

Colorado School of Traditional Chinese Medicine Newsletter

Volume 2, Issue 85

September 2017

Welcome to the new class of students for the Fall 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.



The beginning of knowledge is the discovery of something we do not understand.

Frank Herbert

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CSTCM NEWS

Honors List for Spring 2017

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.TCM students are listed by their earliest enrolled course.

Trimester 1 – Sophia O'Keefe, Jennifer Eisenberg, Chloe Andrews, Layne Bronson, Katherine Heinrich, Charlotte Morgan;

Trimester 2 – Heather Stacy, Jolie Foster, Sharayah Misiewicz;

Trimester 3 – Jamie Jolley, Haley Chiles, Melissa Radcliff;

Trimester 4 – Jennifer Preston;

Trimester 5 – Chau Simon, Dee Watts;

Trimester 6 – Brittney Chowning, Cherron Dow-Chacon, Sakshi Mears; Amy Smith, Caroline Templeton, Michael Zarlring;

Trimester 7 – Jessica Barrett, Leslie Brave, Guy Ciulla, Timothy Farad, Amy Peek; Allison Wolfstar;

Trimester 8 – Renata Silveira, Isaac White;

Trimester 9 – None.

Of all the tools of death, desire has killed the most.
Zhuang Zi, Warring States Period

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 **Sakshi 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 Summer Barbecue - July 2017

The **CSTCM Fall 2017 Graduation Ceremony** will be Sunday, December 17, 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 for Veterans Day (November 11), 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. Fall workshops are October 8 and 15. Contact the Clinic Director's office for more info and see the 2017 CSTCM NCCAOM Exam Prep Workshop flyer.

2017 CSTCM SCHOOL EVENTS

Fall Open House - September 14

AOM Day – October 24 - CSTCM October 21

Veterans Day – November 11

Deck the Halls – November 24

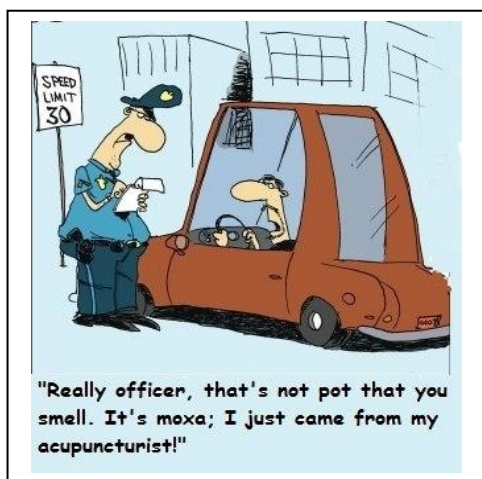
Bowling – December 2

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, September 17; 10:00 - 12:00 pm; see the flyer. →



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

<http://www.trudymcalisterfoundation.org/application/>

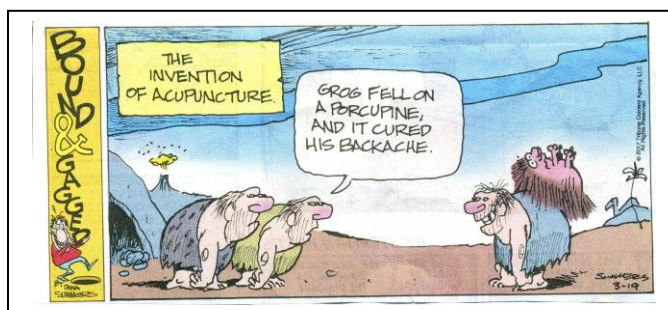
CSTCM Library News & Update

Library hours for the Fall 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 has been discontinued until further notice.

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



CSTCM Summer Barbecue - July 2017

continued



Sakshi Mears receiving the 2016 Academic Achievement Award from Academic Dean Camille Rodriguez, at the 2017 Chinese New Year Celebration

Welcome to our new Administrators: NA

Welcome to our new faculty members and assistants for this trimester: **Sa'bura Goodban** is teaching Diagnosis & Differentiation A.

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 Booth at the Dragon Boat Festival - July 2017

These are the four abuses: desire to succeed in order to make oneself famous; taking credit for the labors of others; refusal to correct one's errors despite advice; refusal to change one's ideas despite warnings.

