

# Colorado School of Traditional Chinese Medicine Newsletter

Issue 90

May 2019

Welcome to the new class of students for the Summer 2019 Trimester. Good luck to all students who will be taking the NCCAOM Exams in 2019. 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 would like to receive an emailed copy, please send us your e-mail address to [admin@cstcm.edu](mailto:admin@cstcm.edu). The newsletter is also always available on the CSTCM website.



**CSTCM Bowling Night, March 30, 2019.**

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## CSTCM NEWS

### Honors List for Fall 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 – Elena Beltran, Jessica Dintrone, Natalie Lesnikowski, Lisa Rundall, Michelle Vadino, Micaela Wilson, Erica Evans, Holland Bellamy, Katrina Marzetta;**

**Trimester 2 – Cailin Marsden, Margaret Weiser;**

**Trimester 3 – Paige DeBolt;**

**Trimester 4 – None;**

**Trimester 5 – Nabeel Ayyad;**

**Trimester 6 – Layne Bronson, Olga Haygood, Anthony McCloskey, Sophia O'Keefe, Melissa Radcliffe;**

**Trimester 7 – Jolie Foster, Jamie Jolley, Heather Stacy;**

**Trimester 8 – Haley Chiles;**

**Trimester 9 – None.**

## 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 **2018 Academic Achievement Award** went to **Haley Chiles**, and Paige Debolt, Sophia O'Keefe, and Layne Bronson were runner-ups.



**Students from the incoming class of Spring 2019**

The **CSTCM Summer 2019 Graduation Ceremony** will be Sunday, August 25, 2019. 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 student 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 Deans or Assistant Academic Dean; 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, Wednesday and Thursday 9:30 – 9:00 pm; Friday 9:30 - 5:30 pm (closed daily 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. 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 encourage CSTCM graduates who are preparing to take their NCCAOM Board Exams to audit the TCM331 Exam Prep class at no charge. This course will be held on Mondays from 9:00 – 10:30 am for the first 6 weeks of the Summer 2019 trimester – May 6, 13, 20, TBD and June 3 & 10). If you are interested in auditing this course, please contact the **Academic Dean's office**.

### 2019 CSTCM SCHOOL EVENTS

- Summer Open House** – May 16
- Dragon Boat Festival** – July 27 & 28
- Summer Graduation** – August 25
- Barbeque** – September 7
- Fall Open House** – September 12
- AOM Day - October 24** – CSTCM October 19
- Veterans Day** – November 11
- Deck the Halls** – November 29
- Fall Graduation** – December 22

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 from 11:00 am to 12:00 pm and Fridays from 2:00 – 3:00 pm. If you have any questions or comments about tutoring, please contact the Academic Dean and also see the Free Weekly Tutoring flyer. We are always looking for more ways to support our students, so if you are interested in being a tutor please contact the **Academic Dean's office**.

The **Free Proficiency Exam Study Workshop** will continue this trimester with Thaddeus Haas on June 9, 10:00 am - 12:00 pm.

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.

### CSTCM Library News & Update

**Library** hours for the Summer 2019 Trimester are: Tuesday and Wednesday 9:00 am - 9:00 pm/Monday, Thursday, Friday 9:00 am - 7:00 pm/Saturday 12:00 - 6:00 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: Stephanie Shober, Debra Caro and an anonymous donor**

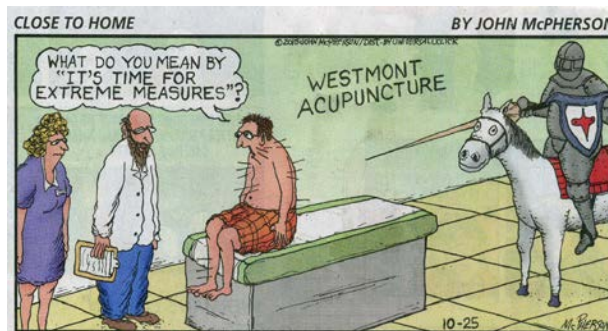
Welcome to our new Administrators: Dean of Faculty, **Parago Jones**.

Welcome to our new faculty members and clinic supervisors: NA

Welcome to our new Clinic & Teaching Assistants: **Jessica Glahn**, is assisting in Acumoxa A; **Daxx Vedrin**, is assisting in Clinic Forum; CSTCM grads **Sara Lohmeyer** (16), is assisting in clinic and **Anthony McCloskey** (19) is assisting in Tui Na 2.

