

# The Colorado Acupuncturist

A Publication of the Acupuncture Association of Colorado

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2012

*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.*

## Fall is in the Air



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# The Acupuncture Association of Colorado

Website: [www.acucol.com](http://www.acucol.com) Email: [info@acucol.com](mailto:info@acucol.com)

## **Board Officers**

**President**, Greg Shim, M.S., L.Ac. (NCCAOM), 303-660-4357, [President@acucol.com](mailto:President@acucol.com)

**Vice President**, Scott Richardson, L.Ac. (NCCAOM), 619-861-8287, [VicePresident@acucol.com](mailto:VicePresident@acucol.com)

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**Community Committee and Conference Chair**, Mark Ashmun, LAc, 303-594-9464, [ConferenceComm@acucol.com](mailto:ConferenceComm@acucol.com)

**Public Relations Committee Chair**, Jacqui Strike, L.Ac., 720-514-0693, [PRComm@acucol.com](mailto:PRComm@acucol.com)

**Legislative Committee**, Anne Chew, L.Ac., (NCCAOM), 303-794-9505, [LegislativeComm@acucol.com](mailto:LegislativeComm@acucol.com)

**Student Representative**, Caitlin Dilli, 303-349-4575, [aacstudentrep@yahoo.com](mailto:aacstudentrep@yahoo.com)

**Newsletter Editor**, Charissa Haines, 720-454-7701, [Editor@acucol.com](mailto:Editor@acucol.com)

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

**Office Manager**, Charissa Haines, 303-572-8744, [info@acucol.com](mailto:info@acucol.com)

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

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Spring (April issue)  
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Fall (October issue)  
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**President's Column: Greg Shim, L.Ac., M.Ed., MTCM  
Annual Report for 2012**

I don't call my patients whom I haven't seen in a while. I don't send notes. I don't send birthday cards. I don't post or tweet. I don't set them up on plans nor do I have packages they can purchase. What I do is hold them with deep regard and try to create a place they can come to help their whole being with results from the get go.

As president of the AAC, I keep the same philosophy. I hope that the membership will figure out that it's by their action that the AAC can be a whole and healthy entity. It can thrive with just a little nudge from all of us. That said, while I may not have the highest of profiles with lots of emails and announcements, the board and I have been working diligently behind the scenes to move our medicine forward.

Lots of people want a piece of our medicine in which we've invested thousands of hours of supervised training to become licensed. I've come up from Castle Rock to Denver many times over the past several months to sit in meetings with legislators, DORA, and other board members. I've testified on the AAC's behalf for legislation about NADA (the bill was defeated), keeping standards high for anyone who wishes to practice acupuncture (no one else showed up for the hearing and DORA supported keeping standards high), and met with dozens of other acupuncturists in helping shape our practice act that's going to be voted on in 2013.

So, like my patients, I see the AAC as something/someone for whom I will give my best, but you won't get an email from me every month if you choose to let it slide. Just like your patients, the more regularly they are involved with you, the better they feel. The ones that take it upon themselves to make a commitment to your practice are the ones who truly shine. In the meantime, the board and I will keep working and with a little nudge from all the members, the AAC can shine in this all-important year!

Yer (aloha shirt wearing) pal,

greg



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## Preparing for the Great Retreat

The laws that govern one part of nature, govern all of nature. As summer becomes fall, not only does the sap withdraw into the plant, but our yin, too, begins to retreat to the interior. About 12 weeks later, when lunar fall is becoming lunar winter (usually November 7<sup>th</sup> or 8<sup>th</sup>), our qi begins its retreat to the interior. If a cold invasion rides with the qi to the interior, it can be locked there until spring, and we can be intermittently sick all winter. Consider these formulas to warm the interior and supplement qi during this time:

**Five Mushroom Formula** supports the kidney qi and *wei* qi, strengthens the lungs and nourishes yin. It is also actively anti-pathogenic against external invasions.

**Sea of Qi Formula** is an essential formula during this time when there are clear signs of spleen and kidney yang deficiency.

**Essential Yang Formula** employs the strategy of supporting yang by using yin nourishing herbs and then warming the whole formula with yang tonics. In this way is it especially helpful to warm the interior during this time of year, since the yang supplementation is not at the expense of the yin.

