

Colorado School of Traditional Chinese Medicine Newsletter

Issue 88

September 2018

Welcome to the new class of students for the Fall 2018 Trimester. Good luck to all students who will be taking the NCCAOM Exams in 2018. We are always looking for articles about Oriental Medicine from mainstream newspapers, magazines, cartoons, etc. Thanks again to those who have contributed articles and cartoons. We are also looking for articles written by our students, graduates, and faculty. Also, please let us know other things you would like to see in the CSTCM Newsletter.

Newsletters come out three times a year at the beginning of each trimester, in January, May, and September. We are trying to e-mail all newsletters to graduates. If you are receiving a paper copy of the newsletter and not an emailed copy, please send us your e-mail address to admin@cstcm.edu. Please help us save on postage and save some trees too. The newsletter is also always available on the CSTCM website.



Students enjoying the CSTCM Barbeque
on July 7, 2018

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CSTCM NEWS

Honors List for Spring 2018

The Honors List recognizes scholastic achievement in any given trimester for accelerated and full-time students (12 credits or more) whose average percentile of all courses taken for that trimester was 94% (3.7 GPA) or better, with no Incompletes. The Honors List will be noted on student's transcripts and posted on the bulletin board. M.S.Ac. and M.S.T.C.M. students are listed by their earliest enrolled course.

Trimester 1 – Ellen Guill, Diana Ishikawa, Devyn Lee, Kevin Moran, Rachel Muich, Samantha Weese;

Trimester 2 – Paige DeBolt, Emily Sealy;

Trimester 3 – Jill Becker, Dierdre Mangan;

Trimester 4 – Chloe Andrews, Madeline Bergner, Layne Bronson, Sharayah Misiewicz, Sophia O'Keefe;

Trimester 5 – Jamie Jolley, Melissa Radcliffe, Heather Stacy;

Trimester 6 – Haley Chiles, Melissa Shelton, Cheryl Wheeler;

Trimester 7 – None;

Trimester 8 – Kandi Justice;

Trimester 9 – Sarah Adel, Lindsey Strong, Caroline Flynne Templeton.

The **Academic Achievement Award**

recognizes the student with the highest average percentile of all courses taken for the year and is awarded annually at the Chinese New Year Open House.

The **2017 Academic Achievement Award** went to **Cherron Dow-Chacon**, and Haley Chiles, Sophia O'Keefe, and Layne Bronson were runner-ups. All four students received \$500 CSTCM and Golden Flower Scholarship Awards for 2017.



Spring 2018 New Student Orientation

The **CSTCM Fall 2018 Graduation Ceremony** will be Sunday, December 16, 2018. We wish those graduates success in the Oriental Medicine profession. See the announcement for more info.

Again, please contact faculty member **Anna Tsang** to volunteer to work on the CSTCM Herb Garden Project. We encourage all faculty, students and graduates to participate in this project. Anna can always use some volunteers. See flyers for meetings.

We continue to plan Winter/Spring, Summer and Fall Trimester social events. The Winter/Spring event will always be the Chinese New Year Open House and Potluck and the summer event has been the Dragon Boat Festival and a barbeque at school. In the Fall Trimester, we have been having a free clinic day for National AOM Day (October 24) and for Veterans Day (November 11) and a bowling night. Anyone who has other ideas should contact **Administrative Director, Jennifer Bell**. Some other ideas that have been suggested are a picnic or something scheduled around National Herb Day, October 14. →

We continue to work very hard to increase the sense of community among students, graduates, administration and faculty. We encourage students, graduates and faculty members to suggest activities they would like to see for all school members to participate in. Any ideas?

Office hours for all administrators for this trimester are posted on office doors, on bulletin boards and can be found on our website <http://www.cstcm.edu/> or call 303-329-6355. Other times are available by appointment. We are doing our best to accommodate students with convenient office hours that meet both students and administrative needs. The easiest way to be sure of talking to someone in the administrative office is to make an appointment. Students and faculty can always use the Message Center on the door of 302 to drop a note through the mail slot in the door at any time and you will receive a prompt reply. We will make every effort to ensure all voice mail messages are returned within 24 hours. Please let **Administrative Director, Jennifer Bell**, know if you are having any problems with messages or e-mails.

The **Academic Dean's Office** hours for appointments this trimester are posted as noted above. Please make an appointment if you would like to talk to the Academic Dean or Assistant Academic Deans; also other times are available by appointment. Anything related to students, faculty, classroom instruction or the curriculum should be taken to the Academic Dean's office.

The **Clinic Director's Office** hours for appointments this trimester are posted as noted above. Other times are available by appointment. Concerns, problems or questions relating to Acu Moxa Techniques, Clinic Forum, Clinical Observation or the Student Clinic should be taken to the Clinic Director.

Yan Jing Supply Store hours this trimester are: Monday, Tuesday, Thursday 9:30 – 9:00 pm; Wednesday and Friday 9:30 - 5:30 pm (closed 1:00 - 1:45 pm for lunch); and Saturday 12:30 - 7:00 pm.

Don't forget **Tai Ji Quan** on Friday's from 4:30 - 5:30 pm and **Qi Gong** on Saturday's from 8:00 - 9:00 am and the combination of **Tai Ji/Qi Gong** on Fridays 6:00 - 7:00 pm. Students must take the required number of hours as part of their curriculum and hours taken above the requirements are free. All others pay \$5 per class. The classes are open to the public.

continued

We will continue offering **Free NCCAOM Exam Prep Workshops** in 2018 for CSTCM students and grads. The workshops are offered on Sundays, with Acupuncture 9:00–12:00 PM and Chinese Herbal Medicine 12:00–1:00 PM. Fall workshops are September 16 & October 14. Contact the Clinic Director's office for more info and see the 2018 CSTCM NCCAOM Exam Prep Workshop flyer.

2018 CSTCM SCHOOL EVENTS

Fall Open House – September 13

AOM Day - October 24 – CSTCM October 20

Veterans Day – November 11

Deck the Halls – November 23

Bowling – December 8

Fall Graduation – December 16

See flyers for more info.

