

The Colorado Acupuncturist

A Publication of the Acupuncture Association of Colorado

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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.

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A NEW YEAR, A NEW START AND
WAY TO GO!
WISH YOU A SUCCESSFUL AND GLORIOUS
HAPPY NEW YEAR



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The Acupuncture Association of Colorado

Website: www.acucol.com Email: info@acucol.com

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Vice President, Scott Richardson, L.Ac. (NCCAOM), 619-861-8287, VicePresident@acucol.com

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Public Relations Committee Chair, Jacqui Strike, L.Ac., 720-514-0693, PRComm@acucol.com

Legislative Committee, Anne Chew, L.Ac., (NCCAOM), 303-794-9505, LegislativeComm@acucol.com

Student Representative, Caitlin Dilli, 303-349-4575, aacstudentrep@yahoo.com

Newsletter Editor, Charissa Haines, 720-454-7701, Editor@acucol.com

Ad Manager, Marlene Bunch L.Ac., Dipl. Ac. (NCCAOM) 303-282-7600, mmbunch@att.net

Office Manager, Charissa Haines, 303-572-8744, info@acucol.com

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 Charissa Haines at Editor@acucol.com. Materials in the journal are the opinions of the authors and do not necessarily represent those of the AAC.

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Quarterly Issues:

Spring (April issue)
Summer (July issue)
Fall (October issue)
Winter (January issue)

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**President's Column: Greg Shim, L.Ac., M.Ed., MTCM
"Ramblings of a Mad Acupuncturist"**

On your mark... get set... still get set... get ready... and...

This is our mantra for the next 4 months. This is why we've been saving our limited funds and preparing for the last 10 years. At the moment, we are getting ready to testify in front of the senate if necessary. Our practice act looks good and we tried to include much of what was suggested through the town hall meetings in 2011.

Your job is the most important, though. Your job is to be ready at a moments notice to write letters, emails, and make phone calls. This will be a cooperative/coordinated effort, one in which we all need to be saying the same thing.

With that in mind, when you do get a call to action, we'll provide you with the talking points we feel are most important. All the thinking has gone into the last few years of preparation, so it'll be your action in these interesting times that gets the job (and our practice act) done. And while some may think of living in interesting times as a curse, I see it as a huge potential, one that will shape our medicine and countless lives for the next decade!

So be ready, be set, and when we say, "Go!" - Go!



Treasurer's Report

by Michelle Sauberzweig, L.Ac.



2012 was a big year for us! Although it was challenging to keep up with the increased costs, we received a great deal of financial support from our members. Over the past year, we increased our membership base by 26% which means \$7,406 in additional revenue! In addition, we had \$2,900 in donations to help us get through this tough year. Thank you all so much!!!

Our biggest increase was with our lobbying expenses. Those expenses increased 60% due to the election year and the Sunset Review. As for political contributions, the AAC donated \$20,000 to those we believe will help us achieve our goals with our scope of practice. Our career in Acupuncture is high priority; therefore, it was crucial that we spend more money and time to ensure we can maintain our honorable profession.

To sum things up, we ended this year -\$34,000 but we are happy with your support and would like to say thank you! We look forward to 2013 where we hope to continue to improve the AAC!

I wish everyone a year of great health, healing and hope!



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Flashback

We are sadly bidding farewell to our friend and Founding President of the Acupuncture Association of Colorado. The letter he wrote to his patients is featured below. He plowed the road for acupuncturists throughout this state and we will forever be grateful.

The Center For
Personal Energy Cultivation

Acupuncture * Qigong * Tao Studies
PO Box 4540, Boulder, CO 80306, USA
T 303.442.2250 E jamesmacritchie@earthlink.net W www.globalqiproject.com

Dec 1st, 2012

Hello,

I am writing to let you know that, after 32 years practicing Acupuncture and Qigong in Boulder, I am moving back to Liverpool, England, next Spring 2013.

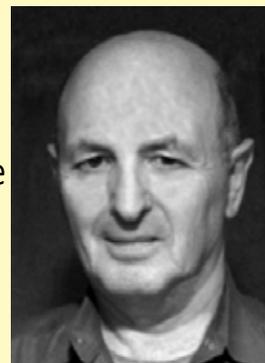
Having come to this conclusion three months ago I have been telling some people as I see them for treatment. I may have already mentioned this to you, or you may be hearing it for the first time - either way, here is the detailed version.

