

Colorado School of Traditional Chinese Medicine Newsletter

Issue 93 - October 2022

www.cstcm.edu



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Welcome to the new class of students for the Fall 2022. Good luck to all students who will be taking the NCCAOM Exams in 2022. We are always looking for articles about Chinese 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. If you would like to receive an emailed copy, please send us your e-mail address to admin@cstcm.edu

The newsletter is also available on the CSTCM website.

CSTCM NEWS

The CSTCM Fall 2022 Graduation Ceremony will be on Dec 19th, 2022.

We wish those graduates success in the Oriental Medicine profession. See the Populi announcement for more info.

CSTCM Herb Garden Project

Please contact faculty member Stephen Ulmer to volunteer to work on the CSTCM Herb Garden Project. We encourage all faculty, students and graduates to participate. Stephen can always use some volunteers.

Seeking Socially Distant Activities Ideas

During these difficult times with social gatherings not happening it has been challenging to create a sense of community at CSTCM. We encourage students, graduates, and faculty members to suggest online social activities they would like to see for all school members to participate in. Any ideas?

Admin Office Hours:

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. We will make every effort to ensure all voice mail messages are returned within 24 hours. Please let Administrative Director, Songtao Zhou, know if you are having any problems with messages or emails.

The Academic Dean's Office hours for appointments this trimester are posted on Populi. Please make an appointment if you would like to talk to the Dean of Students, or 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 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

Their hours this trimester are: Monday, Tuesday and Thursday 9:30 am – 9:00 pm; Wednesday and Friday 9:30 am - 5:30 pm (closed daily 1:00 - 1:45 pm for lunch); and Saturday 12:30 - 7:00 pm. Please note, access to the pharmacy is allowed for students attending class onsite so long as you follow proper COVID-19 protocols. For all others, curbside pickup is available during hours of operations.

Don't forget Tai Ji Quan/Qi Gong

Tai Ji/Qi Gong is available on Saturday's from 8:00 am - 9:00 am in Room F. This class, taught by Matt Orischak is open to all students, faculty members and staff, and the general public. More information can be found online at CSTCM's website. (www.cstcm.edu)

CSTCM Graduates and Board Exam Preparation We encourage CSTCM graduates who are preparing to take their NCCAOM Board Exams to audit the TCM331 Exam Prep class at no charge. If you are interested in auditing this course, please contact the Academic Dean's office at x25.

Faculty, Staff, and Admin News

CSTCM would like to acknowledge the hard work and dedication of our faculty members, clinical supervisors, and staff and admin during this difficult time. These individuals have worked extremely hard during the pandemic to keep the school open and providing learning opportunities for our students.

Thank you so much!

Welcome to our new faculty members and clinic supervisors:

Jennie Luther - 132-TCM Acupuncture Treatment of Disease 1;
 Matt Kester - Microbiology of Infectious Diseases;
 Tara Heinrich - 103 TCM AcuMeridian & Point Theory 1;
 Caitlin Dilli 115TCM - Acu Meridians and Point Practicum 2;
 Adam Wasserman 126-TCM Tuina 1 & 2;
 Denise Andert Clinic Forum Adjunct Faculty;
 Donna Sigmond 325A-BIO Western Nutrition;

Welcome to our new Administrators:

Administrator for the Dean's Office (ADO):
 Louis Feher-Peiker

Financial Aid Administrator (FAA):
 Aiting Fu

2022 Fall CSTCM SCHOOL EVENTS

FALL BREAK - Sun Oct 23 – Sun Oct 30

ACADEMIC ADVISING WEEK - Mon Oct 31- Fri Nov 11

REGISTRATION - Tues Nov 1 - Thurs Nov 10 12:00pm

DROP/WITHDRAW DEADLINE - Fri, Nov 11 EOD

THANKSGIVING HOLIDAY - Nov 24-27

GRADUATION - Sun, Dec 18

Check Populi for Updates

Academic Achievement Award

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 2021 Academic Achievement Award went to Caitlin Klevgard.

Honors List

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. MAc and MAcCHM students are listed alphabetically.