The **Free Weekly Tutoring** will continue this trimester and is open to all students. The tutor will be **Ziv Greenfeld**, L.Ac., Wednesdays and Fridays from 11:00 am to 12:00 pm. If you have any questions or comments about tutoring, please contact the Academic Dean and also see the Free Weekly Tutoring flyer.

The **Free Proficiency Exam Study Workshop** will continue this trimester with Thaddeus Haas on October 21, 10:00 am - 12:00 pm.

Students should check out the **Trudy McAlister (Scholarship) Fund** website at:

<http://trudymcalisterfoundation.org/index.php/contact/> or
<http://trudymcalisterfoundation.org/index.php/application/>

CSTCM Library News & Update

Library hours for the Fall 2018 Trimester are:
Wednesday 9:00 am - 12:00 pm & 1:00 pm - 7:00 pm/Tuesday 9:00 am - 10:00 pm/Monday, Thursday, Friday 9:00 am - 7:00 pm/Saturday 1:30 - 6:30 pm. The Library Guidelines handbook is available in the library to answer any questions about procedures. If anyone has any Oriental medicine or holistic medicine books or journals they would like to donate to the library, we would deeply appreciate it. Also →

western medicine books or journals published in the last 5 years would be appreciated. Please contact **Financial Aid Administrator, Joel Spencer** or **Administrative Director, Jennifer Bell**, who have oversight of the Library, if you have any questions or comments about the library. Input is always welcome.

Thank you to the following people who donated books and materials to the library: Mary Savage, Justin Savage, Joe Wollen, MK Christian and 2 anonymous donors

Welcome to our new Administrators: Administrative Director, **Jennifer Bell**, Academic Dean of Students, **Dr. Cherri Spencer**.

Welcome to our new faculty members and assistants: **Jon Cacherat, L.Ac., M.S.** is teaching MSK 1, **James Gilchrest, ND, L.Ac., M.S.AOM** is teaching Pharmacology, **Esther Park, PsyD** is teaching Psychology/Communications, **Robin van Maarth, L.Ac., DACM** is teaching D & D A.

Welcome to our new Clinic & Teaching Assistants: NA

Welcome the following new Grad Care Clinic practitioners: NA

We are looking for someone to take over the **CSTCM Internal Arts Club**, formed by student, now graduate and former faculty member, **Joe Wollen**. If you are interested, please contact the **Academic Deans**. The goal is to spread awareness of internal arts and offer the community the chance to learn traditional Tai Chi Chuan of all styles, as well as Qi Gong and push hands. We encourage everyone to participate.



A teaching moment from Taylor in the Internal Medicine Clinic

continued

U.S. DEPARTMENT OF EDUCATION PROPOSES OVERHAUL OF GAINFUL EMPLOYMENT REGULATIONS

<https://www.ed.gov/news/press-releases> | AUGUST 10, 2018

New approach will provide useful, transparent higher education data to students and treat all institutions fairly

WASHINGTON—The U.S. Department of Education today announced a Notice of Proposed Rulemaking (NPRM) that proposes to rescind Gainful Employment (GE) regulations in order to provide useful, transparent higher education data to students and treat all institutions of higher education fairly.

"Students deserve useful and relevant data when making important decisions about their education post-high school," said U.S. Secretary of Education Betsy DeVos. "That's why instead of targeting schools simply by their tax status, this administration is working to ensure students have transparent, meaningful information about all colleges and all programs. Our new approach will aid students across all sectors of higher education and improve accountability."

The Department continues to believe that data such as debt levels, expected earnings after graduation, completion rates, program cost, accreditation, and consistency with licensure requirements are important to consumers, but not just those students who are considering enrolling in a gainful employment program. Therefore, in the NPRM the Department invites public comment concerning whether or not the Department should require institutions to disclose, on the program →



Administrators Joel Spencer and William Wallin taking a break from grilling at the CSTCM barbeque to rock out!

webpage, information about the program size, its completion rate, its cost, whether or not it is accredited, and whether the program meets the requirements for licensure in the State in which the institution is located.

In addition, to provide prospective students with important, actionable, and accurate information that could be used in college enrollment and borrowing decisions, the Department plans to update the College Scorecard or a similar web-based tool to provide program-level outcomes including, at a minimum, median debt and median earnings for all higher education programs, at all title IV participating institutions. The Department believes that this will improve transparency by providing comparable information for all programs and helping students understand what earnings they might expect based on those of prior graduates. This would also increase accountability of institutions by making it more difficult for institutions to misrepresent program outcomes, such as the earnings of prior graduates, since prospective students would have access to accurate data provided by the Secretary of Education.

The 30-day public comment period for these proposed regulations will begin once published in the Federal Register. In the interim, an unofficial version of the proposed rule can be found [here](#).

The glory is not in never falling,
but in rising every time you fall.
—CHINESE PROVERB

Check out our website www.cstcm.edu. We updated the website regularly with new **Employment Opportunities**, new **TCM Blog** entries, new entries for the **Alumni Practitioner Directory** and various links for helpful sites to assist students with study aides. Please give any comments, suggestions or Blog ideas to **Jennifer Bell**. Don't forget to follow us on Facebook [@cstcm.edu](https://www.facebook.com/cstcm.edu), and connect with us on [LinkedIn](#)

We often find personal items left in classrooms and around the school. The CSTCM Lost & Found is located in the Receptionist's office. Also, students should always put their name in textbooks for easy identification in case they are lost. Anyone could claim a textbook if it doesn't have a student's name in the book.

continued

CSTCM PROCEDURES/POLICIES

The following is repeated in every newsletter to remind everyone of a few important policies and procedures.

Please remember the file holders in the hall across from classroom A. Most forms and procedure/guideline handouts that a student might need are stocked in these file holders. Students should inspect these forms and handouts and make sure they are using the most recent versions. Please notify the office if any file holders are empty.

If anyone is experiencing phone messages or e-mails not being returned, please notify **Jennifer Bell** with details of the problem.

We have had a lot of problems in the past with the computers and printers in the library. Please treat them like they were your own. They continually seem to crash and need repair. Most areas of the school have wireless access for laptops; let us know of any problems.