Welcome the following new Grad Care Clinic practitioners: **Piper Mullins** (18)

Welcome to our new Observation Practitioners: **Greg Cicciu** in Golden, CO.



continued

## SUPPORT FOR GLOBAL HEALTHWORKS FOUNDATION

“My name is Claudine Rousseau and I graduated CSTCM in December of 2017. After I passed my final board exam, I was ready to jump into a private practice in Denver. I had recently run into an old workmate, which drastically changed my life and within 3 months, I was headed to Guatemala where I would become Program Director for Central American operations for Global Healthworks Foundation. I live in Chichicastenango and run a free mobile clinic offering acupuncture, auricular treatment, Chinese herbs, cupping, massage, moxibustion and dietary advice to the underserved of the Quiché region. To learn more about our foundation, how to volunteer or to donate, please visit <http://www.globalhealthworksfoundation.org>”

CSTCM and CMCO recently donated \$250 to the Global Healthworks Foundation in support of one of our 2017 graduates, Claudine Rousseau, who has been the Central American Program Manager for GHF in Quiché, Guatemala since April 2018. Please read about Claudine’s journey and see lots more photos here:

<http://www.globalhealthworksfoundation.org/stories/claudine-rousseau>



Global Healthworks Foundation is an all-volunteer, charitable 501(c)(3) organization that provides sustainable integrative healthcare to medically underserved communities domestically and internationally. In the United States, our skilled practitioners serve in community-based outreach clinics providing treatments to war veterans, recovery patients and people living with HIV/AIDS (PLWHAs). Internationally, our practitioners have treated communities in remote villages of Indonesia, Nepal and Guatemala. These communities are remote whether by geography, socio-economics, or →

political situation.

Typically, our healthcare services include acupuncture, natural herbal remedies, therapeutic soft-tissue bodywork, Reiki energy healing, and rehabilitative body movement exercises (e.g., qigong, yoga). In addition to direct patient care, Global Healthworks Foundation works to train local health advocates in the communities we serve to empower their communities with tools for sustainable health.

If you would like to make a donation, please visit: <http://www.globalhealthworksfoundation.org/take-action>

All donations are tax deductible and we thank you in advance for all your support!



*GHF Mobile Clinic Team*

Your gift will be used to directly fund projects providing outreach services to medically underserved communities in need. Donations cover operational expenses such as herbal remedies, treatment supplies, vehicular rental and fuel, and stipends for local translators and drivers.

Additionally, you can make a donation through the GoFundMe page, Transportation for the October Jornada, that Claudine created. The week-long jornada de salud integral (medical mission) event in late October will provide patient care and offers transportation to and from the jornada (most areas take up to two hours to reach due to poor road conditions, etc.). To achieve a successful jornada, they need to be able to reach those far away communities, and with your help, they can reach this goal!

**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.**

## 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 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. Replies to suggestions will be posted on the board periodically.



Spring 2019 New Student Orientation

**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](http://www.aaaonline.org) or (ASA) [www.asacu.org](http://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.**

Check out our website [www.cstcm.edu](http://www.cstcm.edu). We update 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](https://www.linkedin.com/company/cstcm.edu).

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大处着眼，小处着手

(Dàchù zhuó yǎn, xiǎochù zhuó shǒu)

**Literally:** Big points apply eye; small points apply hand.

**Moral:** Keep the general goal in sight while tackling daily tasks. This proverb advises us to always keep the overall situation in mind, and be far-sighted, while we set our hands to mundane business.

### Scholarships for OM students

#### Mayway Scholarship Program

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

#### Nuherbs Scholarships

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

#### Trudy McAlister (Scholarship) Fund

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

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

#### AAUW (Women only)

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

### Other Scholarships & Grants

#### Tylenol

[www.tylenol.com/page.jhtml?id=tylenol/news/subptyschol.inc](http://www.tylenol.com/page.jhtml?id=tylenol/news/subptyschol.inc)

FastWeb [www.fastweb.com](http://www.fastweb.com)

College Collection [www.collegescholarships.com](http://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 2019 WORKSHOPS

CSTCM scheduled workshops for 2019:

- **Let the Spine Be Your Guide: An Introduction to Backupuncture**, Ben Hawes, L.Ac., May 5, 2019 (7.5 PDA's)

- **Battlefield Acupuncture**, John Howard, L.Ac., July 20, 2019 (16 PDA's)

Also see the flyers for the **CSTCM Proficiency Exam Prep, Tongue Workshop, Pulse Workshop**, and **Business Management** workshops in 2019; 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 2019. 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.

## ACUPUNCTURE FOR ANIMALS

### Spotlight on acupuncture in laboratory animal medicine

By Elizabeth R Magden, Department of Veterinary Sciences, Michale E Keeling Center for Comparative Medicine and Research, University of Texas MD Anderson Cancer Center, Bastrop, TX, USA.

Abstract: The use of acupuncture in veterinary medicine has paralleled the trends observed in people, with an increasingly common use to remedy specific medical conditions. These conditions are commonly related to neurological dysfunction or orthopedic pain.



Chimpanzee (*Pan troglodytes*) sitting and receiving acupuncture therapy for stifle osteoarthritis at points ST-34, ST-35, and ST-36 and at the wrist location for points PC-6 and HT-7 for treatment of cardiac arrhythmias, with dental floss tied around acupuncture needles to prevent needle loss.

