

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.

—AAC Mission Statement, adopted May 9, 2009



Winter 2011: Welcome the Year of the Rabbit!

The Year of the Rabbit begins on February 3. What qualities might we expect in the Year of the Rabbit? Some predict a more peaceful year, where conflicts previously resolved with aggression will be resolved with discussion. A year of harmony, rest, and relaxation after the fast-paced, more aggressive Year of the Tiger. A year where we gently recreate at home, enjoying the company of friends and family. More attention is given to smooth relations with other people and to the beauty and comfort of our physical surroundings.

Also enjoy the harmonious company of your fellow acupuncturists! Use the Rabbit skills of charm, grace, and diplomacy to den-in with your fellow practitioners. The AAC offers many opportunities. If you are looking for the conviviality and support of colleagues, it can be found here. If you want to increase your skill and knowledge, we offer resources (formally in the conference, informally in the many expert members you will meet). If you want to work to protect our present legal status and move us toward a future vision, we have a place for you.

Find a venue and get involved. If you don't see what you want and need in the AAC, then please hop in and create what you are looking for. It is your organization. It will be what we make it. Make yourself at home in the AAC! Contact us—the Board Members' contact info is listed on page 2.

Qualities of the Rabbit:

- ◆ A kind, merciful heart; peaceful nature
- ◆ Sensitivity, intuition, seeks harmony
- ◆ Likes to be with family and friends
- ◆ Skilled at diplomacy, a peacemaker
- ◆ Clever, sophisticated, charming
- ◆ Gracious manners, elegant
- ◆ Loves finer things, the arts, elegant surroundings
- ◆ Strength, speed; gifted with endurance, survival
- ◆ The Rabbit is an introspective, home-loving pacifist with a sharp business acumen.
- ◆ The Rabbit is a lucky sign; he has an uncanny gift of choosing the right things.

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

Advertising rates per issue:

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Half Page	\$85
Quarter Page/Classified Ad	\$50

Deadlines are as follows:

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July issue - June 1st
October issue - September 1st
January issue - December 1st

If you have events to post on the calendar or products and services to advertise, please contact the editor, Anna Suter: Editor@acucol.com

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President's Column Denise Ellinger, L.Ac.



Greetings Members of the AAC and thank you for your continued support. In this newsletter you will see some familiar faces continuing to give their time and energy on your Board as well as several new Board members that bring their innovative vision and energy to educate the public, build community and, most importantly, protect our right to practice in Colorado.

Much has been happening behind the scenes for the past year.

- We have a new website. With the new look, we have added a database that provides members the ability to build a profile for marketing purposes. We are transitioning into a more paperless form of communication and renewing of membership. Your patience and persistence during the process is appreciated.
- The weekend before Thanksgiving the Board met for a day retreat to define our mission for the following year.
- Planning for next years' conference is already underway. We think you're going to like it!
- A Sunset review committee is being formed. This committee will be instrumental in the continuation and protection of our scope of practice.
- Our new student representative is continuing to motivate and involve the students to become active in the AAC. They are the voice and progress of our profession tomorrow.
- The Public Relations committee continues to expand its efforts to educate the general public that simultaneously provides marketing opportunities for members.
- The legislative committee keeps an eye not only our scope of practice but on other healthcare professions that have an interest in incorporating and expanding the ability to do acupuncture into their scopes of practice.

What your Association needs to be sustainable:

- **Membership increase.** Without membership dues we would not be able to retain a lobbyist. Since Acupuncture does not have a Board that represents us with DORA, our lobbyist keeps an eye on the bills that would affect our scope of practice as well as advise us on how to proceed to protect our scope of practice. He will be invaluable during our sunset review. Please nag, plead, and coerce any colleagues that are not members. They are basically asking the paying members to carry the burden of keeping the ability to practice acupuncture viable in Colorado.
- **Volunteers.** In the near future, you will be receiving announcements asking for volunteers. You have an all-volunteer board. Do you know of any state organization that can be effectively run by nine volunteers who also have busy lives, as well as businesses to build and maintain? Sometimes, we will ask for volunteers for events that are fashioned to help market your practices as well as educate the general public on how to determine who is a "qualified" acupuncturist. Sometimes, we will ask for volunteers to help us make this a stronger organization, or build community amongst ourselves. Please seriously consider what you can do to help when you see the call for help. Remember the old saying, "many hand make light work".
- **Future Board and Committee members.** A term on the AAC Board lasts for three years. Please consider stepping up to fill any of the positions that will be coming open in the fall. We should not have to operate as a beg, borrow and plead Board or Committees of one. It does not benefit the Association.

