

The Colorado Acupuncturist

A Publication of the Acupuncture Association of Colorado

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2011

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.

Back to Basics AAC 28th Annual Conference 2011 SUCCESS!!

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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 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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President's Column: Greg Shim, L.Ac., M.Ed., MTCM

We are at our best when we are in a community. Personally, I'd rather hole up in my little 3 room clinic and spend my days treating people and honing my skills as an acupuncturist, but, my role in our community is far greater than any achievement I might receive as a lone practitioner.

As vice president (now president), I have a role in creating a table at which we may all sit. When I was Community Chair, I had that same role. On a committee for the Board, I have that same role, and you are all invited to sit at that table.

That table gives us, as Licensed Acupuncturists, a safe haven. When our scope is threatened, it is not a lone hero that saves that day, it is our community. Taking an active part in our community creates that haven. The hardest part of joining a community is allowing yourself to be vulnerable enough to do just that, but finding worth in being is easier to do in community.

Finding worth in being doesn't mean you let go of your dreams and material prosperity – go after them with gusto – but don't let them distract you from our community. If you invest yourself in the mindset of, "That's not going to work," then you've already cut yourself off from a much larger purpose of community.

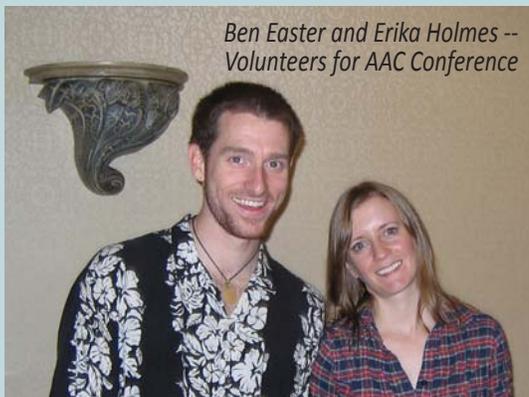
Since joining the AAC community Board, I've seen all sorts of benefits that only a community can afford – Parity, halting a massive scope creep, and now a conference where we had to get a larger room just for the vendors. Personally, as a member of the community, I'm working on a paperless system that allows me to be able to take notes, bill, and collect a credit card payment anywhere – all the while having my calls answered and patients scheduled while I'm busy doing other things. Since I'm part of a community, I'll be sharing (not selling) this set up with my community members.

The Florida Chiropractors have the largest scope of practice for a DC anywhere in the US. They have figured out that by being part of a community, they have the power and purpose to move themselves forward through any obstacle. Their community is 80% of the DC's in Florida. The AAC has about 33% of the Licensed Acupuncturists in Colorado. With our practice law coming to an end in 2013, we have a fantastic chance to move forward, but only if we come to the table, if we come together as a community.

So come be part of our community and allow yourself to be vulnerable enough to be in community. Your world will change.



A Student's Perspective - Volunteering at the AAC Conference by Ben Easter



"Hey, you wanna be a volunteer at the conference?" My friend, Anh, and I were talking about the upcoming 28th annual conference of the Acupuncture Association of Colorado. Each year, the AAC hosts a meeting to keep members of the association up to date on its business, learn news in the world of the medicine, attend seminars, get a bunch of stuff and generally, well, associate with other practitioners in the state. I had nothing better to do that weekend than study for upcoming exams, so I decided to take a couple of days to go and help out. I figured that since I had become a member earlier that year I might as well go and find out a little about the organization.

I arrived at the Double Tree hotel on Friday afternoon and set to work putting together free welcome bags for the members of the conference filled with goodies from vendors, needles, creams and the like. With a bunch of us there helping, the work went quickly and then it was time to go greet the arriving practitioners and vendors and help them get oriented. The fun in this came from meeting all the different people who

(Continued on page 4)

(A Student's Perspective - continued from page 3)

are soon to be my colleagues. As I am sure many of you know, there are some really interesting people that become practitioners of this medicine.

Next, it was on to the Sunset Review Town Hall Meeting, where Valerie Hobbs spoke about the upcoming sunset review board that's in 2013, which will determine the scope of practice for licensed acupuncturists in the state of Colorado for the next ten years. I am really glad I attended that, because I had no idea what the current scope consists of, or what the issues are surrounding this upcoming milestone. I left thoroughly shaken about terms I had never even heard of a scant hour ago. Words like practice act, insurance parity, and scope creep fueled an urge in me to proselytize to my classmates and beseech them to join the organization, and talk to their lawmakers. All the politics kind of made me feel dirty, until I thought about how important it is to play a role so that it isn't left only to those who are, themselves, dirty. After the meeting there was a cocktail party. Liver qi was soothed. At least temporarily.

The next day, I got to listen in on a seminar, given by Greg Shim about manual therapies, especially cupping therapy, and wandered around the vendors room, where various companies had set up booths with information and items for sale and sample. As a student, it was really nice to meet a lot of the vendors who supply the things that I will eventually need to run a practice.

The final day consisted of another couple seminars. One on Muscle Channel Therapy, taught by Frank He; that I would have really liked to see, but had a meeting at school that conflicted. The other was an head-spinningly informative lecture given by Marilyn Allen, one of the co-authors of the book *Points for Profit*, all about the essentials of insurance billing from how to get started to how to code for different procedures. It was very well organized with a load of sources and really helped me wrap my head around the dizzying world of insurance.

By the end of the conference, I had met a bunch of practitioners from all over Colorado and found out what's going on with the state practice laws, learned some really interesting and useful techniques in the medicine, and got some great business building ideas. All that for a few hours of my time. I told Anh, now the student representative of the AAC, she can sign me up for next year!

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BACK TO BASICS

AAC 28th Annual Conference



Molly Greacen and the Sweet Life Brazilian Jazz Band-- it WAS Sweet!!



Fun at the sign-in table - Charissa Haines, Ben Easter, Erika Holmes - signing in Jan Vanderlinden



Jim McRitchie and Molly share a dance.

Ben, Erika & Mark Ashmun



Debra Novotny, Kyle Liston & Phranque Wright

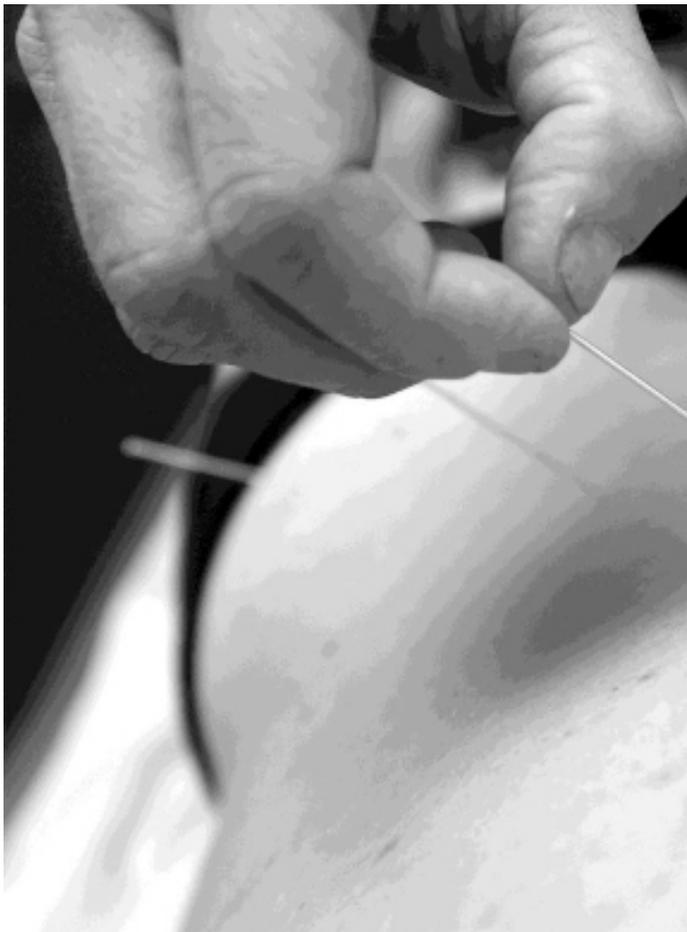


Left - Mark Ashmun & Denise Ellinger

Above - Sandra Lillie & Charissa Haines

Right - Tina Laue, Sandra Lillie & Karen Marks





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Student Representative Anh Tran