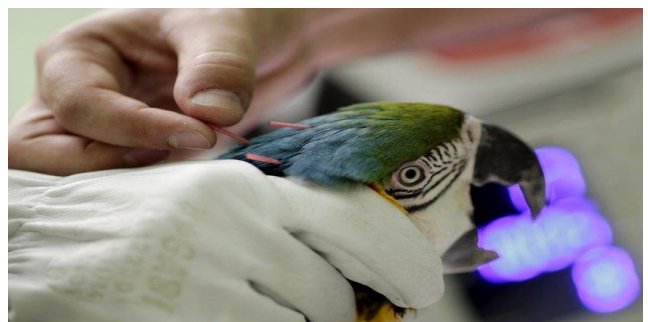
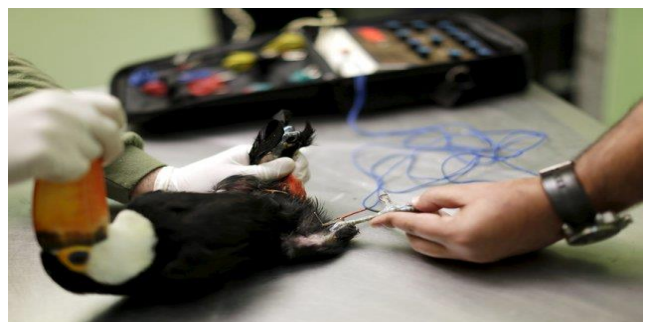
Confucius, Spring and Autumn Period



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.

On our new website, in addition to pages for the **CSTCM Alumni Practitioner Directory** and **Employment Opportunities**, we have added a page for a **TCM Blog**. Any other ideas? Don't forget to follow us on **Facebook @cstcm.edu** and **LinkedIn**.

We often find personal items left in classrooms and around the school. The 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.



Acupuncture at the Brasilia Zoo, Brazil

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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 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 Aides" section to the CSTCM website. We will continue to add various links for helpful sites to assist students with study aides.



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.



qiong ze bian, bian ze tong

Literally: If you're poor, change and you'll succeed.
Meaning: When out of means, seek change. Then opportunities will come.

Scholarships for OM students

Mayway Scholarship Program

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

Nuherbs Scholarships

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

Tylenol

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

AAUW (Women only)

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

Other Scholarships & Grants

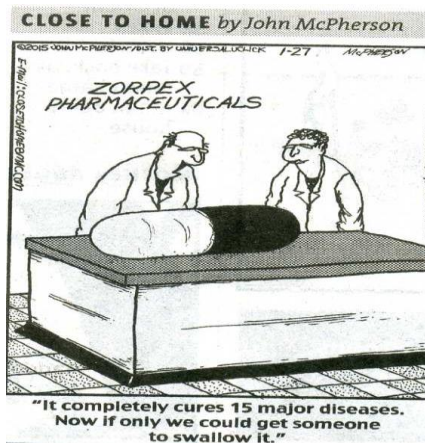
FastWeb www.fastweb.com

College Collection www.collegescholarships.com

CSTCM STUDENT SERVICES

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

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



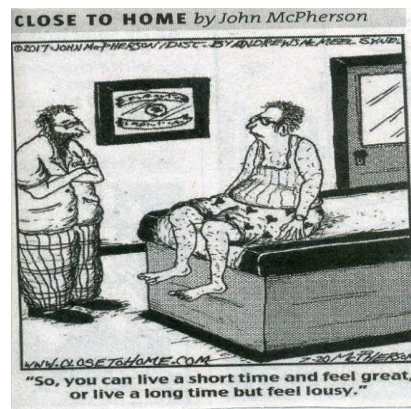
UPCOMING 2017 WORKSHOPS

CSTCM scheduled workshops for 2017:

- **TCM Treatment of Irritable Bowel Syndrome**, Dr. Quansheng Feng, M.D., Ph.D., September 23-24, 2017
- **Tung's Pain Management and Bloodletting Therapy**, Henry McCann, DAOM, L.Ac., October 28-29, 2017
- **Tongue Diagnosis**, Instructor TBA, November 5, 2017

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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ALUMNI CORNER

Any CSTCM Diploma graduates, who wish to obtain the M.S.TCM or M.S.Ac. Degree, must meet all admissions requirements and curriculum of the programs at the time they enter the program. They should get a catalog from the office and submit an application and application fee. Graduates who are interested can also get an information sheet from the office on their Transfer Credit into the programs and courses they will need to take. The Fall 2017 Trimester begins August 28. Contact the office for a schedule. There are currently 13 graduates from the old Diploma program who have graduated with their M.S.TCM or M.S.Ac. Degree.