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## MEET YOUR BOARD OF DIRECTORS FOR AAC - 2012

While we have a full board, we're far from full committees - get involved, contribute - our profession is only as strong as its participants!



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**Student Representative**  
Caitlin Dilli

## **Flashback** (from October 2003 “The Colorado Acupuncturist Newsletter”)

# Bittersweet Autumn

**Jeanette Rockers, Lic. Ac.**

You can smell it in the air now, in the morning especially. There is a crisp cool reminder that the harvest is coming to an end, and as I write here in the city, before long we will get our first snow. Every day now I check my garden, and pick the tomatoes that are turning, scurrying to get every last bit of summer off the vines. Of course in the mountains, the storms of winter have already given fair warning, and the aspens are pulling their resources down into their roots, and leaving brilliant color behind. The conifers will maintain their needles, but the growth process will be all but stopped by the winter.

Throughout nature across Colorado, there is preparation for the slowing down, the hunkering down for the dormancy of the coming cold season. As usual, there is that final flame up of warm days, looking like summer is making a comeback, but the hours of sunlight nevertheless become shorter.

For many people in this country, the change of seasons is simple. Flip a switch on the thermostat, and go from cooling the air to heating it. Check the antifreeze if we're good. Blow out the sprinkler system. We are immune from the seasons changing through the wonders of modern technology, and we forge on through our busy lives, barely noticing the calendar pages turning. When we turn on the tap, the water will still flow. Wild Oats will continue to have plentiful food, and we don't have to paw through the snow or stalk it. So November is pretty much like May except for the items on special.

But are we really so removed from our natural beginnings? Is there some “knowing” in the more “in touch” reaches of our bodies and brains? If we were to learn from nature, reaching back before technology a million years or so ago, what could we profit by understanding again, by paying a little more sensory attention, by honoring our time-tested inner needs? In Paleolithic times, we might be busy stocking our supplies: drying meat, storing plants, and gathering supplies for making the implements of living. Thoughts might be on getting ready to be closer to the hearth.

For myself, I see a storing up of resources, letting go of what is appropriate to let go. It is a gearing down. I think of this on all levels of Body Mind Spirit. So at the “Body” level I am not suggesting installing a grain elevator in the back yard, after all, King Soopers is open 24 hours a day. But perhaps getting plenty of rest or drinking enough water needs to be addressed. Is my diet one that honors my physical needs? The resources I probably need to check on have more to do with mind and spirit. Have I exhausted my spirit through all the projects I have thrown myself into, not all of which have had a heavy harvest, as I would have liked? Do I need to consider letting go of anything? (I just look at my closet and answer that one.) Is my mind still turning at summer fire speed? Perhaps I could build my reserves with some meditation in nature, my favorite rejuvenation method.

Five Element Acupuncture teaches us to observe the cycles of nature, the changing of seasons, and ask, “What is appropriate in this season of Late Summer into Autumn?” Each of us needs to find our own place of understanding through observation and listening to what nature teaches us. When we attend inside, we bring that attention to the treatment room, and our patients benefit as well.





## 2012 AAC Conference Round-up

Greg Shim, L.Ac., President and Mark Ashman, L.Ac., Community Chair

**T**he conference has come and gone, and while the turn out wasn't what we hoped, the presentations more than made up for the low numbers. Donn Hayes – a practitioner with more than 40 years of experience – reminded us all that the medicine we do is truly experiential.

Donn's presentation allowed for everyone present to connect and take a part of his four decades of practice. And while Denny Ellenger didn't have 40 years of practice experience, she did give a very detailed and very useful talk on facial diagnosis. Her information was easily implemented in the clinic by Monday (in fact, many attendees were using it during the following presentations).

Greg Cicciu followed with an extremely valuable look at pulse taking based on what he learned from Jim Ramholtz. His hands on demonstrations (coupled with his book) gave a simple to learn, years to master, way of seeing the whole body through the pulse.

Hilary Skellon, Kathleen Robinson, and Jim Damman presented the medicine from a Worsley Acupuncture perspective. If you've never had exposure to this style of acupuncture, it's worth the effort to seek it out. TCM and Worsley Acupuncturists alike were given the opportunity to experience the stillness that lies behind what we do every day in a powerful presentation.