Greetings from your new Student Representative of AAC! My name is Anh Tran, a 3rd year student at The Colorado School of Traditional Chinese Medicine. I have been lucky enough to be voted in by my peers to represent the Acupuncture and Oriental Medicine students of Colorado.

My first exposure of volunteering with the AAC was with the Colorado Dragon Boat Festival 2011. This gave me the great opportunity to meet my future colleagues, and to expose the public to what our organization is all about. I had the pleasure to work with practitioners that knew how to communicate well, and also to explain to future patients what our purpose is as an organization. My second exposure was at the Annual AAC conference 2011, held at the Double Tree Hotel. Through a student's point of view, this conference was well organized and held together by so much passion and excitement. We had Frank He, a very charismatic speaker who also taught at Five Branches University of Traditional Chinese Medicine in Santa Cruz that was also our keynote guest. He developed

Muscle Channel Theory (MCT). He is also the founder of the Five Branches Sports injury clinic. Given the opportunity to sit in on his second presentation, I was mesmerized by his presence and patience in answering questions and also with his wealth of knowledge. I would encourage those of you who were not able to attend the conference to do research on Frank He, and learn MCT. We also had Greg Shim, President of AAC, Christy Kennedy, Vice President and Marilyn Allen for future insurance billing. All in all, a great presentation and lots to learn!

I am enthusiastic to be part of a committee that is as passionate and committed to keeping our profession supported. My goal would be to increase student memberships and keep the Annual AAC conferences fun and filled. We have a very exciting year coming up in 2012 with the Sunset review, changes at schools and new students joining our passion. I look forward to working with all of you.

The Skeleton will Sweeten your Practice Zero Balancing: These Tricks are a Treat! Anna Suter, PT, CZB, LAc



“Er, Anna...are you expecting someone?” My office mate sounded a bit disconcerted. I was expecting Jerry, although I had never met him before. As I came around the corner and saw him, I understood the jarring tone in her voice. This agitated guy now pacing my office looked tortured. I met his eyes, lifelessly weary and yet crazed with pain, panic and hopelessness. He looked to be part beaten man, part caged animal. He was in excruciating pain.

I introduced myself, asked a bit about his condition. With every effort to speak, tears flowed from his eyes as his throat and jaw tightened. Simply talking was too much for him. His wife had filled me in with the important details. Over the past few weeks he had been to a series of doctors, then chiropractors, and a massage therapist. MRIs and other medical tests had found no cause for his painful spasms. With each intervention, the pain grew worse. He was now at a point of crisis. Every movement or breath brought a surge of rigidity to his body and a furious burst of tears. With difficulty he was able to get onto my treatment table, crying, gasping, writhing tightly in pain. He could not speak enough for me to get a complete history. He could not hold still enough for me to take his pulses. Could

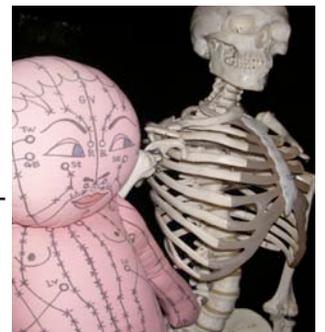
I help Jerry? How could I even begin?

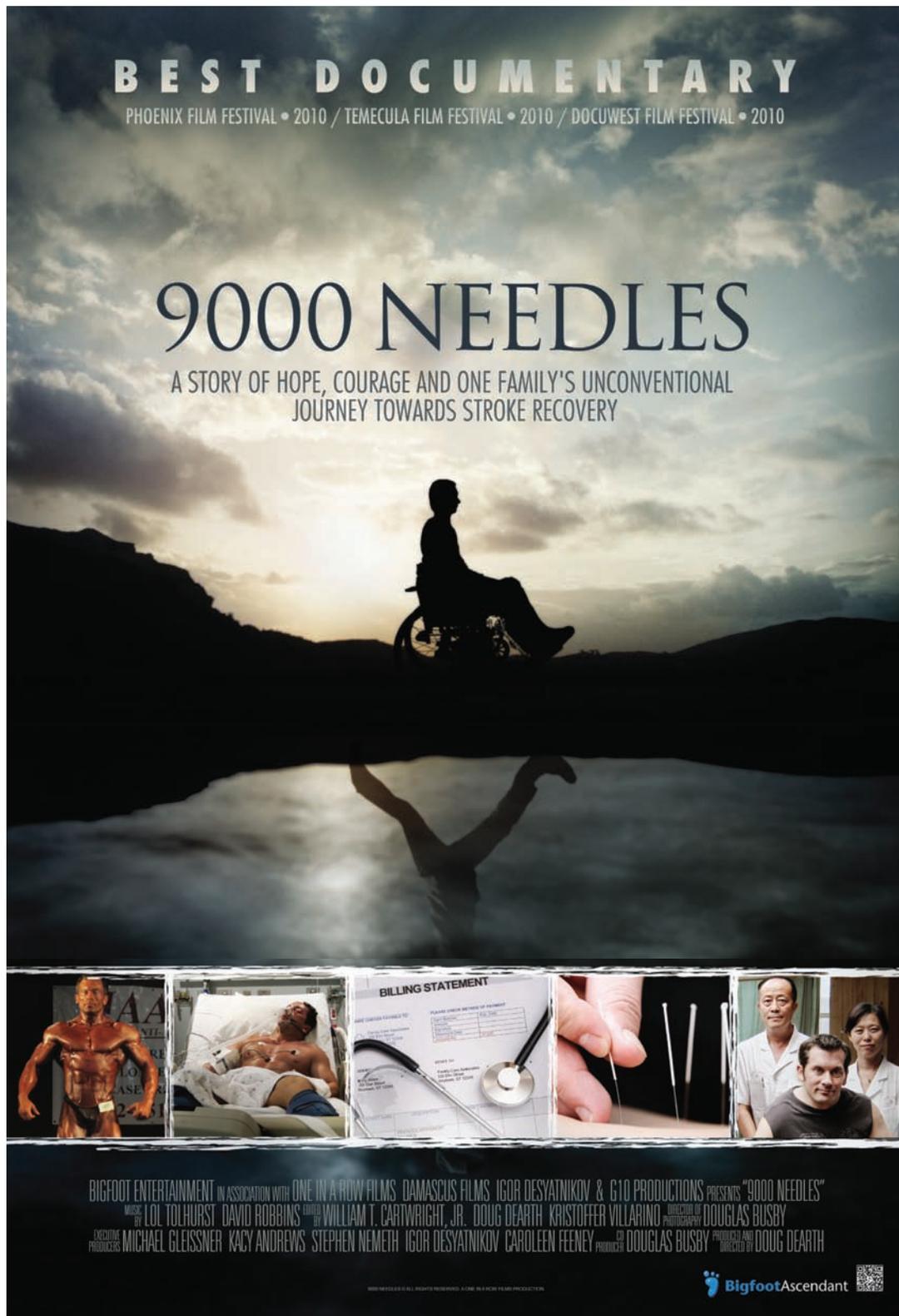
My answer: Zero Balancing. I went to work right away, my hands under his low back and ribs. Gradually he relaxed a bit and was able to better tell me what was happening with his body, what diagnostics had been completed, what therapies he had tried. He had a painful medical problem that was being treated by his doctor. In response to the primary pain and the stress of the situation, his back had gone into severe spasm. By this point, he reported, everything made it worse and nothing gave any relief. I kept working with my hands under him. He relaxed a bit more into the table and began showing new breath patterns. I worked more using Zero Balancing, checking now and then his pulse response as well as other signs of his internal state. Reading the signals that my hands were receiving from his body, I chose not to use any needles this session. His pulses steadily improved and his body relaxed. By the end of the hour, as he sat up from the table, he gasped. I asked how he was feeling. Speechless again, Jerry laughed and smiled, surprised that this movement was now pleasant rather than torturous. He still had some pain, but it was now manageable. It was like he had found a certain door inside himself and was able to open it and walk out of a cage, through to a world of new possibility, his life now his own again.

