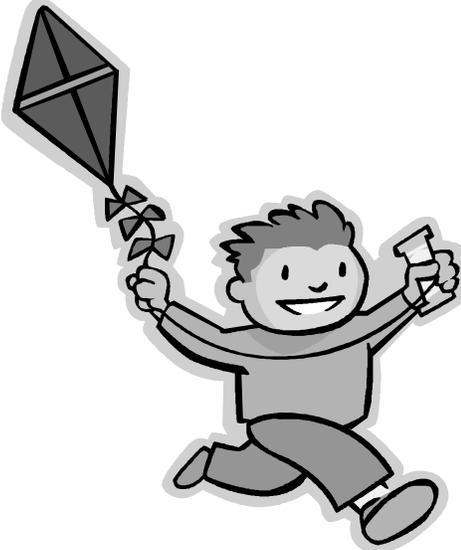


The Colorado Acupuncturist

A Publication of the Acupuncture Association of Colorado

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July
2009

The mission of the AAC is to provide a unified voice to practitioners and students of AOM by involving and communicating with members, educating the public, and influencing legislation to promote and protect AOM in Colorado.
— New AAC Mission Statement, adopted May 9, 2009



If I have been of service,
if I have glimpsed more of the
nature and essence of ultimate
good,
if I am inspired to reach wider
horizons of thought and action,
if I am at peace with myself, it has
been a successful day.

— Alex Noble

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The Acupuncture Association of Colorado

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The Acupuncture Association of Colorado, Inc., as a nonprofit association, is a professional organization of acupuncture and Oriental medicine throughout the state of Colorado. The Association will encourage and foster the healing art known as acupuncture and Oriental medicine, promote acceptance of a uniform standard recognition for the unique skills and abilities of acupuncture and Oriental medicine throughout the state of Colorado, work in association with the existing Colorado medical community, and foster, encourage and promote constant upgrading of the skills, abilities, qualifications and educational requirements of acupuncturists and practitioners of Oriental medicine.

The Colorado Acupuncturist is published quarterly by the AAC. Letters, articles, research papers, news, book reviews, artwork, and advertisements are welcome. Please contact Lisa Lowe at lisa@oldtownacu.com (please type "AAC" in subject line). Materials in the journal are the opinions of the authors and do not necessarily represent those of the AAC.

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July issue - June 1st

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Do you know an AAC member who is going above and beyond? Is making the news? If you have something exciting to share with us, please email Lisa Lowe at lisa@oldtownacu.com, and let us know!



President's Report

Nancy Bilello, L.Ac. AAC President

Summertime greetings to all members! I hope the season has been safe and fun so far!

In the coming months, I will be letting the membership know of some structural changes that are taking place within the AAC. On May 9th, the AAC Board held a retreat with the assistance of a nonprofit support source called Community Resource Center – they also helped us with our bylaw changes last year – and we were able to identify critical issues facing us such as communication, education (for practitioners as well as the public), and governance. We then identified several goals and outlined objectives to help us achieve those goals. At the time this article is being written, we are still in the planning stages, trying to work out how we will implement what we learned. The vision here is to make the AAC run more effectively and efficiently to assist L.Ac.'s and students in the state of Colorado to promote and uphold the integrity of our profession. One very positive outcome of our retreat was that (trumpets please!) we finally have a mission statement!

The official mission statement of the Acupuncture Association of Colorado is:

The mission of the AAC is to provide a unified voice to practitioners and students of AOM by involving and communicating with members, educating the public, and influencing legislation to promote and protect AOM in Colorado.

We specifically included students in our mission statement because during the past year, there has been a rising interest among students in getting involved. Our student rep, Erik Gasner of SWAC, is already busy trying to reach out to students not only at SWAC, but at CSTCM and ITEA as well. It is encouraging to see this level of involvement from students, and I hope it will continue. To all students who are not yet members, I sincerely hope you will consider joining. As we anticipate health care reform on a national level, we also anticipate that our profession will change and grow to accommodate the needs of the public. Getting involved in your state association is one way to keep up with what's going on and to add your voice to the direction we will go .

We are also continually striving to increase our professional membership. In the coming years, we will be looking at our Practice Act and preparing for our Sunset Review which will be in 2013. (A little more on that in the Legislative Column.) We may want to hire legal counsel or some other kind of outside assistance to help with this – membership dues are needed to maintain our funds so we can afford this type of service.

As summer heats up (well, if it stops raining, that is!) we also look forward to our participation in the Dragon Boat and Boulder Asian Festivals. Our Events Coordinator, Tina Laue, has already done a phenomenal job of continuing our presence at the 9News Health Fairs and is already planning for the next 2 events. Please help make this summer's festivals the best yet by answering Tina's call for volunteers when she posts that.

On a final note, we often hear criticism and complaints from AAC members and nonmembers, asking the age old question "What is the AAC doing for me?" The truth is that the AAC does more than most people realize. If you or anyone you know has expressed doubt or dissatisfaction with the AAC, I wholeheartedly encourage you to contact any Board member to discuss your concerns. We want to hear from you, not only to educate you on what we are doing, but to get your ideas and input to help us fulfill our mission.





Secretary's Report

by
Melinda Cobb, L.Ac.

Well, here we are again the start of a new membership year! June begins the membership renewal time and as Secretary it starts off the busiest time of the year. All members will be receiving a packet in the mail containing your new Directory, a membership application for this next year and a membership benefits letter. This will outline the new benefits of your membership that Denise Ellinger has put together. The Directory usually comes out in January or February and unfortunately we had numerous computer problems that delayed this issue coming out. We thank you for your patience as we honed out the problems. The computer is now fixed, we have a new printer and we are set for the new year!

Membership dues for 2009-2010 are due on July 1st. If you would like to pay by credit card, I have put together a Paypal account on our website. Please go to

<http://acucol.com/Pro/Member/join.htm>

Under the title, "New Pay Online by Credit Card" you will see a drop down menu that begins with "Professional (L.Ac. with over 2 years experience) \$150.00". Please click on the correct membership category and this will open up to Paypal where you will need to either sign in to your Paypal account or create a new Paypal account and then pay for your membership. Hopefully this will make it really easy for all of you who have requested being able to use a credit card to pay for your membership. You will still need to send me a filled out application for membership with a current copy of your Colorado license. This information is kept in our database and distributed to the public and so it's important to keep up to date with your info. If you have any changes, moves, email address or website changes then please let me know so that we can keep you up to date. The fax number is (303) 422-1377.