Please do not make over 8 copies at a time on the copier in the library (Room 202). The cost is 10 cents per copy. We have always had a usage policy, but the copier still gets over-used and always seems to need service. If you need to make over 8 copies, you must get permission from the Receptionist, the Librarian, or the library staff. Also, please do not print over 3 pages on the printer in the library. **The copier in the Administrative Office is not for student use.**

Please make every effort to pick up around you when class is over and put back any tables and chairs that have been moved around. We also have had problems with the classrooms and the building being left unlocked, which has led to theft problems.

Please, please, everyone make every effort to check that all windows are closed, the classroom doors are locked by the last person leaving the classroom, the handicap side door and the building front door are all locked by 10:30 pm. The treatment tables in the classrooms also need to be locked up every night. Also, please turn off all lights at the end of the night classes and turn up/down thermostats.

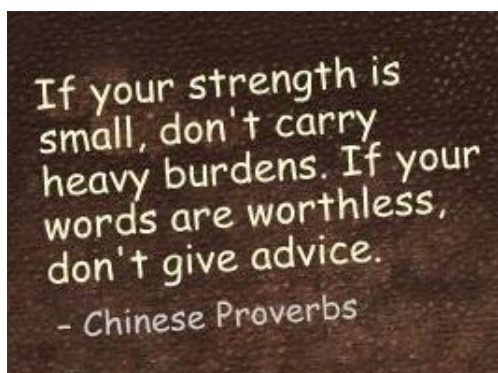
Don't forget the "What's New Board" in the hall by classroom A. This is a way for the administration to communicate with students concerning issues like NCCAOM news and exam dates, Clean Needle →

Technique Courses, CSTCM policy changes, student representative meetings, faculty meetings, etc. The bulletin boards are organized into sections like CSTCM workshops, other workshops, housing, for sale, national organizations, etc. Also you can use the suggestion boxes in the hall by classroom A and in the library for suggestions or comments. A reply to suggestions will be posted on the board periodically.



CSTCM Students and Alumni at our booth at the 2018 Dragon Boat Festival

We want to continue to encourage all faculty, students, and graduates to join our state (AAC) <http://acucol.com/> and national (AAAOM) www.aaaonline.org or (ASA) www.asacu.org organizations to help support Oriental medicine in the U.S. Applications are available in the office or apply on-line. Our profession is relatively small in numbers and everyone has a voice as to the direction it will take in the future.



continued

焚林而取,竭泽而渔

(Fén lín ér qǔ, jié zé ér yú)

Literally: Burn a forest to farm; drain a pond to fish.

Meaning: Ignoring the consequences; Marry in haste, repent at leisure.

Scholarships for OM students

Mayway Scholarship Program

<http://www.mayway.com/scholarships>

Nuherbs Scholarships

<http://www.nuherbs.com/giving/scholarship>

Tylenol

www.tylenol.com/page.jhtml?id=tylenol/news/subptyschol.inc

AAUW (Women only)

<http://www.aauw.org/what-we-do/educational-funding-and-awards/>

Other Scholarships & Grants

FastWeb www.fastweb.com

College Collection www.collegescholarships.com

CSTCM STUDENT SERVICES

Students can show their CSTCM ID Card and receive discounts at: Apple, Microsoft and Dell; and places around town like movie theaters and some restaurants may still be giving discounts with an ID card. Please let us know if you find any other discounts so we can inform everyone. All CSTCM student services can be found in the CSTCM Student Services Guide. Some other businesses reported to give discounts with a college ID are: Ann Taylor, Banana Republic, J. Crew and Eastern Mountain Sports.

Also with ID Card at some participating stores: join Amazon Prime including Student Free Two-Day Shipping, Spotify 50% off membership, Supercuts 20% off, Sam's Club discounted membership & a \$15 gift card, AMC movie theater discounts on Thursdays, Burger King 10% off, Chick-Fil-A free small drink, Arby's 10% off, Buffalo Wild Wings 10% off, some Chipotles 15% off, Radio Shack 10% off, Amtrak 10% off, TCBY 15% off, Subway 10% off, Ann Taylor 20% off, McDonalds 10% off, Domino's Pizza, Jo-Ann Fabric 10% off, Goodwill 10% off, some Dairy Queens, Greyhound Bus 20% off.

UPCOMING 2018 WORKSHOPS

CSTCM scheduled workshops for 2018:

- **NCCAOM Exam Prep**, Melissa Durgin, L.Ac. - **Workshop**, Sept. 16, 2018 (9 am – 1 pm); **Practice Tests**, Oct. 14, 2018 (9 am – 1 pm)
- **10 Habits of Highly Successful Practitioners**, Honora Lee Wolfe, L.Ac., Oct. 7, 2018
- **Master Tung's Magic Points In-Depth Part 2**, Susan Johnson, L.Ac., Nov. 17-18, 2018 (13 PDAs)

Also see the flyers for the **NCCAOM Exam Prep**, **CSTCM Proficiency Exam Prep**, **Tongue, Pulse**, and **Business Management** workshops in 2018; free for all CSTCM students and graduates.

All workshops and registration are available on our website. Continuing Education Program Administrator, **Parago Jones** is working on arranging more workshops for 2018. Suggestions for workshops can be submitted to Parago. For more information see the flyers on the bulletin board as they are posted, and check the CSTCM website.



Summer 2018 graduates, Kandi Justice and Johanna Fuentes learning scalp acupuncture

ALUMNI CORNER

Any CSTCM Diploma graduates, who wish to obtain the M.S.T.C.M. or M.S.Ac. Degree, must meet all admissions requirements and curriculum of the programs at the time they enter the program. They should get a catalog from the office and submit an application and application fee. Graduates who are interested can also get an information sheet from the office on their Transfer Credit into the programs and courses they will need to take. The Fall 2018 Trimester begins August 27, 2018. Contact the office for a schedule. There are currently 13 graduates from the old Diploma program who have graduated with their M.S.TCM or M.S.Ac. Degree.

Missing Grads

Patricia Householder (93), Darin Levine (98), Mike Mitchell (96), Martin Pahl (96), Hyo Jin Park (05), Ai Sato (98), Kaeryn Silvera (03), Jessica Steyn (99), Jeffrey Taylor (99), Alejandra Vidarte (98), Cindy Wells (95).

We continue to update our graduate database and want to be sure graduates receive surveys, newsletters and flyers for upcoming workshops. Please contact the **ADO** or **Jennifer Bell** if you have not talked to them recently. CSTCM currently has 686 graduates (218 Diploma grads, 355 M.S.TCM grads, and 113 M.S.Ac. grads).