Missing Grads

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

We continue to update our graduate database and want to be sure graduates receive surveys, newsletters, and flyers for upcoming workshops. Please contact the **Academic Dean** or **Vladimir DiBrigida** if you have not talked to them recently. CSTCM currently has 656 graduates (218 Diploma grads, 338 M.S.TCM grads, and 100 M.S.Ac. grads).

CSTCM grad **Cheryl Harris (06)** was featured in the July, Wise Traditions podcast on The Benefits of Acupressure for Children.

CSTCM grad **Tricia Good (07)** had an article published in Acupuncture Today titled *An Unexpected Diagnosis*.

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 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.

Use the days of plenty to think about the days of nothing.

Traditional Chinese Proverb

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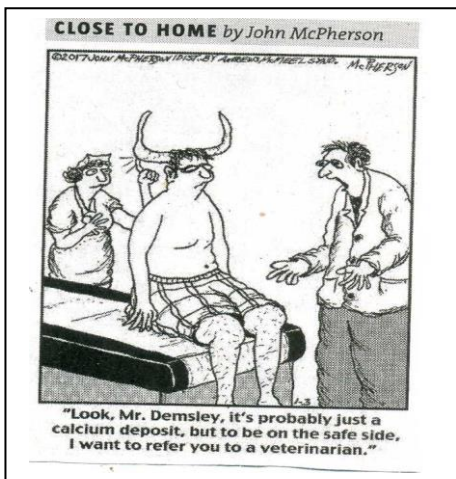
Mayway offers discounts to recent AOM graduates. Graduates can receive a Mayway Graduation Packet, which includes a 20% discount certificate, product samples, and other materials. Contact Mayway at graduates@mayway.com

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 - Fall 2001**

Ursula Abel, Dede Barry, Brian Bowen, Maureen Donohou, Denny Ellinger, Mark Evans, Judi Farley (not pictured), Kimberly French, Sherri Giamarvo, Mary Hillary, Shawna Hoven, Sandra Huerta, Troy Krebs, Martha Lucas, Theresa Mata, Paul Murray, Lisa Newman, Nhu Nguyen, Joanne Renna, Erin Simants, Cynthia Thatcher, Rick Woodward.



CLEAN NEEDLE TECHNIQUE COURSE SCHEDULE 2017

2017 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 for details.

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

The 2017-2018 NCCAOM Job Analysis is underway.

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



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

CCAOM

The Council of Colleges of Acupuncture and Oriental Medicine (CCAOM) will hold their Fall 2017 Meetings in Columbia, MD, on November 13-17, at the Sheraton Columbia Town Center Hotel. **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/>

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 students, Brittney Chowning and Cherron Dow-Chacon, are the current AAC Student Representatives. CSTCM graduates Mark VanOtterloo (11) is the AAC President, Stephanie Shober (09) is the Treasurer, and Sandi Lyman (15) is a Board Member.

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.

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

I am still determined to be cheerful and happy, in whatever situation I may be; for I have also learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances.

Martha Washington (1732-1802)

ACAOM

The Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM) website is <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.

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 topic is most relevant to your practice, or to you as a practitioner?

Acupuncture methods	46%
Practice management	26%
Integrative health	20%
Herbs	8%

How often do you prescribe herbs in your practice?

Less than 25%	31%
26%-50%	9%
51%-75%	28%
76%-100%	31%

What happens if a patient needs you during a needling treatment?

Someone checks in periodically	35%
Patient is never left alone	35%
Call button is accessible to patient	25%
No method in place	5%

How often do you treat patients for insomnia, anxiety, depression, or other mental health issues?

Frequently	78%
Occasionally	16%
Rarely	2%
Never	4%

Are the majority of your clients from referrals, social media, or print advertising (flyers, magazines, newspapers, etc.)?

Referrals	80%
Print advertising	8%
Social media	6%
?	6%

You can subscribe to their free e-newsletter at acupuncturetoday.com. Check their classifieds for Practices for Sale and Job Opportunities.

NATIONAL AND INTERNATIONAL ORIENTAL MEDICINE NEWS

In **Oregon**, Medicaid has expanded coverage for acupuncture.