What began in 1981 as a handful of Acupuncturists working 'Alegally' (neither legally or illegally) in Colorado when I arrived here from London, has now become a new fully licensed medical profession with over 1,200 practitioners, and three schools. On a social level it has proven most valuable - now 50-100,000 people a year are getting treatment in the state. This has been a tremendous success by any measure. As the first registered practitioner in the state, and Founding President of the Acupuncture Association of Colorado and the National Qigong Association USA, and author of a number of books on the topic, I am pleased and grateful to have been part of that social evolution.

However, since being a pioneer of the art when I first arrived in Boulder, there are now 150+ practitioners in this area of 100,000 people. Given this, and the other factors described below, after due consideration and consultation with my closest friends and advisors I have made the decision to return to England.

This is obviously a major life change, and I will miss all of my friends, patients and students, each in their own way. However, there are reasons to leave and reasons to go - personal, professional and practical.

(Continued on page 6)



The Colorado Acupuncturist

Flashback (Continued from page 5)

Reasons to Leave:

1. After 30+ years of non-stop full-time work taking care of patients, and teaching Qigong, I need a change of pace and activity.
2. My children have grown up. John, the youngest, just started Film School.
3. Boulder is now super-saturated with Acupuncturists, a Tsunami of practitioners that keeps on increasing - and the same is about to happen with Qigong.
4. Over the last 5 years, since the end of The Body-Energy Center, I have tried various options and possibilities of working with other people and organizations - but none worked out.
5. I have to write my next book, a Clinical Autobiography, to summarize my life in practice so far - as is a tradition in Asia.

Reasons To Go:

1. It is time to return home to my own country and culture, while I am still young, healthy and fit enough to get re-established - in 15 years I will be 80 years old! I want to contribute what I can to that society by way of Acupuncture, Qigong and Tao Studies.
2. I have been offered a position at Great Georges Community Cultural Project, in my home town of Liverpool. An extraordinary opportunity in one of the most exciting and unique centers in Britain. See for yourself at www.theblack-e.co.uk
3. I will be one of a handful of Acupuncturists in a catchment area of 2,000,000 people, and accessible to Europe for teaching Qigong.
4. Family and old friends are there.
5. I am essentially re-enlisting, and going back to the front-lines of social and cultural action - and new challenges and possibilities.

Although I could be sitting at my sister's table for Christmas Dinner, I am staying an extra 3 months in order to wrap up my practice correctly and in the right manner. Over this next time period I will be looking for the right person(s) to take care of all of my patients.

My Good Wishes and Best Chi,
Jim

(The letter ended with how Jim is wrapping things up with his patients by staying an additional three months to make sure they will be well taken care of. This shows his character and how much he cares for his patients. Please see the ad on the next page for information on this transition. Thank you Jim! We will miss you!! He will be leaving in March or April - hopefully he will receive some warm thanks from the AAC members before he leaves.)

Acupuncture Practice Available
in Boulder

After 33 years in Boulder I am returning back 'Home' to Liverpool, England, in the Spring. I am looking for a practitioner/practitioners to take care of my patients - who are essentially on Seasonal Maintenance, in the 5 Element tradition.

This is a good business opportunity, as my practice is established and stable, and generates a respectable annual income. I will be happy to discuss it further.

For more information please call
303.442.2250
- or email to -
jamesmacritchie@earthlink.net

Jim MacRitchie



Year of the Snake - February 10, 2013

Ancient Chinese wisdom says a Snake in the house is a good omen because it means your family will not starve. This could be taken metaphorically to mean that a Snake could never have a problem with his family starving because he is such a great mediator, making him good at business. Or it could mean that a Snake would be willing to sacrifice his possessions, something the Snake has a lot of, in order to pay for his family's food. Any way it is interpreted is representative of the Snake's character and is a measure of the value he puts on his material wealth. The Snake is keen and cunning, quite intelligent and wise.

