

# The Colorado Acupuncturist

A Publication of the Acupuncture Association of Colorado

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2013

*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.*



Autumn  
in the  
air...

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# The Acupuncture Association of Colorado

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

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## From the President by Scott Richardson, M.S., L.Ac.

I first need to thank all those who currently serve on the board and those that have served in the past. We would not have the scope of practice or even a license if not for their time and sacrifices.

Now that we are finished with our sunset review (again, thank you to all that helped with that process) we now have time to focus on other important issues happening around the state. We hope to maintain the momentum from our Sunset Review to continue to make strides within our profession.



Our first area of focus is going to be educating the public and increasing membership. One of things we learned while going through the legislative process is that many people within the government, within the medical community, and the general public, don't realize the extent of our training nor the effectiveness of our medicine.

In order to accomplish this goal, we need members from around the state to staff events and to invite fellow acupuncturists to join the AAC. We cannot do this alone. We are working on ways to increase communication with acupuncturists throughout Colorado, especially those communities outside of Denver. The best way we will be able to accomplish this is to have strong membership numbers in these communities. We offer a monthly fee to make it easier for those who are still building their practice and can't make the payment all at once.

The second area that we are focusing on is dry needling. Currently physical therapists are able to start practicing dry needling after only 23 hours of education. It is the position of the AAC that dry needling is an acupuncture technique and therefore outside the scope of practice of physical therapists, athletic trainers, and massage therapists.

If you have patients that have been hurt with dry needling, please encourage them to inform the state about their experience. Due to lack of complaints, the state does not view the lack of training or education as a concern of public safety. We need to show them the importance of maintaining the educational and competency standards already set for practicing acupuncture.

As always, it is our goal to help acupuncturist throughout the state. If you have suggestions about how we can do this better, we would love to hear from you, and even better, have your help to accomplish this goal. Let us know how we are doing!





My ambition for this year on the AAC board is to craft a plan that raises our profile in the public eye. So far part of our presence in the U.S. is due to public demand, and that is where I think we need to address our attention.

Informing the public-at-large could be through an ad campaign, or it could be via much subtler messaging – there are probably many ways to achieve this end. I ask that you please let this idea percolate, and if you come up with something, let the AAC board know! Any and all ideas and concepts are welcome! I often tell people that acupuncture activists are like herding cats: we all have differing opinions but in the end we all came to this with the same objective of benefitting others and make a living doing so.

## From the Vice President Carol Messina Braverman

Echoing Scott's introduction, thanks to everyone who has come before us, paving the way for us to practice in this state and in this country. I still marvel that acupuncturists understood, at the very beginning, that having a regulatory body (NCCAOM) and accreditation body (ACAOM) were foundations for recognition in the U.S. as a profession.

I know the medicine will survive whether or not we take action steps. As a profession, we are on the cusp of changes in the healthcare system and I feel it is our responsibility to contribute to the guiding of these changes while upholding the traditions we all feel so passionately about.

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## From the Secretary

By Terry Fox L.Ac, RMT



Lately I've been hearing more folks saying that they'd like to be part of the AAC, but can't. The most common reason I've heard is this: "I don't have the money." So, that got me thinking. Over the years, our Association has struggled to get things done because of low membership. And, membership is low because acupunctur-

ists around the state "don't have the money." So what is the root cause that keeps Colorado acupuncturists from having enough money to take advantage of AAC membership or making a donation to our political action fund?

I can only base my conclusion on the interactions I've had with other acupuncturists and my own personal situation. But it seems that it all boils down to a lack of a specific skill set.

Acupuncture school is the best place to learn how to be an excellent practitioner of our amazing medicine. However, it has not been the best place to learn how to create a fruitful business. Over the past couple of years I've come to the realization that just being an excellent, or even miraculous, practitioner is not enough to be a successful business owner.

