

Colorado School of Traditional Chinese Medicine Newsletter

Volume 2, Issue 84

May 2017

Welcome to the new class of students for the Summer 2017 Trimester. Good luck to all students who will be taking the NCCAOM Exams in 2017. We are always looking for articles about Oriental Medicine from mainstream newspapers, magazines, cartoons, etc. Thanks again to those who have contributed articles and cartoons. We are also looking for articles written by our students, graduates, and faculty. Also, please let us know other things you would like to see in the CSTCM Newsletter.

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



**Golden Flower Chinese Herbs
Student Scholarship Awards for 2016
Sakshi Mears (Academic Achievement
Award), Brooke Holmes,
Jessica Barrett, Amy Peak**

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CSTCM NEWS

Honors List for Fall 2016

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 – Ayyad Nabeel, Sharayah Misiewicz, Heather Stacy, Christopher Witt;

Trimester 2 – Haley Chiles, Chi Huang, Jamie Jolley, Anthony McCloskey, Cheryl Wheeler;

Trimester 3 – Melissa Hornaday, Kandi Justice, Caroline Flynne Templeton;

Trimester 4 – Danielle Golie, Megan Gray, Chau Simon, Jillian Steele, Dee Watts;

Trimester 5 – Brittney Chowning, Sakshi Mears;

Trimester 6 – Amy Peek;

Trimester 7 – Julianne Gienger, Brooke Holmes, Steven Ljungberg, Jin A Pak, Jeff Rippey, Renata Silveira;

Trimester 8 – Jessica Barrett;

Trimester 9 – Geri Bean, Danisha Bogue, Whitney Dwyer, Stephanie James, Sarah Lohmeyer, Amy Malone, Jacqueline Parra, Elizabeth Prescott.

The wise man prefers life to possessions.
Niu Que, Zhou Dynasty

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 **2016 Academic Achievement Award** went to **Sakashi Mears**; Brooke Holmes, Jessica Barrett, and Amy Peek were runner-ups. All four students received \$500 CSTCM and Golden Flower Scholarship Awards for 2016.



CSTCM Chinese New Year Celebration 2017

The **CSTCM Summer 2017 Graduation Ceremony** will be Sunday, August 20, 2017. 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 a bowling night. Anyone who has other ideas should contact **Administrative Director, Vladimir DiBrigida**. Some other ideas that have been suggested are a picnic, or something scheduled around National Herb Day, October 14.

→

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

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

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

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

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

Don't forget **Tai Ji Quan** on Friday's from 4:30 - 5:30 pm and **Qi Gong** on Saturday's from 8:00 - 9:00 am and the combination of **Tai Ji/Qi Gong** on Fridays 6:00 - 7:00 pm. Students must take the required number of hours as part of their curriculum and hours

continued

taken above the requirements are free. All others pay \$5 per class. The classes are open to the public.

We will continue offering **Free NCCAOM Exam Prep Workshops** in 2017 for CSTCM students and grads. The workshops are offered on Sundays, with Acupuncture 9:00–12:00 PM and Chinese Herbal Medicine 1:00–4:00 PM. Summer workshops are June 11 & 18. Fall workshops are October 8 & 15. Contact the Clinic Director's office for more info and see the 2017 CSTCM NCCAOM Exam Prep Workshop flyer.

2017 CSTCM SCHOOL EVENTS

Summer Open House - May 11

Summer Barbeque - July 8

Dragon Boat Festival - July 29-30

Summer Graduation - August 20

Fall Open House - September 14

AOM Day – October 24 - CSTCM October 21

Deck the Halls – November 24

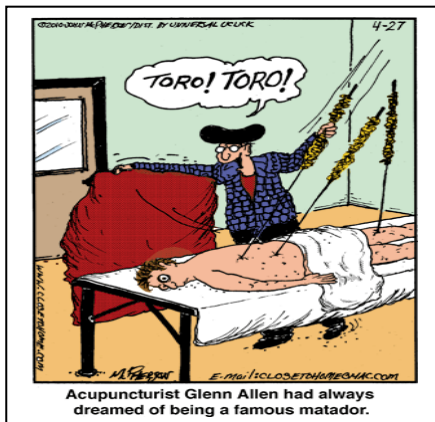
Bowling – December 2

Fall Graduation – December 17

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 1:00 to 2:00 pm. If you have any questions or comments about tutoring, please contact the Academic Dean, and also see the Free Weekly Tutoring flyer.