Change is in the Air

SAVE THE DATE! June 9, 2013
AAC Annual Conference

The AAC Conference is changing venues, dates and structure. This year our annual meeting and didactic session will be held in one day. Our meeting will be in the morning followed by a day of enhancing knowledge, topped off with some community and fun in the evening.

Be sure to put June 9, 2013 on your calendar. It's a one day event you do not want to miss!
A MUST DO!

Stay tuned for more information.

From the AAC Secretary

Terry Fox, L.Ac, RMT



Howdy all!

For those of you whom I have not yet had the pleasure of meeting, a little about myself: I graduated from the Colorado School of Traditional Chinese Medicine in 2006, and my practice, Artesian Spring Oriental Medicine, is located in Fort Collins. I am also a Certified Massage Therapist, Wu Dang External Qi Healer, and have been in the profession of Therapeutic Bodywork for the past fourteen years. I previously served on the AAC Board from 2007-2008 in the capacity of the PR Chair, but due to life circumstances was not able to serve the full term.

At our last Fall Conference, I made the decision to fill the empty Secretary seat. I want to make certain that I've done my part to further our profession. I've not served in this sort of capacity before, but I am willing to learn, and I plan to do my best for our Association.

I know that we're all busy making our practices thrive, but I am of the opinion that if each of us would volunteer just a bit of time by either serving on the Board, or a committee, our businesses will benefit both in the long run and the short term. For example, just look at what our Board and Legislative Committee have accomplished in the past year regarding insurance parity and the Sunset Review of our Acupuncture Practice Act. Without those volunteers tithing their time, our profession would be in a much worse position. This year, please consider donating your time, treasure, or talent to the AAC. It can only benefit us all.

If you have any questions, concerns, or comments regarding me, or my responsibilities, please shoot me an email at terry@artesienspringom.com. I'll be happy address any issues you might have.

In service,
Terry Fox, L.Ac, RMT

**Not a member of AAC yet?
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See "Reasons to Join" under "Acupuncturists"

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updates regarding next year's Sunset Review!
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Regional Focus - Brighton

by Dallas Cox, L.Ac.

The AAC newsletter staff would like to highlight providers from diverse areas of the state. Our next installment will introduce **Holly Barrett** who is an Acupuncture Provider in the Brighton area but lives in Keenesburge. Thanks to Holly for contributing to the AAC newsletter

Tell us who you are and where you are from.

Im Holly Barrett , I live in Keenesburge Colorado, I am a Colorado native originally from Golden Colorado.

Where did you study Chinese Medicine?

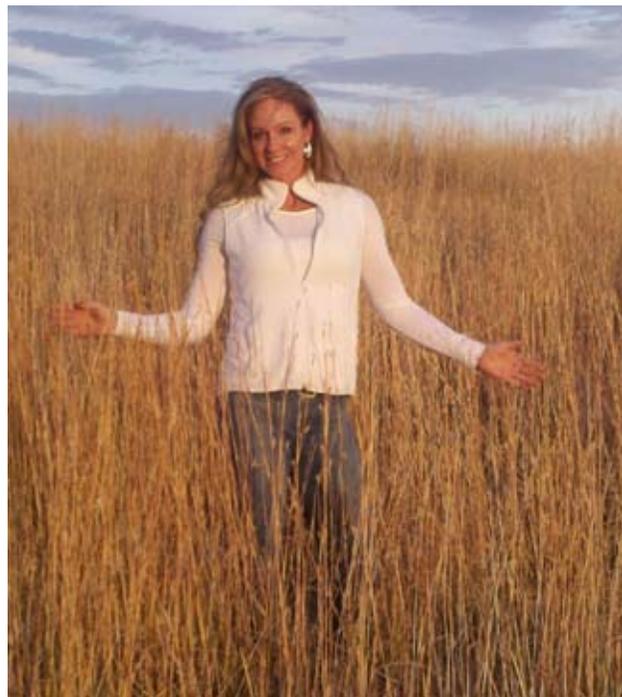
Colorado School of traditional Chinese Medicine

You practice in Brighton, Colorado. Tell us how you ended up there.

Originally my parents bought land out by Keenesburge CO, around 19 years ago. During that time my father came down with cancer and I was asked to move out here to help him and my mom out. Shortly after my father passed away but my mom and I decided to stay and make a go out here on the ranch.