What happened during that hour? In short, Jerry achieved a more harmonic balance in himself, in his flesh and his qi, and most powerfully, in his bones. As his body structure and body energy came more in alignment, painful turbulence and held energy were released back into the normal flow of qi in his body. Structural and physiological blockades reorganized and he was able to move with more ease and less distress—his emotional as well as physical pain were transformed. From this point of balance, all of his being could lean into pleasure and wellness. Just as a sailboat glides across the water, effortless and true to its course when its sails are adjusted skillfully to the winds, so too we humans move through life with more ease and meaning when our structure and energy are well-tacked to one another. The sail represents our physical structure, the wind represents the energy flowing within us. In Zero Balancing, we are concerned with that precise point where the wind meets the sail. And most specifically, we are interested in how energy is transmitted and held in the skeletal system.

Zero Balancing (ZB) is the art and skill of balancing body energy with body structure. It is an elegant meeting of Eastern knowledge of energy and Western understanding of physical anatomy, played out in a “dance” that engages the whole person, from head to toe, including body, mind, and spirit. The “dance” of ZB is performed with the client fully clothed and resting comfortably face up on the massage or treatment table, the practitioner working with the patient’s body, making contact with the skeletal system through the use of gentle finger pressure and traction. An average session lasts 25 to 40 minutes, involves use of a core protocol which integrates the whole body, and is custom-fit to each client, each session. Clients often report effects including reduction of pain, tension, stress, fatigue, anxiety, nausea and many other symptoms, and an increase in sense of relaxation, invigoration, overall well-being, and meaningful engagement in their own life.

Zero Balancing was developed in the early 1970’s by Fritz Smith, MD, an osteopath, Rolfer and acupuncturist. Today at age 82, this gifted and inspiring teacher continues to travel, sharing an introductory course in ZB to healthcare practitioners and advanced courses for ZBers around the world. Because it works with the whole person, the practice of ZB falls under the scope of many healing arts professions. For example, ZB is practiced by physical therapists, massage therapists and body





9000 Needles

by Diana Horowitz

Last spring, I went to the Golden's first documentary film festival to see my husband's cousin's short film that was being featured there. Turns out that 9000 Needles was in that festival, too, and won best documentary! And for good reason - it's an incredibly inspiring and moving story about the filmmaker's brother Devin Dearth, an American bodybuilder who suffers a massive, paralyzing stroke, and how participating in a TCM program in China gives hope for rehabilitation to him and his entire family. After viewing the film, (and going through many kleenex's) my husband, cousin-in-law and I went out to dinner with the film festival's contestants, and sat next to Doug Dearth, 9000 Needles' director. Doug told us some fascinating stories about what it was like to film a documentary in a communist country, and gave us an update about his brother's progress. I wholeheartedly recommend seeing 9000 Needles, and inviting your health challenged patients and skeptical friends to see it, too! For more information, stay tuned to Tina's emails announcements...



OCTOBER 22, 2011 @ 2PM & 4:45PM DENVER FILM CENTER 2510 E. COLFAX DENVER, CO 80206

The Colorado Acupuncturist

(Zero-Balancing - continued from page 6)

workers of all sorts, chiropractors, osteopaths, MDs, psychologists, and acupuncturists. This article will focus specifically on the benefit that is brought to the acupuncturist through learning the skills of Zero Balancing.

Acupuncture works by balancing and harmonizing the vital energy which flows within a person. In Zero Balancing, our focus is in the energy of the bones. ZB places attention on how energy moves through the structure of the body, and most essentially, through the skeletal system. The bones, our densest structure in our bodies (aside from enamel) carry the densest energy flow, just as the 220 volt wires in your home carry more flow than the smaller appliance wires. Additionally, since



we stand upright between heaven and earth, the verticality of our skeleton creates a lightning rod effect, it forms in us a conduit of the universal life force. Our skeletons connect us with all of creation, with the Tao. Our bones also hold the imprint of who each of us individually is, at the core. As each of us walks through life, the bones transmit the forces of impact, gravity and propulsion through the skeleton. The resulting vibrations further imprint who we are into our body. Bone is the layer of being, residing deep within the outer layers of doing. Bone holds our essence.

Working at this deep level of bone energy or essence qi, Zero Balancing impacts other levels of energy and structure throughout the person. Just as a change in skeletal alignment will effect changes in muscle and nervous system function, so too changes in the dense energy flowing through the skeleton will effect changes in all other energy flows of a person, including the meridian system. When imbalances are corrected at the bone level, impediments to successful acupuncture can be reduced and the potential for our treatment to promote wellness and vitality in our patients' lives is enhanced. Additionally, specific to individual treatment sessions, needling is often less painful if imbalances are first cleared with ZB, and the effects of an acupuncture treatment session can be

empowered if ZB is used to more fully integrate changes through the whole of a person.

In Zero Balancing, a specific form of conscious touch, called interface touch, provides the tool to palpate the energetic and structural anatomy of the body. This enables the practitioner to clearly identify held energy at the level of bone. When attention is applied to an area of held bone energy, holding at a specific point of interface for a few seconds, the system of the client is freed to respond with release and re-balancing of the internal body relationships. This is called a fulcrum. Many acupuncturists will recognize it as a pivot, a profound and effective tool for facilitating and integrating changes.

Zero Balancing provides a solid addition to the palpatory abilities of the acupuncturist. As the practitioner gains skill in the kinesthetic sense of bone energy, a breadth and depth of communication grows between the client's body/mind/spirit and the practitioner. ZB skills prove useful in reaching diagnosis, implementing treatment, and also in improved client relationships. Clear boundaries are intrinsic to ZB on every level. As these boundaries are established and maintained between the client's energy and structure and the practitioner's, an effective working relationship is established with the client. Also impacting client relationships is one of the core tenets of ZB: the practice of holding oneself and others in highest personal regard. This practice calls out to the client at a bone-deep level, inviting him to bring his full authentic potential into the healing process. It also fills the practitioner's work with ease and satisfaction.