Summer 2021

Elizabeth Arrington
 Elena Beltran
 Rachel Bero
 Jessica Dintrone
 Monique Edler-Murphy
 Gina Farmer
 Caitlin Klevgard
 Andrew MacNeil
 Janet Marble
 Megan Miller
 Zachary Mills
 Anna Van Oosterom
 Margaret Weiser

Fall 2021

Elizabeth Arrington
 Rachel Bero
 Molly Cohen
 Nicholas Conte
 Monique Edler-Murphy
 Megan Edwards
 Esme Evans
 Gina Farmer
 Jacquelline Gollinge
 GuruSahai Good
 Martha Johnston
 Caitlin Klevgard
 Andrew MacNeil
 Janet Marble
 Susan Mayo
 Melissa Puchak
 Lucrezia Schultz

Spring 2022

Elizabeth Arrington
 Rachel Bero
 Molly Cohen
 Nicholas Conte
 Monique Edler-Murphy
 Megan Edwards
 Esme Evans
 Gina Farmer
 Jacquelline Gollinge
 GuruSahai Good
 Martha Johnston
 Caitlin Klevgard
 Andrew MacNeil
 Janet Marble
 Susan Mayo
 Melissa Puchak
 Lucrezia Schultz

Summer 2022

Erin Abel
 Elizabeth Arrington
 Rachel Bero
 Ann Bowar
 Nicholas Conte
 Kathryn Crissman
 Megan Edwards
 Tanya Embree
 Sydney Frost
 Crystal Horn
 Martha Johnston
 Caitlin Klevgard
 Maya Knoska
 Mea Lockwood
 Andrew MacNeil
 Megan Miller
 Chelsea Myslik
 Johnathan Tucker
 Kate VanderHam

In Memoriam: George Kitchie



George Kitchie DOM, LAc and founding partner of CSTCM.
(1946-2022)

CSTCM announces the passing of George Kitchie DOM, LAc and founding partner of CSTCM.

George passed away quietly in his sleep on September 21, 2022. He was indeed one of a kind, a uniquely talented Chinese Internal Medicine Practitioner, CSTCM teacher, administrator, and CSTCM School President for 28 years. His extraordinary dedication to Chinese Herbal Medicine manifested in his voluminous Materia Medica notes that he shared freely with all CSTCM students. A former bull riding rodeo cowboy from Florida who found a true home in Chinese Medicine and Denver.

Chinese Medicine is where he found relief from the injuries related to his rodeo career, which made him a true believer in the power of the Medicine. He had tried everything else, yet CM helped him the most. He felt that being a practitioner, a founding partner, and leading CSTCM through 28 years of growth, accreditation, and success was among his proudest accomplishments. His work ethic was unsurpassed; it was not uncommon for him to work 70-80 hours per week doing what he loved: Chinese Medicine and running CSTCM.

He was fond of all the CSTCM faculty, students, graduates, administrators, and associates. He cared deeply for them and the profession in his special gruff yet quiet and humble way. He had a keen inquisitive mind and powerful memory that served him well as a practitioner, teacher, and school President. He believed anyone who wanted to learn Chinese Medicine should be offered the chance and frequently advocated for students seeking admission. He was also a demanding professional with high expectations for all his students, staff, and faculty and was never satisfied with resting upon his laurels.

George's Chinese Zodiac was the Fire Dog, with the attributes of being dedicated, loyal, hardworking, and valuing friendships that fit well with his love for golden retrievers, whom he considered his best and closest companions. He was always happy when walking them and watching them run and play. Among George's hobbies was collecting things; he had extensive collections of baseball cards, comic books, and Beanie Babies. George retired in 2018 and enjoyed his quiet and peaceful retirement reading books and pursuing hobbies.

We will miss George and his wry smile, mischievous sparkle,
and everything he meant to Chinese Medicine and us.

Colorado School of Chinese Medicine
Board of Directors

NOTICE OF DEGREE NAME CHANGE AT CSTCM

CSTCM has recently changed the program/degree names for the Master's Degree programs to be in compliance with the new Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM) program/degree naming policies.