Overwhelmingly, year after year, we have had various members step up, volunteer their time, energy and expertise to help shape and move the profession of acupuncture forward in the state of Colorado. We owe a great deal of gratitude to those that have gone before us. The benefits we have reaped by their work are too many to describe but be assured their efforts have given us a scope of practice that acupuncturists in many other states can only dream of at this point. Some have no scope of practice.

Writing the check is really just the beginning of paying your dues for the privilege of practicing acupuncture in Colorado. **Without you THIS GOES AWAY.**

Thank for taking time for reading this long report. Your Board is excited at the prospect of continuing to build a strong acupuncture community and a strong profession.

Denise graduated from the Colorado School of Traditional Chinese Medicine in 2001. Besides a general practice, she teaches Cosmetic Acupuncture and is an approved instructor of the American Acupuncture Council for Cosmetic Acupuncture. She also enjoys teaching at CSTCM.

Vice President's Report Coninyah Dew, L.Ac., M.S.O.M.

I would like to first take this opportunity to thank the board and the membership for your support. The board and its membership are truly what makes or breaks an organization. In the past couple of years, the AAC has increased its visibility not only in the public but has also established relations with regulatory agencies that govern our right to practice. The result of those efforts has been consistent, increasing interest in what we as a profession bring to the table as providers. That is a testament to each of us doing our part to hold honorable the traditions of acupuncture and oriental medicine.

Having said that, there is still much work to be done. I was encouraged to get involved with the acupuncture board because I began to witness interesting phenomena with the continued interest in our medicine. The first is the internal challenges we as a profession are having in the way of how do we want to be perceived publically and alongside our western medical counterparts. The second is the staggering number of graduating professionals who have chosen not to practice due to discouragement. The third is encroachment of other professions into the areas of acupuncture and oriental medicine that were previous deemed for lack of a better word "quackery". Certainly none of the aforementioned are easy challenges to address, but they are also not beyond our ability to overcome.

For the coming year, my vision is to more fully establish the role and responsibilities of the vice president seat. Traditionally, the vice president has shadowed the board president with the intention of succeeding him or her. That role thus has been very fluid and should still maintain fluidity however with additional responsibilities. In establishing greater responsibility, I intend to do my part in addressing the challenges we face by feeling the pulse of the profession. The purpose would be to understand the issues and concerns with the intended result of broader and deeper cohesion. Additionally, I will work to encourage greater mentoring opportunities to support new professionals. The intended purpose is to provide a roadmap which graduates may follow to ensure their success however they would define that for themselves. And finally, I intend to work with the legislative chair in protecting our professional interests, which means understanding more fully the real pressures facing our profession to yield our scope of practice to other professionals.

These goals are lofty and cannot be accomplished alone. Therefore I am challenging each licensed practitioner to join the AAC if you are not a member. If you are, encourage a non-member to join. Find a committee you feel passionate about and offer your support. Find a student or new graduate and mentor him or her. There are many opportunities to get involved. The AAC and the profession need your support now more than ever. Ask yourself, "What is stopping me?"

Coninyah is from Silver Spring, Maryland. He graduated from West Point in 1996 with a B.S. in Engineering (Chemistry and Life Sciences). After serving on active duty for 5 years, he left the military to pursue a professional career in the private sector. In 2006, he graduated with a M.S. in Oriental Medicine (M.S.O.M.) from Southwest Acupuncture College in Santa Fe, New Mexico. He currently has a small private practice in Englewood, Colorado.

Welcome the New Year into your Life!



*A tiger
makes waves,
but a rabbit
mends fences.*

Flowing with Winter and the Water Element

by Laurie Hill, M.A., Lic. Ac., Dip. Ac. (NCCAOM)



Are you flowing? How is your winter going? Are you slowing down and going inside your self more than you were in the fall and late summer? How are your reserves of energy? Are you tired, or tire more easily? Is there a smooth flow to your life? Are you resting enough or burning the candle at both ends?

Granted, we haven't had much of a winter here on the semi-arid plains of Colorado...so far! With the unseasonably warmer temps and lack of snow, it has seemed strange. It is the lack of water in the form of rain and snowfall, that is a concern, of course. And we all notice when nature is out of balance. But the qualities of winter are indeed present, as nature has become dormant, one of the hallmarks of winter.

How does the Water element manifest? The five elements - Water, Wood, Fire, Earth, and Metal - are a direct reflection of the creative movement within nature. These same energies or phases of nature exist within each of us as birth, growth, maturation, harvest, death, and rebirth. We are now entering winter, the darkest and most yin time of year. Winter gives us time for introspection. It allows us to experience our essence, who we truly are, and in the process gain wisdom and courage.

