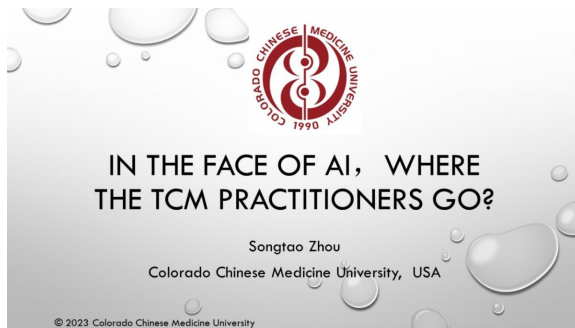




The Colorado Chinese Medicine University (CCMU) hosted the North American (English) forum of the 7th World Conference on Integrative Medicine on Dec 1-3, 2023, exploring the integration of Traditional Chinese Medicine and Modern Science.

CCMU faculty, Joseph Brady, L.Ac gave an informative presentation on Tai Qi. Plus CCMU DAOM Students: Corey Brown, L.Ac,, Natalie Franciose, L.Ac,, Valerie Lam, L.Ac., and Angie Pierce gave presentations on interesting topics. Our own CCMU COO, Songtao Zhou gave a speech on AI and TCM Practitioners and TCM student, Chris-Anne Donelley gave a talk on calming the mind.

Below is a summary of the presentations, click the picture to view the video:



瓦莱丽·兰姆 (Valerie Lam) 获得了科罗拉多大学生物学士学位，并于2019年毕业于科罗拉多中医学学院，获得中医学硕士学位。她目前正在科罗拉多中医药大学攻读针灸与中医医学博士学位。瓦莱丽是科罗拉多州执业的执业针灸师和草药师，并获得NCCAOM认证。在疼痛管理机构工作并照顾中风和癌症患者后，她决定追求对更整体和自然的治疗和健康方式的热爱。

Valerie Lam acquired her Bachelor of Science in Biology from the University of Colorado and graduated in 2019 from the Colorado School of Traditional Chinese Medicine with a Master of Science degree in Traditional Chinese Medicine. She is now pursuing her Doctorate degree in Acupuncture and Oriental Medicine from Colorado Chinese Medicine University. Valerie is a Licensed Acupuncturist and Herbalist in the state of Colorado and board-certified by the NCCAOM. After working in pain management facilities and caring for stroke and cancer patients, she decided to pursue her passion of a more holistic and natural way to healing and wellness.

The Efficacy of TCM Treatment on Post-COVID Brain Fog Syndrome  
中医治疗后COVID脑雾症



科瑞·布朗 (Corey Brown)：美国科罗拉多注册针灸师，中医学硕士。美国新奥尔良人，最初追求西医，但渴望一种整体的方法。对自然疗法产生兴趣，他通过导师发现了中医，从而开始在丹佛学习针灸和中药。这段变革性的旅程确认了他的使命，他从患者健康的改善中找到了喜悦。通过整体方法解决了自己的慢性问题，科瑞渴望分享他的治疗知识。目前正在科罗拉多中医药大学攻读针灸与中医博士学位，专注于经典中医学，他一直致力于作为一名疗愈医生的目标。

Corey Brown, L.Ac., Dipl. Ac., MSTCM, a New Orleans native, initially pursued Western medicine but yearned for a holistic approach. Intrigued by natural remedies, he discovered Traditional Chinese Medicine through a mentor, leading him to study acupuncture and herbal medicine in Denver. The transformative journey confirmed his calling, finding joy in patients' improved health. Relieved of his own chronic issues through holistic methods, Corey is eager to share his healing knowledge. Currently pursuing a Doctorate in Acupuncture and Oriental Medicine, focusing on Classical Chinese Medicine, he remains dedicated to his purpose as a healer.