The **New Jersey Attorney General** has ruled that Physical Therapists cannot practice Dry Needling.

Dry needling is expanding largely because the physical therapy industry is far larger than the acupuncture community. In New York State alone there are 22,077 PTs compared to 4,146 acupuncturists in 2015. The APTA has a \$43.5 million budget and represents 95,000 PTs.

Check out the **American Society of Acupuncturists** (ASA) website <http://www.asacu.org/>. Join the state acupuncture association (AAC) to help promote ASA's work.

The **Food and Drug Administration** (FDA) has proposed that doctors should learn about acupuncture for pain management; to help avoid prescription opioids.

A recent study showed that reimbursement levels for integrative health practitioners for some common clinical services differ significantly depending on whether they were provided by a complementary healthcare service provider or a primary care physician. A comparison of reimbursement rates for health services provided in a non-emergent outpatient setting showed reimbursement for **acupuncturists** were 69% lower; 71% lower for chiropractors, and 62% lower for naturopathic doctors.

RECENT ORIENTAL MEDICINE IN THE MAINSTREAM MEDIA

Forbes, The Role of Acupuncture in the Midst of the Opioid Crisis, 6/24/16; **5280**, Pressure Point (Acupuncture), May 2017; **Bottom Line Personal**, Acupuncture May Help Relieve Colic, 5/1/17; **Denver Channel 4, CBS This Morning**, Seniors Pain Management with Acupuncture, 5/21/17; **Radio Health Journal**, Alternatives to Opioids for Pain, 5/28/17; **Mayo Clinic Health Letter**, Acupuncture, Unconventional Relief, July 2017; **Denver Channel 9 Morning News**, Denver Zoo Uses Acupuncture to Treat Giraffe's Arthritis, 7/3/17; **Consumer Reports: On Health**, DIY Tai Chi, August 2017.

AOM APPS

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

For Android phones search Google Play at <https://play.google.com/store>.

CELEBRITIES & AOM

Snoop Dogg says acupuncture helps with his fear of needles.

Angelina Jolie revealed she had Bell's Palsy last year and thanked acupuncture for her full recovery.

Elle Macpherson uses herbs and acupuncture for almost all of her ailments, and quoted saying "I do choose to look after my body from a Chinese medicine perspective, which promotes and maintains wellness rather than treats illness."

Kate Winslet used acupuncture to assist in labor induction in 2013.



INTERESTING TCM & BIOSCIENCE STUDY WEBSITES

Free Video Lecture Links for Bioscience/Western Medicine Courses – <http://passingtheboards.webnode.com/sitemap/>

Free Video Lecture Links for CAM - <http://nccam.nih.gov/training/videolectures/>

Western Medical News - <http://www.docguide.com/general-practice/popular/30days>

Academic Tips - <http://www.academictips.org/acad/index.html>

AOM IN MEDICAL JOURNALS & RESEARCH AT MAINSTREAM UNIVERSITIES

Anaesthesia, Acupuncture reduces anxiety before brain surgery, March 2017

Annals of Internal Medicine, American College of Physicians issues guideline for treating nonradicular low back pain (acupuncture, February 14, 2017)

Archives of Physical Medicine & Rehabilitation, Acupuncture provides additional benefit to stroke rehab, April 25, 2017

Arthritis Care & Research, Real and sham acupressure beneficial in knee osteoarthritis, April 24, 2017

Brain, Acupuncture corrects pathological brain wiring in carpal tunnel syndrome, April 1, 2017

Current Oncology, Acupuncture reduces GI distress in chemotherapy patients, February 2017

European Journal of Pain, Acupuncture does not add benefit to shoulder treatment, January 20, 2017

International Journal of Gynecology and Obstetrics, Acupressure helps reduce caesarian rate and length of labour, October 2016

International Journal of Nanomedicine, Acupuncture improves menopausal dry eye, February 28, 2017

JAMA, Effect of Electroacupuncture on Urinary Leakage Among Women with Stress Urinary Incontinence, June 27, 2017

JAMA Internal Medicine, Acupuncture leads to long-term reduction in migraine frequency, April 1, 2017

Nature and Science of Sleep, Tai Chi improves anxiety and sleep in young adults, November 14, 2016

Pain Medicine, Sensitive fibromyalgia patients respond differently to acupuncture, March 15, 2017; Acupuncture adds benefits to frozen shoulder treatment, March 20, 2017

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.