Water is the foundation of life. Without water, nature could not exist nor could we. Water teaches us to flow with the challenges and obstacles presented to us by this ever-changing world - to accept life as it is! When we resist the flow of life, we risk the possibility of being overwhelmed, allowing the flow to be obstructed. And just as water is at times contained for future use, so too, must we replenish and conserve our reserves of energy for future use. It is from these reserves that we draw the power of our beginnings - our visions and revisions.

Without water, birth and rebirth would not occur; life would not continue. Without introspection, we would not be reborn or renewed. By surrendering to the darkness, we are able to draw on the power necessary for renewal - the power that allows us to burst forth and enter fully into the light of spring!

Setting boundaries & slowing down: Generally, most of the population, including employers within corporations and businesses, doesn't pay attention to the changing qualities of the energy within the seasons. As a result, work life tends to stay the same throughout the year for the majority. Sadly, the need for more rest and less activity during the winter season goes unnoticed, because people are not aware of its importance. Without awareness of nature, and the need to be in sync with its seasonal changes, life tends to go on as usual year round. And of course, we know why this is so - our economic drive and skewed priorities!

Fortunately, those of us who are self-employed are able to schedule work according to our needs throughout the year. Although, whether our client load is large or small, it may be challenging to set aside time for ourselves to be still, going deep within to the source of our being, which this time of year calls us to do. We may be distracted and tempted to busy ourselves with life's activities, clients, office work, obligations to others, to-do lists, or deadlines to meet. We can end up taking on too much, thereby depleting our reserves, which can be a very dangerous result! Winter beckons us to do just the opposite, by saying "No" more often to invitations to "busy-ness."

How does Nature do it? It is all about conserving energy, which Nature does so well when in balance. The plants and trees have stopped growing above ground entirely, and have shed all their



leaves in order to conserve. The sap within has gone down to the lower trunk, in order to protect the tree from freezing. Underground, the roots of perennials and trees continue to grow, but at a much slower pace. Thus, the importance of watering them in the winter during a prolonged dry spell, to ensure they will thrive in the spring.

Notice what else is happening in nature. Do you enjoy taking a walk during winter? If so, observe the landscape, the sky, any animals present, people you see. What is the quality of the earth, the plants, trees, and streams, rivers, rocks, and air? Is there plenty of moisture or are things hard, cracked, and dry? How do you feel inside your self? What you observe around you and feel inside you will show you the qualities of the season.

In order for our bodies, minds, and spirits to function smoothly and experience optimum health, we honor ourselves by heeding winter's messages to us. Like plants and trees, people also need to replenish and protect their stores of water and energy reserves through nutrition, rest, stillness, breathing, and taking in adequate fluids. Hydrating with the proper amount of water is vitally important, not just in winter but year round, for obvious reasons. Adults are made up of 55 to 60% water! Our brain alone is 85% water!

“Water Talk” and “Let it Flow”

Have you heard of the “water talk”? Do you encourage your clients to hydrate adequately? Do you, yourself, drink enough water? At ITEA, we have a booklet called “Let it Flow” (written by Doren Day, a graduate of ITEA) which is based on the book by Bat-manghelidj, F., M.D., *Your Body's Many Cries For Water*. It is filled with enlightening information regarding the numerous benefits of water and is a very useful tool to give to others who may not realize the importance of adequate water intake.

What is Adequate Hydration?

There is a formula one can use to insure adequate hydration:

- * It is essential to drink half our body weight in fluid ounces at a minimum
- * add another third of that to our daily intake for living in a semi-arid climate
- * then another 6 ounces for each alcoholic or caffeinated drink we ingest to be fully hydrated.

This article merely touches the surface of the myriad qualities of this season and the water element. For more in depth discussion, see Prof. J.R. Worsley's book, *Classical Five-Element Acupuncture Volume III, The Five Elements and Officials*.



You may use the following as a guide to help you go deeper within yourself this winter:

Accessing the Gifts of Winter

Rest your senses; reduce input from the outside. For a few hours, a day or a week, turn off the car radio, stereo, TV, computer games. Observe what arises in the absence of continual stimulation.

- Be quiet. Have a pre-set period of time - an hour, or a day of silence in your household.
- Be still. Set aside a day with no appointments, obligations, or need to be anywhere. Stay in one place. What shows up? How do you spend the day?
- Reflect. Think things over. Let your plans rest in the dark and cold like sleeping seeds. What's hard to get moving now will come more easily in the Spring.
- Conserve your resources. Be smart and let warm clothes protect you - don't consume your life energy to ward off cold! Wear gloves, scarves, and hats; take in warm food and drink; draw a loved one close.
- Listen to your inner voice. Ask, is it best to do this now? Is it necessary to do it at all?
- Practice saying “No.”
- Go deeper into one practice and stay with it longer, such as yoga, T'ai Chi, Qi Gong, prayer, and meditation.
- Greet your shadow; find ways to access the depths:
 - * Write down your dreams.
 - * Write for a short stretch. Where did your writing take you?
 - * What does your shadow look like? Sound like? Feel like? Express the inner part of yourself to someone.