A profound hallmark of Zero Balancing is that it is a non-diagnostic and non-manipulative modality. This allows us to step out of labeling our clients and pushing them along preconceived paths toward our assumed goals. We then are able to step into meeting each client in each moment as they uniquely are. This provides a pivot of pure potential. There is also a built-in safety feature in using a clearly defined, skillfully executed modality that is non-manipulative. It allows the client to execute any changes, from deep within, in ways that are often surprising. While ZB is non-diagnostic, it is effective in relieving pain and many other symptoms that result from imbalances. And while it is non-manipulative, structural and postural changes are effected with treatment. ZB is focused on health and wellness rather than on illness or disease, thereby opening up the possibility of healing which goes beyond decrease of symptoms or stress-related conditions. Zero Balancing enhances the ability of acupuncture to help our clients access to infinite, multi-dimensional experiences of vitality and wholeness.

The basic skill of Zero Balancing can be easily learned in a four-day class in which the core protocol is taught. This class is regularly offered worldwide to licensed healthcare practitioners. To become highly skilled, a certification process is recommended. (See http://www.zerobalancing.com/professional_training/curriculum/ for more information on courses and certification.) In addition to the advantages to your practice and your clients, ZB offers a supportive, enthusiastic community of learners. Local study groups are available to enhance learning, skills, and growth of each practitioner. Nationally classes, conferences, discussion groups, and regional meetings promote sharing of skills, insights, questions, answers, and experience, as well as fostering strong respectful relationships.



(Continued on page 9)

The Colorado Acupuncturist

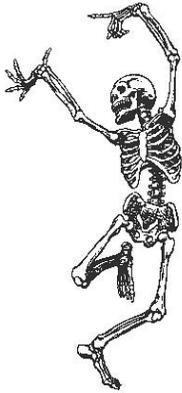
(Zero-Balancing - continued from page 8)

Participation in the community of ZB practitioners can support and facilitate each practitioner's individual path, personally and professionally, much as regular ZB treatment supports and facilitates growth and wellness in our clients.

To learn more about Zero Balancing, go to <http://www.zerobalancing.com/>.

Zero Balancing: Specific Skills Helpful to the Acupuncturist:

- Provides kinesthetic sense of bone energy, or essence qi
- Increases awareness and mindfulness of conscious touch
- Sharpens observations of body signals which indicate internal reorganization
- Increases understanding of the spirits of points to facilitate healing
- Amplifies the ability to assess and touch both structure and energy
- Explores working with fields of energy, with clear boundaries and presence
- Organizes the body and provides the opportunity for more effective acupuncture
- Is an invigorating, effective way to do one's work



Zero Balancing: Benefits to the Client:

- Heightens mindbody awareness, providing an expanding sense of inner wellness and individual potential
- Promotes postural alignment; increases diaphragmatic breathing; balances autonomic response
- Decreases tension, enabling the body's structure to rebalance with ease
- Releases imprints of trauma, often below the level of conscious awareness
- Engenders expanded states of consciousness which help client realize change
- Integrates, supports, and organizes transformational processes

Anna Suter has been practicing Zero Balancing since 1999. She has a practice of Five-Element Acupuncture, Zero Balancing, and Physical Therapy in Louisville, Colorado. She is currently participating in the Fourth Zero Balancing Teacher Training to be held by Dr Fritz Smith, and expects to be teaching ZB in Colorado and around the country beginning in 2012. If you are interested in learning more, or in experiencing ZB, feel free to contact her at annasuter.zb@gmail.com or 303.877.7061



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The Many Paths of Acupuncture

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Worsley Five-Element Acupuncture

by Hilary Skellon, Director ITEA

There are many different styles of acupuncture that incorporate the 5 Elements into their practice in varying ways.

Worsley Five-Element Acupuncture, (previously known as Classical Five-Element Acupuncture) is based on ancient observation of nature. It was developed by Professor J.R. Worsley for the modern world, giving us a system of medicine totally based on natural law.

J.R. Worsley recognized and taught that life presents us with the opportunity to grow spiritually, mentally and physically. Our ability to transform and evolve defines our state of health and wellbeing. One of the many wonderful aspects of Worsley Five-Element Acupuncture lies in its amazing power to transform at the very deepest level.

The fundamental and critical principle of Causative Factor, states that there is a cause for all imbalance. This principle owes its discovery and modern application to J.R. Worsley. Diagnosis and treatment of the cause of disease versus treating symptoms has roots in ancient eastern culture and in the classic texts. As each person is treated as the unique individual that they are, no two people are treated alike, no matter what the presenting symptom. Symptoms are seen merely as distress signals from the body, mind, and spirit to indicate that something is out of balance. Prior to any symptom arising however, the body sends out its own distress signal. A large part of the training as a Worsley Five-Element practitioner is to develop the sensory skills necessary to pick up these signals, in order to treat the person at a core level.

J.R. developed a brilliant system of how to work with the above principles in a simple and magical way. His insight into spirit and clear perspective that the source of imbalance instead of being external is most often internal was revolutionary for its time.

For one to assist with another's transformation one must also be in that process of change and evolution, which J.R. taught and modeled. Therefore, becoming a life-long student of this tradition is not simply about learning acupuncture theory and point location, but about making this journey an exciting, lifelong discovery of humankind.

2011 President's Annual Report

Denise Ellinger, L.Ac.

Former President, Acupuncture Association of Colorado

Dan Millman states in his book, *The Four Purposes of Life* "You aren't here on Earth merely to strive for success; you're here to learn...and daily life is guaranteed to teach you all you need in order to grow; and evolve, and awaken to your higher purpose here."

The profession of acupuncture, and the AAC by virtue of being the state organization, has been rich with such opportunities. Initially, upon joining the Board three years ago, I was the Membership Benefits Chair. My goals were to improve the benefits for members providing the irresistible impetus to join the AAC. It quickly became apparent what the AAC does for me and you, my colleagues. It is not about the benefits. Those are a thank you to members for supporting the AAC. The AAC is our legislative voice, it is our community and it gives us a collective voice to define our profession.

We are at a crossroads of this "new" ancient medicine. The awareness of acupuncture and its benefits have grown exponentially in the past 10 years. We can not afford to be so individualistic that we get blindsided by scope creep and risk ending up as acupuncture technicians. We cannot afford a mind set of "What does the AAC do for me?" We cannot afford to think of the AAC as them and not us.

Our tag line on the website reads: Acupuncture Association of Colorado: The Voice of Acupuncture and Oriental Medicine in Colorado. That is the voice of every licensed acupuncturist in Colorado. We have over 1100 voices, but we should have the same goals. It is

(Continued on page 13)



The Colorado Acupuncturist

(Former President's Annual Report - Continued from page 12)

time to take time to create the path we want to see our profession follow. We will never find the time to do this, we have to make the time to do this. Without a robust and involved community, we will be putting out forest fires with cotton balls and we will be living with the roar of outrage over the outcome.

Currently, the AAC has four executive committee members (president, vice-president, secretary and treasurer), three board of directors (chairs of committees), a student representative, the sunset review committee and a part time office manager. The sunset review committee is the only committee with more than the chair as the committee. Metaphorically speaking, this makes the Alamo look like Ft. Knox. The response of the community in mobilizing to address the legislative issues that came up this year was profound. There is not enough time and space to thank the key players in the efforts that keep the AAC going but, hopefully, your karma train will reflect your dedication.