Alumni Updates

Cathy DiMaggio (03) is now in Alaska; she is the only acupuncturist working for the Air Force.

Any CSTCM graduates who need transcripts should go to <http://cstcm.edu/transcripts>. You can download and print the form, fill-out, and fax to 303-388-8165, or email to admin@cstcm.edu.

We are interested in what our graduates are doing and your classmates and schoolmates would be interested also. Please let us know if you appear in any articles or on TV, publish anything on OM, teach workshops, are faculty or administration of another OM school, etc.

Are any graduates interested in forming a committee to create an alumni association?

Would you like to become a mentor to a current CSTCM student?

Would you be willing to offer tutoring services for CSTCM students?

Please contact the Academic Deans if interested.

Graduates, did you know that CSTCM receives 1-2 referral requests for acupuncturists each day? That's a potential of many new patients yearly. We will gladly provide your clinic information to these callers. Please send us your clinic information by sending your business cards and in writing or e-mail ado@cstcm.edu to request to be placed on the referral list. We need your name, name of clinic, address, phone number, treatment specialties, etc. Also, we have added a section on the CSTCM website for all of our grads with links to their clinic and website, and a world map locating our grads. If interested in having a link to your website, please email us, the website link to ado@cstcm.edu. For more information contact the ADO, **Kirsten Weeks**.

Again, we really would like to do more alumni updates each newsletter, as this has been a popular part of the newsletter. We are sure other classmates and graduates would be interested, especially those that haven't stayed in contact. This alumni column could also be about students who have just graduated and what they have decided to do about practicing. Graduates can send us a note (attention **ADO**) by mail, fax 303-388-8165, or e-mail ado@cstcm.edu.

We would like to thank all CSTCM students, grads and faculty who have referred prospective students to CSTCM. We deeply appreciate your loyalty and help with student recruitment.

We are always looking for grads or others with a bioscience background to teach bioscience courses and those with 5 years or more experience to teach TCM courses. If interested, please submit a CV and call the Academic Dean at 303-329-6355, ext 15.

continued

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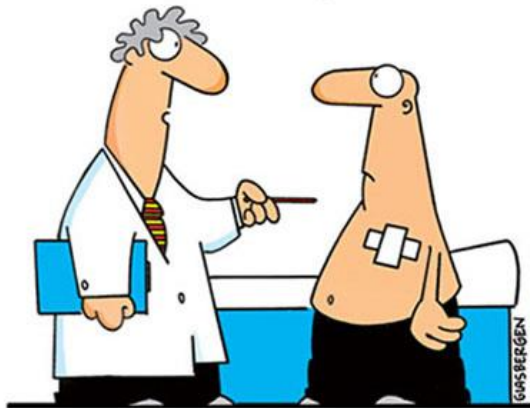
Zhen Xi Shi Guang
Live the Moment

We have a section on the CSTCM website for all of our graduates with links to their clinic and website, and a world map locating our grads. If you are interested in having a link to your clinic and website, please email us the website link, to ado@cstcm.edu. For more information contact the ADO, Kirsten Weeks.



CSTCM Photo Archives
Graduating Class – Spring 2003

John Aquilar, Lisa Fogel (not pictured), Kristen Horner, Lori Pitzer (not pictured), Hudson Poston (not pictured), Sam Shone, Bruce Stoebner, Jacqui Strike (not pictured).



"It's a pacemaker for your heart.
Plus, you can download apps for your liver,
kidneys, lungs, and pancreas!"

CLEAN NEEDLE TECHNIQUE COURSE SCHEDULE 2018

2018 CNT English Course Dates in Colorado:

Exam	Application Deadline	Location
11/4/2018	9/4/2018	CSTCM

[See schedule on bulletin board for other dates, locations, and most recent CNT info]

NCCAOM

Continued reminder, you can download a Candidate Handbook and Application and Recertification info at the National Commission for the Certification of Acupuncture and Oriental Medicine (NCCAOM), at <http://www.nccaom.org/>.

Students don't forget to check out the NCCAOM On-line Practice Tests (\$45 per exam). NCCAOM Study Guides and Expanded Content Outlines are updated and posted on the NCCAOM website. An informational exam webinar is also available on their website.

The Apprenticeship Route of eligibility for certification as a Diplomate of Acupuncture and a Diplomate of Chinese Herbology will be eliminated effective December 31, 2021. Please review the Apprenticeship Route FAQ for more information.

NCCAOM will be eliminating the pre-graduation testing; pushing the final date of the elimination of the pre-graduation route from September 1, 2018 to November 1, 2018. They stated that the November date is the latest that they can push the migration of the new online portal system and allow them to move into full compliance with their standards and accreditation.

The NCCAOM will administer the exams in a linear format beginning January 2020. The NCCAOM will work with the schools to understand the steps needed to assist their students register for the 2020 linear exam administration. For more information, view the [Student Webinar](#) on their website.

NCCAOM has created the *Certificate of Qualification* program to garner the public's support of the AOM professional, and to demonstrate accountability and responsibility for patient safety in regards to herbs.

CCAOM

The Council of Colleges of Acupuncture and Oriental Medicine (CCAOM) will hold their Fall 2018 Conference in San Diego, CA, on November 5-9th. **Mark Manton** will attend the meetings to represent CSTCM.

CCAOM offers a CEU course on-line. The 3 credit course is titled *CNT and Blood-Borne Pathogen Review* and the cost is now \$50, including course & certification; satisfies NCCAOM safety & ethics requirement. The course can be found at www.CCAOM.org.

CNT courses are being offered in South Korea, Hong Kong, Beijing, and also in Taiwan this year.

The new 7th edition of the CNT Manual is on the website as a free download. There are many key changes.

CCAOM adopted but delayed the revised TOEFL English language competency requirement for all degree programs, effective date of January 1, 2020.

AAC

The AAC has an e-mail discussion group. It is only open to AAC members. You can send an e-mail introducing yourself to www.aacforum@egroups.com or www.aac-list-subscribe@yahoogroups.com. The AAC address is 13918 E. Mississippi Ave., #67482 Aurora, CO 80012, phone 303-572-8744. Their website is <http://acucol.com/>, and e-mail to AAC@NTW.net. The AAC is also now on Facebook at Acupuncture Association of Colorado. The AAC has their newsletter and blog on their website, and membership renewal is available online.