Laurie Hill, owner of Vital Force Acupuncture, has been practicing Worsley Five-Element Acupuncture since graduating from Tai Sophia in 1986 and practices in Aurora, CO. She is Assistant Faculty Chair at the Institute of Taoist Education and Acupuncture in Louisville, CO. She can be reached at 720 236-2121, or visit her website: <http://www.vitalforceacupuncture.com>

Meet Your Community Chair Greg Shim, M.S., L.Ac.

Howdy from your Community Chair! Here's a little list about me - I've been practicing Traditional Chinese Medicine full time for 6 years in Castle Rock, CO having graduated from Five Branches University in 2003. I'm the Education Consultant for the Colorado School of Traditional Chinese Medicine and also teach in the advanced student clinic there. I'm licensed to practice acupuncture in Colorado, California, and Hawai'i, and I enjoy spending time with my wife and daughter, cooking, gardening, playing my ukulele, and lutherie/woodworking.

In the coming year, as your Community Chair, I would like to see more practitioners getting involved with the AAC. We have a golden opportunity to speak as one big voice to one get our state at the forefront of how medicine can be practiced - effectively, affordably, and with compassion! In 2011 I'm hoping to see some nice benefits for our members as well, with insurance, credit card Point of Sale, and discounted insurance billing. Our conference this year will be extremely useful and exciting - but I'll have more on that later. I'll let my actions speak for me in the coming months - I look forward to serving all of you!

Greg Shim
Certificated in Integrative Sports Medicine
Diplomate in Oriental Medicine
Licensed Acupuncturist
Voted Best of the Best 3 years running

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In Winter, Nourish the Kidney

Winter is a season of stillness and inward movement. During the winter months, the inward direction of the qi can guide a kidney formula to the deepest level of influence. The kidney can be more profoundly affected at this time than any other time of the year.

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Legislative Update Linda Gibbons, L.Ac.

We have an exciting and challenging year ahead regarding Legislative goals for Colorado acupuncturists.

One of our primary goals will be planning for our Sunset Review scheduled for 2013. The Sunset Review process occurs every few years and includes a review and analysis of applicable statutes and rules governing acupuncture in Colorado. The Sunset Review enables the state legislature to periodically review and make changes to the laws pertaining to acupuncture in order to keep abreast of current situations and trends.

The Department of Regulating Agencies (DORA) is responsible for conducting a study of our acupuncture practice act prior to the Sunset Review. They will issue a sunset report in October 2012 that will include recommendations regarding changes to the law. They will, of course, be soliciting recommendations from acupuncturists and the community for input to this report. We will be looking to our AAC membership for help in formulating positive new additions and changes to perhaps add to our practice act.

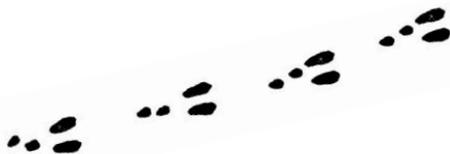
Therefore, we are now forming a separate committee under the Legislative Committee specifically to help form recommendations for the Sunset Review. This committee will be co-chaired by Nancy Bilello, L.Ac., and Valerie Hobbs, L.Ac.

Other goals for the upcoming legislative session include finding a sponsor to introduce a bill requiring insurance parity for L.Ac.'s in Colorado. Many of you have experienced the frustration of being told by insurance companies that you will not be reimbursed for acupuncture services that other health care providers do get reimbursed for and who often have far less training. Thank you to those who have provided us with specific examples to present as evidence to the state legislature for this important legislation.

We are also staying on top of the Physical Therapist's practice act in regard to dry needling. We will be attending the hearings and rulings associated with the 2011 PT Sunset Review in the next legislative session and plan to testify in hopes of continuing to limit dry needling to areas of local stimulation only and to raise the number of hours of training required to do dry needling. A troubling trend is the continuous attempt by other health care modalities to try and incorporate "acupuncture" in some form into their scope of practice, which threatens the integrity of our medicine.

Again, we have an exciting year ahead of us and if any of you would like to become involved in the Legislative or Sunset Review Committees please give me a call or e-mail.