As of January 1, 2021 the program/degree names for the Master of Science in Acupuncture (M.S.Ac) has been changed to Master of Acupuncture (MAc) and the Master of Science in Traditional Chinese Medicine (M.S.TCM) has been changed to Master of Acupuncture with a Chinese Herbal Medicine specialization (MAcCHM).

All students graduating after Jan 1, 2021 will be graduating with the new degree name, MAc or MAcCHM. The first cohort at CSTCM to graduate with these degree titles are those students who meet the qualifications for graduation at the end of the Spring 2021 trimester, April 25, 2021. While the program/degree names have changed the programs are the same as the previous M.S.Ac and M.S.TCM programs.

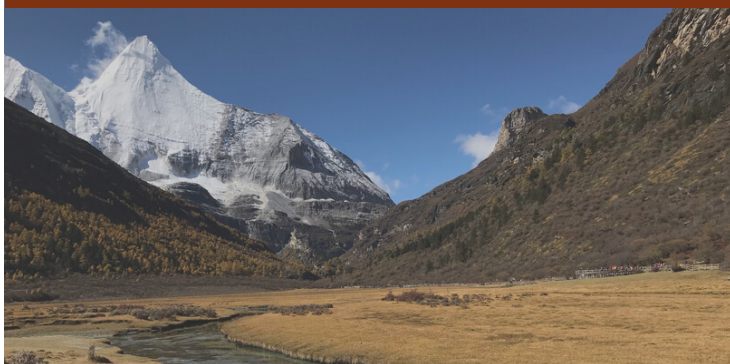
At this time it is a change in name only and not content

CSTCM Internal Arts Club

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 Matt Orischak.

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

Students will be able to browse, read and check-out books and use the library space to study and collaborate. The library will be physically open during the hours listed below:

Mon – Fri – Open –

See Hours Posted at Library or on Populi

Sat – By Request

Sun - Closed

If you would like to check out a book but are not able to stop by during these hours, please send an email to library@cstcm.edu for more information.

The Library Guidelines handbook is available in the library to answer any questions about procedures.

If anyone has any Chinese 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 ADO Louis Feher-Peiker or COO Songtao Zhou who have oversight of the Library, if you have any questions or comments about the library. Input is always welcome.

Check library hours and search the catalog on populi at <https://cstcm.populiweb.com/library/catalog/index.php>

Thank you to the following people who donated books and materials to the library: Anonymous

We want to continue to encourage all faculty members, students, and graduates to join our state acupuncture association (AAC) <http://acucol.com/> and the national associations (AAAOM) www.aaaonline.org or (ASA) www.asacu.org

to help support East Asian Medicine in the U.S. Applications are available in the admin offices (Room 301 or 302) or you can apply on-line.

Our profession is relatively small in numbers so everyone has a voice as to the direction it will take in the future.

Seminar Offering:

The Acupuncture Technique from the Huang Di Nei Jing and Nan Jing

When: November 19 & 20th, 2022

Where: CSTCM Campus

Description:

This course is the same initial introductory course in CSTCM's DAOM program that introduces the classical logic and concepts of Yin-Yang and Five elements, the relationship of Sky-Earth-People, and the patterns of He Tu, Luo shu, and Taiji. This seminar will give participants a foundational understanding of the origin of Yin-Yang and Five elements as to what they are, what they represent, and how to apply this knowledge in clinical treatment.

Whereas TCM theory is based on organ systems and symptomatology, Chinese Classical Medicine (CCM) is based on the study of correlating the human body to the universe and focuses on the body's qi, and how it is affected by universal conditions as well as how those conditions are reflected in the qi and ultimately the pulse. The pulse is primary in this system and is key as a diagnostic tool. All that is learned in this seminar could be immediately applied to one's practice. This is a unique seminar that is specific to Chinese Classical Medicine as to the introductory concepts of CSTCM's DAOM program.