<https://doi.org/10.2147/VMRR.S125609>

## 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 2019 Trimester begins September 3, 2019. 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 702 graduates (218 Diploma grads, 361 M.S.TCM grads, and 123 M.S.Ac. grads).

### Alumni Updates

Chris Cannon (93) had 2 articles published in Acupuncture Today.

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](mailto: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](mailto: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](mailto: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](mailto: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*



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](mailto:ado@cstcm.edu). For more information contact the ADO, Kirsten Weeks.



**CSTCM Photo Archives**  
**Graduating Class – Spring 2004**

***Elizabeth Hebert, LeAnn Jensen, Eric Mourrut (not pictured), Joanne Renna; Christina Wilson & Cammy Polson (pictured but graduated in Summer 2004).***

## SHEN NONG SOCIETY

The Shen Nong Society is a professional organization formed to support the vital and committed community of practitioners of East Asian medicine who design and recommend individualized formulations of herbs and natural products for their patients in North America.

They provide educational opportunities including, but not limited to conferences, websites, blogs, bulletins and newsletters. <https://www.shennongsociety.org/>

They held their annual conference, hosted by PCOM in New York, and subsequent special seminar with Dr. Yu Guo-Jun in March 2019 which drew their largest attendance ever.

## CLEAN NEEDLE TECHNIQUE COURSE SCHEDULE 2019

2019 CNT English Course Dates in Colorado:

Exam	Application Deadline	Location
6/1/2019	4/1/2019	SWAC (Boulder)
11/3/2019	9/3/2019	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). The updated [exam blueprints](#) for Foundations of Oriental Medicine, Biomedicine, Acupuncture with Point Location, and Chinese Herbology are now accessible from the [Examination Preparation page on the NCCAOM website](#). All NCCAOM exams administered beginning January 1, 2019, will adhere to these new blueprints, based on the outcomes of the 2017 JA Analysis Survey. The NCCAOM will administer the exams in a linear format beginning January 2020. For more information, view the Student Webinar on their website.

The Apprenticeship Route of eligibility for certification as a Dipl.Ac. and a Dipl.CH will be eliminated effective December 31, 2021.

On February 1, 2019, the NCCAOM opened a new temporary route to certification called - Route 8: Reciprocal Certification for California Licensed Acupuncturists.

**NCCAOM Social Media Sites:** The NCCAOM continues to promote its Diplomates and the AOM profession via its [Facebook Page](#), [LinkedIn Page](#), [Twitter](#) and [YouTube](#) pages.

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.

NCCAOM Announced Rebrand & Launch of New Website in February 2019, following the organization's 2018 headquarters move to the nation's capital.



## CCAOM

The Council of Colleges of Acupuncture and Oriental Medicine (CCAOM) will hold their Spring 2019 Conference in Herndon, VA, on May 6-10th. **Mark Manton** will attend the meetings to represent CSTCM.

CCAOM offers a CEU course on-line. The 4 PDA point course is titled *CNT and Blood-Borne Pathogen Review* and the cost is \$50, including course & certification; satisfies NCCAOM safety & ethics requirement. The course can be found at <http://www.ccaom.org/continuingeducation.asp>.

The 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](mailto:www.aacforum@egroups.com) or [www.aac-list-subscribe@yahoogroups.com](mailto: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 on Facebook at [Acupuncture Association of Colorado](#). The AAC has their newsletter & blog & posts upcoming events, seminars, and OM related news on their website: <https://acucol.com/news>; membership renewal is available online. Being a member of AAC also qualifies you for free membership in the ASA.

You can become an acupuncture provider through the Acupuncture Association of Colorado membership and get involved in the care of our U.S. Military Veterans.

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

Please read their [2019 AAC Introduction to Practice Act Survey Results](#) where the top 3 priorities will be going into the Colorado Practice Act legislation.

## AAAOM

Check out the American Association of Acupuncture and Oriental Medicine (AAAOM) website at [www.aaaomonline.org](http://www.aaaomonline.org). You can also check out job postings on their website. They currently have 34 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 will be co-sponsoring the first Neuroscience Acupuncture Summit this April 2019 in Orlando, Florida. Please visit the Events page of their website to sign up for this pioneering summit.

## 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. The Colorado association, AAC, is already a member. To find out if your state association is a member of ASA, go to their website [www.ASAcu.org](http://www.ASAcu.org).

## ACAOM

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

In February 2019, ACAOM enacted a Degree Structure and Naming Convention at its February Commission meeting. With this new structure, the Commission intends to bring consistency to the degree programs that ACAOM accredits.

In January 2019, ACAOM published complete Comprehensive Standards, incorporating all programs. The Comprehensive Standards are published at: <http://acaom.org/resources/comprehensive-standards-and-criteria/>.

**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 AAC President Emeritus, 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.

## AOM IN MEDICAL JOURNALS & RESEARCH AT MAINSTREAM UNIVERSITIES

*Journal of Chinese Medicine*, Why Randomised Placebo-controlled Trials are Inappropriate for Acupuncture Research, February 2019.