Linda Gibbons, L.Ac., Legislative Chair
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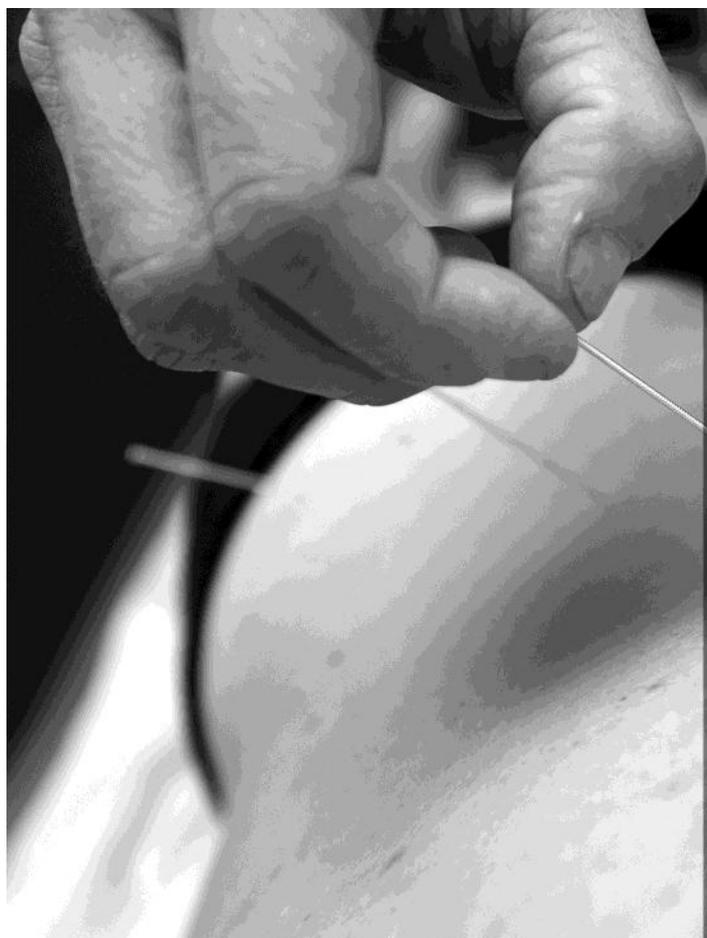


Meet your Legislative Chair:
Linda Gibbons, L.Ac., Dipl. OM, M.S. TCM, B.S. Microbiology



I am one of those increasingly rare species - a native of Colorado. I spent my early career as a brewery microbiologist and then later became very interested in holistic health and herbs. I first went to the Rocky Mountain School for Botanical Studies in Boulder, where I learned about western and local herbs for clinical use. I became focused on Chinese Medicine when I experienced some major health challenges and found great relief with acupuncture and Chinese herbs.

I graduated from the Colorado School of Traditional Chinese Medicine in 2005 and have a private practice in Lakewood. I decided to get involved on the AAC board as the Legislative chair because I feel very strongly that our medicine has been undervalued and underutilized in this country. One of the ways we can insure that Chinese medicine gets the recognition and use it deserves is by making sure our system of medicine is well represented and protected legislatively, especially with all the rapid changes going on in health care and health care management both at the state and national levels.



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Secretary's Report Sandra Lillie, L.Ac., Dipl.Ac.

Hello, Everyone!

I am Sandy Lillie, the new Secretary of the Board of the AAC. I am really enjoying this experience on the board of the AAC - the other board members and committee chairs are very enthused about their work, and full of good ideas!

What do I want to do during my tenure on the AAC Board?

First, there is the assumed bunch of tasks for the Secretary of an organization - taking minutes at meetings and getting them approved, keeping up with operations and paperwork of a non-profit board - that sort of thing.

My projects include historical and legal clean-up of board data. I have a good background for this, as I am President of the Institute of Taoist Education and Acupuncture, and must have site visits for accreditation periodically in that job.

I would like to see a "scrapbook" (or several) which include all the interesting historical material we have in the office. We are one of the oldest state practitioner organizations, and have progressed a long way, and progressed well - it will be good to have a place to go to review our history. It might even be good to have the scrapbook at the Annual Convention for people to see...

The office has board meeting minutes, agendas, etc. in several places, and in several forms. I hope to create a comprehensive Corporate Book with all these accessible. I am working other things in the area of ease of legal compliance, also.

A forward-looking project of mine is how the AAC describes the scope of acupuncture when educating the public. This will involve a FAQ sheet for new people in the office to answer questions for the public, cooperation with marketing venues, and producing a general United Front for the AAC when speaking about acupuncture.

If you have any suggestions about any of my projects, please let me know! President@itea.edu. Thanks, Sandy



Meet Your Student Representative: Matt Kester



Greetings from your student representative, it is with great pleasure that I am involved with the Acupuncture Association of Colorado. I am currently a student in my first year at the Colorado School of Traditional Chinese Medicine. Prior to enrolling at CSTCM I received a bachelor's of science in biology and a master's degree in biology with an emphasis in molecular microbial ecology from the University of Colorado. I am an adjunct biology instructor at Arapahoe Community College and also a microbiology laboratory instructor at UC Denver.