Objectives of the Course:

This course will teach the cosmology foundation as it is known in Chinese Classical Medicine (CCM); what is Qi; how Qi runs in the body; what level is Qi in the body; what's the path of Qi movement; what's the difference of up-down, left-right, male-female; what's the classical pulse method; how to diagnose the greatest excess or deficient Qi of the five depots; what is classical acupuncture technique and how to regulate Qi; TangYe pulse diagnosis and acupuncture technique; Yuan point and Luo point acupuncture technique; Life Gate – Original Qi – Three Burn theory and acupuncture technique; Middle pivot turning (Zhuan Zhong) acupuncture technique, and more.

Date: November 19th & 20th

Time: 9:00am - 5:30 pm

NCCAOM PDA credit: 15 PDA's

Speakers: CSTCM DAOM Professor's

Price: Regular Price \$1800, Early bird \$1500 ends on November 4th.

**To Register go to: [Eventbrite.com](https://www.eventbrite.com) and search The Acupuncture Technique from the
Huang Di Nei Jing and Nan Jing**

Benefit: The cost paid can be deducted from the DAOM tuition if an attendee enrolls in CSTCM's DAOM program. Additionally, any attendee will be permitted to re-attend future seminars for this same subject for only \$100.00.

Additional Benefits: Anybody can have a trial treatment with the current DAOM student clinic to experience. The booking link is Online Booking - intakeQ(<https://intakeq.com/booking/tzh9vu?serviceId=06f53fd2-1f5d-4b23-ac30-1b3fc21afc06>). The DAOM clinic is open 10/23, 10/24, 12/4 and 12/5. Use the coupon code TryClassical to get a free trial.

Feedback from patients: for CSTCM DAOM students 1st internship clinic on Sep11 & 12, 2022, there are 34 patients accepted treatment which are only use the above technique, and 33 of the 34 patients reported they felt the qi movement, energy flow, relax, pain relief, or other positive change.

For More Information: Contact Parago Jones at dean@cstcm.edu

CSTCM PROCEDURES/POLICIES

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

Please remember any forms and procedures/ guideline handouts that a student might need are on Populi and that Populi always has the most current version of the forms to use. Students should inspect these forms and handouts and make sure they are using the most recent versions.

If anyone is experiencing phone messages or e-mails not being returned, please notify COO/interim Admin Director Songtao Zhou coo@cstcm.edu with details of the problem.

Please treat the computers and printers in the library with care so they are of good service to everyone. Please report any problems with library computers, printers or technology to ADO Louis Feher-Peiker. 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. 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. 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.

Check out our website!

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 Songtao Zhou.

Don't forget to follow us on Facebook @cstcm.edu, YouTube, Twitter, Instagram and connect with us on LinkedIn.

To find out what's new, check the dashboard in Populi. 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. Suggestion box on Populi coming soon. Replies to suggestions will be posted on Populi periodically.

We often find personal items left in classrooms and around the school. The CSTCM Lost & Found is located in the Administrative Director'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 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.

INTERESTING EAM & BIOSCIENCE WEBSITES

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

<https://tcmtunes.com/category/songs/>

[The ugly truth about how to learn Chinese herbal formulas](#)

APPS & DIGITAL RESOURCES

iTongue – <https://appcrawlr.com/ios/itongue>

Meridian Health Clock – <https://appcrawlr.com/ios/meridian-health-clock>

Traditional Chinese Medicine -

<https://appcrawlr.com/ios/traditional-chinese-medicine>

QiFood - <https://appcrawlr.com/ios/qifood>

Healthy Fit Info - <http://healthyfit.info/>



Photo from the CSTCM 20th Anniversary Celebration

Scholarships for EAM 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?idatylenol/news/subprtychol.inc

FastWeb

www.fastweb.com

College Collection

www.collegescholarships.com

UPCOMING 2022 WORKSHOPS

CSTCM scheduled workshops for 2022:

All workshops and registration are available on our website. Due to the pandemic CSTCM has no upcoming workshops planned in 2021 yet. Continuing Education Program Administrator, Parago Jones is working on arranging more workshops for the future. Suggestions for workshops can be submitted to Mr. Jones. For more information see the flyers on the bulletin board as they are posted, and check the CSTCM website.