As Licensed Acupuncturists, the majority of us own our own acupuncture business. And most of us fight to scrape by. Why? The simple answer is that we haven't been trained in the business of running a business. Our collective skill set regarding best business practices is sorely lacking. If you're like me, you've been sitting in the front row, receiving your business education from the school of hard knocks. Is it any wonder that

our professional association struggles to raise funds when practitioners are struggling within their own business?

About two years ago, I had what I call an entrepreneurial epiphany. I realized that I am a good practitioner. But I had wrongly assumed that if I was a good practitioner, people would tell other people, and my practice would simply grow. It took me six years to figure out that belief was false. You might be a good, even great, practitioner, but that doesn't necessarily make you a good entrepreneur. I lacked a business skill set. Just like learning how to deftly insert needles or formulate a proper herbal prescription, there are skills one must attain in order to make a business flourish. I've begun a mission to improve my entrepreneurial skill set. And I am encouraging my colleagues to do the same.

Many of us, myself included, hold to negative, self-limiting beliefs around money. It's time for acupuncturists to bring those beliefs to light and seriously examine them. T. Harv Eker's book, "Secrets of the Millionaire Mind," exposes these negative, self-limiting beliefs and provides tools to change them. The ideas in this book created major changes in the way I related to money. I was enlightened to how I was subconsciously sabotaging my own efforts to be successful. I highly recommend you pick this book up.

My utmost thanks go to Marilyn Allen, Editor of Acupuncture Today. She ordered me to read Napoleon Hill's masterpiece, "Think and Grow Rich." As I read it, I witnessed a man who understood the concept of Qi without ever having anything to do with Chinese culture! I learned about the inner work that must occur for someone to achieve his or her own goals. In order to develop a mindset critical for creating a successful business, this book is must read.

In my opinion, "The E-myth Revisited" by Michael Gerber should be required reading before graduating from acupuncture school. When I picked this book up and began to read, I couldn't put it down. My own struggles as a business owner were portrayed on the pages in front of me. Gerber gives concrete solutions on how to fashion a functional business that will generate wealth. Needless to say, I'm working to apply the lessons I've learned from this book as quickly as I can.

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We've also got some great local business authors, who are also Licensed Acupuncturists, in Honora Wolfe and Kevin Doherty.

"Points for Profit" by Honora Wolfe provides a solid foundation for setting up and starting a solid acupuncture practice. This is the nuts and bolts that hold a practice together. I'm very thankful I had this book when I got out of school.

"Build Your Dream Practice" by Kevin Doherty engages the acupuncturist because Kevin speaks to his readers from his own personal experience. He offers insights not only on the inner mindset that it takes to be a business owner, but also gives tips on the outer game of running a successful acupuncture practice.

Currently, this is my personal mission – attaining the skills necessary to make my acupuncture business an automatic money-generating machine that I could sell to anyone. (If you think this sounds avaricious, you may want to start reading T. Harv Eker's book right

now.) I'd love to see more Colorado acupuncturists have this goal as well.

As practitioners of Traditional Chinese Medicine, we know the macrocosm is a reflection of the microcosm and vice versa. As we work to make our businesses succeed and grow, so our profession at large succeeds and grows. Begin improving your own personal skill sets. When we all focus our energy and intentions upon success, instead of scarcity, our profession will flourish. And as our businesses grow, so will the power of our professional association.

If you haven't read them already, I challenge each one of you to read at least one of the books mentioned above. I guarantee that you'll find an idea that will create positive change in your mindset and your business. When you succeed in business, you'll be able to help more people. And when you help more people, the world becomes a better place. I know we can take our profession to the next level. It all starts with that first step in acquiring a new skill set. Take those first steps with me. Together, it will be an adventure we can all enjoy.