Having served on the board for three years, the thought: "unexpected benefits emerge out of great adversity, which is sometimes why we volunteer for it," has passed through the grey matter more than once. We often don't know why we get involved in a situation until we are looking at it in the rear view mirror. E.M. Forster wrote, "How do I know what I think until I see what I do?" I feel privileged to have been in the front row while some exciting and challenging things were going on in our profession. The soup is getting stirred both nationally and locally and, without action nothing changes. It is time to stay in the paradigm of being proactive rather than reactive and defensive. So, it is up to each of us to connect with this community, create the community we want, and make a voice that is unmistakable.

No acupuncturist is an island
entire of itself.
Each a piece of the profession,
a part of the main.
If integrity be washed away by greed,
the profession is less.
As well as if a ruling were.
As well as if a modality of thine own
or of thine colleague's were.
Each scope creep diminishes me,
For I am involved in the acupuncture profession.
Therefore, send not to know
For whom the bell tolls,
It tolls for thee

- At our annual meeting last year, the membership voted to separate the Secretary Board volunteer position from the Secretary stipend and we now have an Office Manager. Charissa Haines joined us in March and has been instrumental in the amount of work that has been accomplished.
- In the past year, we have installed a new website with a data base. In our excitement to unveil this benefit, the evil pathogens were not entirely worked out. With the hard work and dedication of the designer, our amazing office manager and board members the website appears to be well tonified. This will continue to be a work in progress and we are fortunate to have an administrative Master with Charissa at the helm.
- The AAC saw a lot of action on Capitol Hill during the AAC most recent legislative session. Our lobbyist, Leo Boyle found an old statute pertaining to payment by insurance companies to health care providers. With testimony by Rita Stanford, Debra Novotny and myself, the bill began its way through several votes to be signed into law by Gov. Hickenlooper. A bill allowing mental health care workers the ability to perform NADA in addiction program settings died on the vine, but we expect it to be resurrected next session. Nancy Bilello and Valerie Hobbs were at these hearings lending their expertise and support. Valerie mobilized students and professional members to call their representatives for support. We are fortunate to have Linda Gibbons remaining as legislative chair. She listens calmly and has a non-threatening yet attention-getting way of saying "I have a concern about..."
- Concerns were presented to the Attorney General regarding injection therapy for acupuncturists. Currently, this is a policy and can be pulled at the Attorney General's discretion. Linda Gibbons, legislative chair, Valerie Hobbs (AAC's own legislative laureate) and myself have met with DORA to bring injection therapy to rule. Once it is in rule, it has roots and cannot be pulled without a hearing. We anticipate this will happen in late fall of this year.
- A sunset review committee, co-chaired by Nancy Bilello (past president) and Valerie Hobbs (Director of SWAC) has been meeting monthly to create a process to identify our core values surrounding our upcoming sunset review. There are several dedicated committee members who have been meeting monthly and have started to hold town hall meetings in preparation. This is an enormous commitment to the most important task the AAC accomplishes. When the call for help comes, remember it is our ability to legally practice acupuncture and our scope of practice at stake. You don't want to miss that call.
- Our conference this year has a new look. We are at the same beautiful venue but have changed the schedule. The annual meeting has been moved to Friday evening. We felt it was a great way to kick off the conference and not interrupt a day of learning on Sunday

(Continued on page 14)

The Colorado Acupuncturist

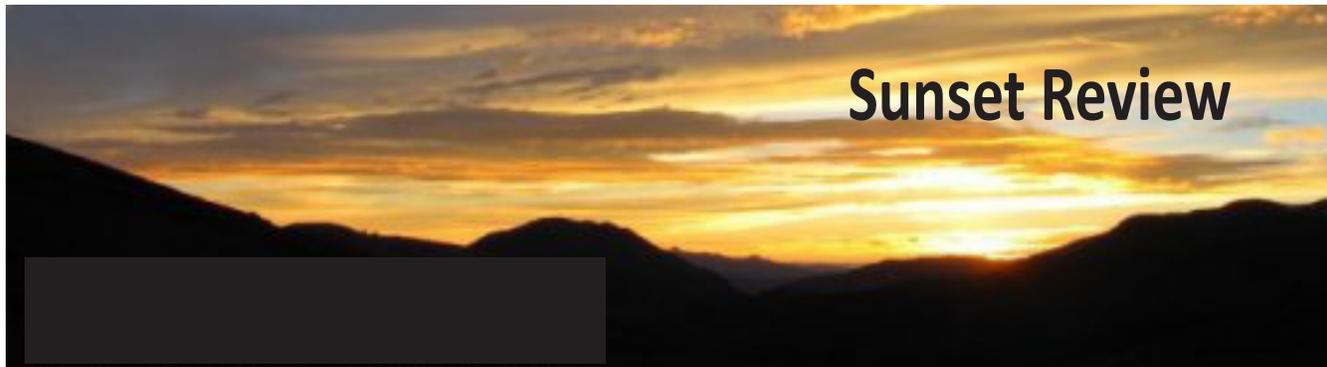
(Former President's Report - Continued from page 13)

with a 2 hour meeting. And, since it's a Friday evening, what better way to start a conference than with live music from one of our own, Molly Greacen? Mark Ashmun has not only stepped up to fill the position of Community Committee Chair, but has jumped in with both feet. When his committee is built, he has some great plans for more community events during the year.

- PR, headed by Tina Laue, has partnered the AAC with Chanda Hinton of the Chanda Plan Foundation in a showing of 9000 needles October 22nd. Chanda is a prominent voice and advocate for acupuncture. Plan to be there and contact Tina to get involved with the PR committee. It's one of our methods of being the Voice of Acupuncture in Colorado.

- The Executive Board and Board of Directors have been dedicated to moving the AAC forward. They are all to be commended for giving of their time, energy and hearts.

Thank you for your camaraderie and your teachings.



Sunset Review Review By Nancy Bilello

The Sunset Review Committee has continued to meet regularly throughout the Spring and Summer months. The Committee members are: Valerie Hobbs (SWAC Director), Denny Ellinger (outgoing AAC President), Greg Shim (AAC V.P.), Sandra Lillie (President of ITEA and AAC Secretary), Linda Gibbons (AAC Legislative Chair), Deb Novotny, Kyle Liston, Randy Wing and myself.

Our initial meetings focused on getting our committee organized and identifying issues that are of concern to CO L.Ac.'s re: what we would like to see deleted and what we would like to see added to our Practice Act. We then started planning and organizing our Town Hall meetings. The objectives of these meetings is to get as much feedback, opinion and discussion from CO L.Ac.'s as possible so we can most fairly and accurately represent the profession when it comes time to dialogue with DORA.

Some of the items we are looking for feedback on are:

- Ability to order labs
- Ability to do functional medicine
- NCCAOM requirements
- Credentialing for herbs
- Ability to order imaging tests
- Encroachment by other professions

The first Sunset Review Town Hall Meeting was held in mid-July at CSTCM. We had 10 attendees, not including myself, Denny and Debra Novotny. Although we had hoped for a bigger turnout, those who attended were engaged and interested and we had a lively discussion.

The second Town Hall Meeting was held this past Sat. in Ft. Collins and also drew 10 attendees. That meeting also had lively participation from those present.

We are hoping for better attendance at the future meetings and I will provide an update on those meetings in the next newsletter.