*JAMA Network Open*, Comparative Accuracy of Diagnosis by Collective Intelligence of Multiple Physicians vs Individual Physicians, March 1, 2019.

*University of Health News*, Just Breathe: How to Use Breathing Exercises to Lower Blood Pressure, June 25, 2018.

*Healthcare Medicine Institute*, Acupuncture Reverses Chemotherapy Side Effects, March 31, 2019.

*JTCM*, Effectiveness of hot herbal compress versus topical diclofenac in treating patients with myofascial pain syndrome, April 2019.

*JAMA*, A 22-Year-Old Man with Painful Vesicles on His Flank, March 1, 2019.

*Healthcare Medicine Institute*, Acupuncture Test Anxiety Relief Confirmed, March 27, 2019.

*International Journal of Chinese Medicine*, Structure of Interchannel and Five Primary Elements Connections According to the Test of Akabane, December 2018.

*Dove Medical Press*, Spotlight on acupuncture in laboratory animal medicine, August 24, 2017.

## RECENT ORIENTAL MEDICINE IN THE MAINSTREAM MEDIA

*Newsweek*, Medicinal Herbs From Indian Ocean Island Found to Stop Growth of Cancer Cells, April 22, 2019; *Washington Square News*, To Maintain Wellness, Students Turn to Plants, April 22, 2019; *National Pain Report*, CMS Looking at Acupuncture for Back Pain, February 2019; *Reuters Health*, Better insurance coverage of non-drug therapies might help ease opioid crisis, October 9, 2018 .

**When the winds of change blow, some people build walls and others build windmills.**

*Chinese Proverb*

**The quieter you become, the more you can hear.**

*Ram Dass*

## APPS & DIGITAL RESOURCES

**Acupuncture Assistant –**

<https://itunes.apple.com/us/app/acupuncture-assistant/id878888782?mt=8>

**Acu Pro - Acupuncture Bible –**

<https://itunes.apple.com/us/app/acu-pro-acupuncture-bible/id1135599212?mt=8>

**Acupoints Location Quiz –**

<https://appcrawlr.com/ipad/acupoints-location-quiz>

**AcuPoints –** <https://appcrawlr.com/ios/acupoints-2>

## NATIONAL AND INTERNATIONAL ORIENTAL MEDICINE NEWS

-The Conference Series LLC Ltd is hosting the 5th World Congress on Traditional and Complementary Medicine to be held from May 20-21, 2019 Osaka, Japan with the theme Bridging Excellence in Traditional and Complimentary Medicine: A True Devotion to Natural Healing.

-Herbal Traditional 2019 is hosting its 2nd International Conference on Herbal & Traditional Medicine, on June 20-21, 2019 in Dubai, UAE with the theme Herbal & Traditional Medicine: Encouraging New Novelties in Nature Treatments.

*All major International conferences are credited with Continuing Professional Development (CPD), Continuing Medical Education (CME), Continuing Education (CE), and Continuing Nursing Education (CNE) Credits.*



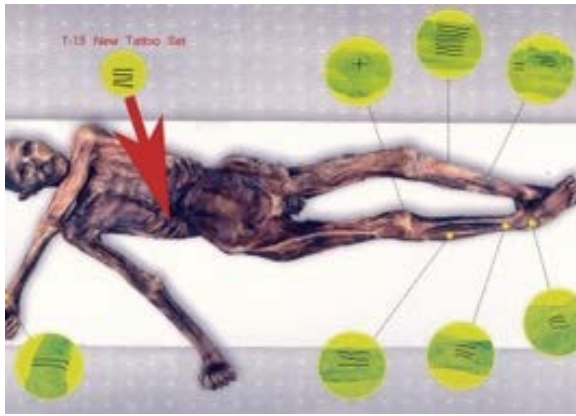
## INTERESTING TCM & BIOSCIENCE STUDY WEBSITES

<https://www.howtostudy.org/>

<http://www.openuniversity.edu/resources/study-skills>

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[https://owl.purdue.edu/owl/purdue\\_owl.html](https://owl.purdue.edu/owl/purdue_owl.html)



## OTZI AND THE ICHING TATTOOS

By Dr. Candace Gossen, Environmental Archaeologist & CSTCM student

As an Anthropologist and teacher of Ancient Cultures, I've long held an interest in Otzi the Iceman, a tattooed mummy, who was found on 19 September 1991 in a melting glacier, at an elevation of 3,210 meters (10,530 ft.) on the east ridge of the Fineilspitze in the Ötztal Alps. Since then, researchers have rigorously analyzed the Tyrolean Iceman, who radiocarbon dates to ~5,300 years ago, a time we call the Copper Age or Chalcolithic time of Europe. He was 45 years old when he died, was 5'3" tall and weighed 110lbs. Otzi is Europe's oldest known natural human mummy, but what is striking is that this long adventure traveler carried medicine with him, including the markings of an ancient medicine we now call acupuncture, and through his DNA have identified that he actually comes from a land far to the East in Asia.

