not associated with any other acupuncture system. It’s used for a variety of health conditions and is effective for treating pain.

The best results that I have seen clinically are for pain, peripheral neuropathies, and for eye diseases. The most commonly treated eye conditions that have seen stellar results include macular degeneration, glaucoma, diabetic retinopathy, Usher’s syndrome, optic nerve atrophy and retinitis pigmentosa.

Using Micro Acupuncture, I have had a great deal of positive, measurable clinical results. Responses vary widely from patient to patient depending on how well the individual responds to the treatment. The amount of treatment a patient needs also depend on how well patients responds and other co-existing health issues.

I have found that it is not always best to rely on the patient’s subjective reports for confirming definitive response or non-response. For this reason I recommend that ALL eye patients have vision testing done before they begin and then again after a series of treatments. This vision test enables us to map the progress of the patient over time and confirm measurable response.

When treating eye patients in conjunction with micro acupuncture, I usually recommend Chinese herbs and nutritional supplements. Among the most common supplement I suggest for eye diseases are ginkgo biloba, fish oil, lutein, bilberry, L-taurine, and zeaxanthin. Chinese herbal formulas are prescribed (as expected) based on individual TCM pattern diagnosis, rather than just giving everyone a generic formula like Qi Ju Di Huang Wan.

Also, I have found that a significant number of my patients have free radical damage and oxidative stress. In these cases, administering antioxidants is extremely important in overall vision preservation.

There are many good anti-oxidant formulas on the market today, but from a TCM viewpoint, we know

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COMBINING OLD AND NEW IN THE CLINIC continued from page 8

see how we can further enhance our efforts to keep inflammation low and our patients feeling their best. We hope to expand these efforts into a more formal case series to better understand how mixing modalities affect patient outcomes. **OM**

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A TCM Approach to Nourishing The New Mother: Acupuncture & Dietary Therapy for Post-Partum Healing

By LAUREN DYER, MSA, LAc, DiplAc (NCCAOM), future DAC

Postpartum depression (PPD) is a sensitive and stigmatized condition that afflicts 1 in 7¹ or 11-20%² of women each year. Even a 15% average³ of 4 million live births⁴ each year in the United States means that nearly 600,000⁵ women a year suffer from PPD. These figures do not account for women who miscarry or whose babies are stillborn, and can still experience PPD symptoms. With consideration to these marginalized yet clinically recognized pregnancies, the estimated total women suffering from PPD is closer to 1 million annually.⁶ Unfortunately, only a fraction of women receive professional treatment. According to PostPartumProgress.org, “850,000 women each year are not getting the help they need.”⁷ This stark lack of support is the result of empirical cul-

tural and socioeconomic factors.

For instance, when societal and self-induced expectations of the ‘maternal instinct’⁸ are unmet, a sense of isolation, incompetence, and shame ensues—i.e. the stigma of a “bad mother” emerges. Moreover, a lack of policies supporting paid maternity leave, job protection, and financial assistance also pose barriers for new mothers who lack the means (familial proximity, availability and/or financial) to take the time to care for themselves as well as their child. This barrier is exemplified by the United States, the only developed country devoid of partial-to-full paid maternity benefits unlike Sweden, the United Kingdom, and France.⁹

Unlike ancient, multicultural customs that honored the *season* of new motherhood—that understood “she

was as vulnerable as her newborn, requiring her own steady stream of attention and care”¹⁰—in today’s society, more concern is placed on the mother during the pre-natal and birthing phase. This attention is not just from physicians, but echoed in magazines, self-care books, and inadvertently the family too. Dr. Kendall Tackett, a health psychologist and International Board Certified Lactation Consultant poignantly describes this dynamic in the following manner:

“While a woman is pregnant, people may offer to help her carry things... to ask how she is feeling. Friends (or family) will give her a baby shower...there are prenatal classes and prenatal checkups, and many people wanting to know about the de-

tails of her daily experience...

After she has her baby, however, mother-focused support rapidly declines. Typically a woman is discharged from the hospital within 24 to 48 hours after a vaginal birth, or 2 to 4 days after a cesarean... She may or may not have anyone to help her at home... Her mate will probably return to work within the week, and she is left alone to make sure she has enough to eat, to teach herself how to breastfeed, and to recuperate from birth... the people who do come around are more interested in the baby... (and) she must wait to see her physician until her 6-week postpartum checkup.”¹¹

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Ripples in the Flow: *Nan Jing Pulse Teachings*

By Z'EV ROSENBERG, LAc

This excerpt from Z'ev Rosenberg's upcoming book, *Ripples in the Flow: Nan Jing Pulse Teachings*, concerns the diagnostic and clinical strategies unique to the *Nan Jing/Classic of Difficult Issues*, and explains the concept of the ten variations/十變 *shi bian*, in the movement of the vessels when feeling different sections of the wrist associated with the specific 臟/*zang* organs.

十難曰：一脈為十變者，何謂也？

然：五邪剛柔相逢之意也。假令心脈急甚者，肝邪干心也；心脈微急者，膽邪干小腸也；心脈大甚者，心邪自干心也；心脈微大者，小腸邪自干小腸也；心脈緩甚者，脾邪干心也；心脈微緩者，胃邪干小腸也；心脈濡甚者，肺邪干心也；心脈微濡者，大腸邪干小腸也；心脈沉甚者，腎邪干心也；心脈微沉者，膀胱邪干小腸也。五藏各有剛柔邪，故令一脈輒變為十也。

“One pulse may undergo ten variations. What does this mean? It refers to the five evils, the mutual interference of softness (evils) and hardness (evils). For example, if the heart pulse is very tense, liver evils have entered the heart. If the heart pulse is slightly tense, gallbladder evils have entered the small intestine.

If the heart pulse is very strong, heart evils have entered the heart (itself). If the heart pulse is slightly strong, small intestine evils have entered the small intestine (itself). If the heart pulse is very relaxed, evils from the spleen have attacked the heart. If the heart pulse is slightly relaxed, then evils from the stomach have attacked the small intestine. If the heart pulse is very rough, then evils from the lung have attacked the heart. If the heart pulse is slightly rough, evils from the large intestine have attacked the small intestine. If the heart pulse is very deep, evils from the kidney have attacked the heart. If the heart pulse is slightly deep, evils from the bladder have attacked the small intestine. The five yin viscera and their associated bowels have their hard or soft evils, and each pulse may have ten variations.”¹

In describing 邪氣 *xie qi*/evil qi in the *Su Wen*, Paul Unschuld writes that ‘evil qi’ can be understood as any phenomena that has violated its ‘correct’ location in the realm of nature. Acupuncture treatment was designed in the *Su Wen* to ‘repair the walls before the thief enters’, in other words, harmonizing and strengthening the 衛氣 *wei qi*/defense qi and 營氣 *ying qi*/construction/nutritive qi, mentioned multiple times in the *Su*

Wen and *Ling Shu*. The *Su Wen* also states that ‘where evil qi collects, the correct qi must be depleted’. In *Su Wen* 68, it says “where there is 應 *ying*/correspondence, then there is 順 *shun*/compliance. If not so, there is 逆 *ni*/opposition. Where there is opposition, then this gives rise to 化 *hua*/changes. Where there are changes, then there is 病 *bing*/disease.”² In context of the *Nan Jing*, this means that the harmonious progression of qi via five phase 生 *sheng*/nourishing cycles and 克 *ke*/controlling cycles maintains the equilibrium and health of the viscera and bowels.

Nan Jing Difficulty 10 describes 五邪 *wu xie*/five evils that can afflict the 臟腑 *zang-fu* /viscera/bowels if they ‘violate’ each other. The first is 正邪 *zheng xie*/correct evil, where a viscera or bowel falls ill by itself. The next is 虛邪 *xu xie*/vacuity evil, where the mother phase attacks the child phase, as if from ‘behind’. Next is a 實邪 *shi xie*/repletion evil, where the child phase attacks the mother, from ahead. Next is 微邪 *wei xie*/weakness evil, when the evil is transmitted backwards from the controlled phase (for example, the lungs/metal are controlled by the heart/fire) by the controlling cycle that skips phases. Finally, is a 賊邪 *zei*/destroyer (thief) evil, where the controlling

phase transmits the disease to the controlled phase (the heart/fire transmits the disease to the lung/metal). All of these are describing interrelationships of internal processes, which can lead to pathologies if not corrected through five phase acupuncture strategies. Many of these can be caused by excesses of the associated emotions with each of the 五臟 *wu zang*/five viscera (anger with wood, joy with fire, pondering with earth, grief with metal, fear with water).

One of the most interesting aspects of *Nan Jing* pulse diagnosis is feeling five phase relationships within the positions in terms of specific qualities, and then applying this to the interrelationships described in *Nan Jing Difficulty 10*. In other words, we may be able to feel wiry qualities in the metal/太陰 *tai yin* position (right cun), associated with the 厥陰 *jue yin*/少陽 *shao yang* pulse position (left guan), or hair-like qualities in the wood/厥陰 *jue yin* position, normally associated with the right cun and 太陰 *tai yin*/lung. The specific pulse qualities discussed in *Nan Jing* difficulties fifteen and sixteen are here connected to specific disease patterns, seasons, and behavior. Qualities associated with specific

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Remembering Dr. Michael Smith, NADA Pioneer

Dr. Michael Smith, MD was a pioneer in our field, most noted for his development and implementation of the use of acupuncture for substance abuse. For over 30 years, at the Lincoln Hospital and through the efforts of the National Acupuncture Detoxification Association, Dr. Smith was a tireless advocate of the benefits of Chinese medicine. Dr. Smith was responsible for acupuncture licensure in states which first experienced the benefit of acupuncture detox and then concluded that the full use of acupuncture must be even more valuable. Dr. Smith was the first advisory board member of Pacific College of Oriental Medicine in New York. He generously introduced us to other advisory board members and faculty. He was a friend who provided a needed sense of confidence that our project could succeed. Without Dr. Smith, Pacific College New York would not



be what it is today. Dr. Smith was also a regular presenter at Pacific Symposium.

Thousands of acupuncturists and millions of recovering addicts owe the deepest debt of gratitude to Dr. Michael Smith. We can honor his memory by continuing his work. Thank you, Michael. **OM**

Las Memorias: *Volunteering in Mexico*

By **DR. DREW POLLACK, DAOM, LAc**

Of the three years I spent at PCOM, the last was my most memorable, when I spent one day a week volunteering in Mexico with the homeless, the poor, and the dying.

Prior to embarking on this journey of discovery, I set objectives for myself: to put myself into challenging situations as a means of eliciting my own discomfort, fear, and feeling of being overwhelmed. From this position, apply TCM techniques and theory learned in the clinic and classroom to facilitate improvement of learned acupuncture skills of assessment, diagnosis, compassionate communication, and time management. Most importantly, I hoped that these challenges would help me discover something deeper within myself by exploring the significance of death in relation to medicine, acupuncture, and my personal associated fear.

On a rainy morning in January 2016, a good friend accompanied me on the first of many visits to "Las Memorias". A large cinderblock building at the end of a dirt road on the east side of Tijuana, this part drug rehab facility, part hospice, part tuberculosis clinic hosts resident patients of all age groups. After introductions in the large, open common area where sermons were also held, we were brought to the hospice section of the facility. Here, we were told, we would observe and treat the most severe cases of HIV/AIDS.

It wasn't until we got to the tuberculosis ward, however, that we truly grasped how ruthless an illness can be when left untreated. We were given face masks as protection against TB infection and led to a second-story room. Suddenly the terms "barrel chest" and "blue bloaters" were no

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These sentiments are part of an insidious interplay in which modern new mothers are “pressure(d) to bounce-back—(bounce) back to (their) pre-pregnancy productivity, back to (their) pre-pregnancy body, and back to (their) pre-pregnancy spirits”.¹² It is worth elucidating these cultural dynamics and disparities to demonstrate that the demands of a new mother are not to be underestimated or overlooked as exacerbating factors to PPD. These pressures only perpetuate more (unreasonable) expectations that can generate greater feelings of guilt, self-doubt, and despondency. Alleviating these pressures where possible through cultural awareness, public policy, and professional medical help (the focus of this paper), will serve to foster healthy child development and family dynamics.

Although postpartum depression is indeed perpetuated by our cultural paradigm exalting busy lifestyles, high demands, “supermoms”, and the like, it should also be understood within the context of its physiological manifestations and essential etiology—taxation on a physical, mental, and emotional level as a result of labor and embarking on a paramount life transition “from expecting woman to new mother”.¹³

What follows is a discussion of postpartum depression’s a) mechanisms from a biomedical and traditional Chinese medical (TCM) perspective, b) common TCM patterns and acupuncture treatment approaches therein, and c) a summary of research on acupuncture’s efficacy for postpartum depression and depression as a whole.

According to the National Institute of Mental Health (NIMH), the biomedical cause of PPD is attributed to drastic and erratic changes in hormone levels following birth, with recognition given to compounding factors such as sleep deprivation, physical discomfort, and exhaustion.¹⁴ PPD can become pronounced immediately after birth and at any time during the child’s first year. Most women with PPD will exhibit symptoms by their 3rd week postpartum. A range in severity of clinical symptoms from the NIMH include: a) feelings of depression, irritability, rage, restless and/or moodiness; b) crying easily with or without perceived anxiety, worry, or fearfulness; c) difficulty concentrating; d) a loss of interest or withdrawing from social situations, family, and activities once found enjoyable; e) feeling disconnected and/or apathetic towards their child; and f) consistently doubting their ability to care for their child and/or considering harming themselves or their child”.¹⁵

The risk of developing PPD is higher in women who have a history (or family history) of drug/alcohol abuse and depression. The occurrence

of a traumatic event occurs at or around the time of birth, as a lack of emotional support from their spouse, family, and friends are all predisposing factors as well.¹⁶ Current biomedical treatments for PPD include counseling/talk therapy and pharmacological intervention, with anti-depressants the primary medication prescribed.

In TCM, “birth is a shift from a yang state, in which the pregnant woman’s body is warm with the high volume of circulating blood and full due to the presence of a baby in her womb, to a more yin state—the empty and cold counterbalance to yang”.¹⁷ During birth, a woman loses an abundance of qi, blood, fluids, and jing essence, becoming deficient in these vital substances.

If not replenished quickly and abundantly through rest and nutrition, these deficiencies can have nearly irrevocable or at least long-lasting effects on her health and vitality with respect to the functionality and harmony between her zang-fu organs and “anima”¹⁸ (spirits: shen, hun, po, yi, zhi). In other words, TCM recognizes PPD, it just does so under the lens of specific patterns and their distinctive expressions through the anima that arise due to taxation/deficiency following childbirth.

As women are more yin in nature, TCM practitioners are aware that the nature of birth coupled with inadequate rest and nourishment make women more susceptible to Blood and yin deficiencies, explicitly of the Liver Blood/yin, Heart Blood/yin, Spleen qi/yang, and Kidney yin/jing essence. If the placenta is retained for too long, or if there is residual scarring from birth, Blood stasis (and qi stagnation)¹⁹ is also a pattern worth considering.

In addition to deficiencies of vital substances, there can also be imbalanced interactions between vital organs, i.e. Heart Blood and Spleen qi, Heart and Kidney yin, and Heart and Lung qi. The Lung and Po spirit can also be afflicted by grief, most obviously in cases of trauma during pregnancy/birth including stillborn deliveries or miscarriages, both of which can still lead to symptoms of PPD. This pattern, as aforementioned, would most likely manifest in persistent sadness related to Heart and Lung qi constraint.²⁰ All patterns can be complicated by Liver qi constraint and mixed in nature. Postpartum patients seeking acupuncture will often complain of depression, sadness, worry, fear, fatigue, insomnia, melancholy, difficulty concentrating, and/or poor appetite/digestion, with possible accompaniment by head/body aches and pains.

A traditional Chinese approach to the postpartum period is characterized by the phrase “zuo yuezi”,²¹ which refers to “(the) Gateway...a threshold between one way of be-

TABLE A: Postpartum Acupuncture Point Protocol Summary²⁹

ACUPUNCTURE POINTS	REASONING
Baihu (DU-20)	Where the mind is housed & yang channels gather
Sishencong (EX-HN1)	Where the mind is housed & yang channels gather
Neiguan (P-6)	Luo-Connecting: benefits heart, calms mind
Taichong (LIV-3)	Regulates qi, blood, yin, yang (with Hegu LI-4)
Sanyinjiao (SP-6)	Access 3-Foot-Yin Channels, regulate qi & blood
Zusanli (ST-36)	Benefits blood production, ST qi, source qi

*** WHEN WORKING WITH NEW MOTHERS, TCM PRACTITIONERS have the opportunity to pass on the tenants of zuo yuezi, the ‘gateway’ and ‘retreat’, by nurturing their patient’s transition into motherhood with grace.**

ing (pre-natal) to another (postpartum)”.²² It is also translated as “confinement”²³ or “retreat”²⁴ meant to convey the importance of mothers and their babies guarding themselves not just from the outside world (noises, people, and exogenous pathogens), but their relationship to one another in the earliest stages. During zuo yuezi, mothers are encouraged to reinvigorate their yang by sipping herbal teas and eating warm, soft, easily digestible substances that serve to a) strengthen the Spleen, b) nourish Blood and yin (especially for producing breast milk), and of course c) build qi. Ideal foods include soups, bone broths, congee, cooked vegetables, and animal protein (if vegetarian, ensuring an abundance of plant-based protein and iron from legumes, tofu/tempeh, whole grains (quinoa, oatmeal), plus nuts and seeds.