And finally, Marylyn Allen of the American Acupuncture Council donated her time, knowledge, and handbook on how to create a successful practice. Her years of teaching ethics and business courses, coupled with her own experiences of running a busy acupuncture practice in southern California, made for an enlightening time for everyone in attendance.

For everyone who came, the Acupuncture Association of Colorado is grateful for your attendance. And for all those who weren't able to come and join the fun, we're already gearing up for next June for our 30th Annual AAC conference. We hope to see you there and we appreciate all your support in moving our medicine forward!

We would also like to thank our vendors and those companies that donated to the AAC. The vendors made a wonderful contribution to the overall success of the conference. I am honored to have had those vendors that made a return appearance and to those that had not been at our conference before.

The Annual Acupuncture meeting went over well. We discussed quite a bit of information regarding the Sunset Review. If you missed that please see our web site for more information on this critical issue amongst acupuncturists in Colorado.

We hope to have a stronger involvement from our fellow colleagues in the coming year. Your support and membership drive our profession.

**PLAN AHEAD FOR NEXT YEAR'S CONFERENCE IN JUNE!!!**

# Legislative Report

**Linda Gibbons, L.Ac., Legislative Chair**



This is my final report as the AAC Legislative Chair, as my term is ending this month. In this report I would like to summarize our achievements over the last three years and also outline areas where we are being challenged in the legislative area.

First, we passed an insurance parity bill in 2011 that requires insurance companies to reimburse acupuncturists equally if the same plan allows reimbursement to chiropractors and M.D.s. In general, we have found this statute is being followed; however some insurance companies are getting around this by saying since they are based out of state they do not have to follow Colorado laws. In addition, federal employee plans are not subject to this statute because they follow federal laws. We have received a few complaints from acupuncturists around the state regarding non-compliance of this statute by insurance companies. Please continue to call or email this information to the AAC office and we may be able to follow up with the insurance board in Colorado regarding the interpretation of the law.

Second, we have been challenged the last two legislative sessions by bills that were introduced trying to legally allow any healthcare practitioner to perform ear acupuncture for PTSD, addictions, and/or stress. These bills were initiated by an M.D. /NADA practitioner and trainer from Pueblo. While we were receptive to this legislation because it might make ear acupuncture more accessible to patients in need in Colorado, we also needed to insure patient safety and that our profession would not be adversely impacted economically. We worked closely with the bill sponsor, Rep. Claire Levy, to negotiate parameters for patient safety, including minimum practitioner training. Both years these bills were defeated, primarily due to political wrangling that the AAC had little control over. However, we expect a similar bill will be introduced in the next legislative session. In an effort to control the parameters of using ear acupuncture for PTSD and addictions by non-acupuncturists, the AAC has included language in our Sunset Review recommendations that we think will insure patient safety and not adversely impact us economically.

Finally, dry needling is a big issue, both in Colorado and nationally. Physical Therapists and chiropractors can do dry needling after taking a 46-hour course in Colorado. This year the AAC had a series of meetings with PTs that have a vested interest in dry needling, primarily those that do dry needling training. The meetings resulted in no agreements, but were informative. Here are some issues:

- The newly established PT board does not see a need to regulate the content or establish standards for dry needling training, therefore there are none.
- Dry needling training is "evolving" to include much more than local trigger points, such as distal points.
- Unless there has been patient harm, the PT board will probably not move to curtail dry needling. So far, patient harm has been difficult to prove.
- Since there is no insurance code for dry needling, PTs are billing under manual therapy, which they admit is not really accurate.
- Even though there is a 46-hour training requirement for dry needling, in practice PTs are doing unsupervised dry needling on patients after only 26 hours of training and a promise to complete their training in the future.