What was this medicine man doing thousands of miles in the Alps? We can analyze the food he last ate in his stomach, the mushrooms he carried, the tools he used made of copper, and the spear point and arthritis left behind in his joints. But the life, the vital essence of Otzi can only be speculated upon.

In September of 1999, printed in *The Lancet*, Dorfer et. al published a paper on tattooed mummies. Lance Dorfer is a licensed acupuncturist and began to look over the photographs of the 61 tattoos on Otzi's body. More than 80% were found within millimeters of acupuncture points, meridian lines and/or local points that are used to treat disease. Their belief is that tattooing an acupuncture point, invigorates the Qi at this location, and helps in the healing process.

Histological investigation of the Iceman's tattoos have shown that rounded pigment particles including quartz and charcoal were used in the incisions of the skin surface, then applying an herbal powder in the wound. This process is very similar to →

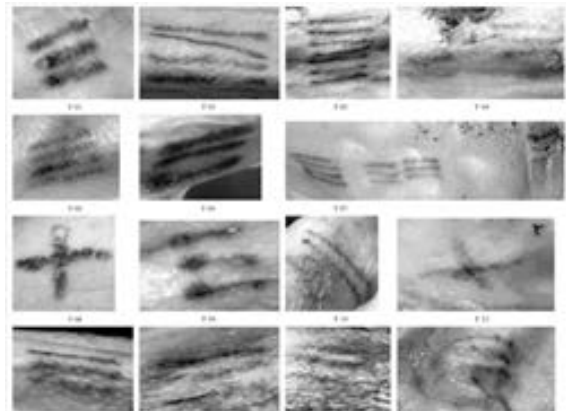
contemporary therapeutic tattoos found in India and Africa. Possibly this is a technique similar to Zhenjiu (needling and burning) that was practiced in Central Europe ~5200 years ago.

Meanwhile the focus has been about the locations of the tattoos on Otzi's body, not much has been given to the actual symbols themselves. These tattoos are stacked lines similar to the Yin/Yang lines of the IChing. Most of the tattoos have 3 stacked lines just like the trigrams, and others include 6, 7 or crosses marking a spot. Is it significant to have the marking of 6 Yang lines, a hexagram called Creative Power, with heaven below and heaven above, which according to the IChing, is the generative power of creation, a primal directive, the leader and counsel, it is a deeply significant omen, it is the beginning. What do the two crosses on Bladder 60 mean? Was it also treating his back pain? And that many of the tattoos were on his gallbladder, liver and spleen channel that are used to treat abdominal distress, and the finding that Otzi had whipworms and the remnants of *Trichuris trichiura* in his colon.

Can the meaning of these tattoos relate to more than just a marking of Qi on an ailing spot, but actually a much greater connection to an ancient belief system that became animated within his body as a traveling medicine man? Is it possible that during the time of the Emperor Fu Hsi some 5,000 years ago, the ideas of a nomadic Siberian culture in West Central Asia, that observed the stars and tides, the plants and animals, and the cycles of all natural events including the patterns of relationship of families, society, business, government and the eternal human drama became the medicine we practice today?

Further reading:

1. Dorfer, et. al. (1999). A Medical Report from the Ice Age? Department of Medical History, *The Lancet*, Vol. 354, p.1023-25, September 18, 1999.
2. Ice Age Acupuncture? Study of Mummified Body Raises Questions about Practice's Origin by Editorial Staff. *Acupuncture Today* – June, 2000, Vol. 01, Issue 06



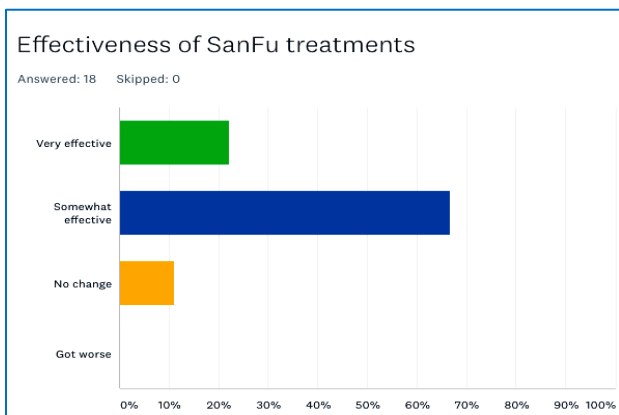


## REPORTING RESULTS OF SAN FU DAYS

By Candace Gossen

On July 17, 2018 the very first San Fu Jiu was conducted at the Colorado School of Traditional Chinese Medicine in the student clinic. This was the first of four treatments that were offered on July 17, July 27, August 6 and Aug 16., otherwise known as the San Fu Days. There were 23 participants that received Chinese herb medicine paste treatments applied to 5 points on the upper neck and back including DU 14, BL 12 and BL13.