I volunteered for the position of student representative with the overarching goal of helping to foster a well integrated student network. I can see the benefits of having students who are invested not only in the study of Acupuncture and Oriental medicine, but who are also invested in the greater AOM community as well. Students are an invaluable resource in any field due to the energy and enthusiasm they bring to the table. I will focus on working with all three schools in Colorado to dramatically increase student membership and involvement not only within the AAC but the greater AOM community. I am looking forward to a great 2011 and to meeting more the AAC membership.

Meet Your Editor:
Anna Suter, PT, CZB, LAc

Hello to my fellow Colorado Acupuncturists! Having been your newsletter editor for a full year's cycle as of this issue, it is time for me to introduce myself.



I am a new acupuncturist, with NCCAOM credentials and Colorado license minted last March. These documents on the wall are to me a license to learn, as well as license to serve. I took on this editor job so that I could meet and learn from you, my acupuncture community. I am in awe of the rich diversity of acupuncture in this state. I see that it would take 1,000 years to learn what our masters here in Colorado have to offer.

As a practitioner I have an unbounded curiosity about this being called human whom I am blessed to encounter on my treatment table. I arrived at the study of acupuncture in my 15th year as a physical therapist, because I saw tangible phenomena in my patients that western science couldn't explain. Having practiced Zero Balancing for a decade, I was nudged toward acupuncture as a further explanation for the dynamics of energy.

I left Kentucky and came to Colorado in 2006. Entering ITEA five years ago I expected to have these gaps of "energetic anatomy and physiology" filled, so that I would have a full understanding of the human being. Instead, I find the gaps have opened wide into mystery—that each of us truly has a universe of unique individual possibility with us. What I love about my work is that when I work well, I touch a certain point in another person, a heavenly pivot, and the universe opens up for each person to find her own unique balance, her own unique path. I am passionate that this high level wellness and inner balance is essential for everybody. It is great to feel good in your self, to be in harmony and balance, whether you walk around in a "normal healthy body" or live with a congenital condition, severe illness, or traumatic injury.

I have a private practice of Five Element Acupuncture, Zero Balancing and Physical Therapy in Louisville and also work at Exempla Good Samaritan Hospital in Lafayette. In the winter I volunteer as an adaptive Nordic ski instructor with Ignite Adaptive Sports (formerly ESRP) at Eldora. This winter I will be beginning a training program to become a teacher of Zero Balancing. I am also a student of Process Acupressure and of Visceral Manipulation. I live at Nyland Cohousing in Lafayette, Colorado, where I am enriched and delighted by my wondrous neighbors.

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Moxibustion for Longevity and Health Preservation

by Honora Lee Wolfe, Dipl.Ac.

The Chinese have been researching various anti-aging and life-extension strategies for several millennia. One of the most enduring methods that is still agreed upon today throughout various Asian cultures is moxibustion at several points on the body, used at specific times of year and in varying amounts depending upon one's chronological age. These practices were first promulgated in writing by a famous doctor from the Three Kingdoms period [220-265 AD] named Ge Hong. Other doctors throughout the history of Chinese, Korean, and Japanese medicine have written about various longevity moxa protocols. I will share several of these protocols in this article.

Moxa on Zu San Li [St 36]

Zu San Li [St 36] is arguably the most important and therapeutically reliable acupoint on the human body. Depending upon one's source material, this point has potentially scores of uses. In the Song dynasty, a doctor named Zhang Gao taught that "to be sound [of body], *San Li* should always be wet." The implication here is that one should raise a moxa blister on this point on a regular basis by burning a large cone of moxa directly on the point, all the way to the skin.



In Zhang's protocol one used direct, suppurating moxa at both equinoxes and solstices, as well as the "beginning" of each season, which in Chinese culture takes place approximately 5-6 weeks prior to each solstice and equinox, which occur at the exact middle of the season in question. One can find out the beginning of the seasons by knowing when Chinese New Year occurs. Then count the number of days from Chinese New Year, which is the beginning of spring in Chinese culture, to the Spring Equinox. Take the same number of days forward from the Summer Solstice and you have the beginning of Summer. The beginning of each season can be calculated in the manner. Books such as these include many anecdotes of healthy centenarians who maintain acute hearing and sight and are still working, free of disease and debility.

Another source encourages moxa on *San Li* with direct cones the sized of a grain of wheat from day one to day eight of each month. This text does not say how many cones to use, but Korean texts would suggest between 7-10 small cones on each side.

