

The Colorado Acupuncturist

A Publication of the Acupuncture Association of Colorado

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"In the three months of autumn all things in nature reach their full maturity. The grains ripen and harvesting occurs. The heavenly energy cools, as does the weather. The wind begins to stir. This is the changing or pivoting point when the yang, or active, phase turns into its opposite, the yin, or passive, phase. One should retire with the sunset and arise with the dawn. Just as the weather in autumn turns harsh, so does the emotional climate. It is therefore important to remain calm and peaceful, refraining from depression so that one can make the transition to winter smoothly. This is the time to gather one's spirit and energy, be more focused, and not allow desires to run wild. One must keep the lung energy free full, clean, and quiet. This means practicing breathing exercises to enhance lung Qi. Also, one should refrain from smoking and grief, the emotion of lung. This will prevent the kidney or digestive problems in the winter. If this natural order is violated, damage will occur to the lungs, resulting in diarrhea with undigested food in the winter. This compromises the body's ability to store in winter."

- Huang Di Nei Jing Su Wen

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.

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President's Report

By Nancy Bilello, RN, L.Ac.

I hope everyone is enjoying the nice fall weather after the hot summer we had! The AAC had a busy and productive summer. Thanks to the tireless efforts of our Event Coordinator, Denise Ellinger and Secretary Melinda Cobb, we were able to once again successfully participate in the Dragon Boat Festival and the Boulder Asian Festival. Our booth at the Dragon Boat Festival was continually busy and many people took advantage of the opportunity to experience a sample acupuncture treatment. I know that myself as well as some other volunteers have some new patients thanks to this festival. Even people who did not get a treatment were able to ask questions and learn more about acupuncture. Unfortunately, the Boulder Asian Festival was rained out for one day, but we were able to participate the second day. I would once again like to thank AAC member Kyle Liston for helping out with the Boulder Festival.

The end of summer brings little rest for us, however, as we are now gearing up for the elections (both national and local.) Please see the Legislative Report in this issue for more information on these elections.

The AAAOM Annual Conference will be held Oct. 15-19 in Chicago. I will be attending again this year. Last year at this Conference, the Council of Presidents had a very dynamic meeting and decided to continue to communicate throughout the year to better unify our profession as well as to help each other tackle some of the problems we encounter at the state level. The AAAOM set us up with a listserv that has been fairly active. There has been tremendous support and sharing of ideas through this group. Because of this development, our meeting at the Conference this year will be 4 hours long – giving us plenty of time to discuss several crucial matters. I will let you all know how this very important meeting goes.

AOM Day is coming around again on Oct. 24th. Terry Fox, our PR Chair has sent an email out to those who wish to participate. This is a fantastic way to promote your own practice as well as to spread the word about the wonders of AOM! I recommend that everyone participate in this event. We have sent a letter to both Governor Ritter and Mayor Hickenlooper requesting that they each officially proclaim Oct. 24th as AOM day in the city of Denver and the State of Colorado. Both of them did so last year and we expect continued support this year!

I have received phone calls from several AAC members who are concerned about things they have read or heard about that impact AOM. For example, it seems there are some chiropractors that are using the title L.Ac. when in fact, they are not actually licensed;

there is a NADA course being offered that is accessible to RN's which is questionable. I so appreciate these types of calls from members, and I can promise you that I do follow up on all of them, so I encourage you to let me, or any Board member know when you hear something that concerns you. This is one of the services the AAC Board provides for members. And, of course, we are always looking for help on the Board, so if you feel so inclined to join a committee, we would love to have you!! The more involved and active we are, the stronger we will be and the better able to protect this Medicine that we cherish so much!

Legislative Report

Nancy Bilello RN, L.Ac.

The past year has brought some challenges to all AOM practitioners in the state of Colorado. Topping the list, of course, is the P.T. dry needling issue. We were bitterly disappointed that the final ruling did not go in our favor. To recap for those of you who are not aware of what happened: The AAC Board, with invaluable help from Valerie Hobbs, director of SWAC in Boulder, presented arguments to DORA (the Dept. of Regulatory Agencies) against allowing P.T.'s to do dry needling. When we were defeated by a ruling in favor of the P.T.'s, we then took our concerns to the state legislature. The only way we could have reversed the ruling was through the Legislative Legal Review Committee. We did have some very sympathetic ears on this committee, but we ended up losing this battle by a very narrow margin. On a more positive note, however, we feel we did increase our presence at both DORA and the legislature and will continue to do so in the coming year. In fact, in the next few weeks myself and other interested AAC members will be meeting with legislators we feel can have influence in areas of concern to our profession. We will also continue to meet with DORA personnel so that our concerns are known to them.

This past summer we were made aware of a complaint against one of our members who was practicing laser acupuncture. This case is still currently under investigation with DORA. Yesterday I sent an inquiry to Cindy Klyn of DORA requesting an update on how this investigation is proceeding. Leo Boyle (our lobbyist), Valerie Hobbs and I all met with Cindy earlier this summer. We felt that an in-person meeting would be beneficial and we were well received. I will notify the membership as soon as I hear any further details.