What is it like to practice Acupuncture in Brighton?

You have to be thick skinned and great at communication. I see a true mix of clients from toddlers to 90 + year olds. Cowboys and farmers to athletes and City officials. I have traded with clients who couldn't afford acupuncture to bringing in business professionals who are visiting Colorado that needed someone close to DIA to work on them. Your name is everything, so you better be good at what you do. Even though Brighton isn't that small, its small enough that you are looked upon by the community as a top person who is knowledgeable about health and fitness.



What is happening with the Acupuncture Community in Brighton?

At this time I will be opening up a community acupuncture phase next month.

What is the focus of your practice?

Being a Personal Trainer and Massage Therapist as well, my practice focuses on Stress Reduction, Sports & Orthopedics, Pain Management, rehab.

Any suggestions how the AAC could better serve Brighton Area providers?

Not at this time.

Tell us one thing you'd like people to know about you personally.

One thing... I really do care about others.

Student Representative Caitlin Dilli

Thoughts For a New Year

If asked to describe the characteristics of an excellent student, many would not describe humility. On the contrary, most would consider knowledge and confidence to be primary attributes. As students, we overcome numerous intellectual, emotional, social, and economic obstacles in order to become practitioners. We begin school having little understanding about the concepts or application of TCM. Somewhere along the way, knowledge and confidence begin to transcend ignorance and doubt. But few students consider character formation as part of their education, and even fewer consider humility as a component.

In his essay on humility, Dr. Harvey Max Chochinov stated, "To be humble means to appreciate the limits of your abilities, understanding, and importance." As students, this means listening to fellow classmates' questions during class without judgment. It means appreciating a teacher's willingness to share his or her experiences, even if that information is not on an exam or board. Being humble means referring a patient to the expertise of another colleague.

The ancient philosophers of TCM were practitioners of humility, compassion, and moderation. While our medicine is about being humble, it does not imply weakness or a lack of confidence. And being uncertain does not suggest being incompetent. In fact, the opposite is true. Humility requires toughness and emotional resilience, and often drives the pursuit of knowledge.

It is simple to write about eating a slice of humble pie, but in reality, there is nothing simple about it. Humility challenges us to look inward and think deeply about our actions, which requires unwavering self-awareness. It helps to know why we should go to the trouble of practicing humility. Being humble opens us up to new ideas and keeps us from repeating the same mistakes over and over again. Humility can become an attitude, because how we journey is more important than how far we manage to go.

As physician and teacher William Osler wrote, "The art of detachment, the virtue of method, and the quality of thoroughness may make you students, in the true sense of the word, successful practitioners...but your character may still lack that which can alone give permanence to powers- the grace of humility."



The Many Paths of Acupuncture

(Series of articles that feature different scopes of practice)

Nutrigenetics/Nutrigenomics

by Donna Sigmond, MS, RD, LAc, LCh, Dipl OM, CLT, FAARFM, ABAAHP

November 18th-21st, 2012 I had the privilege of attending the 6th Congress of the International Society Nutrigenetics/Nutrigenomics (ISNN) Conference in Sao Paulo, Brazil. The ISNN was started in 2005 and is concerned with the study of genetic variation and dietary response, and the role of nutrients in gene expression, and has the purpose to increase the understanding, through research and education of professionals and the general public, of these areas of knowledge. What is nutrigenetics and nutrigenomics you may ask.

Nutrigenetics describes the role of inheritance on the metabolism and processing of nutrients to account for an individual's genetic background and how that shapes the risks and benefits of consuming different types of foods. Nutrigenetics simply put analyzes the genetic variation on dietary response.

Nutrigenomics describes how diet can impact gene expression and stability and seeks to provide recommendations on how to use diet to normalize gene expression for the purpose of reducing disease. Nutrigenomics analyzes the effects of foods and food constituents on gene expression as it relates to disease.

This area of science is getting considerable attention and has considerable potential and opportunity as well. In 2007, *The Economist*, a current affairs magazine, wrote an article on the subject of nutrigenetics/nutrigenomics. In it, it is reported that "within five years or so researchers should learn how to modify people's diets to thereby prevent or delay the onset of possible illness." Although I think the five year prediction is a bit idealistic, we are seeing opportunity offered today for personalized nutrition based on genetic make-up.