Once the meetings are done and we have a general idea of what our profession at large would like to see, we will begin meeting with DORA to discuss the feasibility of what we would like to see. We'll be talking to DORA mostly this fall since they get pretty busy once the legislative session starts in January.

Sunset Review Process

When a profession first receives licensure, that profession's Practice Act is in place for 10 years. The Practice Act is a piece of legislation and is law.

After 10 years, the Department of Regulatory Agencies (DORA) reviews the Practice Act. DORA will contact other professions that have an interest in the Sunset Review. In our case, it is expected that DORA will contact P.T.'s, chiropractors, MD's, etc. just as we have been contacted when these professions have been up for their Reviews.

In the Fall before the legislative session that will hear the Review (in our case, our Sunset Review is in 2013, so the fall of 2012) DORA will start preparing a Report based on their own research which includes data from other states as well as other professions. This Report is done by the Office of Policy and Research, currently headed by Bruce Harrelson.

The profession in question can and should prepare for the Sunset Review by closely studying their Practice Act and deciding what needs to be changed, added or deleted. These suggestions are presented to DORA to be included in the Report. It is wise to approach DORA a year or so before their Report comes out to ensure there is enough time for dialogue, providing research or other data and hearing what other parties' concerns might be.

The Report comes out on Oct. 15th and there is a public comment period (I can't remember how long it is) during which anyone can post comments, suggestions, etc. to the Report.

It is the responsibility of the profession to find a sponsor for the Bill that will eventually become the new Practice Act. This should be done well before the legislative session begins, in our case probably the summer of 2012. Our lobbyist will assist with us.

When the legislative session begins in January, the Bill (formerly DORA's Report) will be heard in the committee to which it has been assigned, most likely the Health and Human Services Committee.

The Bill will go through 3 readings:

It will be heard either in the House or in the Senate, depending on whether the sponsor is a Representative or a Senator. Once it passes that committee, it will go to the opposite committee (i.e. if it is heard in the House Health and Human Services Committee first, it will then go to the Senate Health and Human Services Committee). During these hearings, anyone can testify and request deletions or additions in the form of an amendment (which will then necessitate that the bill be heard again with said amendment.) The third reading is before the entire General Assembly and must be passed by them as well.

It is important to know that the Bill itself is usually worded fairly broadly. After the Bill has passed, DORA usually will hold a Ruling Hearing to hammer out specific details. Again, this is a public hearing at which anyone can testify.

We will continue to provide updates of this process via this newsletter, the AAC Discussion list and our Facebook page, so please check all of these avenues to be as well informed as you can.

WHO AM US, ANYWAY? (A PERSPECTIVE FROM THE "OLD DAYS")

BY DONN HAYES

When I began my practice of OM in Colorado, there was not any real precedent for acupuncture at all. I did not have any confidence that acupuncture was something that the average American wanted anything to do with. It was thought of by many as an inherently painful event, and something to be avoided.

I literally built my practice on "last chances". This was the last try before extended medical intervention that the patient wanted to avoid. It was my job to make the last chance work. Of course, if it DID work, then the happy client carried with them a positive view of OM and tended to tell other people. Happily, it was not usually "you should go try acupuncture" but more likely "you should go see this guy up in Evergreen". There is no PR quite like that. It tends to maintain even today. And it rolls through events like economic recession. This kind of thing is not thought of as discretionary...it is medical necessity.

In the old days, it was very clear to all of us that we had not gained a mastery of this mysterious art. There were very limited choices in regard to resources. Books were scarce, and the ones that existed were obviously incomplete... maybe even fiction. There WERE workshops to take and classes to enroll in, but often the teachers were as clueless as we were. What we DID have was a keen passion for this work. I remember spending hours in meditation and contemplation concerning such simple terms as qi or shen. Nowadays it is common to simply look it up in our class notes or in Wiseman/Feng and simply regurgitate what somebody else says in means. I found that much of a true understanding was lost in the looking up of things...the nuances were simply lost. I quickly found that and hour struggling with

(Continued on page 17)

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everything acupuncture

(Who Am Us, Anyway? Continued from page 15)

the Chinese character for qi was worth hundreds of pages of reading someone else's opinion on the subject.

Even though we now have accredited schools available to us in many cities, and the \$50-90K are spent and the time expended, we are still not fully informed in relation to our art form. We are still not Masters of all this. We may not even be advanced students. If we seriously believe that we ARE completely knowledgeable concerning this ancient art...I can't help but see that as a different problem altogether.

In that time, so many decades ago, this was very clear. But something was changing. We were beginning to move from making this journey alone to finding a couple or three other crazy pilgrims on the path...and it was useful...it felt good. Sure, there was other protections we carried out, like forming a State Association, compiling by-laws and such, cavorting with DORA's and legislators, Doctors and Lawyers. But as I look back on it, that stuff was the least of it. That collection of activities were all there to cover us as we grew in our knowledge of this mysterious art and in our expression of this art form in our various clinics. The real value of the Association was the gatherings themselves. It was a means of uniting with those other practitioners out there. Much in-depth discussion occurred over tea or in a bar somewhere all of this between breakfasts with lobbyists and legislators. I remember leading a formal discussion on one Nan Jing difficulty or another in a group which included the likes of Jim MacRitchie, Chip Chace, Pao-Chin Huang, Bob Tichy, Bob Flaws, Z'ev Rosenberg and Andy Magutiak. Besides the great discussion, I was struck by the widening of our points of view. Isolated is just that. There is a natural stasis that occurs when we are alone. The divergent perspectives were very valuable and grew exponentially. The imagined differences between us that we had manufactured to a large extent in our alone-ness began to dissipate. We had started on the path of true community. To me this was a valuable as any legislative agenda...in fact, it was one of the reasons for the legislative agenda....the opportunity to learn, expand and grow.

Perhaps we have forgotten that to some degree in these new times. We are expecting the AAC to simply be a "professional" organization. We pay our dues and the organization hires a lobbyist and "protects" our right to practice. Nothing more.

I think perhaps, the Association in Colorado is NOT providing what we could provide for the practitioners at large. We NEEDED to regurgitate as we sat for the exams. But now, we need to expand our knowledge scope...not so much our legislative scope. Kind of a graduate school in the Rocky Mountains. I hope we can have a group discussion on what we can make this community become.

2011 LEGISLATIVE REPORT

Linda Gibbons, Legislative Chair

It was an active and eventful year for legislative issues in 2011. We had a huge success for acupuncturists in Colorado this year when HB1186, the Insurance Parity bill, passed the legislature and will become law in 2012. This law makes sure that L.Ac's will be reimbursed for acupuncture treatments given to patients that have acupuncture coverage in their insurance plans. Before this bill was passed, there were some insurance plans that did not necessarily reimburse L. Ac's for acupuncture treatments but did reimburse other practitioners such as chiropractors or M.D.s. This bill passed in part due to the great support of acupuncture students and practitioners in Colorado who made lots of phone calls to their legislators in support of the bill. In my conversations with legislators prior to the vote, several mentioned all the phone calls their offices were receiving in support of the bill. Those phone calls were noticed!