The AAC did not pursue legal action against dry needling in Colorado this year in part because we are in the middle of our Sunset Review process and we do not want to antagonize relations with DORA and other healthcare groups that could make it very difficult for our bill to pass. However, once the Sunset Review is over there are some options we may want to consider:

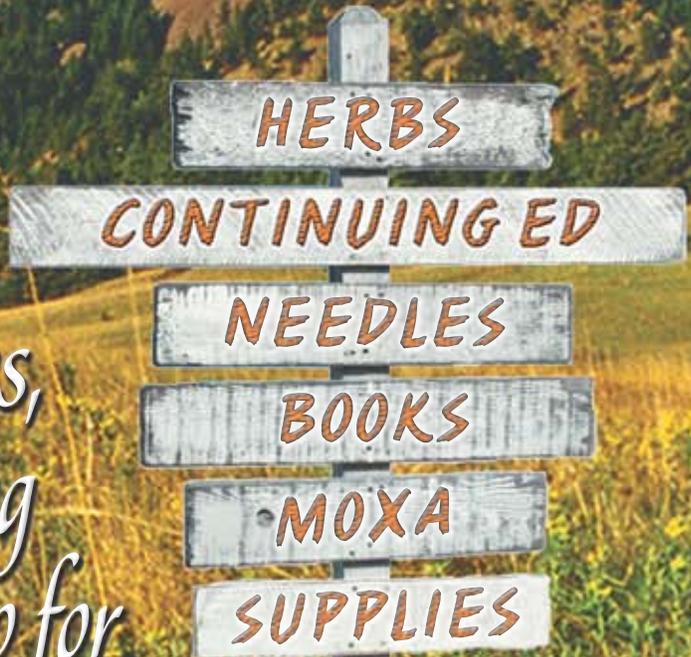
- Support the AAAOM's national efforts against dry needling.
- Challenge the PT board to establish standards for dry needling training and enforce the rules currently in place.
- Present arguments to the insurance board regarding the inconsistencies and inaccuracies of the current reimbursement process for "dry needling" v.s. acupuncture.

My last request as the Legislative Chair is that you continue to support the AAC with your membership and your participation on committees. It has been an honor and a privilege to serve on the board with fellow acupuncturists committed to our profession.

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# Regional Focus - Pueblo

by Dallas Cox, L.Ac.

The AAC newsletter staff would like to highlight providers from diverse areas of the state. Our next installment will introduce **Tawnya Salas** who is an Acupuncture Provider in the Pueblo area. *Thanks to Tawnya for contributing to the AAC newsletter*



## Tell us who you are and where you are from.

My name is Tawnya Michele Salas...I am a native of Pueblo, Colorado.

## Where did you study Chinese Medicine?

I left Pueblo to attend Colorado State University and SWAC (Southwest Acupuncture College, Boulder, Colorado). I went to China and Bosnia following the completion of my acupuncture program. I enjoy learning about Native American philosophy and healing techniques. I am a strong believer in using food as our medicine.

## What brought you to the field of Chinese Medicine?

I was introduced to the field of Chinese Medicine about 14 years ago. I started seeing an acupuncturist in Fort Collins, Colorado (Kristie Steinbock, M.S., L.Ac.) for bulging discs and fatigue. I was so impressed with the results I experienced, that I decided to go back to school for acupuncture. My undergraduate degree was in Food Science and Human Nutrition from Colorado State University in Fort Collins. While at CSU I learned how to make diets for renal, cardiac, and diabetic patients, yet I felt as though something was lacking with my field of study. Being an acupuncture patient helped me realize that Chinese Medicine was the missing link

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

Practicing acupuncture in Pueblo, Colorado is rewarding. I decided to move back to Pueblo ten years ago and begin my full time practice. This has allowed me to treat my grandparents regularly.

## What is happening with the Acupuncture Community in Pueblo?

The Pueblo community is still somewhat behind as far as being progressive. The more educated our community becomes with Chinese Medicine, the more we will use it as a tool for healing and well-being. We have not had a lot of growth as far as practitioners that are classically trained. As of late, Pueblo has become more open to the idea of Chinese Medicine.

## What is the focus of your practice?

I am a general practitioner. A lot of my patients have pretty complex conditions. It is rare that someone requests a seasonal attunement.

## Any suggestions how the AAC could better serve Pueblo Area providers?

I believe the AAC could better serve Pueblo acupuncture community by inviting the acupuncturists who are not members to join the AAC and get them more involved with our organization. Last time I checked there were only two practitioners listed for the Pueblo area, myself being one of them. There are a number of practitioners that are not members, and it would be great to have more community involvement during 9 Health fairs and other education opportunities.

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

In my leisure time I enjoy camping and hiking. I also enjoy spending time with my friends and family.



## Student Representative Anh Tran

I am currently in Macau enjoying the nice weather, and exuberant amount of food here. If you ever want to know what damp heat feels like then you'll need to come and join me down here.