There is another crucial issue facing us that involves our chiropractic colleagues. The Chiropractic Practice Act is up for Sunset review in 2009. That means the Practice Act will pass through the legislature in the upcoming session starting in January of 2009. Needless to say, most acupuncturists would like to see the provision for practicing acupuncture stricken from the Chiropractic Practice Act, but this will not happen for several

(Bilello, Cont'd from page 3)

reasons too numerous to list here. Basically, however, once a rule or statute is in place, it is difficult if not impossible to have it reversed without **proof** of harm to the public. However, in the past several weeks the AAC has been contacted by some chiropractors that are influential in their association. These chiropractors share our concern about the lack of training required by members of their profession to practice acupuncture. Currently, that amount of training is a mere 100 hours. The first step the chiropractors are suggesting is to leave the amount of hours the same, but to include a rule in their act that would mandate the passing of an exam. This exam would be administered by the National Board of Chiropractors. While this in an of itself is not a satisfactory solution for us in any way shape or form, we are looking at ways to work in alliance with the chiropractors on this issue and will engage in ongoing dialogue with them as well as with our own members.

I am very happy and encouraged by the interest some AAC members have shown in getting involved in legislative issues. The more people we have, the stronger we will be. So, thanks to all who have volunteered – I look forward to working with all of you!

Vice President and Conference Chair Report

Amy Dickinson, L.Ac., M.T.C.M.

Our year started out with a bang at last September's Annual meeting. We elected Nancy Bilello as President of the AAC, much to all our pleasure! Nancy has been a very hard working member of the Legislative committee, a published Blue Poppy Author, and all-around great person to be around in any professional capacity. We are all so happy to be working with Nancy and her positive energy!

Our 24th Annual Conference was a HUGE success - we made a great deal of money for our annual fund raiser, and participants reported a very high level of satisfaction. We were able to draw 85 participants for Jake Fratkin and Randy Bimestefer, and Daisy Dong brought in high numbers as well the following day.

This year's Conference has not seen a large turnout, despite the fantastic speakers we have enlisted. It is paradoxical that in this time of economic stress for all of us, a strong State Association is even more necessary for all of us to thrive in this economy. For those of you who attended this year's conference, thank you for continuing to support your Association- we are all benefiting from working as an organization rather than trying to make it all on our own. Wishing you all a very prosperous year.

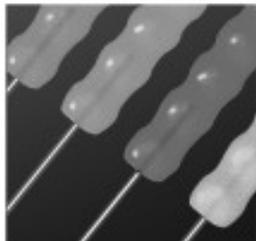
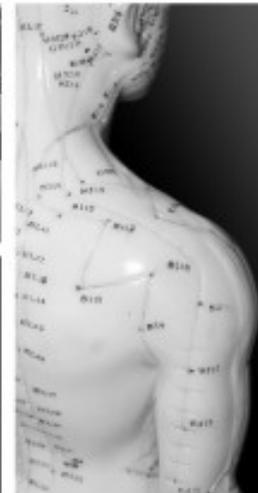
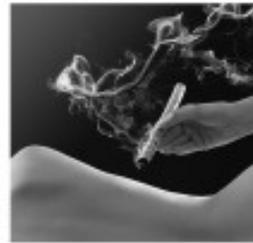
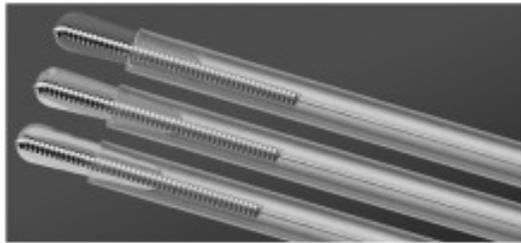
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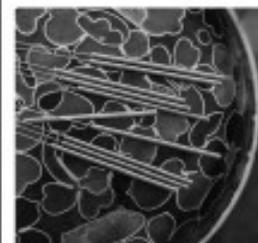
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Developing One's Inquiry Skills in Chinese Medical Diagnosis

by Bob Flaws, O.M.D.

As a teacher of traditional Chinese medicine (TCM), I get to read a lot of my students' case histories and question them about their cases. Although many Western practitioners worry over their pulse reading skills, I often find that a more common problem with making a correct TCM pattern discrimination is a lack of inquiry or questioning skills. In thinking about this, I have identified three skills that can help any Western practitioner improve their inquiry examination.