Another bill that came before the legislature in 2011 was the NADA bill. This bill was initiated by an M.D. in Pueblo and sponsored by a democratic legislator. This M.D. works for the Colorado State hospital in Pueblo and uses the NADA protocol extensively to treat drug and alcohol addictions. Her bill allowed for medical personnel

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who were not licensed acupuncturists to be able to perform the NADA protocol on patients in a detox facility after getting NADA training. The AAC initially supported the bill after we negotiated with the bill sponsor to include licensed acupuncturists in a supervisory role. This bill was eventually defeated primarily due to partisan politics. Even though this bill was defeated this year it is quite likely the bill sponsor will try again in 2012.

This summer DORA was directed by the Attorney General's office to investigate the safety and appropriateness of the injection therapy policy in the practice act of licensed acupuncturists and whether this policy should be rescinded. The AAC met with DORA and provided documentation showing injection therapy has been a traditional part of Chinese Medicine and that there have been no reported injuries from injection therapy. Based on our discussion with DORA, it looks likely that DORA will make a ruling sometime this year in support of L.Ac.'s being able to continue to do injection therapy in Colorado. At the time of the ruling any interested parties will be able to testify both for and against this ruling. We will certainly be testifying in support of the ruling, but it is likely we will get some testimony against us from western medical groups.

Lastly, I am looking for interested members to serve on the legislative committee. We will need help with phone calling or attending committee hearings. I am also looking for someone who would like to join the board this next year as the Legislative chair-in-training, since 2012 will be my last year on the board. Please call me at 720-530-8219 or email me at Linda@sagemountainwellness.com if you'd like to volunteer to help on the legislative committee.

Secretary's Report Sandra Lillie, AAC Secretary

It has been a great experience working with the AAC the rest of the board, and our fantastic new Office Manager. We have all worked hard this year, and have gotten quite a bit done for acupuncturists in Colorado. This was my first year as Secretary, and I have achieved some of the goals I had for my tenure. There is still more to be done, if I am reelected.

During the year, we have implemented your decision for the Secretary to hire an Office Manager for the AAC office, bringing Charissa Haines on board in this position. She is very professional, and brings many skills which we have already put to good use. She is quickly learning the ins and outs of the acupuncture profession, and has additionally taken on the job of editor of our Newsletter!

I have been concerned with the security and legality of AAC records and files. To date, we have gotten highly encrypted computer backup for the AAC office computer. Other Board members or committee chairs may also avail themselves of this function by sending files to the office computer.

I went through most of the office boxes and files of 'archival' materials, keeping records and historical documents – both for the Corporate Notebook and for a scrapbook of our history. There are large holes in our historical data, so anyone who has been a member of the AAC since its inception and has materials of value – please get with me to pass them along, or so that I may copy them. My thanks to Greg Shim, who formatted minutes of past meetings for me on his Mac. This is still a work in process.

In the ongoing job of representing the entirety of acupuncture and acupuncture and Oriental medicine to our constituents, a great deal of education is involved. The AAC office promotes the description of our discipline as it is described in national literature. We did not manage to create an information sheet for our PR this year, but this is the first thing I will do if re-elected.

I have investigated, and we have procured, a quote for D and O insurance for the AAC Board, which is a much-needed insurance for any board.

I have been a member of the Sunset Review Committee for Acupuncture in Colorado, attending organizational meetings, and holding a Public meeting to make sure the Committee has input from all concerned acupuncturists.

I am the Chair of the Website/Newsletter Committee, and happily, we now have a website which is operating to serve us well – mostly thanks to Charissa Haines' diligence more than the committee's input. I am looking toward making additional improvements to the website, and guiding the search for newsletter articles in the future.

I am attending the Conference of the Colorado Non-Profit Association again this year, going to seminars which will help the AAC in their organizational and outreach capabilities, and I invite any of you who are non-profit to attend this Convention – there is a wealth of information there for the taking.



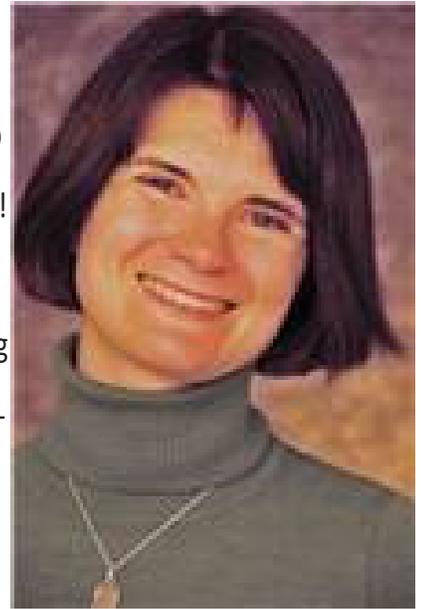
PR Committee Report

Tina Laue, PR Committee Chair

Contrary to popular belief, I have not resigned as the PR Committee Chair! My term is up in September of 2012 and I hope that one of you will be inspired to make a difference, to bring your voice to this work of marketing Acupuncture and Oriental Medicine to the public!

9000 Needles Documentary:

I am currently excited about our upcoming presentation of 9000 Needles with The Chanda Plan foundation! There will be two screenings on October 22nd! The first screening is at 2:00 and the second is at 4:45. There will be a reception in between. The AAC is the main sponsor and will be introducing the film alongside Chanda and Doug Dearth, the director. We will also be educating the audience about the needling. We are also finishing up a one minute commercial which will air before the film!



What can you do??

1. Please go online and buy a ticket to benefit The Dearth Foundation and The Chanda Plan Foundation. Tickets are available at www.denverfilm.org. I would love to see you there!

2. The poster is available at http://www.thechandaplanfoundation.org/event-11_october-22-2011-at-2pm--445pm.html. Please download the poster and invite your patients to join us!

3. Make a donation to the AAC towards the commercial or sponsorship costs to show your support.

4. Let me know if you want to help at the event with our table! 303-881-1971 or aac.prcommittee@gmail.com.

Giving Wellness Away and AOM Day

Following the screening, there is a week where 50 Acupuncturists and 50 Massage Therapists are donating a portion of their profits for a day to The Chanda Plan Foundation. Because of the scope of this event, the AAC is not organizing our usual free or low cost treatments as we have for several years. I hope that each practitioner will do what feels right for their practice this AOM Day. The mayor of Denver has issued a Proclamation of AOM Day for us again this year. I consider our involvement in helping Chanda to be our AOM Day contribution this year.

About Chanda Hinton and The Chanda Plan Foundation

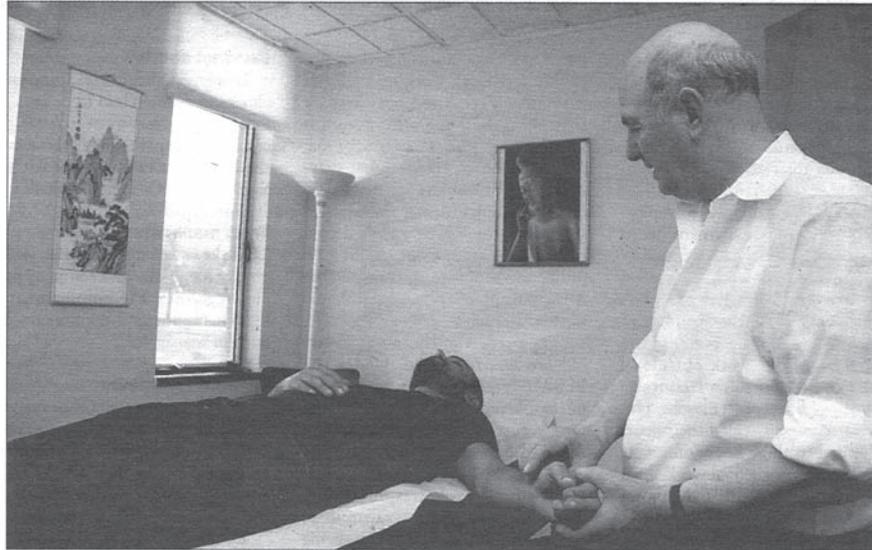
Did you know...