I wanted to wish everyone good luck on the conference day. I know it will be a lot of work and I'm a little disappointed that I'll be missing it this year. Mark, I hope you have all the help that you need and the students are excited to participate!

I am writing to everyone to let you know that I will be stepping down as the Student Representative of the AAC. I have been most gracious to be sitting next to some of the most brilliant practitioners that I know. My time has been short, but I have learned a lot through the last year. It's a tough position, but I know that you will make our practice exist now and in the future.

Thank you so much for all of your hard work, encouragement, and pushing our practice in the right direction. I wish you all good health, good fortune, and the best success.

My replacement will be Caitlin Dilli. I know this isn't professional to say but I think she's "the bomb." She has a lot really great ideas, and all of my support in her projects. She has delegated positions for all the students who are participating for the AAC conference. Also, she is part of the University of Colorado Hospital Parkinson's Study with me. She is presenting soon in Arizona on our study and paper. She will be a student until August 2013. Thank you once again for letting me be a part of AAC.



## Introducing AAC New Student Representative Caitlin Dilli

While volunteering for the conference on October 6 and 7, I was struck by how important it is for students to affiliate with the Acupuncture Association of Colorado. Being a part of this association allows students to actively participate in the future of their profession, develop rapport with practitioners and vendors, and keep informed of new thinking in the acupuncture field.

I am honored to have been chosen as the student representative for the coming year. As student representative, my goal is to involve students in moving our profession forward in every way possible. One of the first steps I plan to take is to encourage students to experience the dynamics of this profession outside the “school bubble.” There is no better way to do this than by attending seminars to determine interests or refine skills, networking with others in the community, and staying informed of political decisions that relate to our scope of practice.

Currently, I am working towards a Masters degree in T.C.M. at the Colorado School of Traditional Chinese Medicine. I attended Willamette University for my undergraduate studies, and received a B.A. in Biology with an emphasis in Genetics and focusing on research. I am a member of the American Academy of Pain Management and recently participated in a poster session at their national Integrative Medicine Clinical Meeting in Phoenix.

I always enjoy being outdoors, and during the summer, my early mornings are spent rowing on Cherry Creek Reservoir with the Rocky Mountain Rowing Club. I also enjoy hiking and taking photos, snowboarding, and preparing for an exciting career as a practitioner of traditional Chinese medicine.



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## Treasurer's Report by Michelle Sauberzweig, L.Ac.



First of all, I would like to thank the rest of the board for their hard work and support. This was my first year as Treasurer and it has been an eye-opening experience. The Board Members are so dedicated, hard working and truly do give back to our profession. It is fascinating to see how much goes on behind the scenes!

Next, I want to say thanks to those of you who have made additional donations and all the members of the AAC! We are so pleased to see your generosity and support of the AAC.

This year has been challenging in trying to keep up with the increased costs. With the sunset review we have significantly increased the salary of our lobbyist as he has worked so hard speaking to candidates, learning about them and educating them about the benefits of acupuncture. We made over \$20,000 in political contributions to those candidates

that we believe will become elected and will help us achieve our goals with our scope of practice. Since this is crucial to all of us and so close to home, it was a high priority to spend more money and time to ensure we can maintain our honorable profession. We focused on the political issues at hand this year and opted out of the dragon boat festival and other promotional events in hopes to save some money.

As far as the changes we have made, we have tried to make it more convenient for our members when they register and renew their membership. Thanks to our new payment systems everything can be completed online. Furthermore, we have offered the membership complimentary to students in hopes that they will become more knowledgeable and educated about the organization, will stay updated on the political, local and national issues involving acupuncture and continue their membership after graduation. In addition, the students can reap the benefits of the membership such as discounts, news, announcements and job postings. With these changes, we brought in an additional \$5,000 year to date in membership revenue as compared to last year. This means our membership is growing! This is so encouraging to see so many of you taking advantage of the AAC benefits, the membership and supporting the AAC!

Lastly, I encourage you to get involved. We have many committees for you to join and many ways you too can give back to our profession by volunteering! If time does not allow you to volunteer, we appreciate your donations to help support the AAC because without you as our members, the AAC would not exist, which means our profession would not be where it is today. Thank you for anything you can do!