If you are not able to go online, please send in your membership dues by check. You will also need to fill out the application for membership and copy your current Colorado Acupuncture license and mail it to the AAC office at 4380 Harlan Street, Ste 203, Wheat Ridge, CO, 80033. I will then process your application and mail you out a new I.D. card and verification letter.

Please remember that half of your membership dues is also tax deductible and combined with all of the benefits of your AAC membership, it can really pay for itself. More importantly, you are helping us to be able to pay our Lobbyist to watchdog and promote acupuncture in Colorado and the money helps us to be able to function as an organization promoting acupuncture in events such as the 9Health fairs, the Dragon Boat Festival and more to come. It also helps us to sponsor an annual conference where we have had and expect some really great practitioners to come teach us new and interesting things and it gives us a way to keep in touch with each other and keep track of what is happening here in Colorado. Members will always receive discounted conference admission along with many regional seminar discounts.

Lastly, I wanted to mention a person who I admired and cared for very much before I close. Her name was Mina Lundien and she passed away a few weeks ago after a 9 year battle with cancer. Mina was the first person that I met at an open house given by the Colorado School of Traditional Chinese Medicine (CSTCM) I believe it was July of 2002. We were there to greet our new classmates and build relationships while beginning our journey to study acupuncture and Oriental medicine. On our first day in class we were asked to introduce ourselves. I always remember what Mina said when she stood up introducing herself and saying what she did and what her interests were and ending it with "and I'm also a cancer survivor". Little did we know that Mina would continue to battle this rare form of cancer with such spirit and grace, such tenacity and such stubbornness and still go on to graduate from CSTCM with her Master's degree and at the same time do an internship with Judi Terrill studying Five Element acupuncture and pass two of her NCCAOM board exams.

I was fortunate to be able to share some time with Mina as a fellow student and then for a short time we shared a clinical internship with Judi Terrell until Mina decided to take a leave to try a new type of surgery that could help her get better. While we were always respectful in Judi's treatment room, sometimes Mina would utter something under her breath (before or after) the patient came in that was so hilarious that we would both get the church giggles...you know, shoulders shuddering, eyes watering, stifled giggles that want to come out but you can't (which usually makes it even funnier and then you really do start to cry because you are trying so hard not to laugh. That was Mina.

(Cont'd on page 14)

Legislation 101 by Nancy Bilello

This is the first in a series of articles about various aspects of the legislative/political process as it affects the profession of acupuncture. While some of this information may seem overly simplified to some of you, I hope others will find it helpful. I do not in anyway profess to be a legal or political expert, so my facts may at times be a little off or incomplete, but I will endeavor to share with you what I have learned over many years of engaging in various legislative activities.

Sunrise, Sunset...

So what is all this Sunrise/Sunset talk about anyway?

When a profession first attains licensure, as the Acupuncture profession did in 2003, a Practice Act is drawn up. Before it is enacted into law, it is known as a Report and is generated by the draft writers at DORA (the department of Regulatory Agencies) in the Office of Policy and Research. It is the job of this division of DORA to keep track of the Practice Acts and when each one is up for Sunset Review. This report is based on the education and training that the practitioners receive as well as standards set in other states for the same profession.

A Practice Act is in effect for 10 years, at which time it comes under review by DORA as well as the legislature. This is what is known as the Sunset Review. Officials at DORA and the legislature will look at the profession and how it has changed over the 10 - year period as well as changes that have taken place in other states for the same profession. Members of the profession may meet with DORA personnel in the Office of Policy and Research in the months before the report goes to legislation (more on that in a bit) to express any concerns they may have as well as omissions or inclusions they wish to add to the report. During the review period, DORA personnel usually also talk with other professions who may have a stake or a vested interest in the profession being reviewed and will gather concerns, opinions and questions from those sources as well (yes, that includes chiropractors, physical therapists, etc.)

It is up to the profession itself to find a sponsor for the report which, when introduced into the legislature will be known as a Bill. A sponsor can be either a Senator or Representative and is usually someone with whom the profession has already established a good working relationship. In our case, this sponsor will be from the Health and Human Services committee of either the House or the Senate. We already have some good working relationships in this area, but need to continue to pursue and maintain them, since committee members do change from year to year.

So...the Bill can start either in the House or the Senate and is then heard before the Health and Human Services committee for approval. During these committee hearings, anyone from the profession in question, other professions or the general public can testify for or against the passage of the bill or any of its components. Once the committee itself has approved the bill, it will then be heard before the entire House or Senate (depending on where it originated). Then the whole process will start again with the other branch. For example, if it originates with a sponsor in the House, after it is approved by the entire House (not just the Health and Human Services Committee), it will then go to the Senate for approval, starting with the Senate Health and Human Services Committee. Again, during the bill's passage through the second committee, anyone can testify for or against it.

It is not a done deal until both the House and the Senate have passed it. The chiropractic profession just went through their Sunset Review, and as you know if you have been keeping up with my emails and updates, we were present at several hearings. Once the bill is passed, it "sunrises" and is in effect for another 10 years.

(Con't on page 7)





Membership Benefits Report

Denise Ellinger, L.Ac.
Chair—Membership Benefits

These are exciting times for our profession! We are heading into our sunset review in the next few years, working on insurance parity, structuring the Association with an eye on the future and grateful that you are along for these extremely important events.

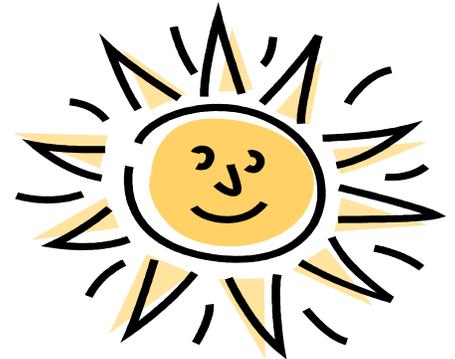
More than ever time and money are precious commodities. Your time and expertise in moving our profession will be valuable for these efforts. To add value to your membership we are looking at crafting benefits that best serve you, the member. There are a few local vendors that have been added and the current list is in the process of being updated. Be sure to visit the website: acucol.com to get phone numbers and addresses of merchants

Currently, there are some ideas in the formative stage.

- Create speaking venues for the general public with the purpose of educating them about acupuncture and beyond.
- Salons for acupuncturists to meet their fellow colleagues, present difficult cases and discuss legislative issues.

And much more! We would love to hear from you regarding the benefits currently available, what benefits you would like to see and what you would like to see to connect with the AAC community.