以证据为基础的中医治疗癌症化疗副作用  
Evidence-Informed Treatment of Chemo Side effects



Maggie Self-Davoodian是一位教育工作者、创意音乐人、康复治疗从业者，目前正在乔治亚学院学习针灸。在长期护理和社区诊所工作期间，她对自然和整体疗愈的热情逐渐增长。致力于支持个体过上幸福健康的生活，专注于身体、情感和社会健康的康复和维护。Maggie自十岁起就一直参与音乐剧的演唱和表演。她花了许多年进行吉他演奏和歌曲创作的演出和教学。创作音乐一直是Maggie创造力和情感的出口。通过各种吉他演奏方式、和弦进行和歌词选择，Maggie能够唤起自己和听众内心的情感。她总是热衷于与他人分享她的音乐！

Maggie Self-Davoodian is an educator, creative music writer, recreation therapy practitioner, and currently on the journey of studying Acupuncture at Georgian College. Her passion for natural and holistic healing, supporting individuals to live their happiest and healthiest lives, grew as she worked in long-term care and community clinics, focusing on the recovery and maintenance of physical, emotional, and social wellbeing.

Creative and Emotional Outlet in TCM Five Elements Music Therapy  
中医五行音乐疗法中的创意与情感疏导





**中草药在预防1型  
 糖尿病中的应用**  
 CHINESE HERBAL USE  
 IN THE PREVENTION OF  
 TYPE 1 DIABETES  
 MELLITUS

安吉·皮尔斯 (Angie Pierce), 中医硕士, 中医学文凭, 执业中医师, 已从事中医学艺术超过25年, 包括太极和气功。她享受成为一名针灸师和中草药师已有12年, 目前在一家中药房工作, 她已成为团队中不可或缺的一部分长达9年。

她的职业贡献之一是在科罗拉多中医药大学教授中草药项目。她每个月都会几次协助监督学生门诊, 并帮助中草药评估团队确保生理理解领域的广度。她拥有自己的执业, 其专长是中药药理学以人为本的人文关怀。

Angie Pierce, MSTCM, Diplomate OM, LAC has been practicing internal arts for over 25 years, including Tai Qi and Qi Gong. She has enjoyed being an acupuncturist and herbalist for 12 years and works in a Chinese pharmacy where she has been an integral part of the team for 9 years. Teaching the first year of the Chinese Herbal Program at Colorado Chinese Medicine University is one of her many occupational contributions. She assists with supervising student clinic a few times a month and helps with the herbal assessment team to ensure students are understanding the breadth of that field. She has her own practice where she says her speciality is people and is also currently working on her DAOM degree.



**Cannabis related disorder &  
 Acupuncture**  
 大麻相关障碍与针灸

Wipajaree Saneluxsana 医学博士, 身经二十年医学专业背景及多元化医学临床教学经验, 医学之旅始于泰国马希迪龙的拉玛玛帝医院 (Ramathibodi Hospital), 在那里取得了医学博士学位。随后, 我在曼谷的军医学院医院 (Phramongkutklao Hospital) 参与了内科住院医学培训项目。精益求精。多年来, 不同职责中为卫生保健做出了显著贡献, 从提供远程医疗护理的Samitivej Srinakarin Hospital, 到Samitivej Chonburi Hospital和瓦拉吉普吉总院 (Vachira Phuket General Hospital)。对整体健康的激情推动着我, 多元的经历塑造了我对患者为中心临床医疗的承诺。

Dr. Wipajaree Saneluxsana. Dedicated medical professional with a diverse background spanning two decades. Passionate about holistic well-being, my diverse experiences shape my commitment to patient-centric care.



**TCM herbal teas as a ritual  
 for calming the mind**  
 中医草药茶与平静心灵

Chris-Anne Donnelly is a 6th semester Georgian College Acupuncture student. She is also an international best-selling author who researches self-help and wellness, and shares tools for self-discovery and personal growth. She is interested in acupuncture as a path towards mental-emotional and spiritual wellness, and as a tool to help move stuck energy in the body.