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### Preparing for Fall

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. **Here are just a few formulas that can help to keep us healthy this season:**

**Jade Source Formula** (*Jia Jian Yu Quan Wan*)

**Eight Immortals Formula** (*Ba Xian Chang Shou Wan*)

**Lily Preserve Metal Formula** (*Bai He Gu Jin Tang*)

**Jing Qi Formula** (*Jing Qi Pian*)



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## Proclamation from the PR Chair, Jacqui Strike

We are in exciting times. Without the pressure of imminent legislation challenges we are now able to focus on promoting our acupuncture profession and refocus on promoting you, our members. We have renewed energy coursing through our revitalized board with members from different states to bring a different perspective. The feeling of collaboration and union is growing stronger through our veins as we reach out to other similar organizations and associations for guidance and assistance. I personally have always agreed that we gain strength by leaning on the shoulders of each other. Our Acupuncture Association is yet young and we have much growth ahead of us. So what can you expect from the AAC? I believe we can expect to have a stronger branch of the AAC perform more community service so that we are better geared towards disaster relief. I believe that education and assistance of those underprivileged persons who cannot afford our services is going to become a service the AAC will offer. With these and many more goals in mind we need a consistent flow of donations and so we are embarking on a huge drive to develop a branch of the AAC that can accept tax exempt donations. This process is still in its infant stage of planning and as soon as there is concrete development you will be notified.

As always, the aim of our PR department is to continue assisting you in promoting your business and our acupuncture profession by providing opportunities to volunteer at Health fairs and other public platforms.

The imminent health fairs available for you to volunteer at are

- Beck Recreation Center – October 23, 2013 – 8:00 am – 11:00 am.
- Aurora Municipal Center (AMC) – October 29th, 2013 – 3:00 – 6:00 pm.
- Tallyn’s Reach Library – November 5, 2013 – 3:00 – 6:00 pm.

These 3 health fairs in Aurora present unique situations as we have been requested to perform mini



sample treatments for the public. Please come and join us.



*AOM Day is upon us as in years past we have had the Governor of Colorado and the Mayor of Denver proclaim the 24th of October AOM day.*

## Need more clients? Volunteer for AOM Day

Dear AOM Day Volunteer,

First of all, thank you for offering your valuable time and skills to this educational event! Your help in spreading the word will ensure its success.

Here are some tips for ALL AOM Day participants:

- Register to volunteer on the AOM day website at <http://www.aomday.org>
- Start telling all of your patients and friends about it ASAP - in person, via your email lists, or both. They will refer new patients to you.
- I’m sending you the AOM Day flier in a .doc format. You’re welcome to put your business

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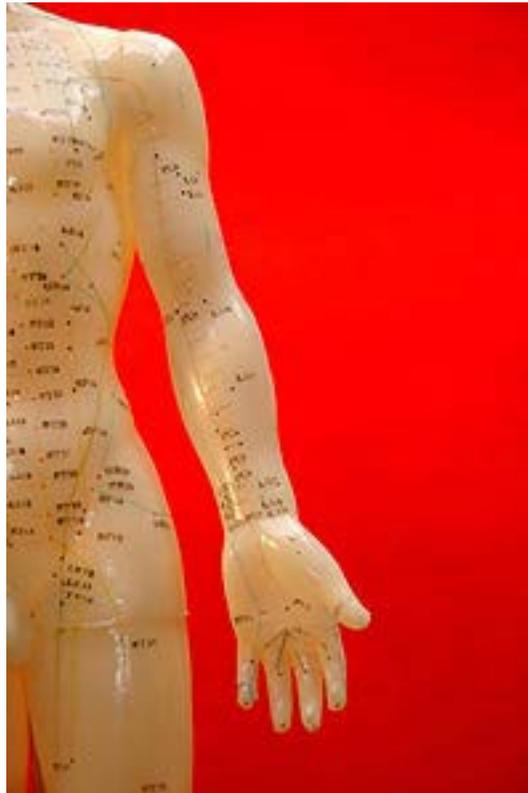
information in the area where I've put mine, to promote your own business. However, if you put your personal info there and get swamped by responses, we ask that you send those overflow potential patients to the AAC's website where they will be directed to the AOM Day sign up page! Please post the flyers in your office, health food stores, and other complementary-medicine-friendly businesses.