Reframing

Because Western practitioners are doing Chinese medicine in a language other than Chinese, the first skill to improving our questioning is reframing. By this, I mean reframing our patients' answers to our questions until we get the same or technically equivalent answer that a Chinese patient would give. Because TCM patterns are defined by only certain specific signs and symptoms, if a patient does not have the Chinese signs and symptoms of a particular pattern, then, *ipso facto*, they are not manifesting that pattern. If a Chinese doctor in China asks a Chinese patient if they are suffering from chest oppression, the Chinese patient knows what the doctor means and can answer yes or no. In the West, or at least in English, we have no common shared concept of chest oppression. Therefore, if we ask our patients, "Do you have chest oppression?", they will not know how to answer us. Likewise, if we ask our patients if they have heart vexation, they will probably not give us the technically precise answer the Chinese doctor in China would expect. Heart vexation means an irritating feeling of dry or baked heat in the precordial or chest region. In other words, it is not just a general sense of irritability but a definite physical sensation. This means that we may have to ask our patients more questions in order to clarify if they do or do not have the specific signs and symptoms that add up to a particular TCM pattern.

This is not the same as putting words in our patients' mouths. It is merely a process of verbal clarification. Typically, reframing is done by repeating what the patient said and then asking, "Do you mean by that...?" Until or unless we elicit the exact same words or their technical equivalent that a Chinese doctor in China would elicit, we cannot make a correct TCM pattern discrimination. There are definite standards of what signs and symptoms do add up to a particular pattern, and we need to be careful that we do not lose the precision of these pattern definitions. Basically, the necessity of reframing in developing good inquiry skills is due to a problem in translating from one language to another.

Asking Proper Follow-up Questions

If a patient tells us they have a headache, by itself that means nothing at all, except that we know there is a lack of free flow in the head. But we do not yet know why there is this lack of free flow. Chinese medical theory has a lot to say

about headaches. Therefore, if a patient tells us they have headaches, then we need to know where on the head those headaches are since we know that the different regions of the head are traversed by different channels. If the headache is one-sided, we need to find out which side. One side pertains to qi and the other to blood. We need to find out what the pain feels like and how severe it is, how long it lasts, what causes it, and what makes it go away. Until or unless we ask all these follow-up questions, headache by itself means nothing.

Likewise, if a patient says they have loose stools, cough, nausea, fatigue, or any of the other complaints that make up the so-called miscellaneous diseases of internal medicine, there are all sorts of follow-up questions which need to be asked systematically. It is this kind of follow-up questioning which really nails down the disease mechanisms at work and, therefore, the patient's pattern.

Questioning to Confirm or Deny a Working Hypothesis

As soon as the patient tells us their major complaint, based on our past study of Chinese medicine, we should form some working hypothesis about their pattern(s). If the patient says she has painful menstruation, then we need to be able to scroll up in front of our mind's eye the basic patterns and their signs and symptoms defining those patterns. We should then deliberately and systematically ask our patient if she does or does not have the symptoms of the pattern we think is the most likely candidate based on her age, facial complexion, bodily form, and demeanor or what, in Chinese, is called her essence spirit. If we find that the patient does not have the signs or symptoms we expected based on our working hypothesis about her pattern, then we need to decide on the next most likely pattern and systematically ask questions confirming or denying the presence of that pattern.

In other words, our questioning should not be just a random collection of everything possible we can think to ask our patients. Gathering too much information can be just as misleading as gathering too little. In this sense, our questioning should be like a lawyer's in court (however, with a good bedside manner)! A lawyer has an opinion about how they think the person on the stand is going to answer every question they ask. There is a definite line of reasoning behind why a lawyer asks the questions they do in the order they ask them. Efficient TCM questioning has exactly that same quality.

Prerequisites for Developing these Skills

There are two main prerequisites for developing the above three skills. The first is a firm grasp of the basic TCM statements of theoretical fact. For example, if we

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know what areas of the head correspond to what channels and, by extension, which viscera and bowels, then we can ask questions to help us clarify that part of our diagnosis. Therefore, before we can ask good questions, we need to really know our basic Chinese medical theory. Secondly, we must have a very good knowledge of 1) what TCM patterns there are, 2) what their professionally agreed upon standard signs and symptoms are, and 3) what patterns correspond to what diseases, whether they be the traditional diseases of Chinese medicine or the diseases of modern Western medicine. Once we have internalized the above information, then it is easier to reframe, ask correct follow-up questions, and develop a cogent line of reasoning.

The above article is excerpted from *A Compendium of Chinese Medical Menstrual Diseases*, by Bob Flaws, published by Blue Poppy Press, 2005.



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Volunteer Opportunities at Agape Hospice

By Karie Filios

Agape Hospice Services exists to provide compassion and dignity to support the patients and families we serve. We empower patients and families to make their own decisions and to live fully on their own terms. We strive to develop a caring community that provides compassion and comfort through the end of life. The Agape Hospice Volunteer Team creates ongoing opportunities for community members to share their gifts and talents with patients nearing the end of life.