The Colorado VA is now directly contracting with acupuncture providers instead of utilizing a third-party administrator. This means you can become a provider through the Acupuncture Association of Colorado membership and get involved in the care of our United States Military Veterans.

Student membership is free while being enrolled.
Go to <http://acucol.com/amember/signup.php>.

The nice thing about meditation is that it makes doing nothing quite respectable.

Paul Dean, Comic

AAAOM

Check out the American Association of Acupuncture and Oriental Medicine (AAAOM) website at www.aaaomonline.org. You can also check out job postings on their website. They currently have 29 postings for job opportunities on the website.

The AAAOM is also on Facebook at @aaaomonline. We encourage all graduates, administrators, students, and faculty to join the AAAOM to support the profession. AAAOM professional membership is \$99; membership is free for students.

AAAOM announced new executive board members and a new member benefit: Discount Blood Lab testing.

ASA

The American Society of Acupuncturists encourages Licensed Acupuncturists to join their state association that is a member of ASA. You will be considered a member of the ASA at no additional charge. To find out if your state association is a member of ASA, go to their website www.ASAcu.org.

ACAOM

The Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM) website, <http://acaom.org/>. The website lists all accredited and candidate programs, ACAOM news, frequently asked questions and other areas.

ACAOM has approved the Standards for a Professional Doctorate (PD) degree in Acupuncture and/or Oriental Medicine.

ACAOM has published to their website the Comprehensive Standards and Criteria for the Revised Masters and Professional Doctorate programs.

They have USDE authorization to approve distance education courses, not programs.

We encourage all graduates, students, administrators, and faculty to join the AAC in order to support the profession. CSTCM graduates Mark VanOtterloo (11) is the immediate past AAC President, Stephanie Shober (09) is the Treasurer, and Sandi Lyman (15) is a Board Member.

ITM

Institute of Traditional Medicine (ITM) on-line has an internal java based search engine to quickly find any topic. Check out the ITM website: <http://www.itmonline.org/>. The ITM Start Group Journals are one of the best OM journals published, especially related to Chinese herbal medicine. The full set is in the library in 3-ring binders, from 1999 to 2005, when they stopped publishing the journal.

CHINA'S PUSH TO EXPORT TRADITIONAL MEDICINE MAY DOOM THE MAGICAL PANGOLIN

By Simon Denyer, Bureau chief of the Washington Post, July 21, 2018

In a rescue center, the pangolin slowly wakes and uncurls, sniffing out a nighttime feast of ants' eggs, then lapping it up with its implausibly long tongue. One of 74 pangolins rescued from the back of a truck in Vietnam in April, its survival has defied the odds.

This almost mystical creature, looking like a cross between an anteater and an armadillo but unrelated to either, is the world's most trafficked mammal: A million of them are thought to have been poached from the wild in just a decade.

Already almost wiped out in China, the pangolin is fast disappearing from the jungles of the rest of Asia and, increasingly, from Africa to supply China's booming market in traditional medicine.

Now, as China pushes to export traditional medicine around the world under the umbrella of its Belt and Road investment plan, many wildlife experts fear that the animal faces extinction — unless something changes very soon...*Read the full article in the Washington Post.*



AOM PODCASTS

Yin Yang - <https://www.stitcher.com/podcast/yin-yang-podcast>

Qiological - <https://qiological.com/podcasts/>

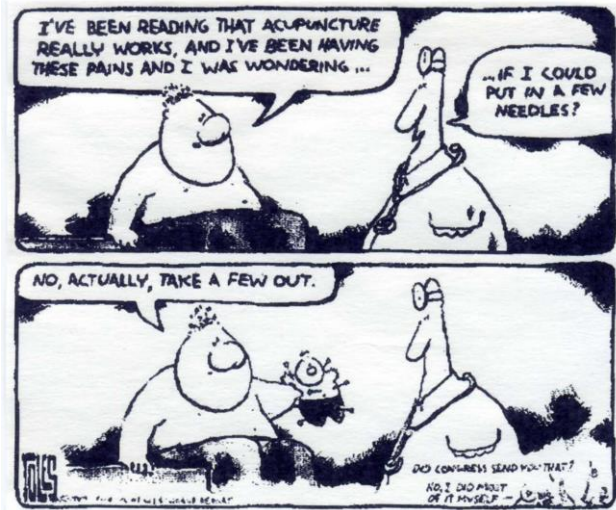
Everyday Acupuncture -

<http://www.everydayacupuncturepodcast.com/>

NATIONAL AND INTERNATIONAL ORIENTAL MEDICINE NEWS

Acupuncturists now included in the Veterans Health Administration - NCCAOM National Board-Certified Acupuncturists can now treat Veterans for pain and opioid addiction.

BEIJING: Chinese researchers discovered 54 new medicinal plant species for traditional Chinese medicine (TCM) last year, according to a report released by the State Administration of TCM.



RECENT ORIENTAL MEDICINE IN THE MAINSTREAM MEDIA

CBS Denver, Old Penguin Gets New Life After Aquarium Uses Acupuncture Treatment, July 25, 2018; **NBC 9 News Denver**, Vitamins, acupuncture, aromatherapy: Are they good for your health?, July 18, 2018; **Bottom Line/Personal**, Avoid the Hospital Opioid Trap, June 1, 2018; **AARP Bulletin**, Relief From Pain, May 2018; **New York Times**, Alternative Cancer Treatments May Be Bad for Your Health, July 23, 2018; **U.S. News & World Report**, 5 Red Flags Your Non-Conventional Medical Provider Is Doing Harm, May 1, 2108.

BILL GATES' GIFT TO THE CLASS OF 2018

On Tuesday June 5th at 8 AM PDT, Bill Gates recognized and celebrated the accomplishments and potential of this years' graduating class with a special gift. All graduates, from any accredited college or university in the United States, can go to [Gates Notes](#) to download a complimentary copy of Bill's favorite book of 2018—[Factfulness](#). The book, by Hans Rosling, champions a "fact-based" worldview and highlights how personal instincts can influence the way we interpret information. For more perspective on the book, [read Bill's review](#).