These San Fu Days treatments follow an ancient protocol using lung and yang points on the back, to bring in yang energy during the Dog Days of Summer, the time when yang is at its maximum and therefor can be used to treat and store energy for the deepest yin of winter when most upper respiratory ailments occur. Following the research and treatments of university hospitals in Taiwan, our participants were treated just as thousands were treated there at the same time as our clinical experiment.



Thirty-five participants recruited from students, →

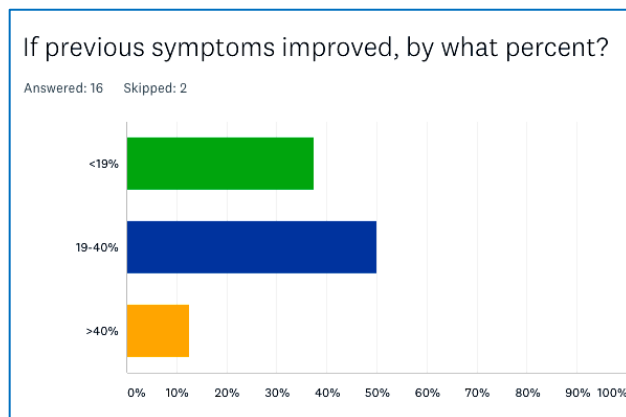
faculty and their families participated in all or some of the San Fu date treatments. Questionnaires both pre and post treatment were filled out by each participant. The initial results found that 30% of the participants stated that they arrived with nasal congestion, shortness of breath, chest congestion, and after the one hour treatment could breathe better, no longer had congestion and felt better.

When the participants arrived at the clinic a questionnaire was given to each, and then they were taken to the treatment room in the clinic. Four practitioners worked every 15 minutes to apply the herb medicine, tape and send the participant to a waiting area for one hour before removing the applications. The majority of the participants experienced burning and heat sensations which quickly resided once removed.

For the second round of herb paste applications on the San Fu Days, there were 31 participants. 18/23 returned for treatment 2, and 12 new participants were added. Of those 5 were younger ranging from 14 to 8 years old. Most participants are deficient, with cough, runny nose, skin rashes, allergies, asthma, SOB, low resistance to getting sick and are looking forward to this San Fu treatment improving their conditions now and in the winter 2019. All participants committed to returning for 3 treatments.

Most participants experienced local heat and redness, but we noticed a pattern: More deficient people the redness was minimal, they experienced a cooling effect and chills. With more yang dominated people the redness was more bright, and experienced a greater burning sensation with increased energy that stayed for days.

A Pre-Winter Questionnaire was sent to the 35 participants with half sending back a reply. Of those 18 that responded, 65% stated that the treatments were somewhat effective in eliminating or easing their previous winter Upper Respiratory symptoms, while 22% stated the San Fu treatment was Very Effective and there was no change with 10%.



continued

A Post Winter Questionnaire will follow shortly.

**Recruiting Participants and Clinic Helpers:** See Clinic Director

2019 Dates will be: July 12, 22, Aug 1 and Aug 12 (bonus day!)

**Additional References:**

1. Chen-Jei Tai and Li-Yin Chien, (2004) The Treatment of Allergies Using Sanfujiu: A Method of Applying Chinese Herbal Medicine Paste to Acupoints on Three Peak Summer Days. *The American Journal of Chinese Medicine*, Vol. 32, No. 6, 967–976 © 2004 World Scientific Publishing Company. Institute for Advanced Research in Asian Science and Medicine
2. Lovie Acupuncture and Healing <<http://www.lovieacupuncture.com/workshops-and-office-events>>
3. Wilcox, Lorraine. (2008) *Heavenly Moxibustion and Medicinal Application Moxibustion*. *Journal of Chinese Medicine* • Number 88 • October 2008
4. Wilcox, Lorraine. (2009) *San Fu Moxibustion (三伏灸) and Lung-Related Disorders*. *Journal of Chinese Medicine* • Number 89 • February 2009

**CHINESE MEDICINE AND PHANTOM LIMB PAIN: A REVIEW OF CASE STUDIES**

*By Jon Cacherat, M.Sc., L.Ac.*

Phantom limb pain occurs in people after an amputation. Amputees will often report sensations where their limbs had once been, such as burning, aching, shooting pains, electrical shock, tingling, crushing pain, and other. Most of the time, amputees report phantom limb pain from amputated extremities such as a foot, hand, leg, or arm, but many others including amputated breasts, eyes, penises, pulled teeth, and even appendectomies report phantom limb pain. Not all of these phenomena are painful, in which case they are termed “phantom limb sensations”. Phantom limb pain should not be confused with stump pain which occurs in the residual portion of the amputated members.