The dying process is as varied as the people it affects and impacts a person's physical, emotional, social, and spiritual needs. Hospice Care is focused on reducing all aspects of suffering and increasing comfort at the end of life. As part of our mission we strive to obtain services for our patients to ease their suffering. Agape Hospice is currently introducing a Complementary Therapy program to our staff and discussing the benefits of acupuncture. At Agape Hospice Services, we understand the benefits that acupuncture can provide to the dying. Our volunteer program is looking for Licensed Acupuncturists to help patients enjoy the highest quality of life possible. The next volunteer training will be on November 1st and 8th.

Agape Hospice Services offers training in caring for the dying and serves the entire Denver/Boulder Metro community. If you would be interested in volunteering or if you would like more information, please contact Karie Filios at (720)-482-1988 or email her at kfilios@agape-healthcare.com.

The highest reward for a person's work is not what they get for it, but what they become because of it.

-- John Ruskin



Oriental Medicine: The True Anti-Aging Medicine by Martha Lucas, Ph.D., L.Ac.

We all know that there is a tremendous interest these days in any product or procedure that is touted as being "anti-aging". Despite the state of our economy, people continue to spend billions of dollars a year on therapies and procedures that promise to make them look younger, thinner, or more beautiful. You can have a procedure to modify almost anything about your body with which you are dissatisfied. It's not only about Botox® (nicknamed the pretty poison) and breast augmentation. People are having chin implants, fat transplantation, arm lifts, ear plastic surgery, cosmetic foot surgery, and even (believe it or not) cosmetic leg lengthening surgery. Even if this was not morally repugnant, there can be serious medical consequences to consider.

The industry has gone so far that there is now a book written for children about mommy's plastic surgery. One of the cartoon pictures shows a little girl looking at her mother's natural nose and imagining a scary looking witch. The book continues with mommy going to the doctor's office, coming home with a bandaid on her nose and needing some rest, but looking much prettier. When children's books are being written about how kids can keep up with the world of cosmetic "improvements", the field has reached a new low in my opinion.

Many cosmetic procedures began as medical treatments. Plastic surgery began as a blessing to those who had been disfigured in an accident, born with a cleft palate or other deformity, or injured in combat. In fact, war injuries accelerated experimentation in plastic surgery after World War I. Since that time the field of plastic surgery has gone from purely being used for reconstructive purposes, to a procedure done in "secret" for beautification purposes, to a time where people openly search for and talk about their cosmetic procedures. The history of Botox® also begins with its beneficial use. In the 1950s it was discovered to relax hypertensive muscles and spasms and is still used to give relief to patients who suffer from facial, neck, or shoulder spasms.

Acupuncture treatments didn't start out being "cosmetic" either but there were unintended outcomes (i.e., "cosmetic" results) of using certain points and techniques. For me, one of the most enjoyable parts of my practice is having the skills and knowledge to help people maintain their youthful appearance without creating any dangerous or potentially damaging side effects. With the use of needling, herbs, QiGong, and nutritional advice – all basic therapies included in the system of TCM – our medicine can stave off the outward signs of aging. We have everything we need right in our bag of AOM tools. We don't need to buy fancy or expensive equipment or use "treatments" that are out of our scope of practice. Even when we are using AOM for "cosmetic" results our medicine is treating the causes of aging, not just the results of it. Think about the causes of

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(Martha Lucas, Cont'd from Page 8)

aging and wrinkling from our perspective: Spleen Qi Deficiency creates sinking; digestive problems lead to poor skin condition; lung issues prevent the lungs from properly controlling the skin; Blood Deficiency leads to poor circulation; Yin Deficiency causes dry skin. These may all be addressed with treatments that reduce the outward appearance of aging – even to the point of making fine lines disappear.

The bottom line is that we can help people maintain a youthful appearance through the use of AOM treatments. Our medicine can create a vibrancy and healthfulness inside that is reflected on the outside. Some of us will specialize in the cosmetic aspects of our medicine thereby helping people make a healthy choice when it comes to choosing a cosmetic procedure. But we need to remember that cosmetic acupuncture, facial rejuvenation, facial acupuncture, and other AOM-based cosmetic techniques may carry high expectations for results. Therefore it is always important to create realistic and informed expectations when giving such treatments. It's no different than creating realistic expectations in the treatment of basic health concerns or symptoms. The results of any acupuncture or herbal treatment can be from subtle to dramatic depending upon the state of the patient's general health and the skills or perspective of the practitioner. Using AOM skills for cosmetic results is no different.



Volunteering to Promote Acupuncture

by Terry Fox, L.Ac., L.M.T.

Why as a member do I volunteer time to various AAC functions?

Well, honestly, I see myself as a baby in this profession. I've only been licensed and practicing for two years. I also see myself as part of the second generation of Acupuncture and Oriental Medicine practitioners in Colorado and the United States. The first generation, fellows like Ron Rosen, Donn Hayes, James MacRitchie, and esteemed others, have paved the way for me to practice AOM here in Colorado legally and without repercussion.

AOM has only really come to flourish in the US within the past fifty years. Many people are still unfamiliar with AOM and its benefits. The profession will only grow if laypeople are educated about it.