Research conducted on acupuncture for postpartum depression yields promising findings when comparing acupuncture to pharmacological treatment. According to “Observation on therapeutic effects of acupuncture plus psychological intervention for postpartum depression,” researchers found that “acupuncture combined with psychological intervention has a similar total efficacy rate for the treatment of postpartum depression as the drug fluoxetine hydrochloride (Prozac®)”.²⁵ The total efficacy rate for acupuncture plus counseling was 90.7%, while that of Prozac® alone was 90.5%.²⁶ At first glance, perhaps this is not impressive. However, consideration should be made for

the fact that, despite the lack of statistical significance in the difference between total efficacy rates, acupuncture did not elicit any of the side effects experienced with Prozac® such as “nausea, dizziness, and loss of appetite”.²⁷ Therefore, acupuncture and counseling combined is just as good as if not slightly more effective than medication for depression alone. For this trial, acupuncture was performed once a day, five times a week, for six weeks altogether. “The acupuncture points used in the study were: Baihui (GV20), Sishencong (EX-HN1), Neiguan (PC6), Taichong (LR3), Sanyinjiao (SP6), Zusanli (ST36)”.²⁸ For the explanation of these point selections, as described by researchers, please reference TABLE A: Postpartum Acupuncture Point Protocol Summary.

These findings on acupuncture’s efficacy are consistent with a more recent meta-analysis and systematic review showing that acupuncture paired with antidepressant eases depression severity more than pharmacological intervention with SSRIs (selective serotonin re-uptake inhibitors) alone.³⁰

Physiological mechanisms that enable acupuncture to ease depression severity include its ability to regulate gene expression and the body’s levels of melatonin, serotonin, dopamine, norepinephrine, and endogenous opioid-peptides.³¹ In other words, acupuncture facilitates a shift in the central nervous system’s state—from ‘fight or flight’ (sympathetic) to ‘rest and digest’ (parasympathetic), promoting relaxation and regeneration on a cellular level. The common thread through these studies is their promising implications for acupuncture as an “effective, safe and well-tolerated monotherapy for depression” and postpartum depression alike.

When working with new mothers, TCM practitioners have the opportunity to pass on the tenants of zuo yuezi, the ‘gateway’ and ‘retreat’, by nurturing their patient’s transition into motherhood with grace. We can do this by encouraging patience in the phases and healing process ahead, and create space for self-acceptance therein. Whether a new mother exhibits or expresses experiencing postpartum depression/

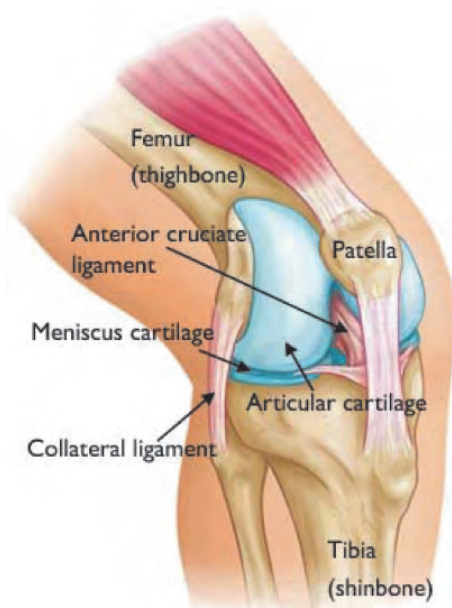
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Knee Pain: Testing Western. Treating Eastern.

By DR. TRAVALL CROOM, DAC, LAC

KNEE PAIN

Knee problems can be complicated, but one basic concept will simplify your understanding of knee pain: that the knee pain is either internal (issues within the knee joint itself), or external (problems of the patellar quadriceps mechanism). Take a look at this picture of the knee so you'll know what I'm talking about.



THE MOST COMMON CAUSE OF KNEE PAIN

The knee joint itself is where motion occurs between the thigh bone (the femur) and the shin bone (the tibia).

But overlying the knee joint is the quadriceps muscle (not shown in this picture) along with the patella (kneecap) and the tendons attached to the patella (the patellar and quadriceps tendons). Problems with these patellar and quadriceps structures are the most common cause of knee pain.

Diagnostic possibilities within this general category include:

- Quadriceps tendinitis
- Patellar tendinitis
- Quadriceps strain
- Patellar maltracking

SECOND MOST COMMON CAUSE OF KNEE PAIN

The next most common cause of knee pain is disruption of the ligaments or cartilage inside the knee joint. Some of the various problems inside the knee joint include injuries to the anterior cruciate ligament, the posterior cruciate ligament, or one of the menisci.

The good news is that most knee conditions can be treated with the right combination of acupunc-



ture, body work, and rehabilitative exercises.

TESTING WESTERN

As part of the acupuncture curriculum, we each learn several orthopedic assessment exams. These exams are great at diagnosing issues involving the knee joint: the Anterior Drawer Test, for ACLs; the Varus Stress Test, for LCLs; the Valgus Stress Test, for MCL; and others that also include testing for possible meniscus tears, like the McMurry's Test, and the Bounced Home Test.

The only problem with these orthopedic assessment exams is that they only cover the second most common cause of knee pain. They are not helpful in diagnosing issues involving individual muscles or muscle groups.

Manual muscle testing is a great way to assess issues involving the quadriceps muscles, which are usually involved in the most common cases of knee pain. The muscles of the quadriceps are first tested as a group, then rectus femoris, vastus lateralis, and vastus medialis are tested individually.

When testing a muscle, it is given a grade from 5 to 0.

Grade 5 (Normal)

The patient or subject can complete the whole range of motion (movement) against gravity with maximum resistance applied at end of range.

Grade 4 (Good)

The subject can complete the whole range of motion against gravity with moderate resistance applied at end range.

Grade 3 (Fair)

The patient can only complete the range of motion against gravity. When external (outside) force is applied, the patient gives way.

Grade 2 (Poor)

The patient cannot perform the movement against gravity, but can do complete range of motion when pull of gravity is eliminated. No resistance is applied.

Grade 1 (Trace)

Patient is not able to move the joint even with gravity eliminated. However, slight muscle contraction can be felt through palpation.

Grade 0 (No trace)

No contraction is noticed, even with palpation.

TREATING EASTERN

Once the hypertonic (tight muscle), has been identified, the practitioner can begin to formulate a treatment plan. I have found local needling (in the affected muscle) combined with distal needle placement to be the most beneficial approach in treating knee pain.

Most acupuncturists, while in school, become familiar with a knee treatment protocol called "the seven needle knee". This local needling treatment involves placing seven needles in specific points: ST34, Heding, SP10, ST35, Xiyuan, SP9, and ST36.

In my practice, I've modified this treatment protocol to one that I have found to be extremely effective in treating both external, and internal knee pain conditions:

- ST34 is replaced with the extra point Xinfutu. It is located 1-2

cun lateral from ST32. I use this point to reset vastus lateralis.

- Heding is replaced with needling the midpoint between Heding and ST31. This location is used to reset rectus femoris.
- SP10 is replaced with the extra point Baichongwo. Vastus medialis can be reset needling this point.
- ST35, Xiyuan, and SP9 remain the same, except that SP9 is needled in an upward direction until the needle touches the bone. This is done to stimulate the periosteum surrounding the tibia (the membrane that covers the outer surface of all bones).
- ST36 is replaced with Master Tung point 77.08. 77.08's location is very similar to ST36, except that it is needled as high and close to the tibia as possible.

Distal needle choices depend on the acupuncturist system of choice. Each system, or combination of systems, seems to work well with the above approach. Since vastus lateralis and rectus femoris are related to the stomach or foot yang ming, while vastus medialis is related to spleen or foot tai yin, the selection of distal points should correlate with and treat these pathways. **OM**

DR. TRAVALL CROOM, DAC, LAC, runs Ameliorative Therapies LLC, an acupuncture center integrating traditional Chinese acupuncture with anatomy, orthopedics, and Western medicine practices. Dr. Croom, licensed in New York and Pennsylvania, is a graduate of the Pacific College of Oriental Medicine in New York City where he earned his doctorate of acupuncture (DAC) with emphasis in orthopedics and sports medicine.

Acupuncture's Impact on Opioid Addictions and Pain Management

INTRODUCTION

America is being rocked by what medical authorities are deeming an “epidemic” of growing proportions. Opioids, a family of mid- to high-strength painkillers that are routinely prescribed to treat everything from chronic fibromyalgia to pain caused by cancer treatment, are highly addicting.

Evidence is beginning to suggest that percentages of opioid users who are prescribed a routine opioid medication find themselves quickly “hooked” — progressing through the stages of opioid addiction by building tolerance, consuming increasing dosages, and developing dependencies that ultimately cause strong addictions.

Increased or long-term consumption drastically increases the risk of opioid overdoses and fatalities. The American opioid epidemic has been estimated to cost the country hundreds of billions of dollars annually.

The opioid epidemic is a complex adversary.

- Evidence of opioid addiction, if detected at all, is often mistaken for psychological instability, mood swings, or even the effects of aging.
- Limited regulations control the use and prescription of opioids, and pharmaceutical providers have invested countless dollars in promoting the usage of opioid medications to physicians and healthcare providers.
- Many patients who become opioid-dependent employ methods of duplicating, stealing, buying, or otherwise obtaining illicit prescriptions to feed their addictions.
- This healthcare emergency is costing the American population unfathomable problems and must be addressed.

This guidebook will give an overview of the opioid epidemic and then provide information on how acupuncture has proved to be a viable alternative for treating pain to mitigate the use of opioids, as well as a treatment strategy for rehabilitating those suffering from opioid addiction. Content will be divided into the following chapters:

Ch. 1: Opioid Epidemic Statistics

Ch. 2: Acupuncture Therapy for Pain and Addiction

Ch. 3: New to Acupuncture: Questions and Answers

Read on to find out how acupuncture can make a difference in combating opioid addictions.

Ch. 1: Opioid Epidemic Statistics

Ch. 2: Acupuncture Therapy for Pain and Addiction

Ch. 3: New to Acupuncture: Questions and Answers

Chapter 1: Opioid Epidemic Statistics

Opioid overuse is occurring in epidemic proportions. The National Institute on Drug Abuse (an agency within the National Institutes of Health, or NIH) has reported a huge increase in opioid overdose deaths over the past 10 years, with the most dramatic increase over that time period occurring between 2013 and 2016.

Monetary costs associated with opioid abuse have recently been calculated in the billions. The opioid epidemic has been declared a public health emergency. Opioids pose a significant threat to the American economy, healthcare system, and population.


THE NUMBERS: OPIOIDS IN THE U.S.

The stereotypical drug overdose case born from systemic poverty can often be far from reality. Stories emerge every day of individuals outside of poverty across the country who succumbed to powerful opioid addictions and then experienced drastic deteriorations in their physical condition, social standing, and quality of life. Some of these cases advance rapidly enough or continue long enough to add their victims to the death tolls rising every year, with opioid addictions often developing from seemingly harmless opioid painkiller prescriptions written after routine surgeries or during injury recovery periods. In many cases, patients had no idea how powerful their medications were and how easily an addiction could take hold — sometimes in as few as 10 days of prescribed consumption.

OPIOID EPIDEMIC STATISTICS

What makes opioid addiction such a severe problem is its subversive nature. Opioid addictions are often instigated by prescribed usage. Because opioid prescriptions are made in relative abundance by practicing healthcare providers, it can be easy for a patient on the fringes of an addiction to obtain more opioid medications and thus strengthen his or her need for the drug.

- According to the Centers for Disease Control and Prevention (CDC), nearly 250 million opioid prescriptions were written in 2013 alone in the United States.



HOW ACUPUNCTURE CAN HELP IN THE OPIOID CRISIS


Overview of the Opioid Crisis

According to the National Institute on Drug Abuse, “Opioids are a class of drugs that include the illegal drug heroin as well as pain relievers available legally by prescription, such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and many others.” These drugs are generally safe, but because they produce euphoria this can lead to drug abuse. And unfortunately the increasing rate of opioid drug abuse has turned into a nationwide opioid crisis.

According to the National Institute on Drug Abuse, more than **90 Americans** die every day from an opioid overdose. This crisis has had financial repercussions on the U.S. economy, with the prescription opioid misuse costing \$78.5 billion per year.


SECTION 1: OPIOID FACTS

Opioid consumption




80%

of the entire globe's opioid supply is consumed by the U.S., which is 5 percent of the total global population.




259 million

prescriptions for opioids were written in 2012. That's equal to every single American adult owning a personal prescription bottle of painkillers.



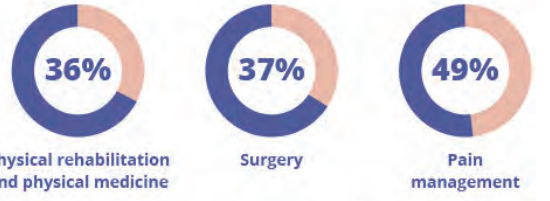
1999 2010

The sale of prescription pain relievers in 2010 was four times higher than sales in 1999.



Doctors in office-based settings prescribe opioids to **1 out of 5 patients** with non-cancer-related pain.


Prescription rates are high in the following areas:



36% 37% 49%

Physical rehabilitation and physical medicine Surgery Pain management

The Deadly Side Effects of the Opioid Crisis



The overreliance on opioids has led to an **addiction problem**.

2 MILLION


Americans had a substance use disorder related to prescription pain relievers.

Americans aged 40 or older are more likely, according to the CDC, to use prescription opioids than younger Americans, aged 20 to 30.

The National Institute on Drug Abuse has reported that **over 33,000 Americans died** in 2015 from an opioid overdose, which includes heroin, prescription opioids, and illegally manufactured fentanyl.

• In **2014**, there were **19,000 opioid prescription related deaths**.

• In **2015**, there were **22,000 opioid prescriptions related deaths**.



One possible solution for reducing opioid consumption, preventing its use or treating opioid addiction is acupuncture.

continued on **NEXT PAGE**

SECTION 2: ACUPUNCTURE FACTS

The Evolution of Acupuncture

Acupuncture is believed to **have originated in China** and has about 2,000 years of recorded history.

Historically, acupuncturists used bronze, gold or silver needles. Today's needles are made from **stainless steel filiform**.



Western interest in acupuncture began to grow in the early 1500s with the beginning of European colonization.

In the 1900s **Chinese doctors** began to approach acupuncture from a **modern scientific standpoint**.



In many ways modern medicine has stimulated the development of new acupuncture techniques. The healthcare community has taken notice of the many benefits of acupuncture.

The World Health Organization (WHO) has determined that **acupuncture can treat over**

64 conditions including:

- back pain
- sports injuries
- headache
- insomnia
- sciatica
- infertility
- heart problems
- stress

The American College of Physicians has recently recommended acupuncture as an **alternative treatment to drug therapy**.

Recent Studies Demonstrating Acupuncture's Effectiveness



282 men and women

participated in a 2014 clinical study that found that needle and laser acupuncture helped to relieve pain from osteoarthritis and provided more relief than no treatment.



According to a German study of

14,000

PARTICIPANTS WITH NECK PAIN

those who incorporated acupuncture into their usual neck pain treatments received more pain relief than those who didn't use acupuncture at all.



Researchers pulled together results from 29 acupuncture studies featuring 18,000 participants. Some of the participants received "sham" acupuncture treatments or no treatments whatsoever. Acupuncture **helped to alleviate pain** by roughly **50 percent**.

SECTION 3: HELPING TO TREAT OPIOID ADDICTION WITH ACUPUNCTURE

According to an article published by Hindawi, a promoter of open scholarly research, "In 1996, the World Health Organization (WHO) listed **64 medical problems** that were considered **suitable for acupuncture treatment**, including the treatment of drug abuse."



The **advantages of acupuncture** as a treatment for opioid addiction include:

Inexpensive

No side effects

Safe for pregnant women

Simple

Can be used to help prevent opiate relapse

In 1972,

Dr. Wen In Hong Kong did the **first recorded observation** of acupuncture's effectiveness in **treating opiate addiction**.



"Dr. Wen reported that acupuncture combined with electrical stimulation at **four body points** and **two ear points** **relieved the symptoms of opioid withdrawal** in persons with opiate addiction."

In 1985,



Dr. M. Smith, head of the US National Acupuncture Detoxification Association (NADA), developed the NADA protocol which describes a **5-point auricular acupuncture treatment** to **help relieve withdrawal and craving symptoms**, as well as increased "patient participation rates in long-term treatment programs."

Other benefits of the NADA protocol, according to Acupuncture Today, include:



Reduced need for pharmaceuticals



More optimistic patient attitudes



Fewer episodes of sleep disturbance

Today, the NADA protocol is used in conjunction with other treatment options such as self-help programs, counseling, and support groups. Auricular acupuncture has become the most common form of acupuncture treatment for individuals suffering from substance abuse.



Currently, **more than 700 addiction centers** in the U.S. use acupuncture as an alternative and adjunctive form of treatment for addiction.



- That exceeds 2013's total American adult population (numbered at 242,625,484, according to data from the U.S. Census Bureau).
- Because opioid addictions are at once easy to fall into and easy to hide, it is difficult to extrapolate how many opioid addictions may exist.
- Opioid usage is on the rise, however, and could lead to a huge and frighteningly undetectable increase in addictions.
- According to CBS News, the National Survey on Drug Use and Health found that more than 33 percent of American adults were prescribed an opioid painkiller in 2015.
- That same survey revealed that 1.9 million Americans reported being fully addicted to opioids in 2015 alone, though the number of unreported addictions is almost certainly drastically higher.

HOW MUCH OF THE OPIOID INDUSTRY IS CONSUMED BY THE U.S.?

The United States of America accounts for a consumption of the world's opioid drug production that is far larger than proportional. According to a CNBC article, "approximately 80 percent of the global opioid supply is consumed in the United States".

The same article reveals that American consumption for hydrocodone, a specific opioid in the form of a high-strength painkiller, has reached 99 percent. The BBC echoes these grim facts, reporting that the U.S. is the No. 1 country in the world for opioid consumption, surpassing Canada, Germany, Denmark, and Austria by a wide margin.