Over the last decade or so practitioners strive to do individualized care. What they are meaning is that if two patients present with migraines, each patient would receive treatment based on their individual presentation. In TCM we understand this as the migraine could be from a number of causes; liver yang rising, blood deficiency, cold, phlegm and/or a combina-



tion. So you would of course treat the pattern you see and not the western diagnosis of a "migraine".

For the same reason we implement individualized care we are now considering personalized nutrition. If what we eat impacts gene expression than we can impact how genes are expressed, thus potential disease, by favorably changing what we eat.

So why is this new emergence of science happening? Much of it we can credit pharmacogenetics which demonstrated that one medication can cause a variety of responses in different individuals. We want to understand why one medication works on one individual and has the opposite reaction on another. The desire to better understand the reasons underlying variability of individual responses to the environment is the driving force. Thus, nutrigenetics is attempting to better understand the individual variation in our responses to diet in the way that we are approaching an understanding of why people react differently to the same antiplatelet drug in terms of inhibition of platelet function and how this translates into a greater or lesser protective effect against myocardial infarction.

The Western diet is considerably different than it was throughout the majority of human evolution. Our diet today is marked by increases in energy (calories), saturated fat, trans fat, omega-6 fatty acids, and grains while concurrently decreases of fruits, vegetables,

The Colorado Acupuncturist

protein and omega-3 fatty acids. Modern humans consume much larger quantities of carbohydrates than those before us. The omega-6 to omega-3 ratio has changed dramatically in recent years. Where it was once more of a 1:1 ratio it is as high as 20:1 in current times. Considering that omega-3's are potent inhibitors of inflammation and omega-6's are largely inflammatory creates a shift in the inflammatory environment. Inflammation has been linked to a variety of diseases including cancer, cardiovascular and metabolic disorders, suggesting that this particular nutritional shift is one significant negative factor fueling the crisis in chronic disease.

Brazilians are often thought of as having the perfect beach body but 48% of the population is overweight and 16% are obese and continues to grow steadily inching up to the 35.7% of the obesity rates in the United States. We know that with obesity increase risk for metabolic diseases such as diabetes and cardiovascular disease. How much of this increase in obesity is due to environment on gene expression?

As living organisms we are all a product of the interaction of our genes and our environment. Unlike monogenic diseases like sickle cell anemia, where a mutation in one single gene can be the sole cause; most acquired diseases like cancer and coronary heart disease are under the influence of many genes and are profoundly influenced by our environment. In cases of acquired chronic diseases it is thought that we inherit propensities and not inevitabilities. Meaning we can impact gene expression by manipulating diet and environment in positive or negative ways to affect gene expression or to stop a gene in expressing.

A mutation or variation in a gene is not necessarily a positive or a negative thing. Sickle cell anemia (aka sickle cell disease "SCD") is a good example since it evolved in Africa as a evolutionary change to give resistance to malaria. So essentially the gene mutation is beneficial for resistance to malaria but then the downside is possible expression of sickle cell. So it is important to remember that both positive and negative gene variants exist and you need to know more about the specific gene you are interested in and what the variation in that gene is.

Another term to be introduced here is heterozygous and homozygous. Heterozygous mean you carry one variant in that gene and homozygous means you carry two variants in that gene...one from both parents. This is another factor indicative of severity and propensity of gene expression.

With this emerging science will follow challenges. Personalized nutrition necessitates gathering detailed information about a population or an individual's genetic makeup. This has ethical considerations that we are still learning to assess and cope with in the medical community. Technology just is not there yet. Although we are able to identify a variation (also known as a SNP, single nucleotide polymorphism) involved in a disease mechanism does not tell the whole story either. The inter-relationship of the genes are not known in relation to disease and severity of disease. Carrying a SNP does not imply that it is expressing, just that it could express. There are also major and minor genes regarding expression which most likely are involved in the severity of one's symptoms.

There is a long way to go before we have most of the pieces of the puzzle. There are companies with gene testing kits already on the market. Some just check for one specific marker and others check for many markers at once with a common theme focused on exercise and recovery for example. I think if you choose to use any of these kits that you use them as information. Information that can be helpful in implementing a treatment protocol but it is always important to assess each new tool to see how well it is helping with the overall issue that is being addressed.