The **Free Proficiency Exam Study Workshop** will continue this trimester with Mark Van Otterloo, May 21; 10:00 - 12:00 pm; see the flyer. →



Acupuncturist Glenn Allen had always dreamed of being a famous matador.

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

<http://triskeles.org/contact-us> or

http://triskeles.org/phil_tmf_scholarship_fund.asp

CSTCM Library News & Update

Library hours for the Summer 2017 Trimester are: Monday 9:00 am - 12:30 pm & 2:00 pm - 7:00 pm; Tuesday 9:00 am - 10:00 pm; Wednesday, Thursday, Friday 9:00 am - 7:00 pm; Saturday 1:30 - 6:30 pm. The Library Guidelines handbook is available in the library to answer any questions about procedures.

If anyone has any Oriental medicine or holistic medicine books or journals they would like to donate to the library, we would deeply appreciate it. Also, western medicine books or journals published in the last 5 years would be appreciated. We keep hoping the theft of library books will not be as much of a problem as in the past. Please contact **Assistant Academic Dean, Abigail Mensah-Bonsu** or **Administrative Director, Vladimir DiBrigida**, who have oversight of the Library, if you have any questions or comments about the library. Input is always welcome.

The CSTCM Library Newsletter will be out soon and on our website.

Thank you to the following people who donated books and materials to the library: CSTCM grads Randy Bimestefer and Richard Rickerson, deceased CSTCM grad Laurie Walters husband, George Kitchie's deceased mother Lee Philips, and Ashley Crutchfield,



New Student Orientation - December 2016

continued



**CSTCM Chinese New Year Celebration 2017 -
CSTCM grad Jason Mestas**

Welcome to our new Administrators: NA

Welcome to our new faculty members and assistants for this trimester: CSTCM grads **Stephanie James** (16) is teaching Western Medical Terminology and **Thaddeus Haas** (16) is teaching Exam Prep.

Welcome to our new Clinic and Teaching Assistants: NA

Welcome the following new Grad Care Clinic practitioners: NA

Welcome to our new Observation Practitioners: NA.



**CSTCM Chinese New Year Celebration 2017 -
Parago receiving Certificate of Appreciation for
10 years of service as a faculty member and
administration**

**The beauty of the fir and pine is enhanced by
winter snows, while is it the nature of the rush
and willow to fade at the first breath of autumn.**

*Gu Yuezhi explains why his hair has gone
prematurely gray, Eastern Jin Dynasty*



We are still looking for someone to take over the **CSTCM Internal Arts Club**, formed by student, now graduate and faculty member, **Joe Wollen**. It was taken over by **Bradley Larsen**, who has graduated. 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.

Our new website is up. We have added a link for CSTCM Alumni and Faculty clinic contact info and a link for Job Listings and Employment Opportunities. Any other ideas?

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.

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Acupuncture at the San Diego Zoo

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 **Vladimir DiBrigida** 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.

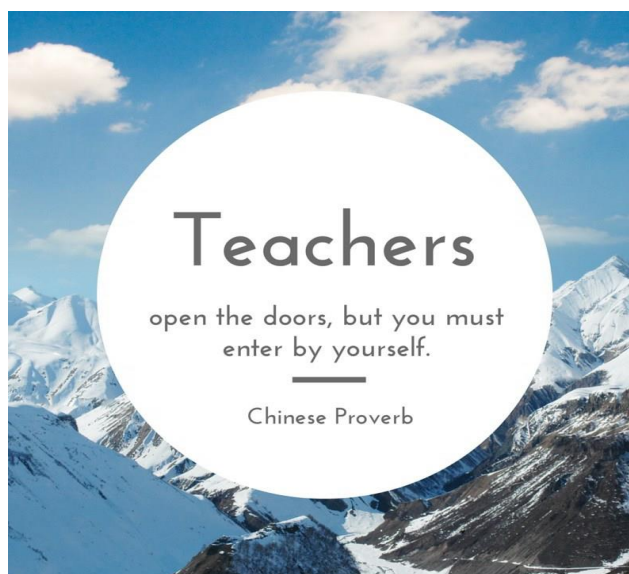
Please do not make over 8 copies at a time on the copier in the library (Room 202). The cost is 10 cents per copy. We have always had a usage policy, but the copier still gets over-used and always seems to need service. If you need to make over 8 copies, you must get permission from the Receptionist, 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. A reply to suggestions will be posted on the board periodically.