ANNUAL DEATHS FROM OPIOIDS

According to the NIH, the number of overdose deaths due to opioids has skyrocketed in recent years, increasing from less than 5,000 reported deaths in 2013 to more than 20,000 in 2016.

In fact, the drastic increase in American drug-related deaths has impacted the CDC's U.S. life expectancy projections, and drug-related deaths were partially blamed for consecutive annual decreases in the average life span expectancy (decreasing from 2014 to 2015 and then again in 2016).

COSTS OF THE OPIOID EPIDEMIC

Though it would be impossible to calculate the total fiscal, emotional, and physical costs of the opioid epidemic because of its far-reaching and pervasive effects, even the calculable costs to the inhabitants of the United States alone are staggering.

The NIH reports the estimated cost of healthcare measures necessitated by prescription opioid overuse to be \$72.5 billion per year.

The White House Council of Economic Advisers (CEA) estimated that the total cost of the opioid epidemic to the American economy reached \$504 billion in 2015, which equals almost 3 percent of that year's gross domestic product (GDP). And the numbers show no sign of slowing down.

OPIOIDS AND ILLICIT DRUGS

Opioids are not the only drugs increasing in prevalence in the United States.

- Between 2006 and 2016, the number of deaths attributed to drug overdoses (including both opioids and illicit drugs) climbed from just over 30,000 to 64,000, according to data collected by the CDC.
- Opioid overdoses, however, account for a large percentage of those deaths, causing 20,000 (almost a third of the total) deaths in 2016 alone. The opioid epidemic has reached staggering proportions in the United States and is only beginning to incite corrective action and awareness.
- In October 2017, its growing severity caused President Donald Trump to declare the opioid addiction epidemic a "public health emergency" and direct that concerted action be taken to address the issue.

But many experts feel the efforts necessary to reverse the opioid addiction epidemic may extend far beyond those that have been enacted to date.

Chapter 2: Acupuncture Therapy for Pain and Addiction

Acupuncture, a form of alternative medicine, can provide an effective substitute for opioid painkillers in pain treatment efforts, perhaps even circumventing opioid prescriptions entirely in some cases. It can also provide an effective method of rehabilitation treatment for patients addicted to opioids.

Chapter 2, Section A: Acupuncture as an Alternative to Opioid Prescriptions

WHAT ARE OPIOIDS USED FOR?

According to the CDC, "Prescription opioids can be used to treat moderate-to-severe pain and are often prescribed following surgery or injury, or for health conditions such as cancer." Opioids are prescribed to manage pain in the following cases, among others:

- Orthopedic, joint replacement, and cancer removal surgeries, as well as other types of medical procedures

7th Annual Alumni Awards

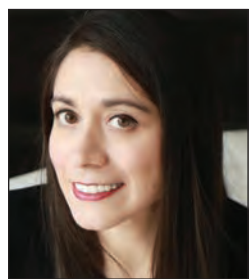
Every year Pacific College and the Academic Collaborative for Integrative Health award a graduate from each of PCOM's campuses who demonstrates core values shared by ACIH and the college. The award winners are honored at the Pacific Symposium and receive

a free pass (including CEUs) to the Symposium. This year's theme was Institutional Healthcare Culture and Practice. Winners were Lindy Camardella, PCOM-Chicago graduate; Noémie Le Pertel, PCOM-NY graduate; and Paige Wimmer, PCOM-San Diego graduate.



PCOM CHICAGO

LINDY CAMARDELLA, LAC, a 2011 graduate of the MSTOM program, is Chair of the Health and Wellness Committee at the Arlington Heights Chamber of Commerce, through which she was awarded the community's highest award in 2016: the Pam Stocking Heart of Gold Award. She has served as Treasurer, Vice-President, and Legislative Chair for the Illinois Association of Acupuncture & Oriental Medicine (IL-aom), and represents the state with the American Society of Acupuncturists for which she has been chair of the Public Education Committee since 2016. In addition to private practice she is a practitioner and part of the team working on integrating acupuncture into the Edward-Elmhurst hospital group in Illinois.



PCOM NEW YORK

DR. NOÉMIE LE PERTEL, DACM, LAC, is a graduate of PCOM's MSTOM and DACM programs, with additional degrees in health psychology/human biology, policy, management, and applied positive psychology. She provides acupuncture at Columbia University's Medical Center in primary care, where she supports medical students, residents, fellows, and researchers and educates them about integrative medicine in the process. She has had extensive in-patient and out-patient clinical experiences and has consulted in a variety of industries including professional medical education programs, academic, clinical, international, and research, serving organizations including Harvard Medical School, among others. Noémie also has a private practice in New York City.



PCOM SAN DIEGO

PAIGE WIMMER, LAC, has nearly 20 years of experience in complementary healthcare fields. Beginning her career as a massage therapist, she now provides acupuncture to oncology and women's services patients at St. Luke's Hospital in Boise, Idaho. Paige assisted with the creation of a new pilot program to provide acupuncture services to the inpatient women's medical surgical and antepartum populations, which has evolved into a thriving inpatient program, with growth expected into the labor and delivery wards and inpatient mother/baby units in the near future.

Taiji Principles for the Improvement of Modern Posture

By **DR. ANGELA LEE CHEN, DACM, LAc**

Poor posture is becoming more and more common as people spend ever greater amounts of time sitting at their computers, reading their smartphones, watching TV, or commuting to work. Common problems regularly encountered in the clinic range from mild stiffness all the way to severe pinched nerves, with sensations down the arms or legs. Numerous studies from the past year or so also show more serious posture-related health effects. Not a surprise to most of us; posture can influence mood: Nam (2017) demonstrated an increased risk of major depressive disorder in South Koreans who sit too much.

Sitting for long periods is also correlated with diabetes and high cholesterol. Grace (2017) showed a correlation between binge-watching television and an increase in diabetes and mortality from inflammatory disease. Diaz-Jimenez (2017) also studied self-reported sitting time, reporting its positive correlation to diabetes Type 2 in Chile. Penning (2017) showed that reducing sitting time in an adolescent's school day resulted in significant improvements total cholesterol, HDL cholesterol, and total cholesterol/HDL ratio. Cognitive function results also show improved effective mental-attentional capacity. Ekelund (2016) finds that over an hour a day of moderate physical activity seems to eliminate the increased risk of a lot of sitting time – but does not eliminate the risks associated with high television viewing time.

These cited studies are only the tip of the iceberg: research shows definitively that sitting for long periods is a serious health hazard. With the many ways in which the modern lifestyle encourages more screen time, poor posture is an epidemic. Ironically, however, the solution is ancient: taiji.

A tall 43-year-old man, bent over in the thoracic spine like an old man, started taiji lessons with my teacher. It was remarkable: after just 6 months of practice, he was standing upright! It seemed miraculous, and his is the most dramatic case I have witnessed of improved posture.

An 85-year-old woman came into my clinic with neck pain (upper trapezius area). She had been to every doctor she was referred to for over a year. One surgeon performed Intradiscal Electrothermal

Annuloplasty (IDET): cauterizing the nerve endings within the disc wall to block pain signals using electrothermal catheters. Not only did the first procedure not work, but it was performed again--to no avail. When she came in to see me, she could not hold her head upright from the pain. I treated with acupuncture, but I especially focused on her posture. With daily practice of simple stretches, her pain level was significantly reduced. In contrast to all the complex modern medicine she was subjected to, the time-honored and straightforward solution was the best one.

The two taiji principles I describe below are simple... but simple is often the most profound. The easiest way to start practice is standing up, with feet about shoulder width apart and toes pointing straight ahead, knees bent, hips loose, shoulders relaxed. I recommend imagining some air under the forearms, to give the hands a feeling of gentle energy. Once you have practiced standing like this, applying the principles below, you can extrapolate the feeling to sitting as well.

The first principle is to "suspend from heaven". The idea is to imagine a fishing line attached to the top of the head actually suspending you from above. The line attaches directly above the point where the spine attaches to the skull. You can imagine it as the feeling experienced by one of those plastic spine models that show the cranium and spine hanging from a single point of suspension. The idea is to feel gentle traction on the neck and back without straining any muscles to do so. After a period of practice, the stretch no longer feels imaginary; you feel like you really are hanging from above!

The second principle is to "sink into earth." This means, all physical tension should be released and allowed to sink into gravity--down our body, into our feet, then through our feet into the earth. Mind and body being one, mental or emotional tension will follow the physical into the earth. Releasing tension has a grounding effect. Normally we carry tension in our head (mind) or shoulders; if allowed to stay there, it will dominate our vision. To function in this world, we need to bear in mind our responsibilities and duties, but we need them to ground us, not

continued on page 18

Acupuncture and Tourette Syndrome

By DIA PFLEGER

What is Tourette syndrome? According to the Mayo Clinic, Tourette (too-RET) syndrome is a disorder that involves repetitive movements or unwanted sounds (tics) that can't be easily controlled. For example, patients might repeatedly blink their eyes, shrug their shoulders, or blurt out unusual sounds or offensive words. In ancient cultures, Tourette syndrome (TS) was thought to be the influence of an evil spirits or demons. Unfortunately, there lingers to this day a negative stereotype that Tourette's is simply a sudden uncontrolled outburst of foul language, as played out in the movies.

According to the study "A National Profile of Tourette Syndrome, 2011-2012" by the Centers for Disease Control and Prevention (CDC),¹ in every 360 (0.3%) children 6-17 years of age in the United States has been diagnosed with TS based on parent report--about 138,000 children.

Among children diagnosed with TS:

- 37% have been reported as having moderate or severe forms of the condition.
- Boys are three to five times more likely to have TS than girls. People from all racial and ethnic groups can have TS. Non-Hispanic white children are twice as likely to be diagnosed with TS as Hispanic and black children.
- Children 12-17 years of age are twice as likely to have TS as children 6-11 years of age.

CO-OCCURRING CONDITIONS

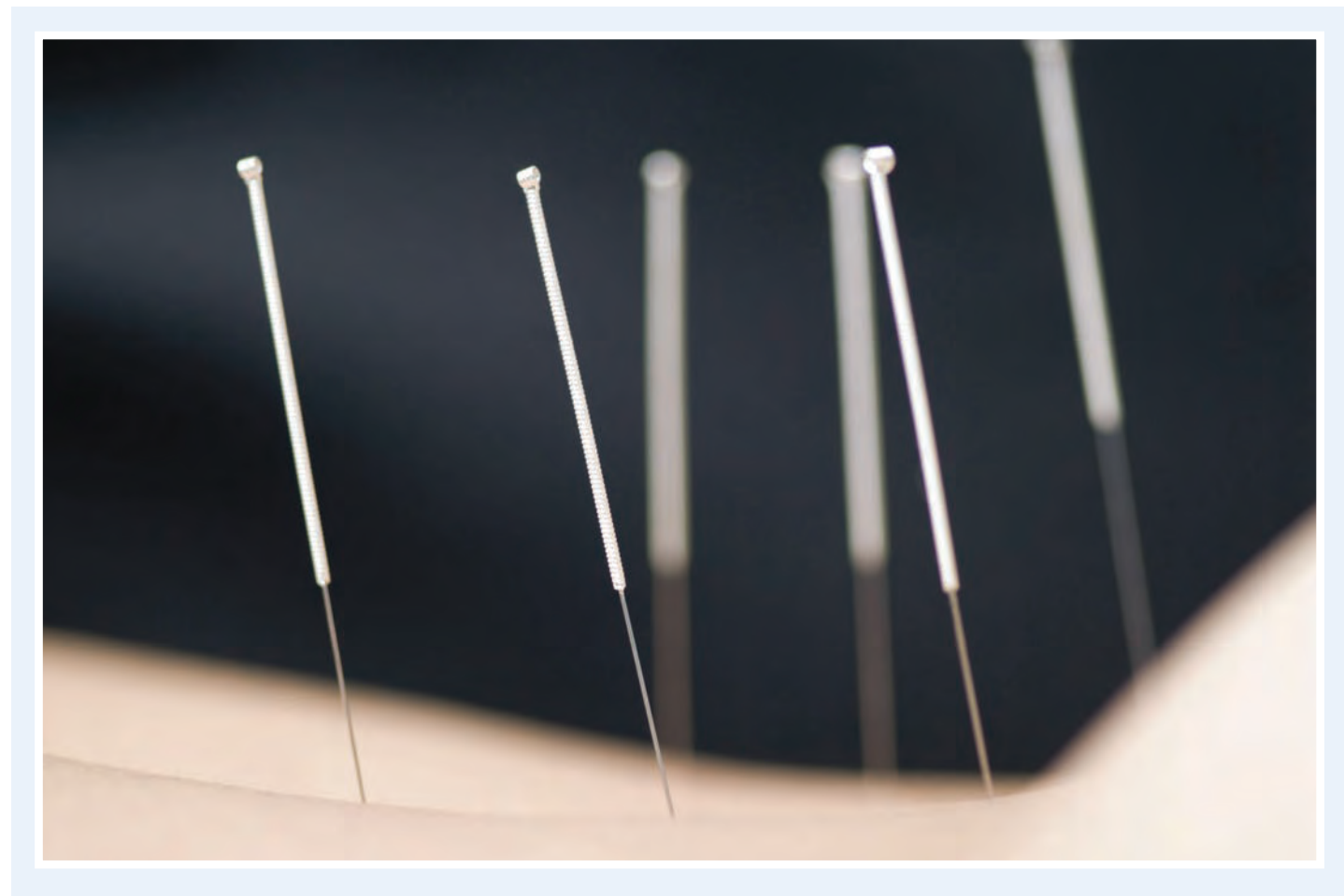
Children diagnosed with TS are also very likely to develop co-occurring conditions. 86% have been diagnosed with at least one additional mental, behavioral, or developmental condition, such as:

- Attention-deficit/hyperactivity disorder (ADHD), 63%
- Anxiety problems, 49%
- Learning disability, 47%
- Autism spectrum disorder, 35%

Obsessive-compulsive disorder, behavioral, speech, and language problems, intellectual and developmental delays or disabilities, and depression are also common.

According to DSM-V, Tourette's is an inherited neuropsychiatric disorder, believed to be organic damage to the central nervous system. Currently, there is no cure, and no medication that works universally for all patients. The medications that are prescribed often have significant adverse effects.

My patient, age 22, was diagnosed with Tourette's at age 10. She



also had been diagnosed with co-occurring conditions of obsessive-compulsive disorder (OCD) and anxiety.

I treated her anxiety, stress, and sleep problems for almost a year. I also treated her tics. Tics are classified in two categories: simple and complex. Simple tics, from which my patient suffered, are sudden, brief repetitive tics involving a limited number of muscle groups. Complex tics are distinct and coordinated patterns of movement involving muscle groups.

At the time of treatment, my patient was taking a dopamine blocker to help lessen her tics and antidepressant medication prescribed by her medical doctor. She was also

receiving other alternative medicine treatments, such as a massage therapy and chiropractic medicine.

In traditional Chinese medicine, Tourette syndrome can be understood as yang excess due to deficient yin leading to wind. Those show a deficiency in kidney yin deficiency or liver yin deficiency leading to liver yang rising. Acupuncture has a long and successful history in the treatment of the tics, uncontrolled movements, and vocal disturbances of Tourette syndrome.

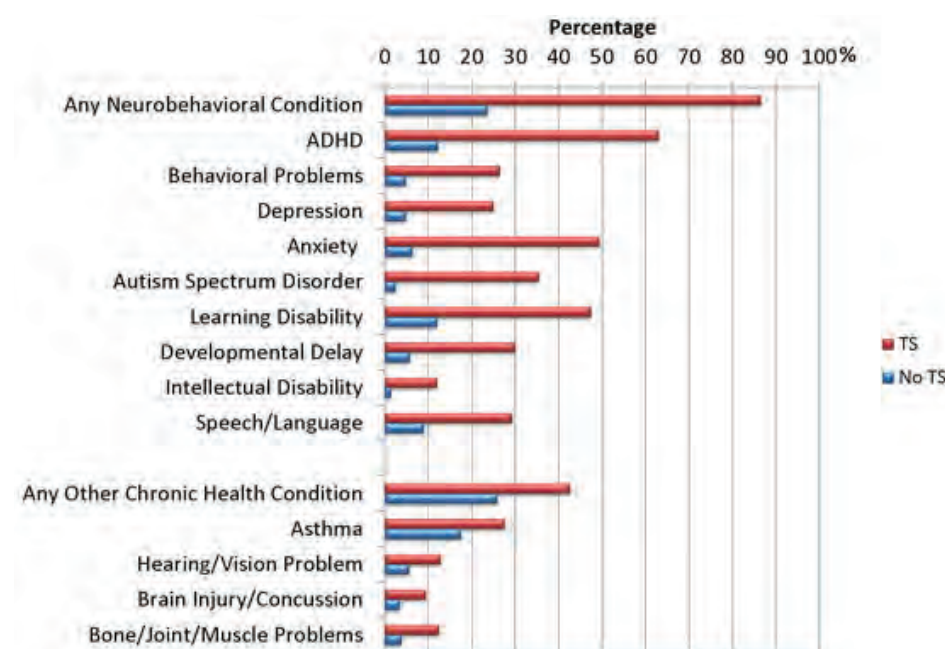
My patient's acupuncture treatment plan was: Buddha triangular on dominant hand, PC6, four gates LI4, LV3, Cv17, Cv14, Yintang, SP6,

and St36, KD3, KD6. She tracked her acupuncture treatment progress in her diary, reporting a decrease in her anxiety as well as improved sleep quality. She also noted 30-40% fewer simple tics occurring daily.