If you need or want additional media coverage, here are some tips for interacting with the media:

1. I've included a copy of this year's press release. You are welcome to change the contact info on the press release to promote your clinic. However, if you get swamped by responses, we ask that you send those overflow potential patients to the AAC's website.
2. I've also included some facts about acupuncture derived from AOMday.org, and the World Health Organization's list of conditions that can be treated with acupuncture – these may be helpful when talking with the media.
3. When you contact the media, find out who is the best person to receive your press release and the

best way to send it (i.e. fax, email, regular mail) – be sure to get the correct spelling of that person's name. In most cases you will be instructed to send your release to an editor or producer who covers health news. You should ask if there is someone who coordinates a calendar of events listing and send your press release to that person as well. Remember to include all potential outlets (radio, television, newspapers, etc.) in your outreach efforts.

4. News releases should be sent at least one to two weeks in advance. Over one month in advance is better if you are trying to get an event included in a calendar listing.
5. Make a short follow-up call to your media contacts after you send the press release. They may receive hundreds of press releases a day. It is best to call before noon since most media have deadlines in the afternoon.
6. At the end of the event, please email me with the media contact information that you've collected. That way, when we have this event again next year, we can provide more extensive coverage for you.





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## From the Committee Chair of Fundraising Sue West, MA, L.Ac.

I would like to introduce myself as the Committee Chair of Fundraising for the AAC. It has been my pleasure to meet and work with the other Board members to bring our work as Acupuncturists and Practitioners of Oriental Medicine to the forefront and in the public eye.

Our first project in Fundraising is with a company called Zen Vault. As much as Zen is applicable for our medicine, Vault is the operative word in this program. We are introducing a secure, Hipaa compliant way for patients to store any and all medical records. The good news is that our patients are completely in charge of their own accounts, it is more than affordable, and in talking with my patients they want and need this program. You will hear more from the COO of Zen Vault Brad Claus.

Our next project is a 5K walk. We are working on putting this together now so look forward to the upcoming event details.



We welcome your suggestions for fundraising. We have already had a request to do a Gala! Please send your suggestions to our AAC and to the attention of the Fundraising committee.



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## Foods Have Energy - The Chinese Energetics of Food (Part One)

by Donna Sigmond

We are taught about protein, carbohydrates and fat in the western diet. Compounds such as fiber, vitamins and minerals are also familiar to most of us. As a dietitian I educate, assess and discuss food choices with people daily. What is not taught in the western education is that foods and herbs have energetic properties. These properties affect specific organs and meridians that can strengthen, cleanse or regulate the body's processes. It goes way beyond "real men don't eat quiche". This series explains those energetic properties of food and addresses the health benefits of eating with the seasons.

In Chinese Medicine foods have 5 properties, 5 flavors, and 4 directions. Part one will discuss yin/yang and the 5 properties (temperatures). Part two the flavors and directions will be highlighted. Part one we will look at the 5 properties which are summarized in the chart below<sup>1</sup>.

Property	Temperature	Food
Yin	Cold	Bamboo shoot, water chestnut, sugar cane, tomato, watermelon, banana, grapefruit, persimmon, mulberry, star fruit, seaweed, kelp, crabs, clams, sprouts, watercress, lettuces, and salt .
Yin	Cool	Millet, barley, wheat, buckwheat, eggplant, cucumber, celery, peppermint, broccoli, cabbage, cauliflower, mustard leaf, spinach, amaranth, pea, mung bean, pears, cantaloupe, apple, pineapple, persimmon, coconut, strawberry, orange, tangerine, mango, papaya, green tea, tofu, mushrooms, egg white, sesame oil, cream, yogurt and cheese.
Harmonized Yin/ Yang	Neutral	Rice, corn, taro, sweet potato, potato, turnips, carrot, cabbage, radish leaf, beetroot, soybeans, adzuki beans, peanut, cashew, pistachio, black sesame, sunflower seed, plums, fig, grapes, lemon, olives, shiitake mushroom, (sea) shrimps, pork, duck, oyster, beef, egg yolk, royal jelly honey, milk, soybean milk, and sugar.
Yang	Warm	Coriander, chives, onion, leeks, green onion, asparagus, sweet peppers, spearmint, pomegranate, apricot, peach, cherry, lychee, raspberry, chestnut, pumpkin, glutinous rice, dates, walnut, pine nut, mussels, lobster, fresh water (fresh water) shrimps, chicken, venison, ham, goat milk, maltose, brown sugar, cumin, clove, fennel, garlic, ginger (fresh), dill seed, nutmeg, rosemary, star anise, Sichuan peppercorn, sweet basil, tobacco, coffee, vinegar, wine, vegetable oil.
Yang	Hot	Black pepper, cinnamon, ginger(dried), chili pepper, and mustard seed.