Denise Ellinger, L.Ac.
Membership Benefits
rejuvenate@acubeauty.com
303.377.3201



Current Member Benefits

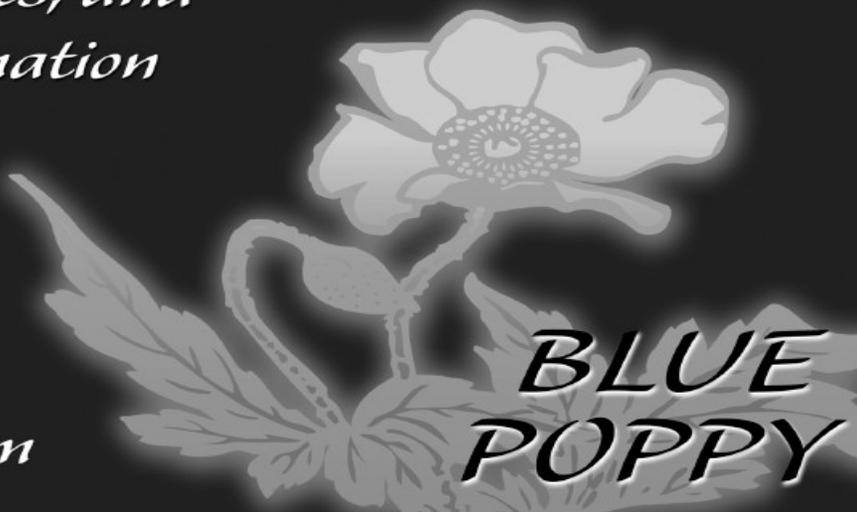
- Discounted fees to attend AAC meetings, during which we offer Continuing Education Units (CEU's)
- Discounted fees for CEU courses offered through the AAC announce list.
- Voting privileges within the organization (professional members only)
- Our quarterly newsletter, "The Colorado Acupuncturist"
- A listing in our annual directory. This directory is also distributed to anyone requesting an NCCAOM certified, licensed acupuncturist at educational events.
- FREE listing on our Website linked with Acufinder.com
- Membership on our Email lists and discussion groups with yahoo
- Eligibility to join Elevations Credit Union
- Discount Vision/Dental/Group Health Insurance
- 5% discount on orders to Lhasa/OMS
- 5% discount on orders to Redwing Books
- 5% discount on orders with Blue Poppy.
- FREE referrals through our office for the public who are seeking NCCAOM certified L.Ac's.
- 6% discounts on malpractice insurance through Wood Insurance Group
- Discount at 7 Cups Tea House in Denver, CO on south Pearl
- 10% discount with QueenBeeSauce skin care
- 10% discount with Liliflora Organic Skin care
- Discounts for joining AAOM and Acupuncture Alliance (National Associations)
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Legislation 101 (con't from page 5)

During the 10 year period that the Practice Act is in effect, it may be changed, but the closer it is to the actual Sunset Review, the more reluctant legislators will be to change anything as they would rather wait for the official process to begin. If the profession does want to change the Act during the 10-year period, it must have solid evidence to back the changes it wishes to see.

It is important to remember that, while it is likely that a profession's Practice Act will pass, *it is not a given*.

Some of the issues we will want to address in our Sunset Review:

Title: There is some discussion among acupuncturists on both the national and local level re: title. Some feel that L.Ac. is no longer an appropriate title for us because it only indicates acupuncture and not the full scope of Oriental Medicine. What the alternative should be is up for discussion.

Other professions practicing acupuncture: We should work at making our Practice Act more "airtight" so that others with inadequate training cannot so easily practice acupuncture.

Western terminology: We should expand our Practice Act to allow for usage of Western terminology to describe what we do. This is a direct reflection of how AOM is becoming more integrated into Allopathic medicine and the need for us to be able to use language to communicate with other medical professionals.

Functional Medicine: There are many acupuncturists in Colorado who practice what is sometimes referred to as "functional medicine" that includes interpretation of blood work, recommendation of supplements other than herbs, etc. Currently, this is a "gray area" for us and we need to examine whether or not this would actually fit within our scope.

I'm sure other issues will come up during the process as well. Even though our actual Sunset is not until 2013 – which means we will not have to meet with DORA or anyone else until around the fall of 2012, we do want to start work on this process early so we can hash everything out and be ready and prepared when the time comes.



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Susan studied Master Tung's Magic Points with Dr. Miriam Lee and Dr. Young Wei Chieh, Ph.D. for more than 12 years. For the past 24 years, Susan has exclusively used Dr. Tung's points in her practice. Dr. Tung's system utilizes meridian points in new ways, includes extra points, and provides keys to unlocking particularly challenging conditions. It is also useful for a wide range of common ailments and is instantly effective in most cases. The class will give any practitioner a good overview of the Master Tung system, offer new ideas for immediate implementation, and is an excellent choice for those already familiar with Tung's Points or Susan's work seeking a refresher course.

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Student Rep Report

by
Erik Gasner

An ocean wave is not there to just froth and crash about, it is there to express its connection to the deep powerful whole of the ocean.

Connectivity makes the difference. Starting to get it?

I = Wave that froths and crashes about for you.
You = Deep, powerful ocean.

So get connected, and help shape AOM in CO!

Drop me a line at aacstudentrep@hotmail.com to share you thoughts on the AAC and the future of AOM in CO, so that I can go to work for you.

MY TOP 5 AAC STUDENT REP GOALS:

1. Increase the capacity of the AAC student rep to organize students in Colorado

- As a membership block of upcoming professionals we should be able to:
- Influence legislation which protects and promotes Acupuncture and Oriental Medicine in Colorado
 - Exchange information between students and the AAC with ease
 - Organize events, actions, public outreach and education, and public relations
 - Increase membership in the AAC

2. Organize the Front Range schools and students

We can offer every school and student the opportunity to be involved in shaping the future of this medicine. Information and actions can be passed along this path: Students of CO schools--Reps from each school--AAC student rep--AAC

3. Increase student membership to 100 %

If every student is an AAC member, the AAC will be better funded, retain more members, and increase state-wide involvement of all upcoming Lac's.

In turn, the large student member block will gain greater involvement and a stronger voice within the AAC.

4. Assist in careful review and revision of our Acupuncture Practice Act to thoughtfully and proactively protect the scope of practice of LAc's in Colorado up to and including our Sunset in 2013.

5. Work with the AAC, AAAOM Student Organization, and AAAOM in promoting our profession in what I see as a favorable political and economic climate.