Check out the new CSTCM website <http://www.cstcm.edu>. It continues to be updated. Please give any comments to **Vladimir**. We have added a "Study Aids" section to the CSTCM website. We will continue to add various links for helpful sites to assist students with study aids.



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 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.



shi nian shu, bai nian shu ren

Literally: Grow trees for ten years; grow men for a hundred.

Meaning: Nurturing and educating human talent is the key to prosperity.

Scholarships for OM students

Mayway Scholarship Program

<https://www.mayway.com/store/scholarship.jsp>

Nuherbs Scholarships

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

Tylenol

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

AAUW (Women only)

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

Other Scholarships & Grants

FastWeb www.fastweb.com

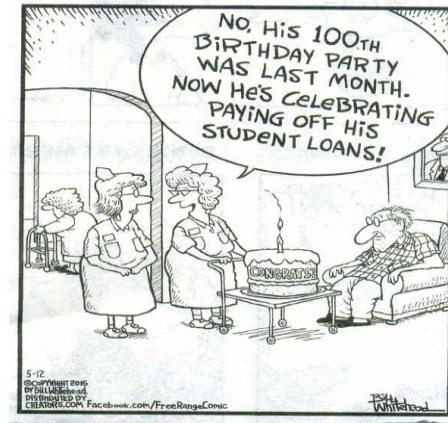
College Collection www.collegescholarships.com

CSTCM STUDENT SERVICES

Students can show their CSTCM ID Card and receive discounts at; Apple, Microsoft, and Dell may still be giving discounts with an ID card; and standard discounts still apply around town like movie theaters and some restaurants. 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 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.

FREE RANGE by Bill Whitehead



UPCOMING 2017 WORKSHOPS

CSTCM scheduled workshops for 2017:

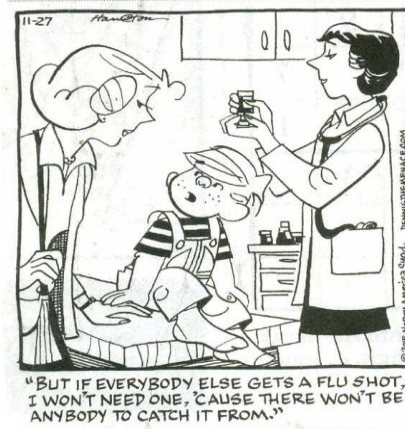
- **Pulse Diagnosis Workshop**, Greg Cicciu, L.Ac., July 9
- **Acupuncture Treatment of Orthopedic Disorders: Effective Strategies for the Treatment of Pain and Injuries**, Amy Dickinson, L.Ac., August 26-27

Also see the flyers for the **NCCAOM Exam Prep**, **CSTCM Proficiency Exam Prep**, **Tongue, Pulse**, and **Business Management** workshops in 2017; 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 2017. 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.

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DENNIS THE MENACE by Hank Ketcham



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 Summer 2017 Trimester begins May 1. Contact the office for a schedule. There are currently 13 graduates from the old Diploma program who have graduated with their M.S.T.C.M. 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 **Academic Dean** or **Vladimir DiBrigida** if you have not talked to them recently. CSTCM currently has 648 graduates (218 Diploma grads, 332 MSTC.M. grads, and 98 MS.Ac. grads).

CSTCM grad **Katie (Gray) Dautrich (12)** was interviewed for an article, "Ancient medicine for healing the mind: Acupuncturist sees hope in Chinese approach", appearing in the Gunnison Times on January 5, 2017

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..