The yin or yang action is the general property and the temperature is the extremeness of that property. Chinese describes it as , "yin is cooling, builds blood and fluids and has a descending energy. Yang is warming, energizing and has an ascending energy". By eating more yin foods your body is fueled to make more yin energy and when eating more yang foods you body may produce more yang energy. If something grows in the dark earth it is more yin versus if it grows in the air and sunshine where it is more yang. When a plant is soft, wet and cool it is more yin than when hard, dry and spicy which is more yang.

Many theories describe the warming and cooling (temperature) values of food like<sup>2</sup>:

1. Slow growing plants such as carrot and cabbage are more warming than those that grow quickly.
2. Fertilization which stimulate plants to grow quicker creates a more cooling food/energetic.

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3. Raw food is more cooling than cooked food.
4. Foods eaten cold are more cooling.
5. Foods that are colored blue, green or purple are more cooling than the colors red, orange, and yellow. Example: green apple is more cooling than a red apple.
6. Cooking methods requiring more cooking time, higher temperature, or higher pressure are generally more warming. Deep frying is more warming than steaming food and heatless methods of preservation or preparation, like fermenting, marinating or sprouting that are cooling.

Yin and yang are relative to each other as well as unto itself. It is best to demonstrate this by example. Although we categorize foods a particular way; yin/yang, warm/cool; fruit like a tomato (yes tomato is a fruit) grown in early spring or grown in a greenhouse may be more cooling than one grown in the heat of the summer. A mealy tomato is less yin than a juicy one that squirts when you bite into it.

Taste and smell can have a profound effect on ones psyche. Certain odors or flavors that remind one of a traumatic event can trigger one to relive that event long after it is over. It stands to reason that smell, taste and other qualities can make a subtle affect too. In part two we will review the 5 flavors.

<sup>1,2</sup>*Healing with Whole Foods, Oriental Traditions and Modern Nutrition, Paul Pitchford, 1993*

## **Foods Have Energy - The Chinese Energetics of Food (Part Two)**

In part one we discussed the qualities of yin/yang and temperature in regards to food. In part two we will discuss the qualities of the 5 flavors and the 4 directions.

In Chinese Medicine the 5 flavors are pungent, sweet, sour, salty and bitter. The SAD (Standard American Diet) consists primarily of just 3 of the 5 flavors. The SAD diet consists primarily of sweet, sour and salty. Foods that have none of these tastes are said to be bland.

Some foods have more than one flavor associated with it. Some foods like raw honey is considered to have a very different action or effect than refined honey. Although both sweet, raw honey still contains the pollen which has a more pungent and drying effect. The following chart summarized the flavors, what organs are affected, how these flavors affect the body generally, and foods that fit in the flavor category. All flavor categories can be further divided into more cooling versus warming foods. In addition foods can have more than one flavor. Flavors can be difficult to describe but are said to “enter” (are most associated with) specific internal organs as described in the following way<sup>3</sup>:

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Flavors and Direction	Affected organ	Effects	Food
Bitter (yin) Cooling, direct energy inward and to lower body (downward)	Heart Small Intestine	Inflammations, infections, moist and damp conditions, high cholesterol, candida overgrowth, parasites, abscesses and overeating. Dry, cold, nervous, weak persons should not overeat bitter foods	Alfalfa, romaine lettuce, rye. Bitter+pungent: citrus peel, radish leaf, scallion, turnip, white pepper. Bitter+sweet: amaranth, asparagus, celery, lettuce, papaya, quinoa. Bitter+sour: vinegar
Pungent (yang) Warming, direct energy outward and to upper body, expansive, dispersive	Lung Large Intestine	Stimulates circulation, cardio-protective, clear obstructions and improve liver function, moistens the kidneys affecting fluids in the entire body, improve digestion, and reduce mucous conditions, expels parasites	<i>Warming:</i> spearmint, rosemary, scallion, garlic, onion, cinnamon, cloves, ginger, black pepper, all peppers, cayenne, mustard greens, fennel, anise, dill, nutmeg, basil and horseradish <i>Cooling:</i> peppermint, marjoram, white pepper and radish <i>Neutral:</i> taro, turnip and kohlrabi
Salty (yin) Cooling, direct energy inward and to lower body (downward)	Kidneys Bladder	Soften lumps (such as hardened lymph nodes), cataracts, knotted muscles and glands. Constipation, abdominal swelling and pain, sore throat, pyorrhea. Increases appetite	Salt, seaweed (kelp, kombu, bladderwrack, dulse), barley, millet, soy sauce, miso, pickles, umeboshi and gomasio
Sour (yin) Cooling, causes contraction and has an absorbent, astringent effect	Liver Gallbladder	Incontinence, excessive perspiration, hemorrhage, diarrhea, hemorrhoids, prevent or reverse abnormal leakage of fluids, dries and firms up tissue	Hawthorne berry, lemon, lime, pickles, rose hip, sauerkraut, crab apple, sour plum. Sour+bitter: vinegar. Sour+pungent: leek. Sour+sweet: aduki bean, apple, blackberry, cheese, grape, mango, olive, raspberry, sourdough bread, tangerine, tomato, yogurt
Sweet (yang) Warming, direct energy outward and to upper body (upward)	Spleen-pancreas Stomach	Slows acute reactions and neutralizes toxic effects of other foods, also lubricates and nourishes the body. Those to benefit most are dry, cold, nervous, thin, weak, scattered or aggressive persons. Less needed for those persons with damp or mucous signs.	Fruits: apple, apricot, cherry, date, fig, grape, grapefruit, olive, papaya, peach, pear, strawberry, tomato Vegetables: beet, mushroom, cabbage, carrot, celery, chard, cucumber, eggplant, lettuce, potato, spearmint, squash, sweet potato, yam Nuts/seeds: almond, chestnut, coconut, sesame seed, sunflower seed, walnut Sweeteners: amasake, barley malt, honey, molasses, rice syrup, whole sugar (unrefined)

The flavors should be balanced for optimal health. Balance does not refer to equal amounts, but to bringing the body into harmony with the seasonal influences. So how does one balance flavors that attunes to the seasons but contradicts individual needs? You start by focusing on the individual's need to be balanced and then incorporate the seasonal influences without disturbing the individual's internal climate. For example, someone with edema at the ankles and lower body cannot tolerate salt as it makes the swelling worse. Winter weather is cold and dry and

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therefore the body can tolerate more salt. For this individual with edema we might emphasize bitter flavors for the drying effect as well as helping attune the individual to the colder season.

In Chinese Medicine, the taste of a substance partly determines its therapeutic function. Pungent taste disperse and move; sweet tonify, harmonize and sometimes moisten; bitter drain and dry; sour astringe and prevent or reverse abnormal leakage of fluids or energy; salty purge and soften. If a flavor is generally helpful for an organ function then too much of the flavor can have the opposite effect. This certainly can be seen when too much of the sweet flavor is consumed. Instead of helping digestion it burdens it. You develop mucus, loose stools, feeling of fullness and stuckness in the general stomach area. Diabetes is a result of poor digestion and blood sugar regulation often fueled from the flavor of sweet.