Did you know you are entitled to a free student membership in the Acupuncture Association of Colorado?

Here is the link: <https://acucol.com/join-us>



Alumni Corner

Any CSTCM Diploma graduates, who wish to obtain the MAcCHM or MAc 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 Summer 2023 Trimester begins May 1st, 2023. Contact the office for a schedule. There are currently 13 graduates from the old Diploma program who have graduated with their MAcCHM or MAc Degree.

Graduates, Update Us!

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 Administrative Director if you have not talked to them recently. CSTCM currently has 788 graduates (218 Diploma grads, 406 MAcCHM grads, and 164 MAc. grads).

Alumni Updates

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 EAM, teach workshops, are faculty or admin at another EAM school, etc.

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.

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

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.

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, Louis Feher-Peiker.

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 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. 24.

CLEAN NEEDLE TECHNIQUE **COURSE SCHEDULE 2022/2023**

The National CCAHM CNT exam is administered online. To Register go to www.ccahm.org and click Clean Needle Technique. Course Eligibility Requirements must be met for all prospective applicants.

Updates from American Society of Acupuncturists

Aetna® will add acupuncture as a standard benefit in new and renewing commercial health plans in 2022 as part of their goal to increase access to complementary health treatments. Providing this coverage gives you and your patients more treatment options for chronic pain relief. This new coverage is based on Aetna Clinical Policy Bulletin 135.

The ASA applauds this recognition of acupuncture for chronic pain, and we are so grateful for the Insurance Committee's role in making this reality come to fruition.

For more details, please see the Insurance Chair's article. Together, the ASA and the NCCAOM are leading the profession's effort to help U.S. Representative Judy Chu (D-CA) advance H.R. 4803, the Acupuncture for our Seniors Act through Congress. H.R. 4803 would establish acupuncturists as Medicare providers, removing both supervision and incident-to billing restrictions that Medicare currently requires of acupuncturists

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.



ACAHM

The Accreditation Commission for Acupuncture and Herbal Medicine (ACAHM) will be at CSTCM for the Site Visit to review the revised Master's Degree and new PD Programs (MAc and MAcCHM- DAc and DacCHM) in Fall 2022.

The three-day site visit inspects all areas of CSTCM programs, administration, and the institution. Admin, Faculty, Students and Stakeholders will be scheduled for ACAHM interviews and inspections. CSTCM has been preparing for this site visit since 2018 by writing and submitting a comprehensive Self Study Report and continuing numerous program and institutional improvements. We look forward to welcoming ACAHM to CSTCM for the site visit and the opportunity for peer review.

ACAHM's business office is moving at the end of October 2022.

Effective 1 November 2022, please direct all physical correspondence to:

Accreditation Commission for Acupuncture and
Herbal Medicine
500 Lake Street, Suite 204
Excelsior, MN 55331

The Commission's telephone number will remain
(952) 212-2434

The Accreditation Commission for Acupuncture and Herbal Medicine (ACAHM) website is acaahm.org. The website lists all accredited and candidate programs, ACAOM news, frequently asked questions and other areas.

AAAOM

Check out the American Association of Acupuncture and Oriental Medicine (AAAOM) website at www.aaaomonline.org.

You can also checkout job postings on their 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.

Acupuncture Association of Colorado

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@yahogroups.com.

AAC address is
13918 E. Mississippi Ave.,
#67482 Aurora,
CO 80012,
phone 303-572-8744;
website: <http://acucol.com/> ;
E-mai: AAC@NTW.net;
Facebook: Acupuncture Association of Colorado.

The AAC has their newsletter & blog & posts upcoming events, seminars, and EAM 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 AAC membership and get involved in the care of our U.S. Military Veterans. Student membership is free while being enrolled. Go to <https://acucol.com/join-us>

AAC 38TH ANNUAL CONFERENCE
ROCKY MOUNTAIN REGIONAL CONFERENCE
APRIL 29-30 2023

Visit the AAC website for registration and early bird pricing.