I see our profession as just a seedling. It needs to be watered, cared for, and fostered. With time, it will grow to be large, healthy and strong. But of course, that takes some care and a little bit of effort on our part.

I believe it is our responsibility as practitioners of AOM to follow in the footsteps of those that have come before us and grow our profession, not just our own personal practices. This is where volunteering makes the difference. Volunteering puts energy into our profession at large. Like moxibustion on Zusanli (St36), we can add qi to a condition of deficiency. The more we add our collective qi, the stronger our profession will become.

Acupuncture and Oriental Medicine has survived over several centuries. Why? Practitioners have put their time and energy into it. They did not have to write the classics. They did not have to pass their knowledge on. They did not have to educate others on the effectiveness of their medicines. They could have kept it all to themselves and focused only on their own practices. I, like those that have come before me, would to see the medicine, and our profession, thrive long after I am gone. So I have made the decision to offer up part of my time to foster the growth of AOM in our society. But that's just me.

Why should you volunteer? Do you want to:

- feel needed?
- share a skill?
- get to know your community?
- demonstrate your commitment to AOM?
- gain leadership skills?
- enhance your persona?
- sharpen your public speaking?
- donate your professional skills?
- have an impact on your profession?
- help someone?
- have an excuse to do what you love?
- assure the progress of your profession?
- feel good?
- be part of a team?
- be an agent of change?

There are many reasons to volunteer. By volunteering your time to the AAC, whether it is a single hour at one of our various festivals or serving as a member on the Board, you promote and grow the profession at large. When the profession grows, so do the opportunities for your own practice. However, volunteering will not only benefit your own situation, but by doing so you will also be making a contribution to a solid future for the next generation of AOM practitioners to come.

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Secretary's Report

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

I wanted to thank all of those volunteers that stepped up this past spring and summer for the 9 Health Fairs, the Dragon Boat Festival and the Boulder Asian Festival. We experienced many things together that included extreme variations in temperature and weather. At the Dragon Boat Festival it was hot, hot, hot! The attendance was at an all time high with the fair being the biggest it had ever been. This brought huge crowds to our booths on both days. AAC members were able to treat people with acupuncture and pass out their business cards to promote their own businesses and educate the public on that famous question, "Does acupuncture really work?". At the Boulder Asian Festival it was wet, cold and foggy the first day but on Sunday, the clouds parted and it cleared up for a much better turnout. Thanks to the volunteers, Kyle Liston and Sara Looney who got rained out on Saturday but still hung in there like champs! Thanks also goes to Amy Dickinson's father who came down to load up all of the extra equipment when we did get rained out! Thanks also goes to Amy Dickinson who volunteered all day on Sunday at the Boulder Asian Festival and to Dallas Cox. If there were other volunteers that I missed please accept my thanks for all your hard work. Finally, to Denny Ellinger who helped set up, unload, plan, email and plead for volunteers—thanks for all of your hard work.

It really is because of you that our work has been anywhere near successful. Without you, it would never have happened and I think we all had a pretty good time promoting our profession and our businesses once the preparation was done. The preparation and planning is a huge time commitment when each one of us has a practice, a family, a home, and a life. Each member and board member deserves to be recognized for their dedication to the profession of acupuncture, the continued support and promotion of educating the public and to their undying commitment to our future in Colorado and nationally.

By witnessing these unselfish acts of giving from our members in the face of such extremes in weather, politics, and many adversities; I truly believe that the coming hurdles we must continue to overcome will not stop us from achieving and advancing the profession of acupuncture. Thank you.



Conference Pictures

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

We had a great 25th Annual Fall Conference and our speakers: Whitfield Reeves, Kathleen Robinson, Jeffrey Dann, and David Cope, were outstanding! It was both educational and informative and it is always great to see our members while browsing the vendor booths for new and old tools that we can purchase through our vendors.

This year we decided to showcase our vendors for all of the hard work and financial obligations that they must go through in order to attend our conferences. They come year after year to support our organization.

Please remember that these vendors help us to off set the cost of putting on our conference yearly. We thank them and hope that in the future you take advantage of their products and services. Without these companies it would be very hard to do business - in many ways, these vendors facilitate acupuncture through their products.

Samuel Chang of Finemost Corp., Qualiherb has also made cash donations to the AAC for several years. They travel from Cerritos, California to attend this years conference.



Also in attendance was Jeffrey Grossman, L.Ac., President and Creative Engine of Acupuncture Media Works and also staff members from Seattle, Washington.





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Dear Colleagues,

In the midst of one of the most exciting political races we have been alive to witness; we should take time to reflect past the politics that have at times been overwhelming. Among all the choices and issues, one thing I think is clear: the candidates are putting themselves through this grueling process because they feel they have a contribution to make and a desire to forge a stronger country.