SIDE PROJECTS:

- -Create an AAC Facebook page for all LAc's and students in Colorado to become "fans" of the AAC, to receive action updates on their "wall", and to allow comments. <http://www.facebook.com/pages/Acupuncture-Association-of-Colorado/75117021092?v=wall&viewas=1606514935>
- -Expand membership perks and benefits
- -Increase PR activity through interviews, news stories, community calendars, volunteering, etc.
- I'll be at SWAC and CSTCM in June to meet with students and hold membership drives, see you out there!

-Erik Gasner, AAC Student Representative.



Using Essential Oils In Chinese Medicine

© Peter Holmes, L.Ac., M.H. 2008

The use of essential oils by consumers at large continues to rise, both as a separate commodity and indirectly through a large range of beauty-care products, aromatherapy products and so on. Individuals are increasingly aware of the importance, even necessity, of fragrance in their daily lives, regardless of what the source of that fragrance may be. Long neglected and denigrated through centuries and centuries of dualistic Western culture with its intrinsic body/mind split, the sense of smell seems to be coming back with an aromatic vengeance. As practitioners providing an important health-care service, we simply cannot ignore this burgeoning trend. When we see patients who are using essential oils in the home, at work, in any number of different ways, we cannot help but ask ourselves in the end, 'what exactly is this doing to their qi?' For a start, we may well wonder whether they are using oils that are pure or oils that are at least partly synthetic, which would add to their burden of toxicity from the environment. Are the oils affecting their pulses, their tongue, or masking their symptoms the way that medications do? Is the patient using the oils in a way that balances their condition or in a way that supports their inherent imbalances? These and other basic questions are becoming increasingly unavoidable, because popular aromatherapy really shows no sign of going away.



Clearly, we would do well to at least understand this growing phenomenon and gain some basic but reliable information on essential oils and their popular applications. Just as it helps us greatly to understand how western drugs affect the body's qi, shen, the pulses, and so on, it would help us to have a core insight into how and why the oils work on the body-mind energy system. What are the actual energetic effects of the particular oils they are using? What is the relationship between the patient's oil or perfume use, the pulses and the symptom-sign presentation? What exactly is the effect of long-term usage of certain oils as opposed to short-term or intermittent use? What is the energetic effect of the various essential oil applications, both in the environment and on the body? What exactly are the safety issues we need to be aware of? Is there any possible interaction between the essential oils, herb use and medication? Burners, diffusers, nebulizers, hot stones; aromatherapy baths and steam inhalations; applications in liniments, massage, even acupoints . . . the long list of applications alone seems endless and initially

overwhelming.

As practitioners of Chinese medicine, we might also wonder whether essential oils have any place at all in a clinical practice. If they do in fact have the ability to modulate the individual's qi through a direct energetic action; if they are even somewhat effective for the various conditions that the aromatherapy books and commercial sales patter claim, how does this relate to the Oriental system of body-mind energetics? Is it then possible to understand the qi modulating effect of essential oils in our own terms? Can we define their actions in Chinese medicine terms, ranging from the simple cosmological models - e.g. Yin/Yang, the Five Elements, the six divisions - right through to the rubrics of diagnostics and therapeutics - e.g. the eight principles, the zangfu syndromes, pulse taking, observation, meridian palpation, etc.?

Another question here would be, how reliable is the Western information that is already available in the first place? Some of it seems confusing and some of it contradictory . . . how can we be sure as to its accuracy? What are the different schools of thought concerning dilutions, appropriate applications in various disorders, and so on? How can we even begin to include essential oils correctly in practice if there is disagreement among the sources of the received information? Considering all these issues that can arise as soon as we start looking into possibly incorporating them in our practice, we need to ask ourselves this bottom-line question: At the end of the day, is there really any potential for enhancing clinical practice by including essential oils in some way?

To get us closer to an answer to this question, I would like to start by broadly surveying the main two ways in which essential oils can potentially find use in the day-to-day running of a clinic.

1. In the waiting room or reception area

Essential oils can be diffused in a low-key way in the waiting room with great benefits. The intention here is to create a pleasant, welcoming, fresh yet relaxing environment that will put the patient at ease, allay any anxieties about acupuncture, fear of needles or doctors in white coats in the case of children, and so on. This technique can generally enhance the treatment session from the very moment the patient steps through the door. It will allow the pulses to settle down after the stress of arriving for an appointment and so will increase the chances of clear, tell-tale pulses as well as resulting in a clearer intake in general.

Which oils to choose? I recommend a blend rather than a single oil (whatever that may be) to avoid any unknown negative memory associations from being triggered with a single plant fragrance (there are people who have negative experiences involving even the normally innocuous smell of Lavender, for instance). A simple combination of a sweet-citrus oil and Lavender oil usually works really well, e.g.:

* 2 parts Sweet orange to 1 part Lavender (this is especially nice for infants and children patients)

* 1 part Bergamot or Red mandarin to 1 part Lavender (the most balancing blend for everyone)

* 2 parts Mandarin to 1 part May chang (more uplifting than the other two, especially useful in winter)

identify oils with therapeutic potency.

Legislative Column

By Nancy Bilello

Things have been relatively quiet on the legislative front lately since the legislature officially adjourned at the beginning of May. However, there are still ongoing projects for us to keep in mind. Here are some of the current issues both nationally and locally:

On the National Level:

Insurance Parity: Our National Association, the AAAOM has hired a lobbyist to help make some inroads in Washington and specifically to help us get the Hinchey Bill passed. We recently had a letter writing campaign here in CO to assist with the national effort. Valerie Hobbs, director of SWAC, has spearheaded this project. I encourage all of you to visit the AAAOM website at www.aaaomonline.org for more information on this and other activities.

Good news from other states:

- Mississippi just got their licensure! Up until March of 2009, acupuncturists in Mississippi were being issued Cease and Desist orders for practicing medicine without a license. Their hard work of the past 2 years has finally culminated in success!
- Minnesota has achieved Equal Access (aka insurance parity)
- New Jersey has also finally got their title of Licensed Acupuncturists and Connecticut is working towards protection of their title (i.e. only Board certified acupuncturists may use the title L.Ac.)

On the Local Level:

- I've already mentioned the efforts being made here in CO regarding the Hinchey bill.
- In May we submitted concerns to DORA and the Board of Chiropractic Examiners(BCE) re: unlicensed chiropractors using the title L.Ac. In addition, we are also waiting to hear from the Board of Chiropractic Examiners about our testimony in March regarding their dry needling issues. The BCE just met on May 28th, and we will follow up with them this month to see what their response is. Many thanks to all the SWAC staff and students who diligently did research for us regarding the improper use of titles.
- You have already heard me mention our Sunset Review in previous emails and columns. It occurred to me that many of you, especially new practitioners and students, may not understand fully what the Sunset Review is. There is a separate article on that in this newsletter.