We encourage all graduates, students, administrators, and faculty to join the AAC in order to support the profession.

Currently enrolled CSTCM student Aaron Deterding is the Student Representative.

SHEN NONG SOCIETY

The Shen Nong Society is an 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. These recommendations are based on the over 2000 years of practice traditions that have spread from China to Japan and Korea and throughout East Asia and evolved over time. We are devoted to helping our patients through the use of Chinese and East Asian medicine, and our community needs to be well informed regarding all issues that impact our ability to serve the public through our practice. We endeavor to be the unifying voice and central source for practitioners, consumers, educators, growers, distributors, and regulators of East Asian Herbs.

The Shen Nong Society accepts and publishes
Pandemic Case Studies.

Learn more here:

[Shen Nong Society Case Study Report Outline](#)

The 2023 Shen Nong Society Conference will be
taking place Apr 15-19 2023.

Visit <https://www.shennongsociety.org/>
for more information

From The Archives



George Kitchie and Mark Manton
at the 2010 CCAHM Conference in Pueblo, NM

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 EAM 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.

CCAHM

Since its inception, the Council has been driven by a single overriding commitment to deepen practitioners' knowledge, understanding and skills. The Council leadership and member colleges are credited for having continually reviewed, refined, and expanded the basic acupuncture & herbal medicine program "core curriculum", the description of essential knowledge and skills taught by all member programs, resulting in the advancement of excellence in the EAM profession.

The CCAHM Spring 2023 meetings will probably be held online sometime in late April and Early May.

All students and CSTCM clinical prep faculty, please note the updates and changes to the CNT exam process. Visit CCAHM - Clean Needle Technique (cchm.org) for details. Preparation and carefully designed practice sessions for the online CNT exam are a must!

[CCAOM - Home \(cchm.org\)](http://cchm.org)

[CCAOM - Current Students \(cchm.org\)](http://cchm.org)

[CCAOM - Clean Needle Technique \(cchm.org\)](http://cchm.org)

EAM in MEDICAL JOURNALS & RESEARCH AT MAINSTREAM UNIVERSITIES

JAMA Neurology, [Effectiveness of Acupuncture for Anxiety Among Patients With Parkinson Disease](#), Sept 2022

Journal of Chinese Medicine, [Cannabis in Chinese Medicine: Modern Interpretations and Integrations](#) - Oct 2022

American Journal of Chinese Medicine, [Intestinal Flora: A Pivotal Role in Investigation of Traditional Chinese Medicine](#). - vol 49, 2021

JTCM, [Moxibustion attenuates inflammation and alleviates axial spondyloarthritis in mice](#), Sept 2022

Nature/Translational Psychiatry, [Memory-directed acupuncture as a neuromodulatory treatment for PTSD](#), 17 March 2022

[WHO International Standard Terminologies on TCM](#) - Mar 2022

EAM in Mainstream Media

HealthEssentials - Cleveland Clinic - [What is Traditional Chinese Medicine?](#) June 2022

NCCAOM

NEW: Effective December 2, 2020, the NCCAOM is changing the Exam Retake Policy by removing the maximum cap (limit of 5 times) from the number of test retakes for the purpose of certification. This change will affect several different applicant groups within the pipeline of certification, each with differing scenarios and each with different criteria for retesting to ensure candidate preparedness and exam security. More details are available at <https://www.nccaom.org/nccaom-exam-retake-policy>.

As a 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 Content Guidelines 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 Job 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.

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. The NCCAOM announced their new "Chinese Herbal Compounding Safety Certificate of Qualification" which is a voluntary online program that is open to all licensed acupuncturists and herbalists, students, lab technicians, herb pharmacy compounders and any other office staff who compound herbal formulas in their office or retail dispensaries. This program is in compliance with FDA Good Manufacturing (GMP) Guidelines.

The CSTCM Research Department

CSTCM laid the groundwork and developed plans for the Research Department in 2018. The Department was officially established in June of 2021 as an Academic Department at CSTCM.