NCCAOM ADVOCACY ACTION ALERT

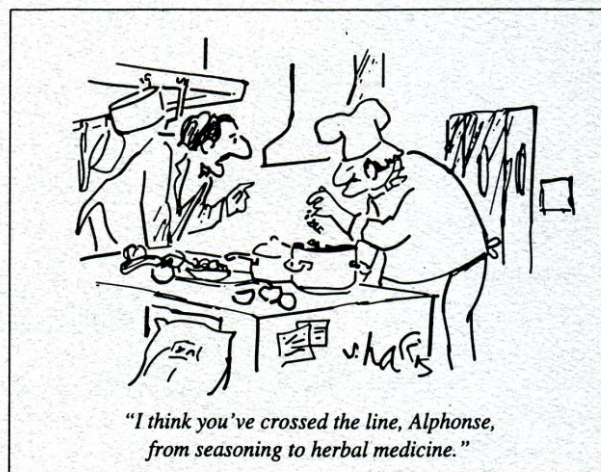
Reported on the CBS Evening News, January 25, 2018

FOR YOUR PATIENTS: FDA Examines Patient-Focused Drug Development for Chronic Pain

On July 9, the Food and Drug Administration hosted a public meeting on the topic of patient-focused drug development for chronic pain. The meeting focused on two main topics: symptoms and daily impacts of chronic pain, and patient's perspectives on current approaches to the treatment of chronic pain. While the FDA generally deals with pharmacological treatments, experts at the meeting specifically asked for patient comments on non-pharmacologic interventions and therapies.

The FDA is continuing to solicit comments on the topics discussed at the meeting and is actively seeking patient perspectives. As patients turn to non-pharmacological treatments like acupuncture, the NCCAOM is working to expand awareness of the effects that our patients have seen in treating their chronic pain through acupuncture. We are asking Diplomates nationwide to encourage patients who suffer from chronic pain to submit comments to the FDA describing their experiences, and how acupuncture and Oriental medicine have helped them deal with their pain in their daily lives.

More details about the FDA's meeting and the comment submission process can be found here, or by searching "FDA-2018-N-1621" on Regulations.gov. Your comments can be submitted



directly on Regulations.gov through the Federal e-Rulemaking Portal (go to the link above and click "Comment Now"), or by mail to Dockets Management Staff (HFA-305), Food and Drug Administration, 5630 Fishers Lane, Rm. 1061, Rockville, MD 20852. Comments are due by September 10, 2018. This Request for Comments provides an opportunity for patients to express their experiences with acupuncture for chronic pain and to demonstrate to the federal government the successes that acupuncture can provide for pain patients.

EMERGENCY: TRUE STORIES FROM THE NATION'S ERS

In a book titled – Emergency: True Stories from the Nations ERs, by Mark Brown, M.D., emergency-room doctors and nurses from across the United States share their most memorable stories from today's war zone of medicine: the emergency room. The following is an ongoing column in the newsletter from the book.

Thanksgiving Dinner

The big family Thanksgiving dinner has been interrupted by two four-year-old cousins who got into Grandma's purse and ate her heart pills.

Now, with the turkey getting cold at home and their moms standing nearby, the two little cousins are sitting side by side on the gurney.

Big towels are draped around their necks; big basins are in their laps.

They're getting lots of attention.

Syrup of ipecac is mixing with the pills in their stomachs, getting them ready to throw up.

continued

They're smiling. They're still happy. The ipecac tasted OK.

They're not sure just what they are waiting for. Their smiles are about to fade, but before that happens, we shoot a couple of Polaroids for the moms. Pictures to save of cousins and their big basins, so when they've grown big and know it all, they can be reminded of this Thanksgiving.

AOM IN MEDICAL JOURNALS & RESEARCH AT MAINSTREAM UNIVERSITIES

American Academy of Medical Acupuncture Journal, Auricular Chromotherapy in the Treatment of Psychologic Trauma, Phobias, and Panic Disorder, June 1, 2018.

Journal Of Clinical Oncology, Integrative Therapies During and After Breast Cancer Treatment: ASCO Endorsement of the SIO Clinical Practice Guideline, June 11, 2018.

Journal of Pain, Acupuncture for Chronic Pain: Update of an Individual Patient Data Meta-Analysis, November 30, 2017.

Harvard Health Publishing – Harvard Heart Letter, Tai chi: A kinder, gentler approach to cardiac rehab? January 2018.

Brain Stimulation, Transcutaneous auricular vagal nerve stimulation (taVNS) might be a mechanism behind the analgesic effects of auricular acupuncture, August 2, 2017.

JAMA Oncology, Complementary Medicine, Refusal of Conventional Cancer Therapy, and Survival Among Patients With Curable Cancers, July 19, 2018.

INTERESTING TCM & BIOSCIENCE STUDY WEBSITES

Free Study Charts:

<https://www.acupuncturemedia.com/charts/>

Herb & Formula Study Websites:

<http://www.memorizeherbs.com/> (Membership required)

<http://www.herbtunes.com/>

<http://tcmbasics.com/materiamedica.htm>

You can know the name of a bird in all the languages of the world, but when you're finished, you'll know absolutely nothing whatever about the bird...So let's look at the bird and see what it's doing – that's what counts. I learned very early the difference between knowing the name of something and knowing something.

Richard Feynman (1918-1988)

YANG SHENG 養生 NOURISHING LIFE

Continued from the May 2018 newsletter.

As practitioners, we could update the list of small pleasures and give assignments to patients who suffer from unhappiness, pain or stress. The list could include taking a slow walk in a nearby park, savouring a cup of your favorite tea while doing nothing else, working on a creative hobby, playing a board game with a friend (in person, not on line), and so forth. During this time, cell phones and other electronic devices must be turned off and the person must attempt to be in the current moment. Perhaps you might instruct the patient to do three things on the list before the next appointment. Hopefully, after a while, the patient will begin to spontaneously see the beauty of small things. At that point, their level of contentedness will rise.

In conclusion, the ancients liked to make lists of 'dos' and 'don'ts', incorporating their experiences in nourishing life. Even in the twenty-first century, these lists contain a lot of wisdom that can guide us as to how to live a longer, healthier and more contented life.