All well and good....but what does this have to do with acupuncture? Sometimes it seems that the acupuncture profession is the Rodney Dangerfield of the healthcare world - we just don't get any respect! How can we make this change? The only solution I have come up with is that we must get involved. We must become part of the change we want to see in our profession. And that "we" begins with "I".

I often joke with colleagues that the chiropractic profession could get a better practice act for acupuncture than we could. They show up for rulings and actions involved

with their scope of practice. They stay informed with what is going on. They get involved and they show up! We acupuncturists need to do the same if we want our profession to grow.

Being a member of the AAC is an excellent start to supporting our profession. Now ask yourself what *more* you can do to further the strength of our profession. Contact the AAC office or contact any of the board members to explore options. It can be as little as a few hours a year, writing that letter to your representative, or helping to stuff envelopes. If you have not explored the AAC website, please do so. Learn what is going on and help make it better.

Without you, there is no "us" as a profession.

"You must be the change you want to see in the world." Mahatma Gandhi

Thanks for listening.

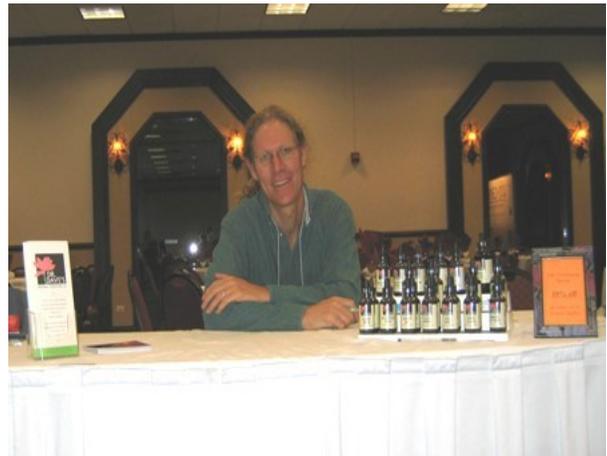
Denise Ellinger, L.Ac.
Events Coordinator

The Colorado Acupuncturist

Daniel Hudson, L.Ac., President of Yao Company presenting Yin Care and their new product, Altigen a high altitude herbal supplement. Present are Ewa Marie Long and Caylor Wadlington, L.Ac., O.M.D.



Dave Teitler, L.Ac., Founder of Dr. Dave's Herbal Medicine, traveled from Carbondale, Co. Dave carries a full line of herbal tinctures for the dry mountain climate of Colorado.



Kirsten Graham, and Travis Spire-Sweet (CSTCM Student) managing the booth for Yan Jing Supply Store.



Jeff Pulcifer (not shown) and Lori Perez, L.Ac. demonstrates new technology from Biomeridian Int. on Kyle Liston, L.Ac. Corporate offices for Biomeridian are in Bluffdale, Utah.



Kelly Murphy from Golden Flower Chinese Herbs came from New Mexico to attend our conference. Kelly has been representing GFCH for several years now.



JoAnn Pepperell with Blue Poppy Inc. Boulder, Co showing off some of their beautiful books, liniments and herbal formulas.



(Cobb, Cont'd from Page 14)

Thanks also to our vendors that donated items for goodie bags that were given to all conference participants.

Health Concerns from Oakland, California donated great looking red cloth tote bags with their logo and also catalogs with ordering information on all of their products.

Lhasa OMS located in Weymouth, MA also donated goodie bags to pass out to our members which we filled with more goodie samples from them, Seirin needle samples.

Mayway Corporation also located in Oakland, CA donated great new pocket packs for colds, flu or stomach aches.

Apex Energetics also donated information about their upcoming seminars and supplements.

American Express with Jason Gregor was also giving a special incentive to sign up for a few new credit cards.



Whitfield Reeves presents:

**“Acupuncture Treatment of Pain
and Common Sports Injuries
—The Upper Extremity—”**

Boulder, CO

**Saturday January 31st &
Sunday February 1st, 2009**

**From 9:00 am to 5:30 pm
14 CEU's granted**

**Cost of the weekend seminar: \$280.00
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-For those of you who could not make it to the conference, Valerie Hobbs was honored with a Lifetime Membership for her years of hard work and dedication that she has unselfishly given to further our profession of acupuncture. Valerie continues to work tirelessly to protect and uphold the rights of our profession as well as educate our future leaders.-

Thank you Valerie for all that you have done and continue to do!

**-A Letter of Gratitude-
from Valerie Hobbs, L.Ac., Dipl.O.M.**

Dear AAC members,

I wanted to post a note of gratitude to the AAC for conferring the true honor of extending me a lifetime membership. If my memory serves correctly, I'm joining the esteemed company of Donn Hayes, Jim MacRitchie, Ron Rosen, Bob Flaws, and Phranque Wright. I was, and am, truly surprised and touched by it.

To be engaged in this medicine at a time when there is nearly instantaneous global communication, to have so many fine minds dedicated to an enhanced understanding of qi and how our understanding can help people, is momentous beyond any single individual's experience and understanding.