克里斯-安·董乃莉是加拿大乔治亚学院针灸专业的第六学期学生。她还是一位国际著名畅销书作家, 专注于研究自我疗愈和保健, 并分享自我探索和成长的健康方式。她对针灸的兴趣不仅限于身体健康, 还包括对心理情绪和精神健康的追求, 将其视为帮助身体中能量流动的工具与途径。



**EVIDENCE INFORMED  
 TREATMENT OF EDS  
 WITH TCM**  
 中医循证治疗性勃起障碍

娜塔莉·弗朗西奥塞 (Natalie Franciose) 于2008年从弗吉尼亚州拉福德大学获得生物学学士学位, 并辅修化学。在2015年8月, 娜塔莉毕业于CSTCM, 获得了中医传统医学硕士学位。她在Urban Herbs药房和诊所实习并后来被聘为针灸师, 同时在丹佛都会区开设了自己的诊所。她是全国执业医师认证, 并目前正在科罗拉多中医药大学攻读针灸与中医学博士学位 (DAOM)。在走向医学之路的同时, 娜塔莉听到了一个呼唤, 是帮助他人释放他们自己内在潜能的强大治愈能力。

Natalie Franciose received a Bachelor of Science in biology and a minor in chemistry from Virginia's Radford University in 2008. In August 2015 Natalie earned her Masters of Science in Traditional Chinese Medicine from CSTCM. Interned and then hired at Urban Herbs - a Chinese herbal pharmacy and clinic - as an acupuncturist while opening her own clinic in the Denver metro area. She is nationally board certified and is currently earning her Doctorate of Acupuncture and Oriental Medicine (DAOM) from Colorado Chinese Medicine University. While walking the Way of the path, Natalie has a calling to help others unlock the powerful healing capabilities they already hold within themselves.



**University College**  
UNIVERSITY OF DENVER

COLORADO SCHOOL OF TRADITIONAL CHINESE MEDICINE

## Tai Chi and Whole-Person Health: Real-World Evidence in Older Adults

Joseph Brady, M.S.T.C.M., L.Ac., Dipl. O.M. University of Denver, University College, Colorado School of Traditional Chinese Medicine, Jacqueline Shumway, M.A., B.B.A. University of Denver, Osber Lifelong Learning Institute

**Purpose**

Successful aging involves the health of the whole person across multiple domains of physical, functional, social, and psychological health. Tai chi has been proposed as a pathway to whole person health, but the extent to which it translates from clinical settings to real-world community settings is not well established. In addition, interventions that demonstrate efficacy in controlled settings may not be effective in real-world settings.

**Methods**

Our cross-sectional study of 163 older adults practicing tai chi in community programs (avg age 64.7, sd 15.5), using PROMIS-29 v2.1 scores, was used to assess 10 domains of whole person health including physical function, anxiety, depression, fatigue, sleep, social function, pain, cognitive function and self-efficacy.

**Results**

T-scores were calculated for physical function (51.9, SE 5.0), pain (49.8, SE 3.7), depression (50.3, SE 3.8), anxiety (51.3, SE 3.7), cognitive function (52.2, SE 2.7), self-efficacy (52.9, SE 4.0), sleep (48, SE 3.4), fatigue (46.9, SE 3.0), social (55.5, SE 3.3), and self-efficacy for managing symptoms (51.4, SE 2.8). Overall scores for each domain were similar to scores reported in the PROMIS normative sample of the U.S. general population, with mean T-scores near 50. Scores were significantly better (.05) compared to sedentary older adults.

**CONCLUSION**

Our findings suggest that participants in community-based tai chi programs exhibit markers of whole-person health that are typical of individuals who are roughly half their age. Tai chi programs seem to translate well from controlled clinical trials to implementation in community settings and may be a reasonable path to successful aging that aligns with the interests, beliefs, and philosophical orientation of older adults. Furthermore, the effects of tai chi on whole-person health were significantly larger in comparison to sedentary older adults in the community.

## CCMU Library Innovation

Just as the origins of TCM go back thousands of years, so do the origins of libraries in China. The earliest historical evidence indicates the existence of collections of oracle bones with Chinese characters, 3,000 to 4,000 years ago. As far back as the Zhou dynasty (1046 BCE – 256 BCE) evidence indicates the existence of four unique systems of collections that were known: private, official, college, and monastery collections.

The life of a body of knowledge depends on how well that knowledge is preserved and transmitted for the benefit of future generations. CCMU's Library is a repository of an unimaginable amount of time and effort by thousands of individuals who wished that their knowledge and understanding be passed onto others. They wrote these texts for YOU!