What Might Have Been

It's 7 am, a new shift. Not even time for coffee before the radio alarms. Auto accident. Two kids headed for home two hours away. Their truck flipped off a bridge into a wash. Now they're on a detour to the ER.

He looks worse than she does, an obvious candidate for a few days in the ICU. She doesn't look too bad. She's awake, knows what's happening. She moves her arms and legs. She says her neck is sore. She lies patiently, her body immobilized on a hard board, waiting for X rays.

I call her mom and dad. How do you tell parents two hours away that their daughter's been in an *continued*

accident? You want to convey calm without lying about the seriousness of the situation. And you know nobody's calm after a call from the ER.

I tell mom she looks pretty good initially, a few aches and pains but we're just getting started, no X rays yet. Parents are on their way.

Neck X rays are completed first. The radiology report's negative, so off come the cervical restraints. I check her over again and find a couple of new aches. Back she goes to X ray to find a fractured knee and shoulder.

Her neck is still hurting. I feel uneasy. The X rays have been checked by the doctor, she has no numbness, no tingling, no loss of movement, but I have this nagging voice mumbling deep inside.

She asks for a pillow. The nagging voice sputters. I compromise with a small folded towel behind her head. Five minutes later she tells me her hand is tingling. The voice inside me explodes with an accusation! Why didn't you listen to me!

My calm exterior remains. I slide the towel out and grab the doctor. We remobilized her neck.

The films go back to the radiologist with the new symptoms. Another look shows a break in her second cervical vertebrae. Nerves to her entire body pass through this bone. Nerves that control her present and future.

I am screaming. Outside I am calm.

Without the towel, the tingling is gone. Relief! Sensation and movement are normal. Whew!

Mom and Dad arrive. I have good news and bad news. Your daughter's alive, but she has a broken neck. Your daughter's not paralyzed, but she has to wear a brace screwed into her head for the next few months.

Inside, I am drained. I'll remember this girl forever. Daily in this job I see the frailty of life. Today I am slapped in the face with it.

I wheel her to her hospital room. I stay with her while the neurosurgeon places the head crews. She is great, very brave. She thanks me for my care. Sends me flowers. Promises to keep in touch.

That night I don't sleep well, haunted by what might have been.



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.

I work in a major medical center and get referrals from around the country for a couple of specialized procedures that I'm known for. But when I get a referral from a local neurosurgeon to operate on something outside my own specialty areas, it's usually a Medicaid patient or an f-up. They send the patient to me either because they're not going to get enough money from Medicaid, or else the case is so complex, they should never have operated in the first place.

Other neurosurgeons are reluctant to refer because it violates their own economic lifelines. If a doctor refers a patient to a general neurosurgeon, and the neurosurgeon refers that patient to me, then the next time the doctor will bypass the general neurosurgeon and refer directly to me. Knowing that, a lot of neurosurgeons convince themselves that they can handle a case even when they shouldn't because they're willing to put their own welfare before their patient's. When the patients end up in serious trouble, then I get them.

GLOBAL ACUPUNCTURE PROJECT (GAP)

The GAP is continuing trainings in Mbale and Luwero, Uganda, in newly established acupuncture departments in two local government hospitals. Applications and donations can be made at <http://globalacupuncture.org/>.

MEMORY

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

Can You Develop An Eidetic Memory?



An eidetic memory isn't merely a good memory - it's an astonishing one. People with such an ability don't consciously use mnemonic devices or other aids to jog their memory; simply, they can automatically remember specific details like the weather on any given day years ago.

Famous eidetickers portrayed in movies and TV shows include Dustin Hoffman in Rain Man and Tony Shalhoub in Monk. Real life eidetickers claim to see an image on a blank canvas in their minds as vividly as if they were looking at it right now. This enables them to revisit specific details and provide seemingly uncanny recall... (continues)

An **eidetic memory** (or photographic memory) is the ability to remember vivid images and sounds with astonishing precision.

The term comes from the Greek word *eidos* which means "seen" and refers to the extraordinarily vivid recall of visual scenes.

But is such a phenomenon real? And can anyone develop a photographic memory?

Myths About Photographic Memory

There are two conflicting myths about having an eidetic memory which throws the concept into controversy...