The Board has discussed getting together a Task Force to work on this. We feel this should not and cannot be solely an AAC Board project. We will want members from our professional community to be involved so that we can gather opinions and concerns from as many practitioners as possible. I have already heard from some people who are interested in working on this. The Task Force formation is still a ways off – possible starting sometime in the fall, but it is not too early for all of us to be thinking about this. **Please see the article in this newsletter regarding Sunset Review and some of the issues that are already surfacing.**

Since the issue of the Hinchey Bill and insurance parity are ongoing, we will no doubt appeal again for letters or phone calls from practitioners and patients. As I often do, I would like to remind everyone to visit the website, www.votesmart.com to find out who your local representative and senator are. Become familiar with their names. Visit the website www.leg.co.state.us to find out about specific bills and how your congressperson(s) voted. These sites are fairly easy to navigate. In future newsletters, I plan to present a series of articles on the legislature and the legislative process to help everyone better understand our political system and how things get done on that level. As always, please feel free to contact me with any specific questions or concerns you may have.

Using Essential Oils In Chinese Medicine

(con't from page 11)

Note that by 'Lavender' we mean specifically *Lavandula angustifolia*, not any other species or hybrid. The bottle should have this full botanical name printed on the label, otherwise the chances are that this would not be a genuine essential oil, but rather a mix of synthetic fragrance chemicals or, at best, a composition of cheap lavender species highlighted with synthetics.

Energetically these three blends do the same thing: they regulate the Qi and harmonize the shen/mind, thereby being effective regardless of whether the person's mind tends more to anxiety or to depression. The diffusion should be low-level, but can be ongoing; the scent can be so soft as to be actually imperceptible and therefore guaranteed inoffensive to anyone on a conscious level. The best way to diffuse the scent in a waiting area is in a diffuser with a built-in heat source (e.g. a small bulb or tea light). 4 to 8 drops of the blend should be placed in the receptacle that holds the warm water. This can be topped up from time to time with more oil and water as evaporation occurs.

2. On acupoints prior to needling

Essential oils can be applied directly to the points before needle insertion to enhance their action. The technique of applying oils alongside acupuncture goes back quite some time to an unknown French acupuncturist who was also familiar with the properties of essential oils. So far I have not been able to find out his name or the particular technique he used, but after hitting on this idea myself (quite independently) over 20 years ago I have developed a specific protocol that meets the following requirements: safety, control and efficacy. The basic idea is to perform the oil application first and the needling second, i.e. to make these two separate procedures.

Drop 2-4 drops of an essential oil or oil blend onto the tip of a Q-tip and apply directly onto the skin over the point. Holding the Q-tip for a while over the point will make the oil(s) seep down through the skin to the area where the point is and will energetically activate it (how exactly I will discuss in a future article). The point can be held for anywhere between 1 - 20 minutes, after which, needling can proceed as usual. Before or even instead of needling, the oil application could be followed with application of a tiger warmer or moxa warmer device to enhance oil absorption, which is especially useful in cold and deficiency conditions.

The oil or blend will directly affect the acupoint in a way that is synergistic with the needling - assuming that the oil selection is appropriate. The key here, of course, is to select the oil or combination of oils that have a specific affinity for certain points and meridians. Knowledge in this area is currently still in the relatively early stages of empirical development and experimentation. Empirically, however, some practitioners have found good point-oil combinations that seem to enhance either the physiological or psychological actions of the points. The result is clear changes in the pulse and the shen of the complexion and the eyes especially.

Every point has a number of different oils that could enhance one or more of its actions. So for instance, if we wanted to treat someone coming down with an external wind invasion, and the main points selected were LI4 and Lu 7, we would choose an oil with the same action, e.g. Eucalyptus. We could even apply Rosemary on LI4 and Eucalyptus on Lu7 to somewhat refine our selection, because Rosemary has a greater affinity for the LI channel, whereas Eucalyptus's actions are all about the Lung.

If we were treating someone for general Qi stagnation and decided to use the Four Gates, we could use Qi regulating oils such as Spearmint, Bergamot and Mandarin. Of these three, Spearmint would be the most appropriate for LI4 while either of the other two oils would be extremely compatible with Liv3. Again, this is based solely on knowing the actions and indications of both the oils and the points, and matching them as closely as possible. Or, we could make a blend of Spearmint and one of the other two and use them on all four points!

Conversely, taking the example of a single oil such as Rosemary, once we know its actions and indications in Chinese medicine terms, we could potentially find it useful for a number of different points, including Sp6 (to move Blood and qi in the lower warmer), CV 17 (to tonify Lung Qi), LU 9 (to warm the Lung and expel phlegm) and Bl37 (to dispel wind-damp-cold obstruction).

A final note. As can be gleaned from my comments about which Lavender oil to choose, not all oils available are equal. The stores are flooded with essential oils that come straight from the perfume and food-flavoring industries, which virtually monopolize the global market and whose aim is to produce standardized fragrances - chemically if necessary - and not therapeutic agents. These types of oils are not appropriate for therapeutic use for many reasons. Good essential oil quality is a crucial component in the equation between accurate oil selection and therapeutic efficacy. A future article will present some guidelines and criteria to help us identify oils with therapeutic potency.



Secretary's Report

(con't from page 4)

Mina was the type of person that once you met her, you immediately felt her down to earth, humorous and upbeat way of perceiving people and the world. She brightened everyone's path and whenever we spoke there was always lots of laughter and joy.

The part of Mina that could touch people in a humanistic way, to connect with them and know exactly what was going on with them gave Mina a great gift to help them as an acupuncture practitioner in school. And she did help many people that she treated, and she really "got" the medicine.

The message that I wanted to share with everyone is that Mina had this powerfully strong spirit that kept on fighting no matter what. She kept on going even when the doctors told her it was hopeless. She kept on studying acupuncture and the five elements with Judi, even after this incredibly invasive surgery. She kept on trying to become a licensed acupuncturist and she never complained about her pain or her hardships.

Is it difficult to be an acupuncturist and to make a living? Certainly it has been for me at times. Perhaps many of you have felt this challenge as well. My experience with Mina taught me that even in the face of these challenges, I should never take for granted what this life has given me. Perhaps we should all celebrate life and celebrate the medicine and make magic happen when you have the chance, because we can.

Many of you that do this magic every day, do it with grace, you do it with respect and you change lives daily.

Thank you for persistently being present with the medicine and working through the challenges that this profession has been witness to when it would be so easy to give up. Thank you for teaching me how to be a better caregiver by your example.