Moxa on Qi Hai, Guan Yuan, or the Dan Tian

In his *Qian Jin Fang (Prescriptions [Worth] a Thousand [Pieces of] Gold*, Sun Si-miao of the Tang Dynasty, suggested the use of *Qi Hai* [CV 6] for supplementing the original qi to nourish life and promote health. In another source from the Song dynasty, Dou Cai suggested one should moxa *Guan Yuan* [CV 4] with 1000 threads each year between summer and autumn. While it is not clear exactly how to perform this protocol, there are so many variations from different doctors, there is nothing wrong with simply making up a protocol that works for you or your patients. For example, one could start in mid-August using 20 small wheat-sized cones each day, continuing through the end of September. That would total somewhere between 900 and 1000 cones. These may also be done directly on the skin, or on top of slices of fresh ginger root.

A modern Chinese moxa expert, Liu Jie-sheng, suggests alternating these two points, using *Qi Hai* at the Beginning of Spring and *Guan Yuan* at the Beginning of Autumn. He performs moxa on slices of uncooked ginger punctured with several holes, about 30 cones each time for 10 days in a row.

The *Dan Tian* is believed to be a three dimensional space in the lower abdomen, located approximately between these two acupoints, *Qi Hai* and *Guan Yuan*. The *Dan Tian* is thought to be "the root of the human body in which the essence-spirit is stored." Thus using moxa on the *Dan Tian* can warm and nourish the original qi, invigorate essence-spirit, and protect the root of life. Since the location of this area varies from source to source, one may achieve the same result by using either or both of the two acupoints in this area of the abdomen.

Moxa on the Umbilicus or *Shen Que* [CV 8]

This point, while forbidden to needling, is considered an important point for moxibustion. In this case, one usually uses a slice of fresh ginger root with small pinpricks in it upon which to place moxa cones. Alternately, one can use a mugwort roll and moxa indirectly.

It is also possible to fill the navel with salt and place cones of moxa on top of that. However, because salt conducts heat very well, one must be careful not to cause a burn in this case. Another source suggests making a paste of warm medicinals ground into a powder, such as *rou gui* and *fu zi*, and placing moxa on top of the paste. This last method may be used to enhance immunity in the elderly. A schedule for doing moxa on this point was not mentioned, but one could use a schedule similar to those listed above, such as 300 cones over a period of 15-30 days.

Moxa on Gao Huang Shu [Bl 43]

In early Chinese medical literature, it is often stated that needling on this point is not effective and that only moxibustion could “reach” this point. That suggests something that I have yet to mention in this article, which is that moxibustion is a more powerful treatment than acupuncture using a regular filiform needle.

While regular cones of moxa may be applied directly to this point or over ginger slices for a variety of diseases such as chronic lung infections, generalized aching and pain all over the body, it is also sometimes treated with a paste of *Bai Jie Zi* (Semen Sinapis Albae), which is slightly irritating to the skin similar to a mustard plaster. When this technique is practiced at the height of the summer heat (July), it is thought to prevent lung disease from occurring during the following winter by boosting immune functions.

If you are not using moxibustion techniques in your practice or for your own health, I highly recommend them. Moxibustion is one of the most powerful tools in Chinese medicine, and is not used as often as it could be for our patients’ benefit.

Much of this information was taken from two sources, *A Study of Daoist Acupuncture and Moxibustion* by Liu Zheng-Cai, and *Classical Moxibustion Techniques in Contemporary Practice*, by Sung Baek [Out of Print], as well as the author’s personal clinical experience.



Honora Lee Wolfe is the co-author of Points for Profit: The Essential Guide to Practice Success for Acupuncturists. She can be reached at honora@bluepoppy.com

News from our Schools:

The pulse of ITEA...

Reilly Jernigan, ITEA Class of 2011



As the winter season descends upon Louisville, CO the students at the Institute of Taoist Education and Acupuncture (ITEA) are likewise turning their focus inward. The student clinic is saying goodbye to many of its well-seasoned graduating class, while other students are reaching new levels of comfort and exploration in the student clinic. Clinical students are taking on more responsibility for understanding and running the ins and outs of a thriving acupuncture environment. The Practice Management lab is bubbling with many new and exciting ideas, which ensure that each student is doing something unique to enrich the experience for everyone at the school. Each graduating class is reaching out to the students above and below them in the program to create cohesiveness in a true cooperative spirit. Some students are fine tuning their point location and treatment planning skills while others are brainstorming new ways to attract clientele to both the ITEA clinic as well as our free community-style veteran's clinic, held on Tuesday evenings from 6-8pm. Much gratitude is extended to the faculty and staff in conjunction with whom our growing knowledge is deepened and lovingly nurtured.