Myth #1 - The term photographic memory is a misnomer. It implies that, once captured, the memory remains perfectly intact and can't possibly be faulted because it is so immaculately ingrained in the first place. In truth, an eidetic memory is subject to the same factors as regular memory: how long they →

looked at the stimulus, how many repeat exposures they had, and whether they gave it much conscious attention.

The technical definition of an eidetic memory is to have such a vivid impression of an event that the eideticker can still see the scene in their mind's eye after it has disappeared from view. However since the stimulus is not literally there, and depending on all those observational factors, it can't really be said to be a literal photographic impression.

Myth #2 - Just because someone has a very impressive memory, it doesn't mean they have an eidetic memory. Often the term is overused. In many cases, so-called eidetickers are just really good at learning, concentration, and connecting seemingly unconnected information - perhaps through the cognitive cross-wiring phenomenon of synaesthesia. They may also instinctively use natural mnemonic devices to aid their learning and recall which, to the casual observer, appears positively magical.

The American cognitive scientist, Marvin Minsky, believes eidetic memory doesn't even exist at all - while others say it exists, but only in a miniscule percentage of the population. Indeed, recent studies suggest that true eidetickers possess a lot of raw, unprocessed information. This separates it from any other kind of memory feat - because in all non-eidetickers the data must still be identified and attached with meaning to be recalled.

Autism and Synaesthesia

Do autistic people have an eidetic memory? Everyone knows that certain people in the autistic spectrum (particularly those with Asperger syndrome) can display amazing mental processes. However in most cases this is not considered a photographic memory, but rather an impressive memory and attention to detail in their own right.

However, in the following video, Daniel Tammet demonstrates a stunning application of what must be an eidetic memory. A British writer with high-functioning autism and savant syndrome, Daniel is able to calculate complex sums in his head, recite Pi to 22,500 decimal places, and learn Icelandic (one of the world's most difficult languages) in just one week...

What makes Daniel Tammet so special? Aside *continued*

from his remarkable genius, he has unusually complex synaesthesia, opening doors for scientists looking to study the mind of a savant. "Savants can't usually tell us how they do what they do. It just comes to them," said Professor Allan Snyder of Tammet's condition. "Daniel can describe what he sees in his head. That's why he's exciting. He could be the Rosetta Stone."

The Eidetic Memory Test

Chances are if you have an eidetic memory (or even a really powerful memory in its own right) you probably already know about it. In children, the condition is diagnosed by having the child study an image for 30 seconds, then testing their recall. True eidetickers claim to be able to still see the image on the blank canvas after it has disappeared.

So do you have an eidetic memory? Test your photographic memory skills now by looking at the two images in this video, and try to mentally superimpose one on top of the other. If you can make out a clear third image, then you have a photographic memory.

Can You Develop a Photographic Memory?

Is it really possible for the layperson to develop an eidetic memory?

I'm afraid that's going a little overboard. True eidetickers are indeed rare and they are usually born with the ability and develop it further during childhood, sometimes after a brain trauma as in Daniel Tammet's case.

Although Tammet is an extreme example, eidetic ability certainly requires an extraordinary brain and a different way of perceiving the world. I don't believe we are all wired this way - although it could certainly be a possible next step in our evolution.

There are websites which claim to teach you how to develop a photographic memory but they are typically selling general memory improvement techniques. These are still great to learn but don't expect to wake up one morning with a photographic ability - certainly not in the literal sense of the word.

Still, it is possible to develop an impressive memory through brain training, mnemonics, and other mental conditioning. Derren Brown has demonstrated some impressive memory feats on his TV shows. And it's even said that one of the world's memory →

champions once suffered a terrible memory, and became a memory champion by learning advanced mnemonic techniques...

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 Booth at the Dragon Boat Festival - July 2017

HIGH FALLS GARDENS/FOUNDATION

HIGH FALLS FOUNDATION INC. is an independent nonprofit organization founded in 2008 to carry on our mission of education, research and conservation of medicinal plants. We invite you to join us, in our own special niche of the Great Work. Please strengthen our base with a contribution, sign up for our emails, and tell us about your interests. All gifts are fully tax-deductible and gratefully acknowledged.



Spring 2017: Chinese medicinal herb starts and a very old *Ziziphus jujube hong zao* with four trunks, six feet in circumference at the base and decorated with a stag skull, was found near the railroad station in Abilene KS. Perhaps an Asian immigrant railroad worker planted it over a century ago? This tree is certainly the true species, not one of the many cultivars available in the U.S.