Phantom limb pain was first described in depth by 16th century French military surgeon, Andre Pare. Many years later, the condition was named and described in detail by Civil War surgeon, Dr. Silas Weir Mitchell. In 2005, a report estimated that there were about 1.6 million people in the USA with limb loss. The same report projects that there will be 3.6 million amputees by the year 2050. Limb losses →

have accelerated in recent years due to the wars in Iraq and Afghanistan. Most amputations are due to vascular problems, trauma, cancer, and congenital limb deficiencies. This report estimates that approximately 80% of amputees experience phantom limb pain or phantom limb sensations. (Tian, Nick, Wu 2014)

There is growing scientific literature supporting the beneficial effects of acupuncture and Chinese medicine in the treatment of phantom limb pain. At this time, much of the research that is being generated is still in the form of case studies. In a classical sense, this is very appropriate for Chinese medicine which has historically relied on a case study format for centuries. While the world and Chinese medicine awaits the findings of larger, more sophisticated research to produce outcomes, we can start sorting through these case study reports for glimmers of research to come.

At the University Hospital of South Manchester (UHSM), there is a specialized center for treatment of amputees. It is here that physiatrist, Dr. Anna Housley M.D., regularly treats amputee phantom limb pain and phantom limb sensations with acupuncture. She reports spectacular results for relief of pain (Pugh 2015). Dr. Housley reports in a case study that the UHSM applied acupuncture therapy on a young man with debilitating phantom limb pain in his right amputated arm. He reported that the pain was as if his hand was clenched into tight fist. Dr. Housley applied three sessions of acupuncture utilizing the contralateral limb. She used Lung, Heart, Pericardium, Small Intestine, San Jiao, and Large Intestine points. Simultaneously, acupressure on the same meridians was applied along the shoulder stump on the other side. The hospital used a Visual Analogue Score (VAS) to measure results. At the start, the patient reported a 9 of 10 for pain on his VAS. After the second acupuncture session, the patient reported that his hand had opened and it remained as such for several weeks. Upon the third acupuncture treatment, the patient stated that his hand opened flat and the pain had dropped to a 4 of 10 on the VAS. As a case study, this report demonstrates the potential benefits and gives fuel to the discussion of further research in this area to gather more evidence. (Housley 2016)

Currently, it seems that many of these acupuncture case reports are originating from the United Kingdom. Another physiatrist, Dr. David Bradbrook M.D., of the Royal National Orthopaedic Hospital in Stanmore, Middlesex, reports three case studies of acupuncture therapy for amputees. Dr. Bradbrook describes this therapy as “Western

*continued*

acupuncture” and as “Conventional acupuncture”, a blend of Traditional Chinese Medicine (TCM) and scientific evidence (he specifically mentions “Trigger point acupuncture” as a major component). He sees this blend of acupuncture techniques as a way to reduce pain with the goal to enhance such therapies as exercise and rehabilitation (Bradbrook, no date). His case studies report that three amputees were acupunctured on their asymptomatic contralateral limbs. Two of the three reported that the acupuncture was successful in providing complete relief of their phantom pain and PLS. This is further increases the discussion for increased research in this area (Bradbrook, 2004).

In the early 1990's, Dr. Xing Gui Fang treated nine amputees with acupuncture and moxibustion at a hospital near Munich, Germany. His notes on these cases provide in-depth guidance and direction in the application of Chinese medicine for phantom pain and sensations. The nine patients were all male, aged 60-79, and all had leg amputations. The reasons for amputation were due to war, tumors, accidents, and a femoral embolism. All reported pain in their missing limb. Some reported pain in only a section of the missing limb, for example, one amputee reported terrible pain in his phantom heel and six others felt the pain in their toes. Two felt pain throughout their entire phantom limb. They all described the pain as chronic and also episodes of severe aggravation. There were also two reports of bad stump pain. (Gui Fang, 1996)

Dr. Gui Fang's acupuncture prescription was wide ranging. In all cases, he applied GB20, HT7, and PC6 bilaterally, DU16, DU24, the lumbar Huatuojiayi extra points, and Sishencong. On the healthy side of the body, he always acupunctured SP6, ST36, ST40, GB39, and LR3. He would alternate from session to session with scalp electro-acupuncture on the healthy side of the body. He alternated from session to session utilizing →

GB30 and UB54 on the affected side or GB34 when possible. Upon De Qi, Dr. Gui Fang removed GB20 and DU16 and utilized even method and retained the others for 30-40 minutes. Moxibustion was applied by moxa stick to areas of cold skin, particularly the stumps, until the region was warmed and red. Treatments were applied daily for 3 weeks. (Gui Fang, 1996)

The results from Chinese medical treatment were quite good. Of the nine, two were considered cured, three had marked improvement reporting pain reduction by 50%, three reported a 20% improvement in pain, and in one case, the treatment failed. All reported that the effects during the treatments were pleasing. (Gui Fang, 1996)