All parties interested in learning more or participating in the department and research projects are encouraged to contact CSTCM Research Department Chair, Joe Brady, at joe.brady@faculty.cstcm.edu or Songtao Zhou, DAOM Director, coo@cstcm.edu.

Evidence-based medicine and research literacy are embedded into the doctoral curricula at CSTCM. A series of courses for students provides the foundation for understanding the role of research in the field of classical Chinese medicine and prepares students to participate in such research. The first course entitled "Research Literacy and Evidence Informed Practice" introduces students to key concepts of research literacy and prepares students to learn research by participating in research studies at CSTCM. The program guides students into the latest progress into the current status of clinical research in acupuncture, Chinese herbal medicine, Tai Chi, Qigong, and other modalities of Chinese medicine. In subsequent courses students are mentored by research faculty to participate in ongoing research projects.

The program provides students with a deeper understanding of the latest in research design and evidence-based evaluation. Critical thinking skills are developed, along with an understanding of evidence-based criteria and outcomes in health care research and clinical practice. The staff of the Research Department assists faculty and students interested in conducting research in CSTCM's clinics and at affiliated institutions. Doctoral students learn the proper formulation of the research question, obtaining of relevant literature, including both classical literature and in modern clinical trials, design and methods of the proposed project. ■

CSTCM Research Department:
*We are always seeking and welcoming
new members.*
Please join us!

Administrative Liaison:
CSTCM COO Songtao Zhou, Chair -
Joe Brady (6/21)
Core Faculty members: Xiaorong Ding
(6/21), Denise Andert (6/21), Matt
Orischak (6/21)

CSTCM Research Department News,

Fall 2022 - By Joe Brady

Mapping a Pathway to Research on Whole Person Health

The Research Department here at CSTCM is part of a working group for whole person health at NIH. In October we had a two day workshop with over 115 organizations including NIH, NIA, NCCIH, The Veterans Administration, National Endowments for the Arts, Harvard Medical School, Johns Hopkins School of Medicine, and many others, to lay the foundation for developing research methodologies on whole person health and Complementary and Integrative Health (CIH). It is a real accomplishment that CSTCM is helping to establish research and funding priorities at NIH through 2025.

- Objective 1: Advance fundamental science and methods development.
- Objective 2: Advance research on the whole person and on the integration of complementary and conventional care.
- Objective 3: Foster research on health promotion and restoration, resilience, disease prevention, and symptom management.
- Objective 4: Enhance the complementary and integrative health research workforce.
- Objective 5: Provide objective evidence-based information on complementary and integrative health interventions.

CSTCM Research Department News,
continued from previous page

REACH Virtual Resource Center

We are extremely excited about a new partnership we have developed with the Johns Hopkins School of Medicine and the opportunity to partner together with the University of Bridgeport and Virginia University of Integrative Medicine in making a joint application for the REsearch Across Complementary and Integrative Health Institutions (REACH). The project will leverage the vast research resources available at Johns Hopkins to create a virtual resource center to foster institutional partnerships and provide resources to support research activities and research training for faculty who work at CSTCM and other Complementary and Integrative Health institutions across the country.

Harvard Medical School's Osher Center for Integrative Medicine

CSTCM will be represented this year at the Integrative Medicine Research Network Forum at Harvard Medical School. We will be presenting preliminary data on a study we are partnering with the University of Denver on entitled "Whole Person Health and the Tao of Successful Aging: A Complementary Approach to Lifelong learning". Classes in traditional medicine, tai chi, yoga, pilates, meditation, art, music, literature and other mind/body therapies offer a variety of pathways to improve the health of older adults in multiple interconnected domains. The current evidence involving 1277 lifelong learners, indicates that individuals pursuing a path of lifelong learning and self-cultivation, exhibit markers of whole-person health that are typical of individuals that were roughly half the age of the older adults in our study. The current study would indicate that lifelong learning programs in the community may offer many paths to successful aging and offer a variety of "ways" to pursue healthier lifestyles that are congruent with their interests, beliefs, and philosophical orientation. ■



Exploring the Science of Acupuncture

By CATHERINE CARUSO November 1, 2021

Acupuncture is a traditional Chinese technique that has been used for millennia to treat chronic pain and other health problems associated with inflammation, yet the scientific basis of the technique remains poorly understood. Now, a team of researchers led by neuroscientists at Harvard Medical School has elucidated the underlying neuroanatomy of acupuncture that activates a specific signaling pathway.