Based on the significant improvements that my patient reported regarding her symptoms, acupuncture can effectively treat chronic disorders, like TS. Like my patient with TS and other patients like her, they are seeking acupuncture for better clinical outcome to control and eliminate Tourette syndrome rather than taking Western medications for the duration of their lives. **OM**

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Prevalence of co-occurring conditions and disorders among children with TS: Data on 65,540 US children aged 6-17 years from the 2011-2012 National Survey of Children's Health

DIA PFLEGER earned her master's in acupuncture and Oriental medicine and is currently a PhD student. She became interested in alternative and complementary medicine when her young son was diagnosed with severe autism. Dia began her journey at National University of Health Sciences in Lombard, IL, studying chiropractic medicine and oriental medicine. At NUHS, Dia was selected for a residency at Stroger's Cook Country Hospital, Chicago, IL.

longer medical jargon but directly applicable to living, breathing people. True illnesses were staring me in the face, challenging the intelligence of my decision to volunteer in such a setting. I was scared, and the patients obviously were too.

I treated a man as he sat up in bed and gasped for air, unable to lie down because of his lung infection. He had arrived a few days before, when he had been started on antibiotics to treat his TB. I administered auricular acupuncture to calm him and slow his breathing. He was extremely sensitive, flinching with every needle. His right ear was feverish with hues of purple and red. The left side of his face was cold, his yin and yang separating, mirrored on his face. His eyes darted from place to place, unable to remain still in his discomfort. He mumbled to himself, with a far-off look in his eyes. When I sat down next to him and got his attention, he kept asking me over and over if he was going to be okay. All I could reply was that yes, somehow, everything was going to be okay. The next week I returned to the tuberculosis ward and he was gone. His lungs had failed him. These fragile patients, their experiences, and the mystery of death, are what I found myself thinking about on the hour-long drive back and forth from home to clinic.



It is a gift to comfort someone during a time of difficulty, to lessen their pain, to listen to their story. Acupuncture offered me the unique opportunity to step into a new and



strange situation, to be a part of something tragic and beautiful, observe objectively, and give a gift to a community in need.

An excerpt from my journal:

January 28, 2016

I remember Adrian, as he is nearing death quickly. He is resting on his back, under covers, with his head turned sharply the right, vomit on his shirt over his right shoulder. His breathing is labored. I call his name and shake him. No response. He was at the hospital two days ago, the other patients tell us, but the doctors sent him back to hospice. He has cirrhosis (of the Lv), Kd stones and ascites. No amount of acupuncture or medication can save him. He hasn't taken medication in years possibly, and today he refuses food. It looks like he aged ten years in the past week. Thinner, darker. He moans occasionally. At this point what can I do? I needle his abdomen, yintang, and burn lots of moxa. The needles are of no consequence; it's more to give me time with him, to pray with him. We are merely two souls. I play my role. He plays his. What his experience is, I have no idea. I palpate his abdomen, which is swollen like a water balloon, his ribs bulging over his

enlarged spleen. My last memory of Adrian is of him sunbathing in a wheelchair; biccupping. I don't think I will see him next week. With one death a whole universe ends.

Adrian passed the day after I treated him. The following week, his bed bore a new patient. And so on it went. Every week, I returned to Las Memorias. New patients. New deaths. Their stories of how they ended up in the hospice were often similar: they were



in the US, usually Los Angeles, working, getting treatment for HIV, then got deported and dropped off in the streets of Tijuana. No more treatments, no access to medical care. Inevitably, symptoms would set in. Fevers, vomiting, diarrhea... three or four days in a row, all night long. Now in hospice, lying in a bed, under blankets, and receiving IV fluids, they are without family, friends, or medication.

I often reflected on the hospice's simplicity between visits. Behind a building, against a brick wall, and under a sheet metal roof, a fire burns to warm water in a large pot. The residents fill buckets to bathe. What if life wasn't about filling up a bank account and vacationing in Cancun once a year? What if this was the meaning of life... to be uncomfortable, to be challenged, to face the scariest situation you can imagine, and make it beautiful? I find it interesting to think about the notion that when a person is born, people cry with happiness, yet when one dies, people cry with sorrow. In the HIV hospice, when a person died, I often breathed a sigh of

relief: their struggle finally over, at last the pain had ended.

A second excerpt from my journal, on the same day, January 28, 2016:

I think about this place during the week; about the patients, families, and children who live here. I also worry. It's a big risk. I could get sick. I could poke myself with a needle. I could get TB. This place is changing me, how I think about life and death. Then I get in my car and drive home, and it all seems to be forgotten.

Patients' families often visit; today it's Jorge's family. Jorge is in his mid-20s. Last week he was suffering severe head pain, to the point of screaming, writhing in pain. The week before that he had 3 seizures. Today he is quiet. It's nice to see Jorge so peaceful compared to last week. He is like a child now. He reaches for my face when I talk to him. I worry if his hands are clean. His eyes constantly turned sharply to the left. He can barely track my finger. He mouths something to me, but I can't understand his gestures. He doesn't recognize his father. His family is huddled together, whispering, deciding what to do, take him to the hospital or leave him in the hospice. I tell them about our efforts to treat him. They decide to take him to the hospital.

Due to lack of resources, and because patients commonly have drug addiction problems, patients often go without pain medication. Philip, like many patients at Las Memorias, has a history of drug addiction; he is stick-thin, like a Holocaust survivor. As I needle him, he screams in pain. I remove the needle, but the pain remains. He begs for his pain medication. I massage the point and burn moxa. Again, he asks for his pain medication. Tears roll down his

continued on page 20

overwhelm us. Sinking the tension, we gain better perspective and therefore more easily prioritize and make better choices.

Between suspending from heaven and sinking into earth, we exist as human, energetically aligned with the universe. For the moment, our problems seem smaller, our need for distraction less... and our posture so much better! Better posture leads to better health, in every aspect. The profound benefits of these simple principles manifest with practice. The

more time and energy you put into your practice, the more you will get out of it. **OM**

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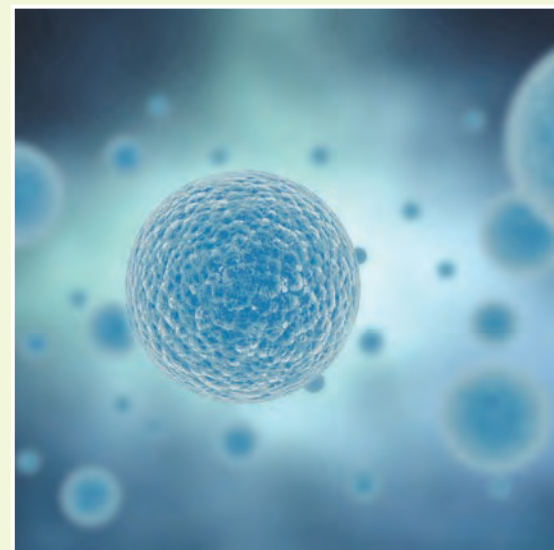
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cheek. The volunteer in charge of distributing medication says he gets his pain medication only before bed. It's 12:30 pm. I tell him. He cries. No matter what position, he has pain. He asks for more acupuncture.

February 13, 2016:

Last week, I treated a man who is on oxygen. Small, thin, his shoulders rise with every breath he takes; it takes a long time to say a full sentence. He had TB for 2 years and the scar tissue left behind makes it difficult to breathe well. His oxygen tank is too big to walk with. He asks me for a small tank of oxygen to be more mobile. He sells loose cigarettes to the other patients, his only source of income.

February 18, 2016:

Carlos, a sweet, middle-aged Mexican man missing most of his teeth, lies in bed. Last week he showed us the beginning of his Kaposi's sarcoma (KS), which he has as a result of his untreated HIV: two small, dark, round spots on the inside of his upper arm, and several more on his ankle.

This week we found that the lesions had spread, covering one-third of the soles of his feet—no longer individual spots, but one continuous raised area. His false teeth won't fit any more, and he shows me a KS lesion in his mouth. He complains of abdominal pain. I can feel a lump just under the skin above the belly button. He winces as I palpate. It's difficult for him to urinate. An obstruction, caused by the KS, I assume. I don't check. KS develops on the connective tissue of the skin, muscle and bones and is one of several definitions of having AIDS. It is the result of herpes virus 8.

This is the second time he has gone through this experience. The first time was in the US several years earlier. It had become difficult to walk, crippled with pain. He says the sensation of the KS feels cold when it first starts, then like a stabbing pain. It had spread to his intestines, causing stomach pain. Though undocumented, Carlos was able to receive chemo in the US. He got ill. Nausea and vomiting. He said the treatment was very bad but he survived. Deported several years ago, he no longer has access to treatment.

Now he waits, alone, no family, in a room with other people who are also very ill. Carlos begins to cry as we ask about his experience. He remembers the pain from the first struggle with KS. He's afraid of the pain. He doesn't receive the antiretroviral medication he desperately needs. He has no money; the hospital will turn him away

without treatment. He is sure to die, a preventable death. His death will be slow and painful. It is hard to stand at his bed side while this grown man tells his story in tears. I am angry, but I don't know who to be angry at or with. I want to bring him back with me. Take him to a hospital.

March 17, 2016:

Paulino had no appetite for the last month, enough energy to speak just a few words. He kept losing weight, the skin on his face like tan leather, vacuum-sealed on a skull; two large dark eyes, surrounded by pure white. He was recovering from pneumonia. That he survived it, with advanced AIDS, was impressive.

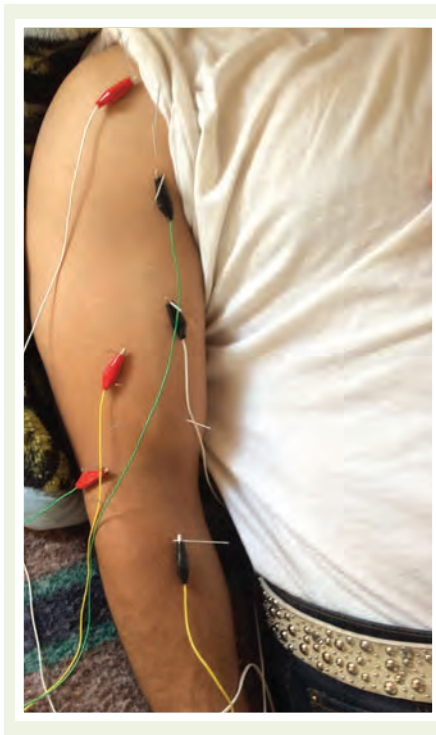
I treated a pain in his back and hip the last time I saw him. He was coughing up phlegm again, into an old plastic Folger's coffee container. No matter how bad he seemed to be doing, his assessment of himself was always "fine". The last treatment I gave him, maybe two days before he passed, his self-assessment was "so-so", a significant but subtle sign that he was in trouble.

This week, Paulino is not in his bed. A patient informed me he passed Sunday. I wonder if the treatments helped. A woman with a penny-sized canker sore on her lower lip is there instead, waving at me, asking for acupuncture.

I treat the woman with the canker sore instead. Halfway through the treatment, without warning, she vomits; bile splashes off the floor, and I jump out of the way, escaping with a small amount on my shoes.

A man in all black is sitting on the edge of his bed, arms and hands shaking violently, hiccupping, clutching a plastic bottle of cheap liquor in both hands, black under the fingernails. He gulps it like water on a hot day. The assistant director doses the medicine; he will die if he goes without alcohol for too long. He doesn't want acupuncture. His pulse is thin and rapid and he winces in pain with any touch. He vomits clear liquid into a trash can, then falls asleep. If he wasn't going through withdrawal I wouldn't have noticed anything seriously wrong with him. No bloating, or redness in the face. He looks 50 maybe, a weathered face. He likely has HIV or else he wouldn't be here, but he is in too much suffering to answer any questions. Still I want to know, I want to ask what happened, how did this happen? How much alcohol does he drink on a normal day? Where are his family and friends? He may not be here next week, not dead, just gone, back to his old ways. Maybe panhandling, or washing cars at the line for a

few pesos each. A pitbull puppy wanders through the hospice, so we turn and smile, grateful for the distraction.



I recently found a quote. *In the end these things matter most: how fully did you live? How well did you love? How quickly did you let go?* I let go of many patients during my time at Las Memorias. Some got better, some didn't. Others looked for someone else to help them—perhaps acupuncture wasn't appealing to them. Others passed beyond the threshold of this physical world to the astral. I am learning to let go.

Acupuncture is not just a way of making a living; it can be way of life, a path of self-discipline. I yearn to make acupuncture an expression of selfless service. I know I have failed, and I know I will continue to fail because I'm still attached to money. I ask myself, did I treat the patients in Mexico the way I now treat patients in the local clinic in NY? The answer is no. But I will not give up; I will continue to improve, and know that success will prevail.

As I look back on my experiences, in Mexico and this past year in New York, I understand how fortunate I am. I recently took a trip to Tulum, Mexico, about 2 hours south of Cancun. It wasn't the Mexico I knew when I lived in San Diego and crossed the border as a means to challenge myself and foster personal growth. I missed the gritty and dirty streets of Tijuana. Something about it makes me feel alive, vulnerable, real.

One cannot be pretentious when faced with a terminal illness. The smiles I saw at the clinic were always sincere. No one had time for pretense. It was refreshing. Outside of the hospice setting, clients often arrive for treatment and lack introspection. They are afraid to broach a subject of concern and importance to them. Perhaps it's a fear of judgement. When a person is dying,

however, suddenly nothing is taboo. Everyone becomes equal; the fear of embarrassment is lost.

I often wonder why it is that I find it inspiring to be around dying people. I suppose it's the lack of pretense paired with the subtle need to be reminded that life isn't all about the "American Dream", about making money and being comfortable. I long to be with those who cannot live that life, who have nothing and nobody. Perhaps surrounding myself with challenging situations serves to remind me that life is fragile.

When giving acupuncture, I receive more than I could ever imagine. In life I try not to run away from things that scare me. I observe them, I have learned to welcome experiences. I used to fear death. Embracing the opportunity to volunteer at a drug rehab facility/hospice/TB clinic in rundown Tijuana seemed appropriate. Experience and meditation jointly provide sanctuary in this world of chaos. Yogis of India meditate by the crematory pyres as a means of overcoming attachment to the physical body. Tijuana was my meditation during my last year at PCOM. I was blessed with a learned skill that helps to ease suffering. Despite the language barrier, communication was seldom lost. I was merely there to offer help to whoever was open to receiving it. To my surprise many people didn't want my services, but some, when their last days on this earth were approaching, allowed me to sit with them, cry with them, share in the loss that we all must face one day. A quiet presence is what I offered during their final hours. These moments helped me to look beyond myself. Today in the clinic, treating young athletes, I am able to feel their (physical, mental, or emotional) pain; simply being with them and sharing in it, just as I did in Tijuana, that pain is lessened. During challenging cases or difficult life situations, I return mentally to these experiences in Tijuana. I am reminded that life goes on in the presence of death, that there is always hope and there are great lessons to be learned in suffering and loss.

Every individual will pass through death. It is my belief that we have all experienced death many times. These experiences are something to be embraced rather than ignored. If we take time to observe, reminders are put in our path to remind us to reflect on the life we are living today. What we must ask ourselves is... *How fully are we living? How much are we loving?* OM

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Newly Formed Shen Nong Society Looks to the Future of East Asian Herbal Medicine

By DR. CAROLINE RADICE, DACM, LAc

As the number of committed practitioners of East Asian herbal medicine has grown, it has become increasingly clear that we, as practitioners, should no longer have our interests and needs subsumed under the larger umbrella of a professional acupuncture association. The time has come for an East Asian herbal medicine-specific professional body. Inspired to establish an organization for practitioners to better communicate with not just each other but also growers, educators, distributors and consumers of East Asian herbal medicine, Sally Rappeport, MS, LAc, a Brooklyn-based practitioner and board member of the High Falls Foundation, requested my assistance founding such an organization in 2016. As a practitioner and instructor of herbal medicine for more than 20 years, I shared her desire to organize a platform to speak with a unified voice for all who have an interest in a well-trained, ethical community of professionals who furnish excellent care using high quality products. With an eye to history and to the future, we called ourselves the Shen Nong Society (SNS).

The Shen Nong Society exists as a non-profit organization under the auspices of the High Falls Foundation. High Falls Gardens started as a “small farm with a big idea” based in Philmont, NY. As longtime growers of medicinal herbs, High Falls Foundation shares the goal of the SNS: to increase communication among the various interests that use herbal products in cooperation with the Appalachian Herb Grower’s Consortium, based in western Virginia. Their mission is to further education, research, and conservation of medicinal plants.

We hope that the Shen Nong Society will become an organization that upholds the values and integrity of East Asian herbal practitioners and that respects, acknowledges, and supports the various interests that grow, use, sell, and legislate herbal medicine. As an organization, we intend become a resource for posting case studies, blog features, and events of interest. Additionally, we will publish monthly articles on various topics that will be on the website and sent to the inbox of all Affiliates. For the first year, Sally and I made up the Board of Directors as President and Vice President. In April 2017, we were joined by Marnae C. Ergil, DACM, LAc, who currently serves as Secretary and Treasurer.

After months of organization and planning, the Shen Nong Society held its first annual conference in

March 2017, at the Tri-State College of Acupuncture in New York City. We were delighted with the outpouring of support for our inaugural conference and we sold out all available seats two months in advance. Among the presenters we were privileged to feature was our keynote speaker Sharon Weizenbaum, of White Pine Healing Arts in Amherst, MA, who is an internationally regarded teacher of classical herbal medicine. Her presentation, entitled “From What Foundation Do We Grow: Toward the Future of Chinese Herbal Medicine” discussed the roots of our medicine in her uniquely accessible manner. We were also honored to have Z’ev Rosenberg, long time educator and scholar of Chinese herbal medicine and former chair of the Pacific College of Oriental Medicine San Diego’s Department of Herbal Medicine, speaking on “Seasonal Qi, Epidemics, and Chinese Herbal Medicine”. Jean Giblette, of the High Falls Foundation, representing growers, discussed “Quality in Herb Production: The Dirt on Dirt”, and Dr. Eric Brand, with unique training in herbal pharmacy and ethnopharmacology, was enthusiastically received for his talk on “Changes in Herbal Medicine from Ancient Times to the Present”. Representing the Kampo traditional medicine of Japan, Nigel Dawes spoke on “How to Study Herbal Medicine in the 21st Century”, and Dr. Frank Butler rounded out our presenters in a Q&A on “Training through Apprenticeship in Chinese Medicine”. As you can imagine, with such remarkable presenters, the conference was a huge success!