In Dr. Gui Fang's report, he makes several interesting comments about many of the acupuncture points that he chose for treatment. DU16: connects the brain and spinal cord. GB20: a crossing point for the GB and Yang Wei meridians and the medullary bulb is just deep from these points, thus the point is regarded as regulating central and peripheral nerves. Sishencong is located on the DU and UB channel pathways and is used to regulate the mind to stop phantom limb pain. DU24 to nourish the brain. The lumbar Huatuojiayi extra points are above the posterior rami of the spinal nerves and can be used to adjust the peripheral nerves of the leg and stump. GB30 is a crossing point for GB and UB and the inferior gluteal nerve, the inferior cluneal nerve, and the sciatic nerve are all affected by this point. The same is said for UB54. (Gui Fang, 1996)

Dr. Gui Fang noted that when GB30 and UB54 were acupunctured on the affected side with the amputation, the patient would report a strong De Qi radiating along the GB and UB channels through their thigh, calf, foot, and to their toes. Phantom pain would be alleviated at once. This phenomenon fits the discovery made by Chinese scholars concerning phantom channels and collaterals on the missing limbs. Unfortunately, Dr. Gui Fang says no more on this observation. (Gui Fang, 1996)

Several large questions arise when Chinese medical concepts are applied to the phenomenon of phantom limb pain. For example, what is the effect of amputation on the various meridians that may be associated with these limbs? Particularly in discussion of hands, arms, legs, and feet in which numerous meridians are coursing. What happens when a large amount of traditionally specified acupuncture points are abruptly separated from the body? Why is there not a more catastrophic impact upon the body as numerous if not dozens of acupuncture points are suddenly removed? Do the



"Look at this: Acupuncture, aromatherapy, herbal tea. We could be dealing with a homeopathic killer."

*continued*

affected meridians end at the stump? Most, if not all, meridians are regarded as circuits – what happens to the Qi within the meridians and how does it recirculate? How does Chinese medicine explain PLP and other phantom sensations? Questions to ponder.

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Bradbrook, D (no date). Acupuncture. Witty, Pask, and Buckingham Chartered Physiatrists, retrieved from <http://www.wpbphysio.co.uk/treatments/acupuncture>

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Trevelyan, Turner, Robinson (2015 Feb 1). Developing an Acupuncture Protocol for Treating Phantom Limb Pain: A Delphi Consensus Study. *Acupuncture in Medicine*, V. 33, 1:pp. 42-50

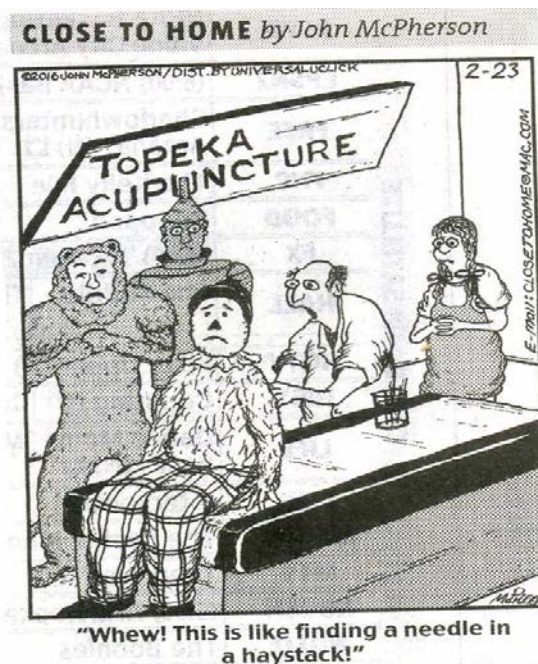
### Bio

Jon has been a self-employed, holistic warrior in Denver, CO since 1996. He studied at the Massage Therapy Institute of Colorado graduating with honors. Jon went on to attend the Southwest Acupuncture College in Boulder, CO. He served his acupuncture externship at the Boulder County AIDS project. In addition to SWAC's 3,100 hour program, he spent an additional 500 hours studying trigger point and sports acupuncture under Whitfield Reaves, O.M.D. Jon graduated in 2001 with a Master of Science in Oriental Medicine and was licensed to practice in Colorado the same year.

During the 2000's, Jon was a key independent contractor for a massive governmental and corporate wellness program in Colorado dedicated to →

identifying and treating potential worker's comp cases; together they reduced WC costs by millions of dollars.

Since 1996, Jon still operates his private clinic providing acupuncture and Chinese medicine.



### 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.*

Continued next newsletter.

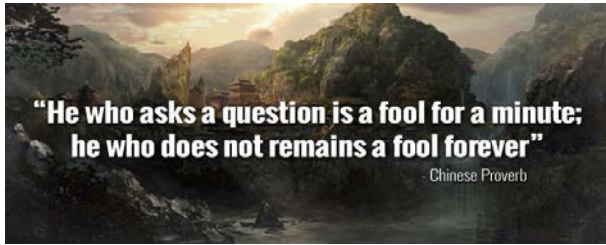
### MD DOCTORS TALK ABOUT THEMSELVES

*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.*

Continued next newsletter.

Tell me, I forget. Show me, I remember. Involve me, I understand.

Chinese Proverb




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## MEMORY

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

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

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