Donna Sigmond:

Owner and practitioner of East West Wellness, LLC in Louisville, Colorado for eight years specializing in food sensitivities, cardiovascular, gastrointestinal, autoimmune, women and men's health concerns. Donna worked with The University of Colorado at Boulder as a Research Bionutritionist while continuing her education prior to private practice. Donna holds a BS degree in Nutrition, Masters in Oriental Medicine, is Board Certified in Anti-aging, Regenerative and Functional Medicine and is an advanced fellow with the American Academy of Anti-Aging Medicine.

donna@ewwellness.com



Legislative Chair Anne Chew MA, LAC

The Legislative committee and Sunset committee have merged for the time being because there are so many issues before the legislature that effect our profession.

Our main concern is our sunset bill. We look to be in pretty good shape for many reasons.

#1 We are prepared.

#2 We have a democratically controlled legislature. The democrats have been more sympathetic to our medicine in the past.

#3 Leo Boyle is our lobbyist and he is good.

#4 We had the funds to financially support a lot of the winning candidates, so they know who we are.

What we need from the membership at large and even non-members :

#1 We need people to renew their membership because our coffers are drained.

#2 We need acupuncturists and friends to "like" the AAC (Acupuncture Association of Colorado) on Facebook so that you can stay up to date on what is happening with all of our issues and the legislature.

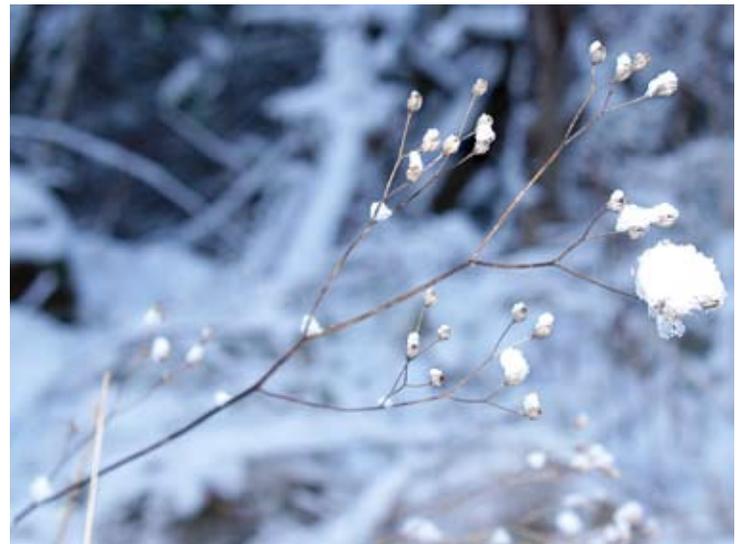
#3 You can contact both your state senator and your state representative and introduce yourself and ask if there is anything that you can do to help them.

WHEN THE TIME COMES we will send out notices as to when a vote is coming up and when we will need a good response from acupuncturists and their patients to contact their representative. Usually we have very little notice before a hearing or before a vote, usually only a day or two. We will need to act quickly which is why Facebook becomes important.

It looks like an Acu-detox bill will again be re-introduced. We suggested that DORA include that regulation within our practice act but DORA rejected that idea. DORA will oppose the bill.

The Naturapathic Doctors are looking again to sunrise a practice act. We THINK that it won't happen till next year. DORA has asked for our input on this issue.

Anne Chew MA, LAC
303-674-4338
acuchoice@yahoo.com
OR
Nancy Bilello
nancyacu@comcast.net



Calendar of Events—AAC Members receive a minimum 10% discount

Date	Title/Description	Contact
2/2-3	Acupuncture Treatment of Pain in the Upper Extremity	SWAC e-mail: marycsaunders@gmail.com website: www.WhitfieldReaves.com
3/9-10	Battlefield Acupuncture	www.cstcm.edu 303-329-6355 ext. 16

To list your event in the SPRING 2013 newsletter, contact Charissa Haines at info@acucol.com

Acupuncture Association of Colorado
4380 Harlan St., Suite 203
Wheat Ridge, CO 80033