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 →

by e-mail admin@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 you are interested in having a link to your website, please email us the website link to admin@cstcm.edu. For more information contact the Receptionist, **Kirsten Weeks**.

Are any graduates interested in forming a committee to create an alumni association? Please contact the Academic Dean if interested.

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 **George Kitchie**) by mail, fax 303-388-8165, or e-mail admin@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.

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.

To love all things and treat them well, without thought of the self, this is good and just.

Confucius, Spring and Autumn Period

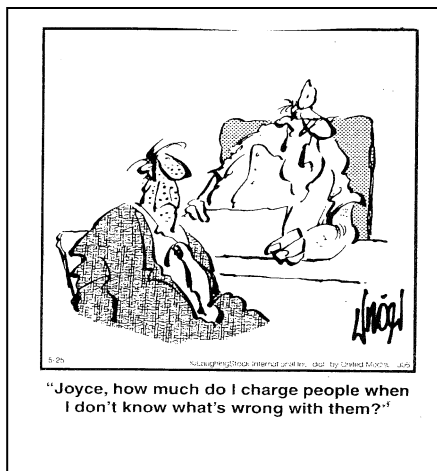
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Mayway offers discounts to recent AOM graduates. Graduates can receive a Mayway Graduation Packet, which includes a 20% discount certificate, product samples, and other materials. Contact Mayway at graduates@mayway.com

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 you are interested in having a link to your clinic and website, please email us the website link, to admin@cstcm.edu. For more information contact the Receptionist, Kirsten Weeks.



**CSTCM Photo Archives -
Graduating class - Spring 2001**
Tanya Carleton, Lisa Fogel, Donna Henderson, Phaik Ling Kee (not in photo), Karen Kurtak, Roxanne Nelson, Margaret Nohava, Carole Sharp, Eric Snyder, Michelle Sumpter, Felicia Tatum-Heyn, Daniela Van Wart, Sara Waltzman



If you are patient in one moment of anger, you will escape a hundred days of sorrow.
Traditional Chinese Proverb

CLEAN NEEDLE TECHNIQUE COURSE SCHEDULE 2016

2016 CNT English Course Dates in Colorado:

Exam	Application Deadline	Location
11/12/2017	9/12/2017	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 (\$60-75 / 90-day subscription).

NCCAOM Study Guides are updated and posted on the NCCAOM website. An informational exam webinar is on their website.

NCCAOM is seeking feedback on the interest in creating other certification programs, such as Women's Health/Reproductive/Fertility, Integrative Hospital-based Practice, Mental Health, etc.

NCCAOM has launched "News & Resources Center" on their website. It is devoted to promoting and advancing news/research studies that have appeared in the media that emphasize the benefits of AOM.

NCCAOM is promoting Diplomates and the AOM profession on its social media pages (Facebook, LinkedIn) and they launched a YouTube page.

NCCAOM has announced a few changes in the Recertification Program and PDA categories. See their website.

NCCAOM has created a new membership organization "Academy of Diplomates".

2015 Biomedicine Exam Module scores overall lower.

After June 30, 2017, *The FOM* exam module will be offered only in a fixed form (linear, not adaptive) format for two, 2-week exam administration periods during August 14-26, 2017 and November 6-18, 2017.

CCAOM

The Council of Colleges of Acupuncture and Oriental Medicine (CCAOM) will hold their Spring 2017 Meetings in Milwaukee, WI, on May 15-19, at the Intercontinental Milwaukee Hotel. **George Kitchie, Mark Manton, and Vladimir DiBrigida** will attend the meetings to represent CSTCM.

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

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

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

AAC

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

The AAC now has their newsletter online at their website and membership renewal is available on the website. Also see their Blog at <http://acucol.com/blog/>

The 34th Annual AAC Conference will be held on April 22-23, 2017, at the Marriot Westminster Hotel. The conference will feature a workshop with Kiiko Matsumoto.

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

We encourage all graduates, students, administrators, and faculty to join the AAC in order to support the profession. CSTCM student, Brittny Chowning is the current AAC Student Representative.