I feel honored to have known Mina and I'm glad that we shared some time together yet with a heavy heart I feel her loss just as so many other people that were closer to her feel. I feel that her strength and belief in persevering through her many challenges is a lesson that I can take with me forever. Mina serves as an inspiration to all of us for her remarkable achievements in life. From future students, present students and present practitioners we all can take Mina's lesson to heart. Keep going, keep trying, keep doing the magic because it is your gift to the world, your gift to humanity and ultimately your way or Tao.

*Mina Lundien may you rest in peace.
November 16th, 1954 – May 2nd, 2009*

"Live every day like your hair was on fire." - Zen Proverb



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Are we healthy practitioners? *The cobbler's children have no shoes syndrome.*

Submitted by Martha Lucas, Ph.D., L.Ac.

One day recently I was wondering about the stress of being providers of medicine, doctors of a sort, and how that might affect our physical and emotional health. Many of us treat patients who have serious chronic illness, sad stories, illnesses that are not going to go away, great pain, and each of us has most likely suffered through the death of a patient who was in our care. That's tough emotional stuff. Perhaps we have each experienced a clinical situation where you "felt like crying while a patient was telling me her diagnosis but, of course, I couldn't cry right there in the treatment room". So when do we cry about it ... or do we stuff it in? If so, we may be creating a monster. Isn't stagnated Qi the bane of our existence? Don't we all encourage our patients to express their emotions, release stress, grief, etc.? Even allopathic medicine practitioners agree that emotional stress causes physical symptoms/disease.

Speaking of allopathic medicine, physicians are known to have a higher suicide rate than the general population. They are generally considered to be overworked, overstressed, and often isolated from a support system. And, they hardly ever go to see a doctor. I started to consider whether we, practitioners of Traditional Chinese Medicine (TCM), are in the same sort of situation. We may even start out having better health than the general population but I wonder how we compare with them as our careers go on. My mentor, Jim Ramholz, died very young and I often wonder about that. I wonder how such a brilliant doctor could have such serious health concerns but not receive adequate care or any care at all. At his last pulse diagnosis seminar, less than a week before he passed away, I remember him telling those of us in attendance to "find someone good to take care of you as you age". He meant "find a good practitioner of TCM and actually get treatment". It was too late for Jim but hopefully it's not too late for each of us.

We have a tough job. Very sick people come through our doors. They are hoping for a miracle, hoping to find relief for their intense physical and/or emotional pain, hoping to avoid a surgery or to minimize the negative effects of chemotherapy, hoping that Chinese Medicine can cure Parkinson's disease or extend their life expectancy. The list goes on. They hope upon hope that we can "cure" them while modern medicine could not. That's a lot of pressure. Are we up to it – both in terms of our skills and our emotional stability? Depending upon your training, you may depend upon what I call "prescription Chinese Medicine". That is, you know the prescription for treating Spleen Qi Deficiency or what the textbooks say causes PMS. The problem is that not everyone's PMS or Spleen Qi Deficiency is caused by the same thing. But if we aren't trained to figure that out with each individual, then it's going to look like our medicine doesn't work. I think that is part of the promise of TCM – individualized treatment for your unique energetic imbalances that are causing your symptoms. If we cannot decipher those imbalances and causes for each of our patients then we can add disappointment and lack of faith in our medicine to the stress of being overworked, overstressed, and (according to some) underpaid.

So I write this article to ask each of you to think about the state of your health. When I teach pulse diagnosis I feel the pulses of some of the practitioners in the classes. Very often I feel pulses that are very out of balance or, what I call, "too weak for someone your age". I ask: "do you get acupuncture treatments? Take herbs?". About 90% of the time the answer is "no". Some say that they don't have access to a practitioner; they live too far away from one; they're too busy in their practice to make time for acupuncture. There we have it! Overstressed, overworked, not taking advantage of the support system that may be offered by your peers. Sound familiar?

We, members of the AAC reading this newsletter, could do a small study about this topic. Here it is: answer these four questions – you can send the answers directly to me at DrMLucas@AcupunctureWoman.com, and I will publish the results in the next newsletter.

- **How do you feel? (i.e., how's your health?)**
- **Do you receive acupuncture?**
- **Do you take Chinese herbal prescriptions?**
- **Is TCM your first choice when you feel that you have a health challenge?**
- **Tell me if you regularly receive or practice other therapies in our medicine – Qigong, Tuina, cupping etc.**

Finally, if we believe that our medicine is the quintessential preventive medicine, then why aren't we using it to prevent the decline of our own health? Life in the twenty first century is fraught with cynicism. Perhaps it has pervaded our medicine as well. Or, maybe it's just like the old phrase says: *the cobbler's children have no shoes*.



**Acupuncture Treatment of Pain
And Common Sports Injuries
— The Lower Extremity —**

*A Weekend Seminar With Whitfield Reaves, OMD, L Ac
The Weekend of September 12th - 13th, 2009
From 9:00 am to 5:30 pm*

This seminar features the use of advanced acupuncture techniques in the treatment of sports injuries and pain. A systematic Four Step approach that includes ten common acupuncture techniques will be presented as the “template” for treatment. Hip pain, patello-femoral joint syndrome, shin splints, and plantar fasciitis are among the conditions that will be covered in this weekend seminar. Each injury will consist of lecture, demonstration, and supervised practice. The objective is to have the practitioner more informed about the diagnosis and assessment of the injury as well as confident in their approach to treatment.

The material of this seminar is the integration of traditional Chinese acupuncture with western orthopedic and sports medicine. Having spent over 25 years specializing in the treatment of musculoskeletal disorders, Whitfield’s clinical experience is invaluable for practitioners working with pain.

**For both practitioners and advanced acupuncture students
14 CEU’s (PDA’s) will be granted
Cost: \$280, Students and AAC members: \$250**

This Weekend Seminar will be held at Southwest Acupuncture College, in Boulder, Colorado. To register, please make checks payable to Whitfield Reaves, and mail to P.O. Box 2067, Boulder, CO 80306. We will give full refunds for those who are unable to attend after registering (with a 72-hour notice). In order to assure adequate supervision, space is limited. After registering, a map to the facility and other details will be provided with your confirmation letter.

For a course outline or resume of the presenter, please feel free to contact us.
For more information, call (303) 552-8722 Or e-mail WReavesoffice@comcast.net



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Public Relations & Events Committee Report

By
Tina Laue, L.Ac.