On October 15th, DORA released the report for our Sunset Review. This report will go to the legislature in January and will eventually become the bill for our new Acupuncture Practice Act. Based on feedback we received from our Town Hall meetings last year, we had presented DORA with a draft of changes we wanted to see. These changes included:

- Provisions for L.Ac.'s to be able to order labs and prescribe supplements
- A certificate program for non-L.Ac.'s who wish to practice auricular therapy (this would have included supervision by L.Ac.'s)
- Formation of an Acupuncture Advisory Board that would exist to address problems specific to our profession i.e. dry needling, auricular therapy, etc.
- Statement clarifying that dry needling is within the scope of acupuncture even though it is practiced by another profession (P.T.'s)

There is some language in the report that suggests labs and supplements could be "within the scope of acupuncture" but the wording is still rather vague and does not mention these therapies specifically.

Overall, the report looks good, but the auricular therapy certification and the advisory board were omitted, most likely due to fiscal concerns in a time of economic bust.

Several members of the Sunset Review Committee will be meeting with DORA in the next few weeks to discuss the report. At this point, nothing can be changed until it goes to the legislature in Jan. or Feb., but we can introduce amendments if need be. Our meeting with DORA will be more for clarification and continued good communication as we gear up for the next several months.

Since August, the Sunset Review Committee, with the help of our lobbyist, identified many candidates who we feel will be advocates for us, and we donated generously to many campaigns. In total, the AAC gave approximately \$18,000.00 to a total of about 65 candidates, no donation exceeding \$400.00 in accordance with campaign finance laws.

If you would like to read the report for yourself, here is the link: <http://tinyurl.com/8uemolu>. If you cannot access the document by this link, go to [www.dora.co.state.us](http://www.dora.co.state.us), click on Office of Professions and Occupations, then look for Sunset Reviews and click on Acupuncture.

Our next steps will be:

- Meeting with DORA
- Meeting with members of the Colorado Medical Society to discuss any concerns they may have regarding the report
- Watching for election results: after the election, we will be actively contacting the elected officials to whom we donated and seeking their support. We will be educating them about our bill as well as about acupuncture itself. We will be contacting AAC members and non-members to help contact these legislators - you will receive phone calls, emails or letters sometime after the election in Nov.

Anne Chew MA, LAC  
303-674-4338  
[acuchoice@yahoo.com](mailto:acuchoice@yahoo.com)  
OR  
Nancy Bilello  
[nancyacu@comcast.net](mailto:nancyacu@comcast.net)



*WHEREAS, acupuncture and Oriental medicine have a long and rich history as components of a comprehensive traditional medical system that has been used for thousands of years to diagnose and treat illness, prevent disease, and improve well-being; and*

*WHEREAS, practitioners of acupuncture and Oriental medicine are dedicated to the highest standards of professionalism and maintain these standards through education, credentialing and, personal commitment; and*

*WHEREAS, millions of Americans seek the services of acupuncturists and Oriental medicine practitioners each year; and*

*WHEREAS, it is important those in need of medical services understand the full realm of available modalities and seek competent and professional care;*

*Therefore, I, John W. Hickenlooper, Governor of the State of Colorado, do hereby proclaim October 24, 2012,*

*ACUPUNCTURE AND ORIENTAL MEDICINE DAY*

*in the State of Colorado.*



*GIVEN under my hand and the Executive Seal of the State of Colorado, this twenty-fourth day of October, 2012*

A handwritten signature in black ink, reading "John W. Hickenlooper".

*John W. Hickenlooper  
Governor*

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

<b>Date</b>	<b>Title/Description</b>	<b>Contact</b>
10/24/12	AOM Day	
10/24/12	Gallstones and Optimizing Liver-Gallbladder Health	www.cstcm.edu 303-329-6355 ext. 16
11/2-4/12	Mastering Functional Blood Chemistry	adam@apexenergtics.com 303-775-7273
11/18/12	Essential Oils for L.Ac's & LMT's	www.marcjgian.com 845-519-9256
12/5/12	The Ultimate Adrenal Seminar	www.cstcm.edu 303-329-6355 ext. 16

To list your event in the WINTER 2012/2013 newsletter, contact Charissa Haines at [info@acucol.com](mailto:info@acucol.com)

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