AAAOM

Check out the American Association of Acupuncture and Oriental Medicine (AAAOM) website at www.aaaomonline.org. You can also check out job postings on their website. They currently have 20 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.

The AAAOM is still requesting donations to fund lobbying efforts related to OM on issues.

The AAAOM has added special discounts with Stericycle for needle disposal as a new member benefit.

They are still attempting to rebuild from the previous years of turmoil.



ACAOM

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

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

ACAOM continues to work on the Revised Masters Standards. They now have USDE authorization to approve distance education courses, not programs.

花有重开日，人无再少年

huā yǒu chóng kāi rì, rén wú zài shào nián, -
Flowers may bloom again, but a person never has the chance to be young again. So don't waste your time.

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.

ACUPUNCTURE TODAY POLLS

Acupuncture Today did the following polls over the past few months:

What is your practice strategy for 2017?

Need to try something different 52%
Keep things running smoothly 48%

You can subscribe to their free e-newsletter at acupuncturetoday.com. Check their classifieds for Practices for Sale and Job Opportunities. They have a new free app at www.AcupunctureToday.com/app.

AOM APPS

All apps available from <http://www.apple.com/iphone/from-the-app-store/> and many other app sources.

NA



**CSTCM Chinese New Year Celebration 2017 -
CSTCM faculty member Xilin Zhu**

NATIONAL AND INTERNATIONAL ORIENTAL MEDICINE NEWS

In **Colorado**, the Acupuncture Association of Colorado and the Colorado Safe Acupuncture Association filed a legal petition in December to repeal the Colorado Physical Therapy Board's regulation allowing PTs to practice acupuncture (which they call dry-needling) with almost no training or clinical experience. PT Dry-needling continues to be an issue across the country.

Mississippi removed the physician referral requirement from the acupuncture law.

Wyoming has finally has a law regulating acupuncture, making it the 47th state to regulate AOM

Doug Dearth, of the award winning documentary film *9000 Needles*, is working on another documentary film *Get To The Point*, with support from the non-profit The Acupuncture Now Foundation. They are asking for donations through [Crowdrise.com](https://www.crowdrise.com/donate/project/getting-to-the-point/acupuncturenowfounda/0) (<https://www.crowdrise.com/donate/project/getting-to-the-point/acupuncturenowfounda/0>)

The **American Society of Acupuncture (ASA)** published a position paper on dry needling.

Acupuncture Now Foundation is leading a campaign to clean up the Wikipedia Acupuncture page.

In November 2016, the **United Kingdom's** National Institute for Health and Care Excellence published an update to its guidelines for the management and treatment of low back pain that removes acupuncture as a recommended treatment.

RECENT ORIENTAL MEDICINE IN THE MAINSTREAM MEDIA

Bottom Line Personal, Do-It-Yourself Face-Lift (acupressure), 1/1/17; **Time**, Acupuncture May Help Babies Who Cry A Lot, 2/6/17; Acupuncture Could Relieve Carpal Tunnel Symptoms, 3/20/17; **Mayo Health Highlights**, The Point of Acupuncture, 3/20/17; **Greenfire Times**, Conscious Aging Through Qigong, February 2017; **The Denver Post**, Physical Therapy Board sued by acupuncturists, 4/10/17; **Denver Channel 9 News**, Denver Zoo, Acupuncture on penguins, date?; PT Dry Needling, 3/21/17; The Chandra Plan Foundation (acupuncture), 4/6/17

CELEBRITIES & AOM

Fergie stated she uses acupuncture regularly.

Alicia Keys stated “I really love acupuncture, it helps balance energy in the body and it’s very relaxing.”

Jim Carey stated “Undergoing acupuncture treatments and nutritional advice has led to a marked change in my physical vitality and my general state of well-being.”

Lena Dunham loves cupping.

Celebrity model **Donna Air** stated “Acupuncture helps me beat stress.”

Valerie Harper used Chinese medicine for post-cancer treatment.

Penelope Cruz uses auriculotherapy.

Denise Richards has used cupping.

Jennifer Lopez says she lost 15 pounds using acupuncture.