In Sally’s opening remarks at the conference, she noted that there was no professional organization that existed as an umbrella for practitioners of East Asian herbal medicine to communicate with each other and to discuss the many important issues specific to our practice, such as herb acquisition, herbal substitutions, FDA and legislative issues, pharmacy programs, and continuing education. As committed practitioners who have an interest in designing formulas for our patients, we must be the ones to support this ancient practice into the 21st century and we must be organized to address important topics as they arise. The Shen Nong Society intends to fill that void and represent East Asian herbal medicine practitioners and growers on the national and international level.

We are excited to announce that the date for our second annual conference is set for March 24, 2018.



After selling out last year, this year we will have a larger venue at the SUNY Global Center in New York City, which will allow us to seat over 100 participants. Featured speakers include Sabine Wilms, translator of the *Shen Nong Ben Cao Jing*, the *Jin Gui Yao Lue* and many other texts will speak on “The Divine Farmers Message to Modern Practitioners of Chinese Medicine”. Craig Mitchell, translator of the *Shang Han Lun* and President of the Seattle Institute of East Asian Medicine will present “A

Frog at the Bottom of the Well: Why Siloing and Polarization in East Asian Medicine Leads to Poor Patient Outcomes”. Other speakers will include Cara Frank of Six Fishes Healing Arts in Philadelphia, Jean Giblette of High Falls Garden, and Maryanne Travaglione. Please visit <http://www.shennongsociety.org> for more information. **OM**

DR. CAROLINE RADICE, DACM, LAc, has been practicing and teaching acupuncture and Chinese herbal medicine for more than 20 years in the New York area. She is presently on faculty in the departments of herbal medicine at the Pacific College of Oriental Medicine New York and Tri-State College of Acupuncture. Additionally, she maintains private practices in NY and NJ and is committed to the flourishing of the practice of herbal medicine. This article was graciously edited with the assistance of Dr Marnae Ergil.



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Self-Regulated Learning For Acupuncture Students

By VLADISLAV KOROSTYSHEVSKIY, MS, LAC

This is a problem with the education system in America: they don't teach you how to process information," says Dr. Dmitry Royter. For the last fifteen years, Royter has prepared students for standardized tests such as the GMAT and SAT. When Royter, who runs his own test-prep firm, IvyPrep, took the GMAT himself, he scored among the highest three percent of those taking the exam, so he should know a thing or two about how to get ready for a test.

"The way I think about information—it's like a website," Royter explains. He says the information is organized in "a tree structure—the main idea, then it goes into subpart one, subpart two, and so on and so on". When he first encounters information that he must master, Royter first reads through it "really fast. I only retain the main ideas. Then I go back as I need it. That's very, very simple and very efficient."

The idea of regulating one's own learning is hardly new. For example, Benjamin Franklin wrote extensively on the techniques that he used to improve memory and the methods he used to "arrange his thoughts". Admittedly, before the last two decades, methods that allow students to become masters of their own learning were backed by very little empirical evidence. In the past two or three decades, however, researchers began examining various learning techniques and strategies, searching for most efficient ones (Zimmerman, 1990).

The academic discipline known as educational psychology includes the topic of self-regulated learning. Even though a lot of research has been done in this area in the recent years, and scientists have established which learning strategies are more and which ones are less effective, the outcomes of their research and their recommendations do not reach the majority of students, who continue to believe that you need to be smart or talented to study well. While finding the right strategy to suit your personal learning style does require some resourcefulness, anybody can be an excellent student. In fact, according to one study, students' academic achievement can be "predicted with 93% accuracy using their weighted strategy totals across the learning contexts" (Zimmerman, 1990). Fortunately, acupuncture students need very little mathematics, for example, but they do need to memorize great many anatomical terms and must be able to visualize various anatomical structures in relation to each other. They also need to remember

acupuncture points and meridians as well as how the meridians and *zang* and *fu* organs interact with each other.

Research suggests controlling six components that are fundamental for academic self-regulation: (1) motivation, (2) time management, (3) learning techniques, (4) physical environment, (5) social environment, and (6) monitoring methods. Scientists recommend first setting a goal as the first step in self-motivation. The second motivational self-regulation technique is self-verbalization or self-talk. This technique can take many forms, and should address individual behavioral patterns, such as boredom, anxiety, or other traits (Dembo & Seli, 2012). While self-talk may seem silly, it plays an important role in self-regulation children and turns into an internal dialog as they become older (Diaz & Berk, 2014), but adults can use it effectively for self-regulated learning, nonetheless. Time management can be tricky. While procrastination is often seen as a bad habit, some students use it effectively. The best approach is to observe how you manage your time by creating timetables in which you record how much time you engage in various activities during the day. You then decide when and how much time you need to spend studying (Dembo & Seli, 2012). Fortunately, you already have years of experience studying, and you must have noticed which approaches work most effectively for you. Finding or creating the least distracting environment can also be tricky, because some students study best when background noise is present, such as music or even in a crowded café, while others prefer silence. If, however, you feel that you can focus your attention on what you're studying, then you can learn in that environment. Keep in mind that learning becomes worse when students study longer than 30 minutes, after which short, 5-10 minute breaks are best (Dembo & Seli, 2012). Learning and monitoring techniques are intertwined. You can, for example, talk to yourself about the main ideas that you just learned. Ensure that they are connected with each other. If you stumble, look up the material that you are unsure about. Then begin talking to yourself about smaller details, as Royter recommends. You can also reproduce main and secondary ideas using pen and paper. Whether you use words or tables, diagrams, webs, or some other

continued on **NEXT PAGE**

form of graphic representation depends on your personal preferences.

While the nature of material that students need to process affects the type of learning techniques that will be most effective for an individual student, essentially, all students want to be able to process (whether to memorize or to understand) the information that they study at school devoting minimal time and effort to it—no matter whether it is mathematics or anatomy. Although mnemonic techniques might be helpful for students who need to memorize a lot of related and unrelated information (Putnam, 2015), keep in mind that depending on an individual's innate as well as acquired strengths and weaknesses, different mnemonic techniques can be more or less effective (Sarma, 2015). The only way to know for sure which techniques work best for you is to try them on yourself. Certain aspects of learning, however, are universal and can be applied to all and every student, no matter of what discipline. The first universal aspect is to know how to read textbooks efficiently.

Jim Lewis, a professor at Polytechnic Institute of NYU who conducts research on study habits, says that “textbooks aren't really designed to be read front to back”. According to Lewis, “the best place to start is to read the chapter's summary—to get the whole picture of what it's all about. And from there, you sort of follow through.”

Royter concurs: “the efficient way to memorize is to go from general structure to small details,” he says. “Otherwise, you have nothing to hold the pieces together. You've got no skeleton. First, you need a structure, then you start putting in everything else.”

Researchers also found that an important part of self-regulated learning is to become aware of your own

thinking, otherwise known as metacognition. While there are many aspects of metacognition, the one that is particularly important is to ensure that you understand what the textbook's author says every paragraph. Scientists recommend either stating aloud to yourself what you just read or taking brief notes of the material that you are studying (Paris & Winograd, 1990). As you read through a textbook, talking to yourself or taking notes lets you monitor how your brain processes the information you have just read. Typically, if you have trouble putting it into your own words, then it means that you are not grasping the concepts that the textbook's author is trying to convey. If that is the case, then you might want to reread the paragraph that contains confusing information or look up that information elsewhere. The key is to be aware of what you are learning and—what is even more important—what you are not learning. Once you read all the pages that you need to read, and after you were able to explain the material you just read in your own words, you are ready to restructure the pieces of that information in relation to each other—as Royter explained, first, general concepts, and then, smaller details.

I tried this method myself, using a physiology textbook. Just as Royter and Lewis recommend, I first read each chapter's summary, then skimmed the text of the chapter, and only then attempted to answer the questions at the chapter's end. When taking tests in the past, I nearly always had to guess which of a multiple-choice question's answers was correct. This time, though, I knew the correct answers to some of the questions before even looking at the answer choices.

My experience squares with a technique suggested by Dr. Luis Manzo, a psychologist and the director of

the counseling center at Polytechnic Institute of NYU, where he also runs workshops on study habits. Manzo says, “What I like to do—if I'm doing a multiple-choice exam—I cover up the answers. I read the question, and I try to answer it in my head before I look at the answer choices.”

When it comes to test prep, practice is every bit as important as methodology. According to NYU-Poly's Lewis, “The more you practice the better you get at seeing. You know, ‘Oh, I didn't see the “except”.’ So, practice and take your time. Read through each question carefully.”

Practice really does help. Still, though, I have trouble believing that I'll really remember everything I study and won't have to guess the answer, at least occasionally. Ivy-Prep's Royter, however, disagrees. “If you got it, you got it,” he says. According to him, if you don't know the answer, you're just not processing the information correctly.

When it comes to doing an initial review of the information you need to learn, Lewis has some tips. “One is to throw away the highlighter,” he says. “A lot of times people just sit there and highlight material. It means, ‘Ooh, it's really important. I'm gonna learn it later on.’ As opposed to when you take notes on it while you are reading. Then you're actively engaging. Because now you read it, kind of comprehend it, and then take notes on it. And you actually absorb it much better than you ever would have if you just passively read it.”

I've begun following Lewis's advice when studying: I take notes on what I'm reading, point by point. Usually, each paragraph has only one major idea, and I diligently transcribe every such idea in a notebook, using my own words. I find it interesting that once I grasp a textbook author's concept, answering questions at the end of a chapter seems less irritating.

In fact, it seems almost like a game.

I'm sure it takes more than a few weeks of experimenting to really master these techniques, yet the methods seem very simple and useful for anyone willing to put some effort into improving his or her study habits. After all, the techniques all boil down to just three main points: (1) identify each major point that a textbook is trying to make; (2) move from general concepts to smaller details; and (3) practice taking tests. According to at least three educational professionals, these methods, used together, should work every time. **OM**

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MICRO ACUPUNCTURE 48 continued from page 9

that different substances will have different effects. For example, green tea is one of the best known antioxidants, very drying in nature (not wise to use with a yin-deficient patient), whereas blackcurrant seed oil is another great antioxidant that would nourish yin for that same patient. Other antioxidants include vitamins A, C, and E; selenium; and zinc. IV glutathione treatment is by far one of the most potent means of reducing free radical damage.

For many who suffer from these degenerative eye conditions, acupuncture and Oriental medicine may be

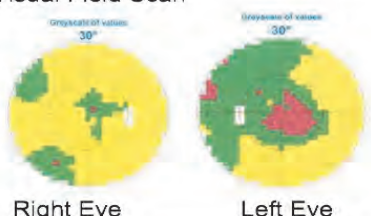
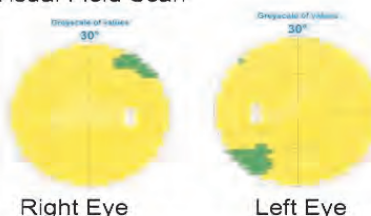
the last and only hope for vision recovery and preservation. Conventional medicine often has little or nothing to offer folks diagnosed with degenerative vision loss. Two case studies:

**CASE STUDY #1:
JA, 63-YEAR-OLD FEMALE**

Western Diagnosis: dry-type ARMD

Chinese Medical Diagnosis: kidney and liver yin and blood insufficiency

continued on page 38

INITIAL EXAM	AFTER TREATMENT
<p>Visual Field Scan</p>  <p>Right Eye Left Eye</p>	<p>Visual Field Scan</p>  <p>Right Eye Left Eye</p>
<p>Visual Acuity Right Eye: 20/100 Left Eye: 20/80</p>	<p>Visual Acuity Right Eye: 20/50 Left Eye: 20/50</p>
<p>Comments: Diagnosed with hypothyroidism, high cholesterol, and allergic asthma. The medicines she is taking for these conditions can have a negative impact on her vision.</p>	<p>Comments: Patient reported more brightness, reduced line distortion on the Amsler grid, and sharper color distinction.</p>

Crossing The Barrier: *Applying TCM Food Therapy to American Cuisine*

By JK DELAPP

Oh the weather outside is frightful,
But the fire is so delightful,
And since we've no place to go,
Let it snow! Let it snow! Let it snow!

It doesn't show signs of stopping,
And I've bought some corn for popping,
The lights are turned way down low,
Let it snow! Let it snow! Let it snow!

When we finally kiss goodnight,
How I'll hate going out in the storm!
But if you'll really hold me tight,
All the way home I'll be warm.

The fire is slowly dying,
And, my dear, we're still good-byeing,
But as long as you love me so,
Let it snow! Let it snow! Let it snow!

The wonderful Christmas song Let It Snow was created by lyricist Sammy Cahn and the composer Jule Styne in 1945. The lyrics reflect the feeling of warmth and security associated with Christmas and bring in the more modern customs of popping corn, a previously long-forgotten Native American tradition!

Winter is upon us! The solstice was on the 21st of December, officially moving us into the winter season.

We are past the time of storing, and are now moving into the three months of hibernation. A time of quiet and solitude of spirit, to be

spent indoors with family around a wood fire... it is exactly what the soul is craving!

Winter is a time of early nights to bed, a respite inside from the cold weather, rich and nourishing foods, and plenty of rest. Winter is a time of taking a back seat in life. Early

dinners, early nights, refraining from heavy workouts and sweating, light workloads, and plenty of warmth. This is what the ancients have recommended to us for millennia.

Sadly, the world that you and I live in is one where the end of the year is full of quotas, bottom lines, paperwork, holidays and travel—and the beginning of the year is just a reset of the daily grind. There is little time for resting before January. I don't know about all of you, but after the seasonal fun of Halloween and Thanksgiving, endless holiday parties and everything that must be done before Christmas and Hanukkah and New Year's Eve... I am just shy of exhaustion. If you are like me, you are in some dire need of TLC!

SO WHAT CAN WE DO TO SHOW OURSELVES SOME TLC?

That's a good question. What is it we are supposed to do to show

ourselves some tender love and care? I'm not sure what nurtures your soul when it's hurting for a hug, but I'm happy to share a few of the things I do for myself.

A wood fire. Nothing melts the icicles of the soul quite like sitting around a wood fire. I can literally sit for hours watching logs burn. I have no idea what it is about the transformation of wood into vapor, but it touches something deep inside me. Especially on a cold winter's night while watching a movie!

A hot salt bath. Relaxing back in salty waters (and great for your Water Element/Salt = Kidneys & Urinary Bladder), especially with some essential oils splashed in there! Need I say more?

Flowers. There are plenty of winter flowering plants out there.

continued on page 26

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The Six Essential Principles of Ayurveda

By JONATHAN GLASS, MAC

Six essential principles are the core of Ayurveda and capture the essential dynamics that contribute to optimal health. Understanding them helps us to better grasp the causes of health and disease. They also identify the elements of any authentic detox process, leading us to health in body and mind.

Six Essential Principles:

- **Buddhi:** universal and individual innate intelligence
- **Prana:** universal and individual life energy
- **Agni:** fire of digestion and transformation
- **Ojas:** essence of energy and immunity
- **Ama:** toxin
- **Prajnaparadha:** acting against our knowledge, wisdom, intuition, and love

BUDDHI

Buddhi is the innate and universal intelligence within all life. It manifests as the laws of nature that control the perfect rhythms and movements of the tides, planets, sun, and moon. Buddhi controls the interdependent actions of all kingdoms of life—microbes, plants, insects, fish, birds, animals, and humans. This same buddhi, or innate intelligence, acts within each and every living being to control the activities of every cell in the body. Most of what goes on in our bodies happens without our conscious will. For example, we don't say, "okay, now digest, please," or "oh, yes, that ankle needs some extra nutrients and healing right now". Bodily processes occur automatically through the power of buddhi. However, the healing influence of buddhi can be blocked by ama or toxins. When it is, imbalance and ill health begin.

PRANA

Prana is the intelligent vitalizing life force that energizes and moves through all living things. Prana travels intelligently through channels known as nadis in Ayurveda and meridians in Chinese medicine. Prana is subtle; it connects the body and mind. When it moves smoothly, we feel relaxed, alert, energetic, and enthusiastic, and our body and mind function in harmony. When it becomes deranged, the energy of our body and mind becomes disturbed. Prana manifests in five primary forms or directional flows of life energy within our body: inward, upward, outward, around, and downward. Each flow of prana supports specific functions on every level

of existence: physical, physiological, emotional, mental, and spiritual.

AGNI

"When agni is sufficient, there will be no toxic buildup in the body, the mind and the senses will be clear and acute, and we will possess the energy to change our lives in a positive direction. When agni is deranged, we will suffer from dullness, heaviness, stagnation, and cloudiness of emotion and perception." -Dr. David Frawley

Agni means "fire", and it relates to our metabolic capacity and digestive power. It is that which consumes, assimilates, and transforms. Without agni, we would not be able to create energy. However, the same agni that creates life also consumes life energy—like the flame of a candle that emits light yet simultaneously burns the candle down. Generally, agni refers to the power of digestion and the capacity to transform food into the body's seven major tissues: rasa (plasma), rakta (blood), mamsa (muscle), medha (fat), asthi (bone), majja (marrow), and shukra (reproductive tissue). Many people today are having infertility issues. This can be due to having insufficient agni, or the body's inability to fully transform food and prana into healthy reproductive tissue.