I have a gift for sounding like I know what I'm talking about whether I really do or not. You can't imagine how much this irritated my parents. It's been a pretty useful gift in the legislative and professional work I've been doing. A gift is an easy thing to lean on. But it's the example and inspiration of the company of the other lifers as well as the many many others who came forward to say, "That's something I can do," that keeps me in plugging on in hope and encouragement.

When we get down to it, each and every patient encounter by someone who has dared to enter this world of qi handling is what really inspires. We view ourselves as being so isolated sometimes. I think to sit with someone in crisis - even if that crisis is a simple crisis of change - is an extraordinary act of courage. And it's hardly an isolated act. Each and every time you treat someone, it raises right qi. Even with conservative math, Colorado Acupuncturists do this deed 9000 times a week. That's a whole lot of right qi going on.

So even as I extend my thanks for this honor, I'm really aware of who is really behind all that right qi. Thank you for this honor, and thank you for the work you do.

Best to you,

Valerie Hobbs

Public Relations Committee Report

By Terry Fox, L.Ac. M.S.T.C.M.

This being my first year on the AAC board, it has been a year of observation and learning the ropes. The previous PR Chair, Diana Horowitz, has been a big help in answering my questions and helping me transition into the position.

My first task as AAC PR Chair was to send out a thank you letter to the State Governor, as well as the Mayor of Denver, for the official proclamations of AOM Day 2007. I also helped attend the AAC booth at Mercury Café during the memorial/fundraiser of “Doc” Ron Rosen and the booth at this year’s Dragon Boat Festival.

My two big goals this year were to continue spearheading the public education effort of AOM Day and establish a Speakers Bureau.

Acupuncture and Oriental Medicine Day is rapidly approaching on October 24th. I had already drafted and sent letters to the offices of the State Governor and the Mayor of Denver asking for their official proclamations this year. The first week of October we received the official proclamation from the Governors office that proclaimed October 24th, 2008 as the official Acupuncture and Oriental Medicine Day!

A mass email was sent out to the AAC membership to recruit AOM Day participants. Out of all of our membership, we had a dozen volunteers. A media tip sheet and promotional flyer were emailed out to the participants, just as last year.

The list of AOM Day participants is now posted on the main page of the AAC website at www.acucol.com.

At the beginning of October, PR Committee volunteers will send press releases about AOM Day to various media organizations around the state. They will also be making follow up calls to these organizations. It is my hope that we will garner some media coverage from our efforts.

After the event, a survey will be sent out to the participants. The results of the survey will be published in the AAC Newsletter or mass emailed to the members.

A pair of thank you letters will also be written and sent to the Governor and the Mayor of Denver for their proclamations.

Due to the birth of my firstborn son and various business issues, I have yet to begin in earnest on the Speakers Bureau. However my goal is to start gathering a list of volunteers who are willing to speak to various media sources by the end of the year.

I look forward to continuing in my role on the Board. It is my hope that I will learn even more and improve upon my performance in the coming year.

Terry Fox announcing the official proclamation by Governor Bill Ritter, Jr. October 24th, 2008 as “Acupuncture and Oriental Medicine Day!”



Bylaws Committee Report

by Jan Vanderlinden, M.S., L.Ac.

The Bylaws Committee completed a major revision of the bylaws of the AAC this year. We worked with the Community Resource Center, a Denver based organization which gives technical assistance to nonprofits.

The goals of the revision were as follows:

1. To provide for consistent wording throughout the document.
2. To bring bylaws into compliance with "best practices".
3. To make appropriate additions and deletions which are as follows:
 - Changing Section One: Purpose, to delete items which are no longer pertinent (i.e. working to become "Registered Acupuncturists"), and to generalize the purpose of the organization to make the document more flexible and long-lasting.
 - Adding clauses pertaining to conflict of interest, indemnification and dissolution of the AAC
 - Removing specifics regarding Committees as such specifics are unnecessary and cumbersome in the body of the bylaws
 - Updating the text as needed

The bylaws were also reorganized to make them clearer and easier to follow.

We successfully approved the new Bylaws revisions at the Annual Business Meeting of September, 28th, 2008.

Copies of the new Bylaws can be received through our Secretary, Melinda Cobb at info@acucol.com and they will also be uploaded in the next few weeks to our website address at:

www.acucol.com/about/bylaws.htm

Please contact the AAC office at (303) 572-8744 if you have any questions or comments regarding the new Bylaws or if you would like to receive a copy by mail.

Education Committee Annual Report

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

Due to the recent changes in the Bylaws, the Education and Research Committees has now become one committee called the Education Committee. The goal of said committee is to collect a file of published material for the use of AAC members and the public.

Members of this committee will create a "data bank" for acupuncturists who are interested in research that demonstrates that acupuncture works for certain conditions. Information about research outcomes is important for maintaining credibility in the eyes of prospective acupuncture patients. For example, having a list of studies about neuropathy at your fingertips will be helpful when a patient asks if acupuncture works for neuropathy. You will be able to tell patients "in three studies 80% of patients improved over a course of 8 weeks" or have handouts for your patients with that information so they can take a look themselves.