Now it's YOUR turn to take this knowledge and wisdom and turn it into individual understanding. To that end, CCMU's Library is at your service to supplement your studies in every way we can. The library is undergoing some changes to help you achieve your goals:

- 1) **New Materials** – With the closure of Southwest Acupuncture College, we were able to acquire their collection of nearly 2,000 items. We are integrating most of the collection into our library, however, due to receiving many copies of books we already have, we are also providing some books for sale in the Pharmacy.
- 2) **New Spaces** – Due to the additional materials, we have expanded our collection to include all floors of the building. Most of the collection remains on the 2nd floor but we have additional material in Rooms E & F as well as in the Administrative Office. The Triple Burner Library!
- 3) **New Organization** – We are in the process of reorganizing the library to more accurately reflect the flow of TCM studies. We'll have more mini-sections to help navigate our collection more intuitively. (All tongue diagnosis books all together in one place, for example.) You'll also see that we are lowering our titles from the heights to enable you to browse the collection much more easily.

**CCMU's Library is here for you!** Please take full advantage of everything we have to offer. Please provide feedback. We look forward to growing with you and learning from you!

To make an appointment or request an item for pickup, please email  
[library@ccmu.edu](mailto:library@ccmu.edu)



[Make an Appointment](#)

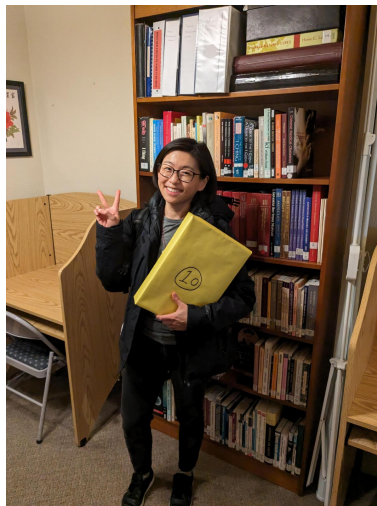
**Congratulations to Our Graduate Students!**

- **DREW HENDERSON**, DOCTOR OF ACUPUNCTURE (DAC)
- **MARTHA JOHNSTON**, DOCTOR OF ACUPUNCTURE (DAC)
- **MICHAEL KOWALSKI**, DOCTOR OF ACUPUNCTURE (DAC)
- **DEVYN LEE**, DOCTOR OF ACUPUNCTURE (DAC)
- **CHRIS SHIFLETT**, DOCTOR OF ACUPUNCTURE (DAC)
- **ERIN ABEL**, MASTER OF ACUPUNCTURE WITH A SPECIALIZATION IN CHINESE HERBAL MEDICINE (MACCHM)
- **CHERYL WHEELER**, MASTER OF ACUPUNCTURE WITH A SPECIALIZATION IN CHINESE HERBAL MEDICINE (MACCHM)
- **ALLISON WOLFSTAR**, MASTER OF ACUPUNCTURE WITH A SPECIALIZATION IN CHINESE HERBAL MEDICINE (MACCHM)
- **DANIELLE ADAIR**, MASTER OF ACUPUNCTURE (MAC)



## Campus Activities - Thanksgiving Raffle 2023

Hearty congratulations to the winners of this year's Thanksgiving raffle! Winners included Acupuncture *and* Herbal students, DAOM candidates, faculty, and the Dean of Academics. Prizes included an acupuncture doll, a variety of moxa tools, e-stim devices, and Yan Jing Supply gift cards. Be on the lookout for future events in 2024, the year of the dragon!





## Job Opportunities and Space Rentals

- [Treatment Room Available in Downtown Golden](#)
- [Elix Part-Time TCM Health Coach](#)
- [Looking for a Partner in Lakewood, CO](#)
- [Meeting Point Community Acupuncture Clinic in Golden is Hiring!](#)
- [Hiring Acupuncturist](#)

## A Special Note

As the holiday season approaches, we want to take a moment to express our gratitude for your dedication and hard work throughout the year.

Wishing you and your loved ones a joyful holiday season and a happy New Year. Safe travels! See you in 2024.

Warmest Regards,

Staff and Faculty  
*Colorado Chinese Medicine University*

Contact Us



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