Not only does agni transform food into our tissues, it also transforms our sensory impressions and experiences into useful knowledge and wisdom. Anything we take in through our senses and mind—experiences, relationships, conversations, books, movies, TV, the news, music, nature, websites, social media—has to be assimilated, transformed, and comprehended. Agni is the fire of intelligence, giving us the ability to penetrate deeply into any subject. Ayurveda explains that the primary cause of any mental or emotional imbalance is undigested experiences. Some experiences can be so overwhelming that they are "indigestible", such as serious trauma, abuse, or unresolved misunderstandings. Undigested experiences store within the nervous system, muscles, organs, and various tissues of the body. In time, this can cause derangements in our prana, leading to discomfort, pain, mental disturbance, and disease.

OJAS

Ojas nourishes, strengthens, and gives endurance and longevity. It is the essence or substance of our physical being and nourishes our mind

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Several types of cactus, bromeliads, and plenty of other “Christmas flowers” are available for a winter bloom. A few around the house can really transform the energy—so pick a few up and enjoy the flare of color!

Massage. Getting a massage loosens up the knots and kinks in our system and feels great. Personally, I tend to prefer medical massages over a general “feel good” massage. Shiatsu and Thai are just two of many examples of medical massages—and with a little communication with your caretaker, it does not have to be uncomfortable. I also recommend 5-15 minutes of self-massage a day on the hands, feet, face, or ears, all of which are great ways to share your love for one another with your spouse or children or roommate. Why the hands, feet, face, or ears? Each of them is a microcosm of the entire body—all your body’s systems are connected in those four areas. The easiest way to get a full body massage for all of your insides is as simple as a few minutes in one or more of those areas! They are best administered upon waking, or before heading to bed.

Smell Goods. Haha—that’s also what I call Scented Goodness. Aromatherapy. Beeswax candles scented with all natural essential oils, or natural perfumes from The Rising Phoenix Perfumery (www.etsy.com/shop/RisingPhoenixPerfume) or Floracopeia (www.floracopeia.com) are fantastic ways to nurture yourself, calming your spirit, and giving yourself that little acknowledgement of love. Tailor your needs by purchasing products—and maybe even mixing a few—that really strike a resonance within you. Your mood, and the moods of those around you, will take notice of your newfound aromas!

EVERYTHING on the market that is not real is fake. Do your homework on the companies you purchase scented products from so as not to be wasting your money on synthetic neurotoxins. This goes for everything from candles to body care to cleaning products.

A quick read on questionable fragrances: <http://www.intelligentnutrients.com/our-vision/not-intelligent#artificial-fragrance>

Incense. I have to admit... it kinda falls under the same category of Smell Goods, but I think it deserves its own mention. Incense is something that I’ve always enjoyed, but over the last few years, it’s really found a special place in my life. The smell of really quality incense wafting through the air as I sit at my computer working, reading, cooking, hanging out with friends over a bottle of wine is magical! Everyone always comments when at my home,

even when any incense hasn’t been burned for hours, just how clean and sweet-smelling the house is. They really do a great job of purifying the home—and the soul.

► A few companies I’d suggest looking into:

✓ **Shoyeido** (www.shoyeido.com) is a Japanese company that makes some of the most subtle and magical blends. I use these daily when I wake up, and when I’m working—and even now as I type! They also make a body powder that is like an old-school deodorant. Fantastic for meditation, as well—just rub a little on your ear lobes and let it work its magic!

✓ The second company is **Mermade Magickal Arts** (www.mermadearts.com) Mermade brings you the finest in natural incense blends and Materials, as well as artisan perfume oils and fine frankincense.

✓ **Rising Phoenix** (www.etsy.com/shop/RisingPhoenixPerfume) Given that we work in medicine, Rising Phoenix’s work with tan xiang (sandalwood) and chen xiang (agarwood) is worth mention. Sandalwood and agarwood form the backbone of the incense and perfume industries, and Rising Phoenix offers the finest selection of quality of both the woods and the oils distilled from them. If you’re looking for potent aromatic medicine, look no further. I hear the owner of the company is a graduate of PCOM and also an LAc.

NOW, WHAT TO PUT IN MY FOOD?

“It’s the crazy notion that the longest, coldest, darkest nights can be the warmest and brightest. And when we all agree to support each other in that insanity... something even crazier happens—it becomes true.”

—Christmas 2010 episode of *Community*

Ren Shen: Ginseng

Sweet and slightly bitter in taste and slightly warm in temperature, Ginseng enters the Lung, Spleen, and Stomach channels to strongly tonify qi, improve digestion, and assist in recovery from illness. Red and white ginseng come from the same plant, but differ in their preparation. We could talk about ginseng for hours, so I’ll break it down in a very simple way:

- Chinese White Ginseng: Good for tonifying qi and strengthening the lungs, spleen, and stomach.
- (Most often Korean) Red Ginseng: good for tonifying qi as well as nourishing Blood. Is warmer in temperature than Chinese white ginseng.
- American Ginseng (Xi Yang Shen): A true ginseng, is cooler in temperature than white ginsengs, and is less about tonifying qi and more about nourishing yin and jing.

► All three can be used in cooking, and are great for adding into soups. Just take a second to think about what you are trying to accomplish in your dish (i.e. tonify qi, warm, or moisten/nourish) and that will guide your choice in which type to use. If you don’t like thinking... maybe throw in a root of each!

**If cooking a soup for a short amount of time (1-2 hours), reserve the ginseng for a second use. May also be consumed as a root vegetable in the soup, which is my favorite thing to do.

Huang Qi: Astragalus Root

Sweet in taste and slightly warm in temperature, Astragalus enters the Lung and Spleen channels to tonify qi and improve digestion, as well as being considered an immune tonic. There are several thousand types of Astragalus, so make sure to purchase from your friendly herb purveyor to make sure you are getting the medically active real thing. Great in soups (just don’t eat it... it’ll get chewy/woody, although it certainly won’t hurt you to eat) or in tea with goji berries and a half lemon, which is great for boosting your immune system and soothing your Liver. (Boil goji berries and Astragalus together for 15 minutes, then pour over a half lemon in a cup and add honey to taste). Great to use through the winter as it tonifies the metal element, the mother of water, who reigns during the winter months.

Oxtail

Oxtail is a food, but I include it here as an herb, as it is an extremely powerful meat. Literally the tail end of the spine of an ox, oxtail warms and strongly nourishes the Kidneys and strengthens the spine. Not offered in all grocery meat departments, so it may take a little looking around for. Check your better-stocked grocers and butchers. Best, of course, if you can find it organic or grass-fed. If you live in a more rural area and know someone slaughtering a cow or an ox, ask them kindly if you can have the entire spine, as they are not sold on the open market anymore. **This is an extremely invaluable herb, and quite tasty to eat!** Recipe to follow!

Guinness and other Dark Beers

Yes, I’m talking about the beer! Warming in temperature, Guinness enters the Kidney channel to warm and tonify the Kidneys. The ancient Irish were actually very accomplished herbalists. In fact, many of their most accomplished herbalists were members of the clergy and beer makers (often one and the same guy!) throughout Europe. To this day, there are still herbal beers (called worts) that are made in small breweries and

are available if you’re ever traveling through the Emerald Isle, or Europe at large. Beers have been used in the West over the last two thousand years within the clergy for fasting, and darker beers such as Guinness were drunk by everyone throughout Europe and the New World during the cold months up until recent history.

American brewers have picked up on the brewing tradition of dark, nourishing beers, and now many holiday or Christmas brews are available at this time of year. They offer many of the same benefits as Guinness. Darker beers such as Guinness were often common breakfast beverages, especially for labor-intensive workers, as they are quite strengthening, especially as they often tonify the Kidneys. I suggest drinking a dark beer by a wood fire, or while watching a movie, or as an after-dinner drink. Also great to use in place of water if making a soup, especially if beef or goat-based. Great as a snack (they literally call it “food” in Ireland), and if you are in the tradition of fasting, I’d recommend a proper dark beer as your beverage of choice during those sacred moments. An interesting breakfast recipe to follow!

NOW LET’S TALK ABOUT SOME FOOD!

Everybody knows the holidays are as much about the food as they are about the family.

Some interesting things to think about that we’ve lost sight of are the great variety of winter meats that once adorned the tables across this country. The colder months were, in the days of yesteryear, best for some of the richest varieties of meats, as many game animals are quite warming, or even hot in temperature.

A quick guide:

**All of these meats supplement qi, build Blood, and stimulate yang.

Duck and Goose, which are two of my favorite birds to eat (especially if wild!), are the least warming on this list. In years past, they were the most common meats on the table at Christmas dinner in this country, along with lamb for its symbolism. The skin is fantastic to be rendered into oil, and can be reserved for sautéing throughout the season. If skinned, reserve the meat and bones for soup. Otherwise, the whole bird can be roasted for a succulent, delectable dish, for which there are endless recipes.

Beef, which is generally considered the strongest acting to replenish spent energy, is particularly good for tendons and bones, as well as for strengthening the Stomach to address a weak appetite.

Buffalo, which is native to North America, is similar to beef in its properties and is becoming more readily available in grocers across

continued on page 34

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- Cancer treatment
- Injury
- Chronic illness
- Palliative care

There is a major difference between certain over-the-counter pain relievers (OTCs), such as aspirin, and opioid painkillers: namely, that the ceiling-proof nature of opioids makes it possible to compensate for a growing tolerance by increasing the administered dosage over time.

In contrast, OTCs reach a threshold beyond which they no longer have an effect. This makes them potentially less effective but much safer than their more powerful opioid counterparts; however, even though patients prescribed opioids can be susceptible to developing addictions, opioids are used to treat a large range of cases, from injury sufferers to individuals recovering from recent surgery and cancer patients.

ADVANTAGES OF ACUPUNCTURE THERAPY COMPARED WITH OPIOIDS

Acupuncture is healthier and more holistic. “Acupuncture helps the body to regulate our innate natural pain relievers; such as endorphins, serotonin and dopamine, which in turn helps patients dealing with pain relief, stress and addiction,” says Greg Lane, the Director of Clinical Operations at Pacific College of Oriental Medicine. According to DrugAbuse.gov, opioid drugs function by targeting the opioid receptors throughout the brain and the body. By interacting with the receptors, the drugs are able to reduce the flow of pain messages from nerve endings throughout the body to the brain, effectively reducing pain sensations. Opioids artificially stunt the body’s natural chemical processes. Acupuncture, alternatively, makes use of natural mechanisms to promote natural pain relief.

Acupuncture does not cause addiction tendencies. “The body’s natural chemistry can be used to replace external substances such as opioids,” says Lane. “Acupuncture helps to reduce cravings, decreasing the need for external stimuli such as pain killers.” In January 2016, the Joint Acupuncture Opioid Task Force (JAOTF), formed by the Acupuncture Now Foundation and the American Society of Acupuncturists, issued a letter to the CDC regarding the value of non-pharmacologic alternatives to opioids, which included the following statement: “Research is showing that acupuncture can effectively stimulate the production of the body’s own ‘endogenous opioids’ as well as natural anti-inflammatory compounds. In other words, acupuncture can facilitate the better usage of the body’s own natural chemistry creating the potential for similar or sometimes

better benefits than synthetic drugs, without the risks of addiction or side effects.”

Acupuncture has a lower associated cost. Acupuncture safely treats pain without risking the slough of associated costs that accompany opioid overuse.

During a pilot program from 2014 to 2015, as documented by the California Health Care Foundation, health plan provider Central California Alliance for Health (CCAHA) made alternative medicines available to its members and witnessed significant reductions in medication dosages, pain levels, and overall care costs, as pharmacy savings offset the costs of acupuncture care visits. The CCAHA has since made the program available to all its members, and other medical service providers will likely follow suit in the coming years.

Acupuncture boasts proven results. In a 2015 study published in *The Spine Journal*, 21 methods for treating sciatica were compared. These methods included both acupuncture and conventional opioid treatments, among other strategies.

The results indicated that “biological agents were significantly better for pain reduction than bed rest, non-opioids, and opioids.” The study also reached the following conclusion: “For overall recovery as the outcome, compared with inactive control or conventional care, there was a statistically significant improvement following disc surgery, epidural injections, non-opioid analgesia, manipulation, and acupuncture.”

And this is just one of many examples. According to JAOTF, “The risk-to-benefit ratio of acupuncture for common chronic pain conditions is clearly superior to opioid medications and often better than other non-opioid therapies, regardless of mechanism. ... There is growing research evidence to support the effectiveness and efficacy of acupuncture for the relief of pain, especially chronic pain. Acupuncture has been shown to be effective for treating various types of pain with the strongest evidence around back pain, neck pain, shoulder pain, chronic headache, and osteoarthritis.”

Chapter 2, Section B: Using Acupuncture to Treat Opioid Addiction

In addition to providing a viable pain management alternative to opioids in order to mitigate opioid usage and help prevent opioid addiction, using acupuncture for addiction treatment could provide an effective way of rehabilitating patients who have become addicted to opioid painkillers.

2018 PACIFIC COLLEGE STAFF ACKNOWLEDGMENT PROGRAM

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

“We realize that we have a lot of very loyal employees; some have been with us for many years, and some have just joined our team with enthusiasm. We want to make sure they each know how much we value

their service and passion for what we stand for,” said Elaine Gates-Milner, Chief Compliance Officer and Chicago Campus Director.

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

OM

SAN DIEGO

NAME	YEARS	NAME	YEARS	NAME	YEARS
Miller, Jack	24	Zieber, Deanna	5	Monroe, Sabrina	2
Gomes, Stacy	21	Elefano, Elaine	4	Paniagua, April-Dawn	2
Creney, Shanna	20	Powers, Teri	4	Zhang, Ronghuan	2
Floyd, Cindy	18	Aguilar, Matilde	3	Allin, Sasha	1
Apolonia, Jennifer	10	Alvarez, Crystal	3	Calder, Allison	1
Leyva-Padilla, Brenda	10	Johnston, Jessica	3	Cobbs, Aletra	1
Siddall, Karen	10	Kathan, Miles	3	Gornbein, Jaclyn	1
Robbins, Tracy	9	Roberg, Jason	3	Moore, Wyntres	1
Floyd, Charles	8	Russo, Gregory	3	Ostrouch, Lisa	1
Hotelling, Brian	8	Sanchez, Diana	3	Othman, Eiman	1
Luger, Todd	6	Smith, Beatrice	3	Phouthavone, Deanna	1
Monreal, Francia	6	Bristow, Melinda	2	Roberts, Jeannine	1
Reuss, Deborah	6	Diaz, Alexander	2	Rodriguez, Vivian	1
Andrews, Cathy	5	Exner, Miles	2	Virgen, Marlene	1
Lane, Gregory	5	Guptha, Leena	2	Zamudio, Melissa	1
Sims, Shareema	5	Lewis, Edna Barajas	2		
Wilkins, Omar	5	Leyva, Rose	2		

NEW YORK

NAME	YEARS	NAME	YEARS
Garwood, Shana	19	Youngblom, Laura	4
Neipris, Cynthia	16	Kowal, Ashley	3
Anderson, Belinda	12	Ramkalawan, Rajendra	3
Husbands, Sheldeane	12	Charles, Monifa	2
Musick, Allison	9	Dorcely, Farah	2
Oziransky, Svetlana	9	Figueroa, Adrian	2
Parisi, Joseph	7	Miles, Lydia	2
Sherman, Keith	6	Rodriguez, Anthony	2
Youngren, Malcolm	6	Ambrosio, Nicholas	1
Knight, Kellie	5	Chiu, Kathy	1
Rios, Isabel	5	Lombardi, Arianne	1
Barry, Alexander	4	Mojica, Erika	1
Garcia, Julian	4	Ploof, Alyssa	1
Ruiz, Rafael	4	Welbeck, Sandra	1

CHICAGO

NAME	YEARS
Gates-Milner, Elaine	30
Mattson, Brendan	10
Sheldon, Lynn	10
Sol, David	8
Swenor, Christopher	8
Hawley, Sarah	6
Jones, Connie	6
Adams, Paris	4
Baldwin, Olivia	2
Gladney, Leon	2
Belacic Palenske, Tiffany	1
Graves, Matthew	1

In Your Element

Calculating Your Feng Shui Element and Trigram

By AMANDA COLLINS

Determining your personal feng shui element can allow you to bring things in to your environment that will help you to thrive and to position yourself in directions that will improve flow. Essence colors are colors that feed you. For example, if you're a number 9, then your element is fire. Wood is the element that feeds fire, so bringing in little amounts of red/sunlight, red colors, and wood or plants will help support you in your home—as red represents the fire element. Your essence colors also help to support your energy and are the best colors for things that touch your body, such as clothing, bed sheets, even the color of your car. Also bring in wood and green colors, as these represent wood—which feeds the fire!

Your personal best direction is your best location for prosperity and great fame and it's recommended to have your back face this direction for productivity. When setting up your desk both at home or in the office, position yourself with your back to this direction. In your living room and dining room, again, position your back to these directions and you will be constantly supported while sitting. If you want to improve sleep, point the headboard of your bed in the best sleeping direction.

CALCULATING THE MALE TRIGRAM

1. Subtract 1 from the birth year if born between January 1st and February 5th.
2. Sum the digits of your birth year repeatedly until it reduces to a single digit.
3. Subtract this single number from 11. The result is your trigram number.
4. If the result is 5, your final number is 2 (i.e., a man born on 1/23/1978 would use 1977 – see rule #1, 1+9+7+7=24, 2+4=6, 11-6=5, 5 becomes 2).

CALCULATING THE FEMALE TRIGRAM

1. Steps one and two are the same as above.
3. Add 4 to this single number. The result is your trigram number.
4. If the result is 5, your final number is 8 (i.e., a woman born on 1/23/1978 would use 1977, 1+9+7+7=24, 2+4=6, 6+4=10, 1+0=1).