Some foods may possess two different flavors or a bland flavor which means it has little or neutral taste. For example, cucumbers have both sweet and bland flavors. Foods with a bland flavor usually promote urination and may be used as diuretic, coix seed and wax gourd are examples of this bland. In addition, foods with a strong scent are categorized as "aromatic", such as basil, fennel, coriander, peppermint and citrus fruits. These foods can be eaten to enliven the spleen, stimulate appetite, promote energy and circulation, resolve dampness and turbidity, refresh the mind, open up the orifices, and detoxify.

A little more needs to be said about the four directions mentioned in the chart. The 4 directions of outward (expansive and floating), inward (contracting and sinking), upward (rising and lifting) and downward (lowering) describe a specific nature or quality of a food.

**Outward** – induces perspiration and dissipate body heat

**Inward** – slow down bowel movements and relieve abdominal distention

**Upward** – arrests diarrhea, holds internal organs in their proper place (prevent prolapsed)

**Downward** – relieves vomiting, hiccupping, coughing and panting

In general, foods like leaves and flowers and those with light and loose qualities possess a tendency to move upwards or outwards; while roots and seeds and fruits that are heavy and hard in qualities possess a tendency to move downwards or inwards. However there are many other exceptions and some foods can move in two directions e.g. lettuce possess both downward and inward movements.

Two other terms are also used to describe the movements of foods: glossy (sliding) and astringent. Glossy foods such as honey, banana, white fungus and milk facilitate movement by acting as a lubricant. This is why these are good for constipation and internal dryness. On the other hand, astringent foods such as guava, plum, and lotus seed slow down movement, which is good for diarrhea and seminal emission. The movements of foods can be changed through certain methods of cooking.

Enjoy all foods on a daily basis. Amounts consumed of these flavors will change depending on the time of year and the individual's constitution and state of health. However, you will always do better by the general rule of eating local, seasonal and in moderation. Try to eat a varied diet and a little of the bitter, pungent, salty, sour and sweet flavors every day. Chinese philosophy follows the laws of nature and believes a body in balance will be free from strange diseases and will not lose any of the natural functions and the spirit of life will never be exhausted.

<sup>3</sup>*Healing with Whole Foods, Oriental Traditions and Modern Nutrition, Paul Pitchford, 1993*

## References

### English References:

1. *Chinese System of Food Cures Prevention & Remedies* by Henry C. Lu. Sterling Publishing Co., Inc. 1986.
2. *The Tao of Food*, Richard Craze and Ronifjay, 1999 Godfield Press.
3. *Chinese Food: a Holistic Therapy* by Tom Neuhaus, [www.hopedance.org](http://www.hopedance.org)
4. *Medicinal Food in China* by Junshi Chen, M.D. <http://newcenturynutrition.com>
5. *Cooling the Summer with Food: An Introduction to Medicinal Foods* by Yanfang Wang, M.D., Ph.D. <http://newcenturynutrition.com>

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

Date	Title/Description	Contact
10/26-27 /13	Acupuncture Treatment of Pain in the Lower Extremity	Southwest Acupuncture College Phone: 303-581-9955 boulder@acupuncturecollege.edu www.whitfieldreaves.com
11/2/13	CoAND's Environmental Medicine Conference	Renaissance Hotel, Broomfield CO (970)963-6500 e-mail: hilary@backtobalancedoc.com
11/2-3 /13	Channel Palpation and Diagnosis: An Exploration of Classical Acupuncture Technique	CSTCM: Rooms A/B 303-329-6355 x16 email: clinicdirector@cstcm.edu website: www.cstcm.edu
11/8-10 /13	Apex Energetics; Mastering Brain Chemistry	Aloft Hotel, Broomfield 303-775-7273 adamapex@gmail.com
11/23/13	Psychological First-Aid Training	Randi L. Savage 303-710-9849
12/6-8/13	JAKE FRATKIN'S YIN-YANG ACUPUNCTURE PROTOCOL	La Quinta Inn * 902 Dillon Road * Louisville, CO 80027 303-554-0722; fax 303-554-0299; info@drjakefratkin.com

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

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