Aisleyne Horgan-Wallace used acupuncture and cupping for a back injury.



INTERESTING TCM & BIOSCIENCE STUDY WEBSITES

Free Video Lecture Links for Bioscience/Western Medicine Courses -

<http://freescienceonline.blogspot.com/2006/08/chemistry-biology-and-life-sciences.html>

Free Video Lecture Links for Bioscience/Western Medicine Courses -

<http://media.med.sc.edu/microbiology2009/>

Free Video Lecture Links for Bioscience/Western Medicine Courses -

<http://www.ficgs.com/Free-Video-Lectures-on-Medicine-d216.html>

AOM IN MEDICAL JOURNALS & RESEARCH AT MAINSTREAM UNIVERSITIES

Annals of Internal Medicine, Acupuncture helps with chronic constipation, September 13, 2016

BMC Pregnancy & Childbirth, Acupuncture reduces symptoms of threatened miscarriage, October 7, 2016

British Medical Journal, Acupuncture helps reduce epidurals and caesareans as part of integrative care, July 12, 2016

JAMA Internal Medicine, The long-term effect of acupuncture for migraine prophylaxis

Medicine, Acupuncture helps reduce breathlessness in COPD, October 2016

Menopause, Acupuncture reduces hot flashes by half, September 26, 2016; Gua Sha improves peri-menopause symptoms, October 10, 2016; Electro-acupuncture as good as drugs for improving sleep in breast cancer survivors, November 21, 2016

Natural Science Sleep, Tai chi improves anxiety and sleep in young adults, November 14, 2016

Oncology Nursing Forum, Acupuncture eases post-surgical recovery in mastectomy patients, November 1, 2016

Pain, Acupuncture provides long-term relief of chronic pain, October 17, 2016

Pubmed.gov, Cost-effectiveness of adjunct non-pharmacological interventions for osteoarthritis of the knee, March 7, 2017

学而不思则罔，思而不学则殆 *xué ér bù sī zé wǎng, sī ér bù xué zé dài* -

Learning without thought means labor lost; thought without learning is perilous.

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.

Life After Death (*This is a little graphic*)

Sometimes our duties extend beyond life. We have just completed a Code Blue, a resuscitation attempt on a youthful senior citizen. It was a futile effort. We knew that when we started.

She was the innocent victim of a drunk driver. She’d been hot and dragged. The sheriff said sixty feet. Her injuries were indescribable. Even trauma-hardened ER personnel were disturbed by the violence inflicted on her body.

Now I look at her still form and think of her husband sitting in the small waiting room reserved for grieving families. He’ll probably want to see her. *con’t*

We usually encourage a family to see their loved one before the body is permanently altered by the neat perfection of the embalmer. It helps bring home the reality; helps start the grieving process.

But this time I'm not sure. We can cover her body, but her face. Bouncing under the car has ripped her scalp open. The tissue covering her forehead has been split apart, exposing her glistening skull.

We begin to clean up the room, to clear the evidence of the struggle for life. I leave for a few minutes to attend to some other patients. When I return, I observe a miracle in progress.

The nurse in the room has carefully cleaned the woman's head and is using clear tape to gently pull her face together. I am amazed at the difference. She has been changed from an unrecognizable form to an identifiably attractive woman. A simple towel turban to hide her wounds completes the transformation. Her elegantly manicured hand is placed casually on top of the sheet.

Now the grieving husband is able to face her. He probably will always carry the memories of this room, of this moment. But at least in his memories he will recognize his wife.

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.

During my residency there was another resident who was a very arrogant, abrasive guy. The ICU nurses didn't like this guy. They hated him, in fact. Nurses feel demeaned, overworked, and undervalued as it is, so when a young know-it-all doctor made them feel worse, it really set them off, and I can understand why.

When this resident was on call at night, you could see them laughing and saying, "We're gonna get this jerk tonight."

And they did. They never let him sleep. They'd →

call him every five minutes with something. You know, your patient has this, your patient has that. And when the nurses call, you've got to go.

Nurses can make your life miserable, especially when they are on a unit like the ICU. I always made sure I got along with the ICU nurses when I was a resident. I still do.