YOUR NUMBER IS 1 AND YOUR ELEMENT IS WATER

You are flexible, yet focused and determined. You're empathetic, artistic,

and given to deep thought but tend to worry too much and may be overly sensitive.

- Essence colors: Black, indigo or dark blue
- Colors that feed you: Gold, silver and grey
- Element that feeds you: Metal
- Water's shape: Wavy and curvy patterns
- Materials: Metal fountains, aquariums and pools
- Personal best direction: Southeast
- Best location for sleeping: North

YOUR NUMBER IS 2 AND ELEMENT IS EARTH

You are a very strong care-giver and can be a great leader, but with Earthly intentions.

- Essence colors: Terra-cotta, yellow, browns and beiges
- Colors that feed you: Red and purple
- Element that feeds you: Fire
- Earth's shape: Square, low objects associated with the feeling of stability
- Materials: Large-scale furnishings, sand, clay, ceramics, marble, granite, river rocks, crystals, adobe brick, and stucco
- Personal best direction: Northeast
- Best location for sleeping: West

YOUR NUMBER IS 3 AND ELEMENT IS WOOD

You are usually even-tempered but you can have sudden outbursts. You like to be moving and hate a job where you have to sit still for long. You are enthusiastic and can be loud at times.

- Essence colors: Greens - but the color is not as effective the element.
- Colors that feed you: Black and blue
- Element that feeds you: Water
- Wood's shape: Rectangular, columns, patterns vertical or horizontal
- Materials: Trees, plants and fresh flowers
- Personal best direction: South
- Best location for sleeping: East

YOUR NUMBER IS 4 AND YOUR ELEMENT IS WOOD

You are insightful and often driven but, like the wind's direction, you can change your mind abruptly and often. You tend to be creative and artistic.

- Essence colors: Greens - but the color is not as effective the element.

anxiety, combining point protocols found efficacious via evidence based research as well as those which address the nuances in patient's pattern or patterns are ideal. Combining such a holistic approach of acupuncture, Eastern dietary therapy, and herbal therapy (not discussed but nonetheless applicable) in a stigma-free space can ensure not only expedient but empowered postpartum healing. **OM**

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BENEFITS OF ACUPUNCTURE IN CASES OF OPIOID ADDICTION

The California Highlands Addiction Treatment center cites the following observed acupuncture benefits:

- Reduced drug cravings and withdrawal symptoms
- Lessened pain
- Improved sleep
- Supported physical and emotional healing

A white paper co-produced by six organizations of acupuncture or traditional Chinese medicine (TCM) titled “Acupuncture’s Role in Solving the Opioid Epidemic” revealed widespread usage of acupuncture in addiction treatment.

It cited more than 1,000 treatment centers across the United States and Canada that currently utilize acupuncture in their rehabilitation programs. Acupuncture treatment is relatively inexpensive, portable, and low-threshold, making it easy to use in a variety of contexts that range from clinics to prisons, rehab centers, in- and outpatient facilities, and more.

The National Acupuncture Detox Association (NADA) published its

own research supporting the use of acupuncture in addiction rehabilitation, citing its widespread use in U.S. and Indian military units; U.S. and European prisons and psychiatric hospitals; and other facilities.

Use of acupuncture is rapidly expanding and gaining ground as a respected and effective treatment method for addiction sufferers.

Chapter 3: New to Acupuncture: How It Works

According to the Journal of Natural Longevity, “Stimulating acupuncture points spurs the release of a substance called nitric oxide (NO) at the acupuncture site. NO, in turn, signals the release of natural painkillers in your body. NO also dilates your blood vessels. Subsequently, blood pressure is lowered, and blood flows more freely.”

Forbes magazine describes acupuncture this way: “Acupuncture has many benefits, including stress reduction and pain relief; however, psychologically, acupuncture is also reported to increase the levels of various chemicals in the central nervous system — enkephalin,

epinephrine, endorphin, serotonin, norepinephrine, and dopamine.”

Utilizing a holistic and multifaceted practice such as acupuncture provides palpable benefits over using a drug or synthetic additive to treat maladies. Drugs may be hindered by any number of infinitesimal variations that exist within the patient and could also cause a host of unpleasant or dangerous side effects.

WHAT CAN ACUPUNCTURE BE USED FOR?

Acupuncture has quietly built a precedent and successful track record among widely varied application types around the globe over the past several hundred years in both Eastern and Western settings.

- According to JAOTF, “Acupuncture has been shown to be effective for treating various types of pain, with the strongest evidence around back pain, neck pain, shoulder pain, chronic headache, and osteoarthritis.
- In an individual patient meta-analysis of 17,922 people from 29 randomized controlled trials (RCTs), it was concluded that the

effect sizes in comparison to no acupuncture controls were 0.55 SD (95% CI, 0.51-0.58) for back and neck pain, 0.57 SD (95% CI, 0.50-0.64) for osteoarthritis, and 0.42 SD (95% CI, 0.37-0.46) for chronic headache.

- In all analyses, true acupuncture was significantly superior to no acupuncture and sham acupuncture controls.”

Acupuncture has been applied to the following symptoms and conditions, among others:

- Mental health and psychological conditions (including anxiety, stress, and depression)
- Headaches and migraines
- Back, neck, and shoulder pain
- Joint pain
- Insomnia
- Arthritis and osteoarthritis
- Pregnancy pain
- Sciatica

FINDING AN ACUPUNCTURIST

Individuals interested in finding an acupuncture practitioner have a number of resources available to them:

continued on page 35



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Staying Grounded in Turbulent Times

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

Earth-Harmonizing Formula (He Tu Pian) treats chronic disharmony between Earth and Wood when the liver habitually invades the stomach. It is regulating, harmonizing, cooling, and nourishing.

Ginseng Nourishing Formula (Ren Shen Yang Ying Wan) roots the emotions while supplementing the middle burner. It nourishes blood and the heart, supplements qi and calms the spirit. It is used for people with qi and blood deficiency who also can benefit from anchoring their *shen*.



Six Gentlemen Formula (Liu Jun Zi Tang) is the most popular formula worldwide for supplementing the qi of the middle burner. As a safeguard against the qi stagnation that can develop from tonifying qi, **Six Gentlemen Formula** contains herbs that resolve phlegm and circulate the qi.

Shu Gan Formula (Shu Gan Wan) treats acute instances of Wood invading Earth, especially when there is pronounced discomfort.

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RETROSPECTIVE: Pacific Symposium 2017

Dozens of states, as well as nations from around the world, were represented at Pacific Symposium 2017. This world-class conference brings acupuncturists, medical doctors, students, and professors together to exchange cutting-edge knowledge at the beautiful Catamaran Resort in San Diego, California. It's about more than being in-

spired by brilliant charismatic speakers, gaining new insights, sampling new offerings from vendors, and CEUs or PDAs; it's about making new friends, and meeting your Facebook friends in person... and of course there's no medicine like old friends.

Don't miss this year's Pacific Symposium 2018, from October 23 – 30.

OM



經脈 *jing mai*/channels/network vessels and 臟腑 *zang-fu*/viscera/bowels are now seen to be signs of disease when appearing in positions associated with other channels, viscera/bowels and their associated qualities. It is a form of 'dislocation' of qualities appearing outside of their normal positioning in the mind/body dynamic. This is congruent with the general tendency in Chinese medicine for qualities to belong to certain phases and stages, in a certain progression through time and space. When these changes happen in an orderly manner, health and equilibrium are maintained. When the normal cycles of visceral function are disturbed, disease results.

The *Nan Jing* is based on a dynamic model that is appropriate for the complex illnesses we now confront in clinical practice. The ability to perceive, diagnose and treat subtle changes in the equilibrium of the bodily systems with subtle stimuli from filiform needles, moxa wool, or herbal medicines is a cutting-edge dynamic applied to the human body and mind. The text provides several conceptual models for observing the flow of 變 *bian*/changes in the human systems dynamic, and

treatment strategies to correct the loss of equilibrium with the self, time, and the environment.

In the *Nan Jing*, evils are not necessarily seen as contracted from the exterior, but also from within the viscera and bowels themselves, and transmitted via the five-phase cycle between each other. The root concept here is that any excessive influence from a viscera or bowel that 'overflows' its area of influence, or any depletion of a viscera or bowel (or its associated channel) is '邪 *xie*/evil' in and of itself. If the balanced, normal functioning of the visceral systems is disturbed, it may lead to systematic disharmonies or disease. As within families, or social groups, compensatory behaviors are common, where weak individuals, overbearing strong people, or highly dysfunctional people all adapt behavioral strategies in order to maintain a seeming harmony. As Kato Bankei, a Japanese commentator on the *Nan Jing* states, each section of the pulse (inch, bar, cubit) may show that the qi of one channel, viscera or bowel may 'invade' or enter another position, causing disease.

Abnormal pulses may indicate that the qi of one phase may 'es-

cape' and appear in another phase. This means that one finds the quality (wiry, relaxed, replete, vacuous, soft) associated with a phase in a position associated with another phase. For example, sometimes the middle position on the right wrist will be wiry, while it will be relaxed on the left wrist in the middle position. This means that liver qi has violated the spleen, and has 'vacated' its normal position. If the left hand middle position is vacuous or soft, this is often a sign of liver disease. The practitioner needs to apply five-phase theory using the 五輸穴 *wu shu xue*/five transporting points, along with seasonal considerations, to 'recover' the qi and bring it back to its original position. This situation may also be affected by 時氣 *shi qi*/seasonal qi. In other words, liver qi tends to be more replete in the spring time, so a wiry pulse in summer time in the heart position means that evil qi from the liver has attacked the heart.

This chapter explains some of the sophisticated diagnostic and clinical strategies that are unique to the *Nan Jing* as THE classic of five phase acupuncture, based on

a pulse system that is clearly explained and defined in the process. In further chapters, we will describe further dimensions that are available in *Nan Jing* pulse diagnosis as the foundation for treatment. **OM**

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Z'EV ROSENBERG, LAc, began his studies of Chinese medicine in the early 70s, with studies in macrobiotics, shiatsu, and was introduced to the theory of Chinese medicine at that time by Michael Broffman, LAc. He holds degrees from Santa Fe School of Natural Medicine, Kushi Institute, Southwest Acupuncture College, and Emperor's College of Oriental Medicine. Z'ev has lectured widely both to the public and to students of both Chinese medicine and macrobiotics over the last twenty-five years. He is the former president of the Acupuncture Association of Colorado, where he spearheaded a successful drive to the registration of acupuncture practitioners in that state. He also maintains a private practice in Chinese internal medicine, specializing in autoimmune disorders.

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Warming Winter Goji Adzuki Porridge

By DR. JAMIE KOONCE, DACM, LAc, DiplOM

Here's what you'll need:

- a stainless steel saucepan
- water (preferably spring water or reverse osmosis water with added ionic minerals)
- 1/2 cup adzuki beans, soaked overnight (makes 2 servings)
- vanilla flavored Jay Robb's whey protein or Sunwarrior Warrior Blend rice protein
- 1/2 cup frozen goji berries, thawed (or substitute dried goji berries soaked overnight)
- 1/2 teaspoon Himalayan salt
- 1 tsp cinnamon
- 1/2 inch slice fresh ginger, chopped
- 1 tbsp coconut butter
- optional: 1 tbsp raw cacao nibs
- optional: berry flavored liquid SweetLeaf stevia or 2 tsp coconut sugar

After soaking the adzuki beans overnight, drain off the soak water and transfer the beans to your stainless steel cooking pot. Fill the pot with water, bring to a boil, then re-

duce to a simmer. Cooking time will vary depending on whether you are using an electric or gas stove, climate and humidity, and other factors. Just cook the beans until they are soft and tender, making sure to stir occasionally so they cook evenly and adding water when needed to prevent scorching the beans. When the beans are soft and tender, remove from heat and drain off any excess water.

Add the goji berries and stir until the gojis are completely mixed in with the beans. Then add the whey

(or rice) protein and stir until evenly distributed. Next, add the coconut butter, cacao nibs, cinnamon, ginger, and Himalayan salt. If you prefer a sweeter flavor to your porridge, add a few drops of liquid stevia or a couple of teaspoons of coconut sugar. (Note: if you add too much stevia, the mixture will start to taste bitter.)

Add warm water if you prefer a thinner consistency to your porridge. Stir well and transfer into a heat-safe thermos for a healthy meal on the go!

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IN YOUR ELEMENT continued from page 30

- Colors that feed you: Black and blue
- Element that feeds you: Water
- Wood's shape: Rectangular, columns, patterns vertical or horizontal
- Materials: Trees, plants and fresh flowers
- Personal best direction: North
- Best location for sleeping: Southeast

YOUR NUMBER IS 6 AND YOUR ELEMENT IS METAL

You are a natural-born leader and authority figure. However, you can be headstrong with very strong masculine energy.

- Essence colors: White, gold, silver, copper, reflective colors and pastels
- Colors that feed you: Earth tones, browns, yellows, cream
- Element that feeds you: Earth
- Metal's shape: Oval, arches, round
- Materials: Rod iron, steel and copper, any objects made of metal

- Metal's texture: Smooth, as are the surfaces of metal when formed or heated
- Personal best direction: West
- Best location for sleeping: Northwest

YOUR NUMBER IS 7 AND YOUR ELEMENT IS METAL

You are artistic, creative, sociable, and talkative.

- Essence colors: White, gold, silver, copper, reflective colors and pastels
- Colors that feed you: Earth tones, browns, yellows, cream
- Element that feeds you: Earth
- Metal's shape: Oval, arches, round
- Materials: Rod iron, steel and copper, any objects made of metal
- Metal's texture: Smooth, as are the surfaces of metal when formed or heated
- Personal best direction: Northwest

- Best location for sleeping: Southwest

YOUR NUMBER IS 8 AND YOUR ELEMENT IS EARTH

You are very stable; however, you can be stubborn. You are very youthful.

- Essence colors: Terra cotta, yellow, browns, and beiges
- Colors that feed you: Red and purple
- Element that feeds you: Fire
- Earth's shape: Square, low objects associated with the feeling of stability
- Materials: Large-scale furnishings, sand, clay, ceramics, marble, granite, river rocks, crystals, adobe brick, and stucco
- Personal best direction: Southwest
- Best location for sleeping: Northeast

YOUR NUMBER IS 9 AND YOUR ELEMENT IS FIRE

You are extremely active, sometimes to the point of being ill or burning yourself out. You are very passionate however; and you can be hot tempered.

- Essence colors: Reddish like a flame, reds and purples, burgundy, cranberry
- Colors that feed you: Green
- Element that feeds you: Wood
- Fire's shapes: Triangles, pyramids and tall pointed shapes
- Materials: Candles, the color red, full-spectrum lighting, candles, lamps, and night-lights
- Personal best direction: East
- Best location for sleeping: South

OM

AMANDA COLLINS is a feng shui expert for the International School of Feng Shui, a Yoga teacher, a singer-songwriter, and a spiritual guide who leads people on journeys around the world, their own homes and most essentially, their internal landscape. She also teaches the Pacific Center for Lifelong Learning's online Feng Shui Master programs.

CROSSING THE BARRIER: APPLYING TCM FOOD THERAPY TO AMERICAN CUISINE continued from page 26

the country. It is slightly warmer than beef, and is quite delicious.

Lamb, which is even more warming than beef and buffalo, is great for dispelling cold, and is the perfect meat for the elderly, and for anyone who has a difficult time staying warm during these cold months.

**A great mint-rubbed leg of lamb recipe from my first published article, which is a fabulous recipe for Christmas dinner, is available here: http://nuherbs.com/resources/crossing_march

Goat, which is even more warming than lamb, is very quick at dispelling cold, and is the perfect meat for

persons with cold extremities. Goat is great for everyone once a week during the cold months, and is great to have more frequently for those suffering from the shivers and has trouble staying warm through the winter. Goat is pastured, by law, and tends to be a bit tough. Great for long roasts, and the perfect meat for stews and soups. Make sure to cook it long enough to get it nice and tender.

Deer and Caribou, both even more warming than lamb, are borderline hot. Perfect meats for those living in areas where these animals are native. If you are a hunter, now is the time to think about hunt-

ing and providing for yourself. If you live in an area where hunting is common, check with your local butchers, as they often keep portions of the animals as their payment and then offer the fresh meat for sale.

Surround yourself with the warmth of food, friends, and family to help stave off the cold of the coming months. Really take some time to be intentional about properly nourishing yourself, both with some TLC, and on your plates. And best of all, have some fun exploring the vast array of winter meats and meals that have all but disappeared

from our memories. With their disappearance, so too is gone the warmth our spirits so desperately need. Enjoy revisiting and reviving the warmth and nourishment of our ancestors!

As my former roommate Dennis Reid liked to say, "what you put out in the world goes out and makes friends and comes back to visit you". I hope that this winter season brings back all the love and intention you have put out into the world and revisits you in these coming months with love and warmth manifold!

continued on page **36**

- The National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) provides a complete directory of licensed acupuncture practitioners who have been certified by the NCCAOM. This is not an exhaustive list of all licensed acupuncturists but does catalog those who have received NCCAOM certification.
- The Acupuncture Now Foundation (ANF) has compiled a list of several other helpful acupuncturist directories that may provide additional results.
- Acupuncture Today also provides users with a searchable database of acupuncture professionals, allowing searchers to filter by location, gender, college attended, services provided, and more.

ACUPUNCTURE CERTIFICATIONS

In order to find a qualified acupuncturist, new acupuncture clients should look for specific certifications to identify levels of training and ensure quality of services. There are minimum requirements for licensure, which vary by state. Additional certifications, however, are available to practitioners to increase their levels of training.