CSTCM Student Clinic - July 2017

YANG SHENG 養生 NOURISHING LIFE

Continued from the May 2017 newsletter.

The Five Taxations and Seven Damages not only list limits that should not be surpassed, they also list the resulting harm to the body or mind. This is useful to the practitioner in diagnosis, treatment and lifestyle recommendations. For example, if someone has a Kidney pattern, we can recommend that the patient does not use brute force, lift heavy things or sit on damp ground for a long time. Equally, if a patient's job involves lifting heavy things, we can do more to protect the Kidneys.

The Three Warnings: Not to groundlessly come and go; not to groundlessly talk and chatter; not to groundlessly be anxious and worry.

The Three Warnings were written by Tang dynasty poet and writer *Liu Zongyuan* (773-819). They were included in three of his essays, written during a time when he was banished from court. We should remember that these lists were often written by people who had challenges in their own lives and health. These were the self-therapies that benefited the authors, so they wrote them down for later generations to follow. The first and second of the three warnings prevent needlessly using up qi (speaking is frequently said to scatter qi, see below). In addition, reckless words can cause trouble; perhaps they led to the banishment of the author. Frantic activity and speech also disquiet the →

spirit. And while the author had reason to worry, he found that worry did not help; this is today's 'accepting the things we cannot change'.

To be continued in the next newsletter...

HOW MUCH WILL THAT MEDICAL PROCEDURE COST YOU (2016)?

Knee Replacement Surgery -

National average \$35,543

Sacramento, CA - \$42,905-\$71,619 - Average \$58,504

Denver, CO - \$32,369-\$45,925 - Average \$36,386

Dallas, TX - \$40,863-\$52,226 - Average \$48,587

St. Louis, MO - \$20,165-\$29,978 - Average \$25,869

Atlanta, GA - \$28,644-\$45,562 - Average \$33,533

New York, NY - \$27,507-\$61,833 - Average \$27,507

Lower Back MRI

National average \$716

Sacramento, CA - \$1,015-\$2,162 - Average \$1,603

Denver, CO - \$571-\$1,014 - Average \$637

Dallas, TX - \$512-\$1,432 - Average \$679

St. Louis, MO - \$565-\$1,507 - Average \$1,061

Atlanta, GA - \$510-\$761 - Average \$631

New York, NY - \$399-\$774 - Average \$504

US MEDICAL SCHOOL ACCEPTANCE RATES

Completing medical school is difficult. But getting accepted into a program is also a challenge. Among the 118 ranked medical schools that submitted these data to U.S. News in an annual survey, the average acceptance rate for the 2016-2017 school year was 5.8 percent. At the 10 medical schools with the lowest acceptance rates for 2016-2017, competition was even fiercer: An average of only 2.6 percent of applicants were admitted. The Mayo Clinic School of Medicine in Minnesota once again tops the list with an acceptance rate for 2016-2017 of just 1.8 percent – the same as the previous year. Only 86 of the 4,802 who applied were admitted. The school that follows – Georgetown University in the District of Columbia – had the most applicants of any on the list, at 14,377. Georgetown had a 2.5 percent acceptance rate, admitting the same percentage as Stanford University in California. At the opposite end of the spectrum is Oklahoma State University, which accepted 14 percent of applicants for 2016-2017.

LEADING CAUSES OF DEATH IN THE US

The CDC reported the following leading causes of death in the U.S. in 2016:

Heart disease: 633,842
 Cancer: 595,930
 Chronic lower respiratory diseases: 155,041
 Accidents (unintentional injuries): 146,571
 Stroke (cerebrovascular diseases): 140,323 →



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Alzheimer's disease: 110,561
 Diabetes: 79,535
 Influenza and pneumonia: 57,062
 Nephritis, nephrotic syndrome, and nephrosis: 49,959
 Intentional self-harm (suicide): 44,193

Do not fear going forward slowly, fear only standing still.

Traditional Chinese Proverb

ADVERTISING

Mailed subscriptions are available to the newsletter at a cost of \$20.00 per year / 3 issues.

ADVERTISING RATES

Ads must be digital.

Full Page	7.25w x 10.25	\$100.00
Half Page	7.25w x 5	\$60.00
Quarter Page	3.5w x 5	\$35.00
Business Card	2 x 3 1/2	\$15.00
Simple classified ad up to 6 lines		\$10.00

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