CSTCM Chinese New Year Celebration 2017 - Joel receiving a Certificate of Appreciation for 5 years of service in the administration



CSTCM Chinese New Year Celebration 2017 - William (Tripp) receiving a Certificate of Appreciation for 5 years of service in the administration



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.

How To Improve Your Long Term Memory



Long term memory is the ongoing storage of unconscious and conscious information. It exists beyond your awareness but can be called into focus as needed.

This type of memory can last for days - or decades. It is created from short term memories which are replayed and reconnected several times.

We can break down long term memories into two categories:

- **Declarative memory** resides in your conscious mind. It can either be episodic (such as your first day at school) or semantic (such as the capital cities of the world) and requires your conscious effort to recall.
- **Procedural memory** is a largely unconscious or automatic response to your environment, such as how to ride a bicycle or play the piano. You can recall procedural memory without consciously thinking about it.

In this article, we'll look at the causes of long term memory loss and how you can actively improve it through brain games, memory supplements, and simple lifestyle changes.

What Causes Long Term Memory Loss?

Long term memories naturally fade as you get older - this is completely normal. Generally the effect is →

exacerbated by stress and illness, so it pays to create a healthy, low-stress lifestyle and keep your immune system strong to fend off disease.



However, serious long term memory loss can be caused by brain injury, for example as the result of a car crash. You may have trouble processing and storing new information which makes it hard to form new long term memories. Or you may have difficulty remembering certain tastes, smells and sounds - it depends on what part of the brain has been affected.

Other causes of serious memory loss are neurodegenerative diseases - including Alzheimer's Disease, Dementia, Huntington's Disease, Multiple Sclerosis and Parkinson's Disease.

How To Improve Your Long Term Memory

1. **Exercise Your Body** - Research has found a clear connection that exercise not only keeps the body fit and strong, but reduces the chances of developing dementia. That's because it improves the function of your cardiovascular system - it keeps the heart pumping fresh oxygen to the brain. It also helps regulate blood sugar levels (essential for diabetics coping with memory loss) which affect the size of the hippocampus, part of the brain which is critical to memory.
2. **Exercise Your Brain** - Another study has found that seniors who do crosswords, puzzles, read, write and play card games delayed the onset of dementia. It's recommended you do this kind of mental exercise twice a day in order to help prevent your mental powers from stagnating.

For memory improvement games, I recommend Luminosity. They offer a huge range of simple *con't*

and scientifically-proven games designed for all ages. By practicing daily, you can track your performance and monitor your level of improvement in terms of memory, attention and creativity. It's an excellent website for young and old to sharpen their memory skills and improve their mental performance all-round.

Brain Games

<https://www.lumosity.com/>

1. **Sleep Well** - Ever noticed how babies sleep far more than adults? That's because their brains are rapidly developing, allowing their neuronal connections to be remodeled during sleep. So if you are sleep deprived, you are also depriving your brain from essential remodeling work and memory consolidation.
2. **Avoid Stress** - When you are stressed, the brain releases a chemical called cortisol which adversely affects your memory and other brain functions. So if you are frequently stressed out you will find it tough to recall long term memories - you'll have that feeling that your mind has gone blank - even when the answer should be obvious. Cortisol also diverts glucose in the blood to muscles and away from the brain, so your hippocampus is again deprived of oxygen.
3. **Eat Well** - Sometimes memory loss can be attributed to a nutritional deficiency in the diet. Experts recommend eating more nutrient-rich foods or specific vitamin supplements to improve memory. This provides the brain with all the nutrients it needs to function properly, including the way it forges and retrieves memories.
4. **Concentrate More** - Don't allow your brain to rot away by letting information and opportunities wash over you. Take an interest in the task at hand and give it your full attention. If you aren't mentally challenged by your job, find new ways to stimulate your brain by taking up a hobby or learning a new skill. It's essential that you actively engage your brain in challenging tasks every day.
5. **Use Mnemonics** - A mnemonic device is a clever way of engaging the brain and improve your long term memory at the same time. It works by evoking vivid and unusual mental imagery and emotions, thereby giving dry data meaning. Various systems are The Linking System, The Name Game, The Loci System and The Peg System. They can all

help with long term recall tasks like remembering news and phone numbers.