- The NCCAOM provides acupuncturist certification and is the “only national organization that validates entry-level competency in the practice of acupuncture and Oriental medicine (AOM) through professional certification.”

In addition to the above resources, other organizations and geographically specific associations can help provide assistance in choosing professional and well-trained acupuncturists from whom to accept treatment services.

WHAT TO EXPECT FROM ACUPUNCTURE TREATMENT

- During a first visit, an acupuncturist will often ask for profiling and historical health information to most effectively design a treatment plan.
- Depending on an acupuncturist’s preferred modes of treatment, some may utilize electroacupuncture, moxibustion, or other forms of complementary TCM.
- The Cleveland Clinic describes the sensation of being treated with acupuncture needles as being somewhat akin to a “slight prick.” But the feeling is different than an injection, because the needles used in acupuncture are much thinner. After insertion, patients often describe a feeling of numbness or tingling at the insertion site.

The length of the appointment, the suggested duration of care, and various other methods of treatment

that may be employed to complement or enhance the effectiveness of acupuncture vary by practitioner.

Acupuncture can provide a low-threshold, safe, and effective treatment method for a wide variety of ailments. Acupuncture is quickly gaining traction as an alternative to conventional pharmaceuticals and could change the medical landscape over the coming years. **OM**

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Merry Christmas, Happy Hanukkah, and a Happy New Year to you, my friends and readers!

RECIPES REVISITED:

Popcorn: http://nuherbs.com/resources/crossing_september

Mint-Rubbed Leg of Lamb for Christmas Dinner: http://nuherbs.com/resources/crossing_march

OXTAIL SOUP

Especially Good For:

This is a staple in my home as soon as the weather starts cooling down. I make it in a crockpot so that it is always ready, and makes for a great breakfast food or snack, as it takes little to no effort since it will be already made and warm and is just waiting to be ladled into a bowl. Makes for a great main course for dinner as well.

Any meaty marrow bone or cut of ribs can be used to make this dish, but using an oxtail gives the added benefit of strongly strengthening the Spine, as it is literally an appendage of the ox's spine. Marrow bones, of course, also strengthen the Kidneys and jing, as marrow is jing.

This is the perfect dish for a staple throughout winter as it is a great dish for your Kidneys, warming and tonifying the water element. My room-mates love stealing a bowl of it, and always comment on how it makes them feel really rested, as well as helping them to get really deep sleep. Just a cup of the broth also makes for a great warming drink and does wonders to boost a sluggish body out of exhaustion.

It generally takes me, if I'm eating it solo, 2-3 days to finish. I leave it in the crockpot the entire time. It will not go bad, and the flavor will continue to develop as it continues to stew on the "warm" setting. If making it on the stove it can, of course, be refrigerated if not all consumed in one sitting. But if you're making it in a crock-pot, I highly recommend letting it sit and continue to develop until the last bite. It really is magical!

This is not a difficult recipe to make, and there are infinite variations of how you can make it. Be creative with each batch and make this style of a meal a staple through the coming months, and enjoy!

Ingredients:

**Every crockpot or pan is different in size. I'll let you eyeball all the amounts of the ingredients to fit your cooking needs, so I will just mention the ingredients and leave the specific amounts up to you. Remember—there is no right or wrong on this recipe!

**Organic and grass-fed meats or game animals are best!

3 pounds of oxtail

- OR
- 4 large meaty marrow bones
- OR
- 4 pounds of ribs
- OR
- Any combination of the above

**Can be made from lamb, goat, deer, or caribou as well.

Vegetables:

- Carrots
- Celery
- Potato or sweet potato
- Cabbage (my favorite!)
- Onions
- Garlic
- Any beans
- Any squash or pumpkin
- Any mushrooms

**Herbs that can be added:

- Ren Shen/Ginseng, either Red, White, or American—3 or 4 pieces
- Shu Di Huang—3 or 4 slices
- Gou Qi Zi/Goji Berries—1 to 2 large handfuls
- Huang Qi/Astragalus—1 large handful
- Kombu/Kelp/Seaweed (great for the Kidneys)—1 to 2 large pieces

You'll also need:

- Mirin/Japanese rice cooking wine
- Soy sauce
- Guinness or another dark beer or water, to cover

Directions:

1. Heat your oven to 450° F
2. In an iron skillet or oven-safe pan, roast your meaty bones one or two at a time until they are brown and very fragrant, and then transfer to your cooking pot.
3. With the last batch of bones, when finished, cover in a generous amount of mirin and soy sauce. The more you use, the more depth of flavor your soup will have. Simmer down the liquid a little bit, and make sure to use a wooden spoon to loosen all the great meaty stuff that sticks to the pan—you want this for flavor. Transfer all of it to your cooking pot.
4. Add your sliced vegetables of choice and any herbs you'd like to add in.
5. Cover with dark beer or water.
6. Set the timer on your crock-pot and let it cook all night long.

***I like making a batch of this in the evening, or before going to bed, as it will take all night to cook. It'll need the long, slow cooking time to tenderize the meat, as the cuts that are used for this are usually a bit tough to eat outside of stewing. If making it on the stove, just set it on low and let it cook with the lid on all night, making sure there is enough liquid in there so it wont dry out. If using a crock pot, set the first round on high for 4 hours,*

and the second on low for 4 hours. From there, it should switch automatically to "warm", and will be ready at all times to eat. Perfect for breakfast the next morning.

ROASTED CHRISTMAS DUCK OR GOOSE

Especially Good For:

Duck and goose are commonly hunted, and in many parts of the country can be found in the meat department (farm-raised) of your grocer or at a butcher's shop (either farmed or hunted). If you can get your hands on one from a friendly hunter, or are a hunter yourself, I highly recommend keeping your eyes to the sky for one of these delicious birds.

Ducks and geese were common favorites of hunters, and still are to this day in the areas that you can hunt them. No longer widely common today, in years past, they were also kept alongside chickens for their eggs as domestic birds. Every Christmas, one would end up on the dinner table. They are absolutely delicious, and their fat can be reserved for use to make the most delicious fried eggs, sautéed vegetables, or French fries. In France, it is traditional to pan-fry potatoes in duck fat, and they are the most delicious potatoes you'll ever come across! Pan-fried duck fat potatoes are a favorite of my mother's!

Duck and goose fats are also very easily digestible, and also greatly nourish the skin and elasticity of it, as the fat from these birds is literally coming from their thick layer of skin.

***Ducks tend to be smaller, and geese a bit larger. Take this into account when buying them, as you may need 2-3 depending on the number of people you'll be feeding.*

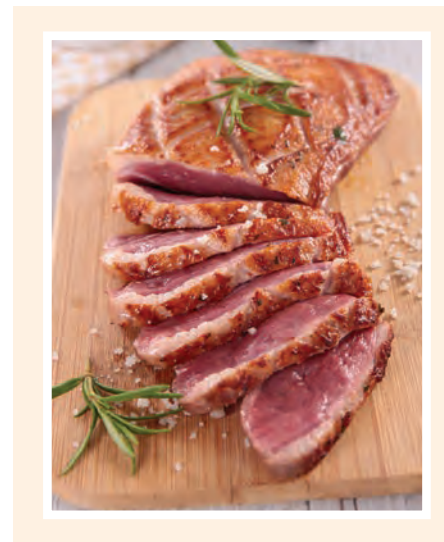
Ingredients:

- 1 large goose or 2 ducks
- Sea salt
- Pepper, freshly cracked
- Paprika

► Mashed potatoes or oven-roasted carrots and potatoes make a great side dish.

Directions:

1. Preheat the oven to 375°F (190°C).
2. Rinse the duck thoroughly, inside and out, under a cold running tap and pat dry with a paper towel.
3. Pierce the skin of the duck all over with a cocktail stick, fork, or a thin bladed knife, at 1-inch intervals.
4. Rub salt, pepper, and paprika into the skin of the duck, inside as well as outside.
5. Position the duck on a rack placed in a roasting tray, breast side up.
6. Pour a few cups of boiling water into the roasting tray and place into the preheated oven.



7. Roast the duck for up to 3 hours or until no fat remains and the skin is crispy and brown, turning the duck over every 30 minutes. Basting the duck with the juices may help to release more fat whilst cooking, although this is not necessary.
8. Once the duck is cooked, remove it from the oven and transfer it onto a carving board. Let it rest for 15 minutes before carving and serving.

**The savory juices will taste great over mashed potatoes.

**You can also reserve all the juices in a container and place it in the fridge. The fat will separate from the liquid, and can be removed and stored in a separate container. Make sure to store it dry, so any remaining liquid does not cause it to spoil.

► This fat can be used to make French fries, fry an egg, or sauté vegetables, and will add the most delicious flavor to whatever you cook!

► The remaining liquid that separated from the fat can be used to flavor just about anything, and will add a rich, meaty taste to mashed potatoes, or cooked with rice to make a delicious rice dish (my favorite!). **OM**

EDITOR'S NOTE: The complete references can be found online at <https://www.pacificcollege.edu/news/blog/2018/02/13/crossing-barrier-applying-tcm-food-therapy-american-cuisine>

JK DELAPP has over fifteen years experience as an herbalist, with five years of formal education in Chinese Medicine & East Asian Medical Herbalism from Pacific College of Oriental Medicine-San Diego (PCOM-SD). He has spent time working in three hospitals in Shanghai and is currently in private practice in metro Atlanta. While pursuing his Diploma of Oriental Medicine from PCOM-SD, JK was exposed to the ancient world of herbal medicine, perfume, incense, and the global spice trade. It was during this time that he formulated his idea for The Rising Phoenix Group, which is focused on making more naturally-minded aromatic products. He considers his 'sweet spot' to be the intersecting point of the fragrance, cosmetic, and medicine industries.



狗年



Chinese New Year: **Year of the Earth Dog**

Welcome to the Year of the Earth Dog! The Chinese Lunar New Year is one of the longest chronological records in history, dating from the Zhou dynasty, which ruled China from about 1046 BCE until 256 BCE. The Chinese calendar is a yearly one, with the start of the year pegged to the cycles of the moon. Therefore, the beginning of the year can fall anywhere from late January to mid-February. This year it falls on February 16th.

Two cycles define the Chinese lunar calendar, one of 12 years and one of 10.

Each of the 12 years is named after an animal. One legend is that Lord Buddha summoned all the animals to come to him before he departed from the earth, but only 12 came to say farewell; as a reward, he named a year after each one in the order they arrived. Another is that the Jade Emperor ordered that animals would

become part of the calendar, but that only the first animals to arrive would receive this honor. In each, the dog was second to last: rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog, and pig.

The 10-year cycle is an elemental one, in which each of the five elements reigns for two years. The tumultuous 2-year reign of Fire has just ended. As fire forms earth, through volcanoes and ash, now begins a 2-year period of Earth, which will be followed by Metal, Water, Wood, and back around to Fire.

Those born in the year of the Earth Dog often seem reserved, but have a gently persuasive manner and tend to achieve their goals quietly and with little pretense. Dogs are famously loyal, devoted to the cause of justice and fairness, persistent, and serious. Generally they don't like to interfere in others' lives or affairs, preferring their own artistic

pursuits. Famous Earth Dogs include Madonna, Tim Burton, Ice-T, Neil deGrasse Tyson, Michael Jackson, Bill Watterson, who illustrated Calvin & Hobbes, and Albert II, Prince of Monaco.

Chinese New Year, also known as the Spring Festival, is a lengthy holiday, lasting for 15 days. Preparations usually begin about a month before the New Year itself. Homes are thoroughly cleaned to sweep away any traces of bad luck; altar decorations are often burnt and replaced, to send the deity back to report on the past year. Doors and windowpanes are given a fresh coat of red paint and hung with paper scrolls decorated with themes of happiness, wealth, and longevity, a practice believed to keep away evil spirits and ghosts. Many Chinese homes also decorate with live, blooming plants and flowers, such as peony flowers and kumquat trees, symbol-

izing rebirth and wealth.

Great care is taken to set a good tone for the upcoming year. It is believed that one's behavior during New Year's can decide the mood for the rest of the year; words that sound like unlucky or undesirable events, such as death or poverty, are not to be spoken. Arguments, crying and breaking things, and the scolding of children are also taboo. During this time, it is typical to wear something red as the color is believed to ward off evil spirits. Black and white are avoided, as these colors are associated with mourning.

The New Year is a time to express appreciation for protection and good fortune during the year. It is also a time of reconciliation when debts are paid and old grudges are easily cast aside. Although celebrations of the Chinese New Year vary, the underlying message is always one of peace and happiness. **OM**

and intellect. It is our power source of immunity, resistance to disease, protection from negativity, and ability to recover once we have become ill. Ojas is the condensed form of prana. It is especially concentrated in the ovaries, testes, and heart, and can be seen in the luster of the eyes. Stagnation and toxicity will negatively impact the lymphatic system and interfere with the positive influence of ojas. Cleansing, on many levels, supports health in the lymphatic system, immune system, and ojas.

AMA

Ama, the negative influence of toxins, can be externally generated, like pesticide on food, or internally generated, such as improperly digested foods. Toxins cause cellular damage to the blood vessels and stagnation in our lymphatic system due to interfering with our prana, agni, and ojas, within and around the cells.¹ When our cells are deprived of prana, they quickly oxidize, stiffen, and prematurely die. They lose their innate intelligence (buddhi), their healthy DNA coding (agni), and their ability to communicate with other cells and tissues. When cells completely lose intelligence, they become cancer cells—cells that have gone mad! Ama blocks the proper functioning of the body's innate intelligence. This then causes the derangement of pranic flows. Deranged prana, when it moves into the digestive tract, disturbs digestion



and weakens healthy digestive agni. When our digestion does not function properly, internally generated toxins further perpetuate deranged prana, agni, ojas, and buddhi. In this way, toxicity, or ama, is the cause of disease. Clearing toxins, minimizing toxic exposure, and strengthening the channels of detoxification are therefore essential components of any authentic health program.

PRAJNAPARADHA

Prajna is our innate intuitive intelligence combined with the wisdom that comes from experience. Aparadha means to offend or to go against. Ayurveda identifies prajnaparadha—offending, ignoring, or denying our innate wisdom and

experience—as the primary cause of disease. Its cause can be due to an external source. For example, young children intuitively know when they have had enough to eat. That wisdom—their prajna—is disturbed when they are routinely forced to finish the food on their plates and eating more than they want. This can create a habit that lasts a lifetime. Prajnaparadha can also be caused by the frequent consumption of junk foods. Nutrient-poor, empty-calorie, high-sugar foods confuse the body and brain. The stomach may be full, but the hunger is not satisfied as few real nutrients have been fed to the body. Regular junk food eating leads to overeating and addictive food cravings.

Prajnaparadha also has deep esoteric meanings. Aparadha means to offend, to go against your true self-interest and away from love. It implies a sense of going against your deepest self-interest, wisdom, knowledge, and love. This is denoted by the word radha within aparadha—Radha is known as the goddess of the full embodiment of love. Ultimately, aparadha is any unkind action against the self that causes harm to us or to others. Imbalance manifests to the degree to which we ignore our innate wisdom. When we continuously make choices from the place of negative habit, imbalance, and lack of awareness, we perpetuate various manifestations of addiction and disease. The practice of cleansing and yoga helps to minimize prajnaparadha.² **OM**

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MICRO ACUPUNCTURE 48 continued from page 23

MA Points: Foot: SP-A/B, LR-A, KI-A, GB-A
Hand: LU-A, HT-A, SI-A

Discussion:

JA presented with relatively moderate-stage dry-type ARMD in her left eye. She had great results with acupuncture, eye nutrients, essential oils, and Chinese herbs (*mingmu dibuang tang*). She continues on these herbs and supplements.

JA continues to have clear vision with minimal distortion, even years after she started therapy. Her case is a clear indication of how tremendously effective Chinese medicine can be for dry-type ARMD.

INITIAL EXAM	AFTER TREATMENT
<p>Visual Field Scan</p> <p>Right Eye Left Eye</p>	<p>Visual Field Scan</p> <p>Right Eye Left Eye</p>
<p>Visual Acuity Right Eye: 20/800 Left Eye: 20/400</p>	<p>Visual Acuity Right Eye: 20/400 Left Eye: 20/250</p>
<p>Comments: Frequent retinal bleeding and rapidly declining vision.</p>	<p>Comments: Patient reports a "major benefit" from treatment and sees TV much better as well as cars when crossing the street.</p>

LR-A, GB-A
Hand: LU-A, SJ-A, SI-A

Discussion:

HH has wet-type ARMD in her right eye and dry-type ARMD in her left eye. She has had a history of chronic leaking and hemorrhaging due to the overgrowth of blood vessels in her right eye. A few laser surgical

procedures and cortisone injections in the past had stopped the retinal bleeding. Shell moxibustion was used over the right eye in an attempt to help the frequent bleeding episodes. Acupuncture, Chinese herbs (*Qi Ju Di Huang Wan*), and eye supplements were used.

After one year of no reported retinal bleeding, HH began using

microcurrent stimulation. Her vision is stable, and she reports much less blurred vision (which was a result of the retinal bleeding).

Micro Acupuncture can offer so much hope to so many in need. It is our duty as doctors to help educate and treat this population in need. Sitting around and waiting for conventional research to come up with a solution is disempowering and a poor strategy for these patients. Vision will continue to decline as people sit back and wait for modern medicine to save them. We can do something TODAY to help these people save their sight! **OM**

ANDY ROSENFARB is a world-renowned expert in the field of Chinese medical ophthalmology and teaches Micro Acupuncture 48 regularly in both the US and abroad. He is also an executive council member of the Specialty Committee of Ophthalmology, of the World Federation of Chinese Medicine. Dr. Rosenfarb has published six books on Chinese medical ophthalmology and ophthalmic acupuncture, including *The Black Book of Micro Acupuncture 48*. His clinical practice is located in Westfield, New Jersey.

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