I answered a call to serve on the board for the AAC in March. I had always wanted to, but felt that life is too busy, and my practice isn't where I want it. All the usual suspects as far as excuses go. But I couldn't see the AAC not participating in the Dragon Boat Festival. (Which I need volunteers for!!!) I have to say it has been some work. The beauty of coming to the board is I get to help shape what we do and have available. So briefly, I will tell you what we have been up to and what is coming up. I am happy to have a chance to be of service to our profession and to our members. I welcome your input and I hope that some of you will be inspired by my enthusiasm and energy to join in and help me on the PR committee to draw more attention and patients to our wonderful medicine.

9 Health Fairs

So I jumped in with both feet as this event was already half planned when I started. My initial goal was to see what the fairs looked like. How is the public response? What can we do to make it more fun and easy for our volunteers? We participated in 12 fairs. I want to say a huge Thank You to Denise Ellinger and Melinda Cobb for their assistance. I also want to say Thank You to everyone who volunteered. Your time, energy, and suggestions for improvements were fantastic!!! It was my intention to call each one of you and tell you this in person. Please pardon the burnout that kept me from doing it.

Planning the 9 Health Fairs is a large project. We coordinate all the requests to participate and make sure we have enough materials on hand. The weather was sleet, rain and snow during the first few days of the fairs. This had an impact in less attendance. I worked two of the fairs myself to see how things were going. I also had each volunteer fill out a survey and count the number of items handed out. The average was only 30 to 50 brochures, business cards, and number of hours handout.

On a positive note, we are participating in a very public, prominent event. We are seen and acupuncture becomes more and more mainstream as people become accustomed to it. I also feel that we could improve the visibility and attractiveness of what we have on our tables. When I am done planning the Dragon Boat and Boulder Asian Festival, then look for a call from me around ideas to make things more dynamic.

Colorado Dragon Boat Festival

The festival is being held at Sloan's Lake on July 25th and 26th. We are renting a larger space this year; 10' X 20'. There will be two tables and about 6 chairs to provide treatments in a seated position. Remember that you can promote your business at the event while you are volunteering! Bring your business cards. You can also bring a coupon to give to those patients that you treat. Over 100,000 people attend this event.

If you would like to volunteer, please call me at 303-881-1971 or e-mail me at tinalaue@goodneedles.com. I have been concerned with the fluctuating in and out of volunteers I witnessed for the 9 Health Fairs. *Please double check your calendars and COMMIT to being there for your shift if you volunteer. It makes my job a lot harder if I have to constantly change and update the volunteer list and leads to errors.*

We need four L.Ac.'s per shift and three student volunteers. One L.Ac. needs to volunteer to be in charge for the shift and handle switching volunteers duties during the shift and handling any problems that arise. With the extra chairs and space, community style experience is helpful. Being comfortable using a small number of points is also good. We will be trying to provide a very comfortable first experience.

Students will not be allowed to treat. It is great experience speaking with the public from the front desk and assisting and watching the L.Ac.'s work. I am also wondering if any students are interested in drawing out the meridians and points on their bodies and being living models. I think it is great review and will be really fun and dynamic for the public. You can wear what you are comfortable in. Please let me know what you think of this idea!!

The fair runs from 10-6 on Friday, July 25th and shifts are from *9:30am - 12:30pm, *12:30pm - 3:30pm, and *3:30pm - 6:30pm. On Saturday it runs from 10-5 and shifts are from *9:30am-12:00pm, *12:00pm-2:30pm, and *2:30pm-5:00pm.

Dragon Boat BBQ

I would like to invite the volunteers and my fellow AAC Members to a barbeque from 3pm to ? at my house. I am at 2039 Meade St. This is walking distance from the festival. I look forward to a chance to hang out with my colleagues.

Boulder Asian Festival Save the Date

We will have a booth at this festival again this year. The dates are August 15 and 16th from 11am - 5pm.

Invitation to join the PR Committee

Do you have ideas and the energy to make some change happen? I am looking to add some members to my committee. Martha Lucas, Melinda Cobb and I make up this committee at the moment. This is a great opportunity to participate in the AAC, without a big time commitment on your part.

Book Review

by Melinda Cobb, L.Ac., Dipl.O.M.:

Chinese Herbal Formulas and Applications: Pharmacological Effects and Clinical Research

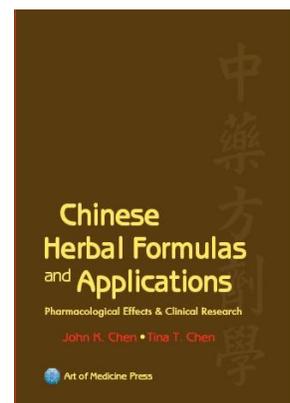
by John Chen and Tina Chen

In the April issue of The Colorado Acupuncturist we included an official book review from John and Tina Chen. They also requested that an independent practitioner review their book to offer a different perspective and to further provide information regarding this issue.

Chinese Herbal Formulas and Applications is a must have if you are going to prescribe any form of Chinese herbs or formulas to your patients. It is an all inclusive point of reference that will help you become a better practitioner when it comes to understanding herb-drug interactions and herb toxicities. They have also expanded upon the modern day uses with case studies and added several appendices for quick reference. I have to admit, I cheated a little. I went straight to the back and read Appendix 2 which is the Cross-reference Based on Western Medicine Diagnosis. I started at A for Abdominal Pain then further differentiated to Cold, Heat, Deficiency and Cold, Qi Stagnation, Blood Stagnation, Food Stagnation and Parasites. Each one of these categories has the representative formula listed for treating this problem. How easy is that? This a great tool to quickly scan through the formulas and then go back and look up each one for review or more detailed information regarding the formulas case studies and historical uses. For the student, it is a wealth of information that will be useful in grasping the depth and variety that the field of Chinese herbal medicine offers in its entirety.

The other part of the book that I really appreciated was that each category of formulas was preceded by a beautiful piece of artwork or portrait of a famous Chinese physician. This physician was then described on the next page and their achievements and great historical accomplishments were included. One of my favorites, Zhang Zhong-Jing, the famous author of the Shang Han Lun (Discussion of Cold Induced Disorders) and Jin Gui Yao Liu (Essentials from the Golden Cabinet) precedes the section on Exterior Releasing formulas. Zhang's major lasting influence is remembered by a listing of formulas that are still in use today and are taught in Traditional Chinese Medicine colleges. These formulas date back some 1,700 years.