6. **Replay New Memories** - If you are studying for an exam, review all your data several times at different intervals to cement it in your long term memory. For example, spend a few minutes reviewing your data about 10 minutes after the initial lesson. This will keep it fresh for about 24 hours. So review again the next day. Then again after one week. And finally review again after one month. By this time it will take little effort to recall the information from your long term memory.

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



CSTCM Chinese New Year Celebration 2017 - Shanwen Gao receiving a Certificate of Appreciation for 15 years of teaching at CSTCM



CSTCM Chinese New Year Celebration 2017 - Chris Edwards receiving a Certificate of Appreciation for 10 years of service in the administration



CSTCM Chinese New Year Celebration 2017 - Hsiao-Wei Fang receiving a Certificate of Appreciation for 5 years of teaching at CSTCM

YANG SHENG 養生 NOURISHING LIFE

Within a Chinese historical context, medicine (*yi* 醫) was one of several qualitative sciences. It included “nurturing life” (*yang sheng* 養生), a broad category that comprised a wide range of self-cultivation techniques. In later periods, medicine also included materia medica (*bencao* 本草) and internal (*nei dan* 內丹) and external (*wai dan* 外丹) alchemy. The early Chinese qualitative and quantitative sciences were specific, with no unified notion of science (Sivin 1982 and 1990).

Several Warring States Period (476-221 BCE) texts express the need to preserve one’s person, self, or essential nature:

Therefore the sage puts his person last and it comes first, Treats it as extraneous and it is preserved. (*Daode jing*, chap. 7)

One way to do this was to maintain health by nurturing life (*yang sheng*), an area of common ground for speculative thinkers and practitioners of traditional medical arts. The term *yang sheng* first appears in the *Zhuangzi* and then throughout a range of second (BCE) century medical literature.

Aspects of nourishing life include regulation of food and drink, appropriate balance of work and exercise with rest and sleep, living in harmony with the cycles of the four seasons and day and night, reducing →

needless activity, harmonizing the emotions, and avoiding things that cause disease or injury.

Reducing harm

Nourishing life can be compared to gardening; some practices are like planting seeds to cultivate what is desired. Other practices resemble pulling weeds; one must eliminate the activities that cause harm. Passages on nourishing life often include numbered lists for activities to do or activities to avoid.

The Five Taxations from *Su Wen* Chapter 23:

- Looking for a long time damages blood
- Lying down for a long time damages *Qi*
- Sitting for a long time damages flesh
- Standing for a long time damages bones
- Walking for a long time damages sinews

These are called damage by the five taxations.

The Seven Damages were first described in *Zhu Bing Yudan Hou Lun* (Discussion of the Origin and Manifestations of Various Diseases)

- Great fullness (from overeating) damages the Spleen
- Great anger with *Qi* counterflow damages the Liver
- Using brute force, lifting heavy things, and sitting on damp ground for a long time damages the Kidneys
- Coldness of the physical body and drinking cold things damage the Lungs
- (Excessive) sadness, worry, thought, and concentration damage the Heart-Mind
- Wind, rain, cold, and summer-heat damage the physical body
- Great terror and uncontrolled fear damage the *Zhi*-Will

Continued next newsletter

Let’s not kid ourselves. Whatever we diagnose, most patients, if they don’t die, get well by themselves. Our job is mainly to try to make them feel better; do no harm.

Diane Frolov & Andrew Schneider

SUPPLEMENTS

Consumer Reports, September 2016, reported the following:

23,000 people every year end up in the ER after taking a supplement

Over 1,000 supplements have been found to contain prescription or experimental drugs →



Ellision address has changed; 738 Washington St.

4 out of 5 herbal supplements tested by the NY Attorney General's office in 2015, didn't contain the herbs/ingredients listed on the label

A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort.

Herm Albright

ADVERTISING

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Colorado School of Traditional Chinese Medicine
1441 York St., Suite 202
Denver, CO 80206-2157
www.cstcm.edu