Lorraine Wilcox is a licensed acupuncturist based in Los Angeles since 1989. She has written two books on moxibustion (published by Blue Poppy Press) and translated a number of Ming dynasty medical texts (published by The Chinese Medicine Database). She teaches in three Los Angeles area schools of East Asian medicine.

COLORADO IS STILL THE LEAST-OBESSE STATE IN U.S.

By John Ingold | Denver Post | December 13, 2017

Colorado retained its crown as the least-obese state in America this year, according to a new report out Tuesday. But the state's widening waistlines mean that superlative is in jeopardy.

Obesity surged 10 percent in Colorado over the past year, according to the annual America's Health Rankings report by the United Health Foundation. That means 22.3 percent of Coloradans are now considered obese, up from 20.2 in the 2016 report.

continued

Obesity is measured by body mass index, a simple calculation involving height and weight.

Colorado was hardly alone in its increased obesity. Thirty-four U.S. states added girth between last year's report and this year's, but Colorado's increase was tied with West Virginia for the second-largest. (Only Washington state's gain was greater.) Meanwhile, the second-least-obese state — Massachusetts, which the report also named the healthiest overall state in the country — saw a decline in obesity. Massachusetts is now 1.3 percentage points behind Colorado in obesity.

The report ranked Colorado as the seventh healthiest state in the country, an improvement of three spots over last year's 10th place finish. In addition to low obesity, the report lauded Colorado for having a low prevalence of diabetes, a high rate of physical activity and improving measurements for infant mortality and cardiovascular death. The state scored poorly in a measurement of excessive drinking and on another that weighs inequality in health status based on education levels.

"It is impossible for every Coloradan to thrive when there are health disparities based on education, race or income level," Dr. Larry Wolk, the executive director of the Colorado Department of Public Health and Environment, said in a statement. "These issues are multifaceted and require all state agencies to partner in our work to decrease these disparities."

Colorado Gov. John Hickenlooper said the rankings also provide a reason for optimism.

"Colorado is a vibrant state with a population that values physical activity and wellness," Hickenlooper said in a statement. "The index provides an important marker on our way to becoming the healthiest state in the nation."



Susan Johnson, L.Ac. Copyright 2018

MD DOCTORS TALK ABOUT THEMSELVES

In a book titled M.D. Doctors Talk About Themselves, by medical journalist John Pekkanen, doctors are portrayed by a portrait that sometimes damns, sometimes exalts but always humanizes the men and women who spend their lives meeting human suffering head on. The true stories come from interviews with doctors from all over the country. The following is an ongoing column in the newsletter from the book.

A resident came up to me and said that another doctor's patient had suffered a clot on his brain and that they had to take him back to surgery. A mess – it happens sometimes in neurosurgery.

The resident told me about it with a certain amount of glee because it wasn't one of the patients he had worked with. When a colleague of mine has a problem with a patient, it reminds me of some of the psychology studies that came out of World War II. They hadn't understood why soldiers felt a momentary euphoria when a buddy of theirs was killed. It turned out that the euphoria was because it wasn't them. We go through some of the same thing, in neurosurgery especially, because we're always on the edge of losing or harming patients. I don't wish my colleagues any ill, but I almost have a sense of relief when something goes wrong with one of their patients because it didn't happen to me.

THE MIRACLE OF MASTER TUNG'S MAGIC POINTS

By Susan Johnson, L.Ac., 2018

'Correct Tendons' Incredible for Neck Pain

There are countless fabulous points left to us by Master Tung Ching Chang, but I rate 77.01 - 77.02 Correct Tendons, in the top five. Though they may take a little practice to perfect, these points are consistently profound in their effect, treating Tai Yang type neck pain, occipital headaches, spine and brain problems.

Positioning of the patient is very important. Usually we position the patient face down on the table with a face cradle adjusted to the proper height. Next, place a good size pillow under the ankles, in order to take the strain off the lower back. Make sure that the big toes are lifted just off the table so that the feet and the Achilles tendons are completely relaxed and easily accessed. Quickly, but firmly massage the gastrocnemius muscles, taking extra

continued

care to soften and relax the Achilles tendon. This makes needle insertion infinitely easier.

Most people describe the needling sensation as “thick” and not painful. I usually use a .20 X 50mm needle. A 40mm needle will be too short on most people though, and a larger needle, like a 0.25 (32 gauge) may be uncomfortable so downsize to a shorter needle rather than a thicker one, until you are good at wielding a finer needle.

The first of the two points in the Correct Tendons point pattern, 77.01 Upright Tendon, is located by drawing imaginary lines from both the internal and the external malleolus, to the top of the Achilles tendon. Use any crease, or pick a point between those lines, as your point of insertion. Firmly tap your needle in, pegging the Achilles tendon. Before further insertion, check your trajectory. The needle must be directly perpendicular to the flat surface of the top of the tendon; otherwise even a small angle will become a big one when the needle is brought to its proper depth, re-peg if necessary, as the thick tendon will keep your original trajectory.

Grasp the shaft of the needle immediately above the point of insertion. Incrementally feed the needle into the tendon with one hand, while grasping the needle mid-shaft with the other hand and applying steady pressure downwards on the needle. (For the purpose of standard “clean needle technique” you may choose to wear sterile gloves, as grasping the needle with a sterile cotton ball will make insertion very difficult.)

Bring your awareness intently to the tip of the needle as you insert it. You will notice a slight density change as you near the bone. Ever so gently tap the posterior aspect of the tibia. If your needle inserts the entire length of the shaft, you either need a longer needle, or you have slid down one side or the other of the tibia. If the latter is the case, withdrawal the needle to the original tendon-pegged position, and start again, just slightly angling medially or laterally.

The second point, 77.02 Upright Ancestry, is located 2 inches proximal to the first, and needled in much the same way. Occasionally, 77.02 will be located directly above 77.01, but on most people the Achilles actually veers slightly to one side. Carefully palpate the direction and width of the tendon before inserting the needle, picking the mid-point.