Gui Zhi Tang – Cinnamon Twig Decoction
Da Cheng Qi Tang – Major Order the Qi Decoction
Xiao Chai Hu Tang – Minor Blupleurum Decoction
Bai Hu Tang – White Tiger Decoction
Li Zhong Wan – Regulate the Middle Decoction
Jin Gui Shen Qi Wan – Kidney Qi Pill from the Golden Cabinet
Mai Men Dong Tong - Ophiopogonis Decoction
Wu Mei Wan – Mume Pill



Not only is this important from a historical point of view, it is also important from a modern day perspective. Bridging the gap of time we can effectively use this information to treat the modern day patient through the expanded herb drug interactions, case studies and toxicology information. John and Tina Chen have managed to honor our historical roots with both integrity and refinement and have also helped to bring the medicine to modern day standards.

Chinese Herbal Formulas and Applications: Pharmacological Effects and Clinical Research is clearly a “must have” for anyone who practices Chinese herbal medicine.

Calendar of Events

(Remember: AAC members entitled to a discount on all events listed.)

July 12th - TCM Treatment of Common Trauma taught by Daisy Dong, OMD, L.Ac. Sponsored by CSTCM and held at the CSTCM Campus room A. Cost is \$100.00 for practitioners and \$90.00 for AAC members and students. 4 CEU's available. This seminar provides information regarding orthopedics and trauma with Traditional Chinese Medicine. Please go to cstcm.edu to sign up or call Courtney Carag at 303-329-6355 x-25 for more information.

July 19th - Pet Health and Chinese Medicine presented by Dede Barry, L.Ac., held at the CSTCM Campus, Room A. Cost is \$100.00 for practitioners, \$90 for AAC members, \$80 for students from 9am – 5:30pm. Dede will teach participants about the safe and effective use of Chinese Herbs/Formulas for the treatment of our pets. This course will also cover animal diagnosis according to 5 Elements, 8 principles, tongue and pulse. Licensed practitioners receive 7 CEU/PDA credits. Please go to cstcm.edu to sign up or call Courtney Carag at 303-329-6355 x-25 for more information.

July 25th, 26th - The Colorado Dragon Boat Festival. Come join the AAC in volunteering to provide acupuncture treatments to fairgoers. This event is open to all members of the AAC and is a way to promote your business while promoting acupuncture and public understanding. Contact Tina Laue at (303) 881-1971 to sign up for this fun event held at Sloan's Lake park 10am-6pm Sat., 10am to 5pm Sund.

July 26th - Healing With Smoke and Fire taught by Parago Jones, L.Ac., held at the CSTCM Campus, Room A. Cost is \$110.00 for practitioners, \$90.00 for AAC members and \$75.00 for Students from 9am—5:00pm. This workshop will teach you how to be more comfortable and skilled with direct non-scarring and indirect moxibustion techniques. Drawing from the teachings of Japanese moxibustion masters Fukaya, Sawada, Shiota, and Manaka, we will learn Okyu (Direct Moxa), Chinetsukyu (Cone moxa), & Kyutoshin (Needle moxa). Licensed practitioners receive 7 CEU/PDA credits. Please go to cstcm.edu to sign up or call Courtney Carag at 303-329-6355 x-25 for more information.

Aug. 15th, 16th - The Boulder Asian Festival. Come join the AAC in volunteering to provide acupuncture treatments to fairgoers again. This event is another opportunity to provide information to the public regarding acupuncture and to promote your businesses again. Contact Tina Laue at (303) 881-1971 to sign up for this fun event held at the Boulder County Courthouse lawn in downtown Boulder from 11am-5pm both days.

Aug. 16th - CPR First Aide Recertification for Faculty and Graduates taught by Parago Jones, L.Ac., held at CSTCM Campus Room A from 9am to 3pm. Cost is 29.50 for the book and \$40.00 for graduates. 6 CEU's available. Satisfies the safety requirement for NCCAOM. This seminar only allows 8 participants and is full. To be put on a waiting list, please call Courtney Carag at 303-329-6355 x-25 for more information.

Sept 12th & 13th - The Treatment of Mental-Emotional Conditions with Essential Oils taught by Peter Holmes. This seminar will focus on essential oils for treating these disorders, using the Three Shen Disturbances and Five Elements to evaluate and treat mental-emotional patterns. The discussion will include the unique limbic neuroendocrine functions of essential oils. Cost: \$295, with 10% discount to AAC members at this rate. Special rate if you register for yourself and a buddy! The cost is then \$275 each. To register, call 800 682-8827 or 707 577-8048

Sept. 20th - NCCAOM Exam Prep. Fall Workshop taught by Heidi Von Brokdorff held at CSTCM Campus, Room B. from 9am to 4pm. Free for CSTCM students and open for non-CSTCM students. \$60 for practitioners who wish to take the Biomedicine or Chinese Herbal exam and \$50.00 for AAC members. Sign up online at cstcm.edu or call Courtney Carag at 303-329-6355 x-25 for more information.

Sept. 26th - Hormone Harmony, "How to Treat Your Women" taught by Kimball Cicciui, L.Ac., held at CSTCM Campus Room A from 9am to 6pm. 8 CEU's available. Cost is \$125.00 for practitioners, \$105.00 for AAC members. This course will explore the female cycles of life, both long and short. We'll discuss proper hormone balance, endocrinology, pathology and lifestyle factors that are influential. In addition, we will look at how hormones translate to practical TCM principles and respond to TCM application. Please go to cstcm.edu to sign up or call Courtney Carag at 303-329-6355 x-25 for more information.

October 1st-4th External Qi Healing with Master Yun Xiang Tseng. Offered in four intensive courses for 150 certification hours on the Ancient Taoist Healing Arts. Classes will also be held on December 2nd-6th, February 4th-7th, April 22nd-25th. Master Yun Xiang Tseng was trained at the age of 6 at Wu Dang Shan, a sacred Taoist mountain famous for its legendary martial arts and healing traditions. Cost \$3,250.00 by July 31, 2009. Contact Kristine at 970-232-5171 or email her at wudang_lotus@yahoo.com. Website is www.wudangtao.com. Classes will be taught at the Best Western Boulder Inn, Boulder, CO.

October 24th, 25th - The Acupuncture Association of Colorado Annual Fall Conference with Dr. Misha Cohen, L.Ac.

Acupuncture Association of Colorado

4380 Harlan St., Suite 203

Wheat Ridge, CO 80033

Being part of the AAC is Easy...

Read the newsletter and reports, and see what you'd like to be a part of
Board meetings are listed on the calendar of events—
any member is welcome.

Contact any board member (contact info is on inside front cover)

Be involved!

*"Volunteering is the ultimate exercise in democracy.
You vote in elections every year, but when you volunteer, you vote every day about
the kind of community you want to live in." Marjorie Moore*