- That Chanda received a spinal cord injury at age 9?
- That Chanda attributes much of her quality of life to Acupuncture?
- That she has given numerous press releases and tv interviews proclaiming this?
- That she has received a grant that will fund a 3 year cost effectiveness study showing that Acupuncture and Alternative therapies should be covered by Medicare?
- That The Chanda Plan Foundation provides grants to access care for patients with spinal cord injuries? You can send a qualifying patient to her website and you the provider will be paid directly!

As always members, the AAC is as strong as its membership and members. Please continue to keep your membership current! Please encourage your colleagues to join as well. Please get involved with the committees. Remember that when you see something not getting accomplished, a very busy practitioner and board member is struggling to get to it! We could all use help, opinions, and compliments to keep us going!

I will be taking a short break for the holidays, but come January, I want to form two subcommittees. Please e-mail your name if you are interested right now to aac.prcommittee@gmail.com. I want a committee for the 9 Health Fairs to form of at least 4 members who starts to look at goals specifically for that event. I also want to form a network of members and a committee who meet by phone to start forming relationships with their local media. We will all work together to form a solid PR plan and to build those relationships so the whole state of Colorado can organize and respond to local needs for information about Acupuncture and response and monitoring of local media.

HEALTH CARE & WELLNESS



MICHAEL MYERS

Acupuncturist James MacRitchie, considered to be a grandfather of acupuncture in Colorado, reads the pulse of patient Daniel Braha. MacRitchie will assess a patient by placing his fingers on various points of the person's wrist to "read the pulses." In those readings, he checks the small intestine, gall bladder, bladder, liver, kidneys, lungs, spleen, pericardium, colon, stomach and finally, something he calls the "triple heater."

Acupuncturist 'reads pulse' to determine client's health

BY BETH POTTER
bpotter@bocr.com

BOULDER — In 1981, James MacRitchie was the only registered acupuncturist in Boulder.

Since then, the number of acupuncturists registered locally has grown rapidly. In 2011, there are 142 acupuncturists in the city that are fully licensed by the state of Colorado, largely thanks to the work of MacRitchie and a small group of others in formalizing the profession, he said.

Two acupuncture schools operate in Boulder County, and the profession is more well-known in the United States than it ever has been, even though it is not a scientifically validated method of treating patients.

"The whole exercise of wanting to get the licensing so more people could practice and more patients could be treated is multitudes more successful than I could ever have imagined," MacRitchie said. "It's like the Space Shuttle taking off."

Acupuncture involves treating patients with needles. While MacRitchie is considered by many in the region to be a grandfather of the profession in Colorado, his true pas-

Reading pulses

Qigong Acupuncture combines classical acupuncture with the concepts of Qigong, the Taoist concept of developing energy. A skilled acupuncturist reads the pulses of each wrist to detect possible health disorders in a number of internal organs.



sion is actually Qigong Acupuncture, a treatment method which combines classical acupuncture with the concepts of Qigong, the Taoist concept of developing energy. MacRitchie "reads the pulses" of his patients to create an "energy hologram" to help them be healthy. The Asian medical diagnostic procedure harkens back thousands of years to the book, "Yellow Emperor's Inner Canon," believed to be the oldest medical book in the world.

"The most central issue is that people can cultivate their own personal energy, and it will give them better health and a better state of

being, which gives more energy and more life," MacRitchie said. "Who wants to be sick?"

MacRitchie will assess a patient by placing his fingers on various points of the person's wrist to "read the pulses." In those readings, he checks the small intestine, gall bladder, bladder, liver, kidneys, lungs, spleen, pericardium, colon, stomach and finally, something he calls the "triple heater."

The assessment shows not only a patient's physical state, but also his or her mental state, MacRitchie said. He compared his readings to a scientist trying to understand how DNA

➤ See **Pulse**, 13A

PULSE from 10A

works in a particular cell in the body.

"For whatever reasons of history and culture, and our ways of viewing the world and ourselves, the Oriental tradition understood the hologram of the human being a millennia ago, and we are only just coming to terms with that as a model in the Western scientific tradition," MacRitchie said.

At MacRitchie's Center for Personal Energy Cultivation at 1136 Alpine Ave., he also trains others in Eastern medicine practices and sees patients. MacRitchie said he is changing the name of his practice from the current Chi Kung/Qigong School, The Acupuncture Center of Boulder, to the Center for Personal Ener-

gy Cultivation to be more accessible to potential patients who might not know what the word Qigong means.

"(MacRitchie) took me beyond the thin veneer of kicking and punching to understanding your internal energy, or your 'chi,'" Joffe said.

MacRitchie estimates the acupuncture industry at about \$72 million per year in Colorado, based on statistics that show about 1,200 acupuncturists are licensed in the state. He bases the total dollar amount on each one of those acupuncturists seeing about 20 patients per week at \$60 per visit.

At MacRitchie's practice nine-

month training classes are featured — 12 weeks worth of classes for \$100. MacRitchie also has written books that are offered free online. About 30,000 people from 130 countries around the world have downloaded the books, he said.

Others in the industry see MacRitchie as a "qigong master" for his work, said Valerie Hobbs, owner of the Southwest Acupuncture school in Boulder. The four-year accredited program plus board certification leads to a state license, Hobbs said. Practitioners see an average salary of \$50,000 per year, she said. The school sees about 900 patients per month as part of a student clinic associ-

ated with the program.

"(MacRitchie) brought this practice and its integration into healing to America and helped form the American Association for Qigong," Hobbs said. "This is a guy who blazed a lot of trails."

MacRitchie founded the National Qigong Association with eight other people, including former wife, Damaris Jarboux, who is co-founder of The Body-Energy Center in Boulder with him as well as a registered nurse.

"It's a wonderful national organization, and a lot of people have put a lot of work into it. (Jim) took a leading role, and it was a great thing to have brought into existence," Jarboux said.

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

**Calendar of Events—
AAC Members receive 10% discount**

Date	Title/Description	Contact
10/18	Introduction to Zero Balancing	Anna Sutter annasuter.zb@gmail.com 303.877.7061
10/22	Introduction to Injection Therapy	Michael Young 303-702-0219
10/22	9000 Needles For Tickets: www.denverfilm.org/filmcenter/detail.aspx?id=24115	
10/30	Marketing: Everybody Hates It, But You Don't Have To!	Honoral Lee Wolfe http://cstcm.edu/pda/all 303-329-6355, ext. 25
11/4	Touch the Heart & Soul of Classical Chinese Medicine . . .	Alexander Love Alexander@enjoyvibrantliving.com 303-947-1315
11/6	Treating Complex Liver Disorders	Jake Paul Fratkin http://cstcm.edu/pda/all 303-329-6355, ext. 25
11/22	ABC's of Cosmetic Acupuncture	Denise Ellinger www.abcCosmeticAcupuncture.com

To list your event, in the January 2012 newsletter, contact Charissa Haines at info@acucol.com

Deadline for submissions is December 1, 2011