Once these mini databases are created we will put them in the files section of the AAC yahoo group for members to access.

Additionally, I would like to see part of the Education Committee's role to be some how involved in the education of practitioners at the school level. Perhaps part of the Education Committee's role could be to set up or support some sort of mentoring system - at least promote it in our local schools. I will discuss this further with other Board and Committee members and brainstorm about the possibilities.

Last, there may be a time when this committee creates a standard intake form for practitioners so that we are all collecting the same, or at least very similar, information. This will allow us to write research papers that compare/contrast treatments more easily. There is a wealth of data out there in our practices; we just need a way to access it.



← Jan Vanderlinden introducing the new Bylaws voted in by AAC members at the Annual Fall Business Meeting

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Calendar of Events

Oct 16th - AAAOM National Convention held at the Westin North Shore, Chicago, Illinois. Membership discounts, register **19th** online or by mail. Please go to aaaomonline.org for more information. 36 CEU's Pending approval.

Oct. 19th - Jennifer Leonard presents, "Acupuncture Without Borders - Community Acupuncture" at CSTCM campus in Denver, CO. This is a free community event. Please join us at 2:49pm.

Oct 26th - Judi Terrill presents "Nature's Diagnostic Expressions - Five Element Constitutional Factors" at the CSTCM campus in Denver, CO. \$100.00 for non-AAC members or \$90 for AAC members. 7 CEU's available. Contact Tanya Carleton for more information at 303-329-6355 x-15 or register online at www.cstcm.edu.

Nov. 2nd - Dave Teitler presents, "Treating Cough and Sinusitis in the Dry Western Climate" held at CSTCM Campus in Denver, CO. 4 CEU's granted. Please contact Tanya Carleton at 303-329-6355 x-15 or register online at www.cstcm.edu.

Nov 6th - Pacific Symposium held in San Diego. 50 CEU's possible. Celebrating our 20th year! For more information please go to **9th** www.pacificSymposium.org or call 1 (800) 729-0941.

Nov 8th - Acupuncture Association of Colorado Quarterly Board Meeting at 3-6 PM at ITEA in Louisville, Colorado
ITEA address is 325 W. South Boulder Rd., Ste 2.



Nov. 8th - Jim Skoien presents "Clinical Differentiation of Common Neck, Shoulder and Low Back Pain Patterns and their Treatment with Acupuncture" SWAC Boulder Campus, phone 303-581-9955.

Cost for one day is Pro-\$200.00, Stu./Alum.-\$175.00 Cost for both days is Pro-\$375.00, Stu./Alum.-\$325.00

Nov. 9th - Jim Skoien presents "The Diagnosis and Treatment with Chinese Herbal Medicine of Common Dermatological and Mental-Emotional Conditions" SWAC Boulder Campus, phone 303-581-9955.

Nov. 8th - Jeff Nagel presents "Healing Conditions of the Middle Jiao" held at the Best Western Denver Southwest in Lakewood, CO
9th from 9 am to 6 pm. More info and registrations at Golden Dragon Health Association at 619-542-1903 or by email at judiche108@sbcglobal.net

Nov. 13th - Hilary Skellon presents, "Husband Wife Imbalance and Selected Spirit of the Points" held at ITEA in Louisville, CO.
325 So. Boulder Road. From 9:00 am - 1:30 pm. Cost is \$85.00. 4 CEU's granted. Call 720-890-8922 or email finance@itea.edu

Nov. 16th - Martha Lucas presents, "Practical Training in Pulse Diagnosis" held at CSTCM in Denver, CO. 7.5 CEU's granted.
Please contact Tanya Carleton at 303-329-6355 x-15 or register online at www.cstcm.edu.

Nov. 22nd - Hilary Skellon presents, "The Officials of Wood, Earth and Metal" held at ITEA in Louisville, CO.
325 So. Boulder Road. From 9:00 am - 1:30 pm. Cost is \$85.00. 4 CEU's granted. Call 720-890-8922 or email finance@itea.edu

Dec. 6th - Acupuncturists Without Borders presents, "A Comprehensive Weekend Training in Disaster and Trauma Relief Work" held at Yo San University, Los Angeles, CA from 8:30 am - 5:00 pm both days. 15 CEU's granted
7th Cost is \$295.00 for early registration. Contact AWB at 505-266-3878 or trainings@acuwithoutborders.org

Jan. 31st - Whitfield Reeves presents, "Acupuncture Treatment of Pain and Common Sports Injuries—The Upper Extremity".
Feb. 1st. Class will be held in Boulder, CO. 14 CEU's available. Cost is \$280.00, Students and AAC members \$250.00. Call Whit for more information at (303) 552-8722. Or email at WReavesoffice@comcast.net.

Acupuncture Association of Colorado

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