In a study conducted in mice and published Oct. 13 in *Nature*, the team identified a subset of neurons that must be present for acupuncture to trigger an anti-inflammatory response via this signaling pathway. The scientists determined that these neurons occur only in a specific area of the hindlimb region—thus explaining why acupuncture in the hindlimb works, while acupuncture in the abdomen does not. “This study touches on one of the most fundamental questions in the acupuncture field: What is the neuroanatomical basis for body region, or acupoint, selectivity?” said lead investigator Qiufu Ma, HMS professor of neurobiology at Dana-Farber Cancer Institute. One area of particular interest to the research team is the so-called cytokine storm—the rapid release of large quantities of cytokines that frequently drives severe, systemic inflammation, and can be triggered by many things, including COVID-19, cancer treatment, or sepsis. “This exuberant immune response is a major medical problem with a very high fatality rate of 15 percent to 30 percent,” Ma said. Even so, drugs to treat cytokine storm are lacking.

Adapting an ancient technique

In recent decades, acupuncture has been increasingly embraced in Western medicine as a potential treatment for inflammation. In this technique, acupoints on the body’s surface are mechanically stimulated, triggering nerve signaling that affects the function of other parts of the body, including organs. In a 2014 study, researchers reported that electroacupuncture, a modern version of traditional acupuncture that uses electrical stimulation, could reduce cytokine storm in mice by activating the vagal-adrenal axis—a pathway wherein the vagus nerve signals the adrenal glands to release dopamine. In a study published in 2020, Ma and his team discovered that this electroacupuncture effect was region specific: It was effective when given in the hindlimb region, but did not have an effect when administered in the abdominal region. The team hypothesized that there may be sensory neurons unique to the hindlimb region responsible for this difference in response. In their new study, the researchers conducted a series of experiments in mice to investigate this hypothesis. First, they identified a small subset of sensory neurons marked by expression of the PROKR2Cre receptor. They determined that these neurons were three to four times more numerous in the deep fascia tissue of the hindlimb than in the fascia of the abdomen. Then the team created mice that were missing these sensory neurons. They found that electroacupuncture in the hindlimb did not activate the vagal-adrenal axis in these mice. In another experiment, the team used light-based stimulation to directly target these sensory neurons in the deep fascia of the hindlimb. This stimulation activated the vagal-adrenal axis in a manner similar to electroacupuncture. “Basically, the activation of these neurons is both necessary and sufficient to activate this vagal-adrenal axis,” Ma said.

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Neuroanatomic explanation

In a final experiment, the scientists explored the distribution of the neurons in the hindlimb. They discovered that there are considerably more neurons in the anterior muscles of the hindlimb than in the posterior muscles, resulting in a stronger response to electroacupuncture in the anterior region. “Based on this nerve fiber distribution, we can almost precisely predict where electrical stimulation will be effective and where it will not be effective,” Ma explained. Together, these results provide “the first concrete, neuroanatomic explanation for acupoint selectivity and specificity,” Ma added. “They tell us the acupuncture parameters, so where to go, how deep to go, how strong the intensity should be.” He noted that while the study was done in mice, the basic organization of neurons is likely evolutionarily conserved across mammals, including humans.

However, an important next step will be clinical testing of electroacupuncture in humans with inflammation caused by real-world infections such as COVID-19. Ma is also interested in exploring other signaling pathways that could be stimulated by acupuncture to treat conditions that cause excessive inflammation. “We have a lot of tough chronic diseases that still need better treatments,” he said, such as inflammatory bowel syndrome and arthritis. Another area of need, he added, is excessive immune reactions that can be a side effect of cancer immunotherapy. Ma hopes that his research will ultimately advance scientific understanding of acupuncture and provide practical information that can be used to improve and refine the technique. ■

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