Each of our Colorado acupuncture schools is invited to submit quarterly reports. We are still looking for student correspondents from SWAC and CSTCM. You can make it what you would like it to be: update the general membership on school events, student life, your thoughts, concerns. Even ask questions of the membership. If you are interested, please contact Anna Suter at Editor@acucol.com

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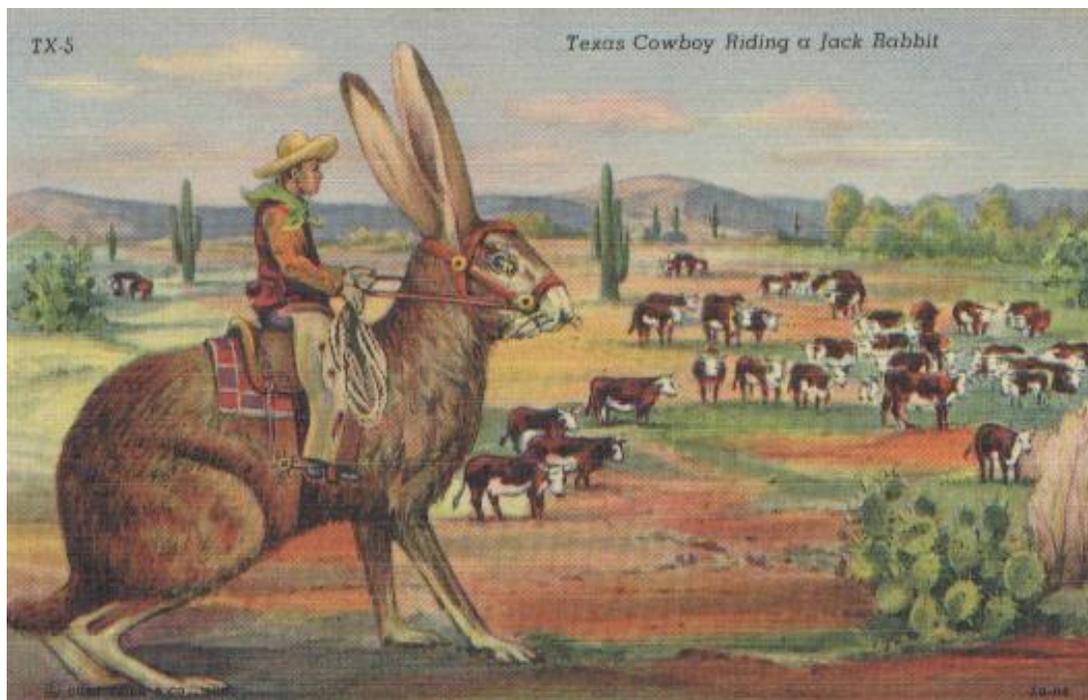


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**Calendar of Events—
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Date	Title	Contact
1/30/2011 9:00am - 5:30pm 7 PDAs	Acupuncture Treatment of the Shoulder with Whitman Reaves	CSTCM Practitioners/ AAC / Sudents \$145 / \$125 / \$115 303-329-6355 www.cstcm.edu
2/27/2011 9:00am - 5:00pm 7 PDAs	East Asian Manual Medicine: An Introduction to Meridian Therapy and Channel Palpation with Jeffrey Dann	CSTCM \$135 / \$115 / \$105 before Feb 4th \$145 / \$125 / \$115 after Feb 4th
3/5 & 3/6/2011 9:00am - 5:00pm 13 PDAs	Continuing Education Seminar at ITEA with Hilary Skellon & Kathleen Robinson Contact ITEA for full class content and schedule. Topics include: Client retention, Points released from the Forbidden to Needle list, Clients seen in class, with emphasis on treatment planning, point location. Day 2 will help you to take your practice to the next level! Explore the complex emotional and spiritual perspectives necessary to build and sustain a successful practice.	ITEA \$340 full weekend / \$180 one day AAC members 10% discount registrar@itea.edu or call Claudia at (720) 890-8922
7/24/2011 8:00am - 5:00pm 8 PDAs	Treatment of Common Foot Disorders with TCM, with Scott R. Smith	CSTCM \$130 / \$110 / \$80 before June 24 \$150 / \$130 / \$100 after June 24

*To list your event, in the April 2011 newsletter, contact Anna Suter at aac.newsletter@gmail.com
Deadline for submissions is March 1, 2011*

Acupuncture Association of Colorado

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*We can clarify
troubled waters
by slowly quieting them.*

*We can bring
the unconscious to life
by slowly moving them.*

*But he who has the secret
of the Dao
does not desire for more.*

*Being content,
he is able to mature
without desire to
be newly fashioned.*

~~Dao De Jing