The points are needled bilaterally and retained for one full hour. If done correctly, you can expect extraordinary →

results after one or two treatments, even in difficult or chronic cases. If the patient has not had a whiplash or other serious neck injury in the previous six months, I will usually cup or gua sha the neck and shoulders, in a sitting position, before lying them down to needle Correct Tendons.

If the patient is unable to lay face down, the points can be needled with the patient lying on either side. Needling must be done with one hand, as the other will be used to stabilize the tibia. You will need two pillows and three hand-towels. Place one large pillow comfortably under the patient’s neck so that it is perpendicular to the shoulders. Straighten the lower leg and bend the top leg up to a 90-degree angle. Place a large pillow under the knee of the top leg. Roll two small hand-towels together and place them under arch of the top foot, one hand-towel under the arch of the bottom foot. Massage both calves and Achilles, thoroughly.

Stabilize the calf of the leg you are needling by placing one hand on the anterior tibial crest. Locate your first point on the flat top of the tendon and tap your needle in pegging the tendon. Check your trajectory and incrementally advance the needle through the Achilles by firmly grasping the shaft of the needle within ½ inch of the point of insertion. It is okay to bend the needle a little bit as long as you do not put a kink in it, your trajectory is actually based on your original needle peg. Place your second needle and then proceed to the other leg.

Correct Tendons corrects misalignment all the way up the spine, by way of the Urinary Bladder and Kidney meridians, spinal column and bone marrow. It is mainly used for occipital headaches, neck pain and injury, but will benefit the lower back, as well. For lower back strain without neck issues we would choose from a wide variety of powerful points specifically for the lower back. For brain tumor or meningitis, add Upper Tumor (55.06) to Correct Tendons.

Good luck and happy needling!

The Master Tung’s Points cited in this article originate from an oral tradition more than 300 years old. Master Tung Ching Chang – widely viewed as the greatest acupuncture technician who ever lived – broke convention after the Chinese Cultural Revolution, and began teaching this

continued

To know yet to think that one does not know is best; Not to know yet to think that one knows will lead to difficulty.

Lao Tzu

amazing system of points outside of his immediate family. Dr. Young Wei Chieh and Dr. Miriam Lee, both students of Master Tung, brought this information to America. Susan Johnson, L.Ac. continues this transmission. Her passion for Tung's Points and her desire to share this remarkable system with other practitioners has inspired her to teach seminars and guest lecture worldwide, write articles and produce tutorial DVDs on Master Tung's Points and The Ancient Art of Cupping. Learn more about these and many other points, at the Colorado School of Traditional Chinese Medicine (CSTCM) in Denver, CO, November 17-18, 2018.

Susan Johnson, Licensed Acupuncturist, has been practicing Tung's style of acupuncture since 1982 and licensed in California, since 1985. She studied Master Tung's Points with Dr. Young Wei-Chieh and Dr. Miriam Lee for more than 12 years and has been using them almost exclusively in her practice since that time. Susan maintains a private practice in Santa Cruz, California. She is a dynamic teacher who loves her work and is renown for her clear presentation of this style of acupuncture.



MEMORY

This is a continuation of the subject of memory from previous newsletters.

What Are The Best Memory Vitamins?

By Mark Beselt

Vitamin B12 (Cobalamin) - Called the energy vitamin...it is the largest and most complex vitamin. B12 can be consumed in large amounts because excesses are stored in the liver for up to a year, or simply excreted by the body. The top ten vitamin B12 rich foods are:

- Clams, Oysters and Mussels
- Liver (Lamb, Beef, Veal, Moose, Turkey, Duck, Goose are best)
- Caviar (Fish Eggs)
- Octopus (cooked is twice as good as raw)
- Fish (Mackerel, Herring, Salmon, Tuna, Cod, Sardines, Trout are best)
- Crab and Lobster →

- Beef (lean cuts)
- Lamb and Mutton (lean cuts)
- Cheese (Swiss Cheese, Gjetost, Mozzarella, Parmesan, Feta are best)
- Goose and Duck Eggs

Notes: Around 30-50% of adults over 50 years have atrophic gastritis, which hampers their ability to absorb vitamin B12 from foods. If this affects you, a vitamin B12 supplement is recommended...such as NOW Sublingual Methyl B-12 (Methylcobalamin) that dissolves under your tongue and is absorbed straight into your blood stream.

Vitamin B6 (Pyridoxine, Pyridoxal or Pyridoxamine) - This water soluble vitamin helps maintain red blood cell metabolism, the nervous system and the immune system. A B6 deficiency causes dermatitis, depression, confusion and even anemia. The RDA for vitamin B6 is 2mg per day - but be aware that excess consumption can lead to nerve damage. The top ten vitamin B6 rich foods are:

- Bran (Rice and Wheat)
- Dried Herbs and Spices (Chili, Paprika, Garlic, Sage, Basil are best)
- Pistachio Nuts
- Raw Garlic
- Liver (Turkey, Beef are best)
- Fish (Tuna, Salmon, Cod are best)
- Sunflower and Sesame Seeds
- Pork Tenderloin (lean cuts)
- Molasses and Sorghum Syrup
- Hazelnuts / Filberts

Notes: Alcohol destroys vitamin B6 in the body.

Vitamin B9 (Folate, Folic Acid or Folicin) - This water soluble vitamin is involved in DNA synthesis and repair, cell division and cell growth. A B9 deficiency can cause slow development in children and anemia in adults. It can also lead to memory loss. The top ten Folic Acid rich foods are:

- Marmite (Yeast Extract)
- Liver (Turkey is best)
- Dried Herbs (Rosemary, Basil, Chervil, Coriander, Marjoram are best)
- Sunflower Seeds
- Dry Roasted Soybeans
- Dark Leafy Greens (Turnip Greens, Spinach, Collards are best)

continued

Sprouts (Bean, Soybean and Pea)
 Beans (Pinot, Garbanzo, Mung, Lima are best)
 Asparagus
 Peanuts

Notes: Alcohol and certain medications interfere with the absorption of Folic Acid in the body.

In learning TCM, all the rote memorization is one of the biggest difficulties. We will continue the subject of memory in the next newsletter.

I never teach my pupils. I only attempt to provide the conditions in which they can learn.

Albert Einstein (1879 – 1955)



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The best time to
 plant a tree was
 20 years ago.
 The second best
 time is now.

~Chinese Proverb



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