

Sho Mi

TO SHED LIGHT ON EXPERIENCES

Volume 6, Issue 1

Spring 2009

President's Report

Upcoming Events

We have a busy schedule of upcoming events planned for you. Our annual Chinese New Year Banquet is set for Saturday, March 7th at Bo Ling's in Kansas City. We have invited Rusty Klobas, Lic. Ac., to present his experiences using acupuncture in disaster relief efforts in Guatemala and Mexico. The cost to attend is \$35, and **the signup deadline is February 23**. To register, call 314-772-4325.

Also on March 7th, Rusty Klobas will present a six hour CEU class on auricular acupuncture at Dr. Richard Yennie's offices in Kansas City. Rusty has advanced training in Auricular Acupuncture from the Vital Principle Institute in Canada. We already have 20 practitioners signed up for this event, but there are additional seats available. If you'd like to sign up, call 314-772-4325.

Our next convention is planned for **June 6th and 7th** in Columbia, MO. We already

have a great lineup of classes planned for this year's convention, so please save the date. Class summaries are included in this newsletter. Signup forms will be sent to you in late March.

Call to Action

The AAAOM is working to get our profession a national lobbying presence in Washington, DC. Did you think we already had a national presence for our profession? So did I! Please read the article on how you can help our profession influence national policy inside this newsletter.



A•A•M

Acupuncture Association of Missouri

Acupuncture in the Air Force

Military doctors have begun treating wounded troops suffering from severe or chronic pain with acupuncture. This marks the first high-level endorsement of acupuncture by the very conservative military medical community. The enclosed article details how the Air Force is increasingly using acupuncture for pain and trauma.

John Schmieder

Acupuncture Day at the Capitol

AAM had a successful Acupuncture at the Capitol Day on Wednesday, January 21st. We treated over 50 people at the event. Six of the individuals we treated were state representatives. We saw a good mix of new participants and people we had treated before. All of the acupuncturists present visited their own state representative's offices, raising the profile of acupuncture in their districts. Many thanks to Kathleen Coleton, Lynn Maloney, Maureen Fox, and John Schmieder for volunteering.

Inside this Issue:

Contact Information	2
Newsletter Information	2
Membership Benefits	2
March CEU	3
Change	4
2009 Convention	9
Military Acupuncture Use	10
Chinese Banquet	12
Calendar of Events	12

SHO MI: (Japanese) There are many ways to translate SHO MI: bright soul, various hearts, first experience, correct heart (soul) (body), beginning person and shedding light on experiences. Japanese words such as Kyo, Jitsu, Gogio, Te A Te do not translate adequately. Sometimes the sound is enough. Perhaps there is no need to translate; just know that when you hear "Show Me," they are talking about our work-to shed light.

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Sho Mi is a quarterly newsletter with circulation to licensed acupuncturists in Missouri, Illinois, Arkansas, Tennessee, Iowa, Kansas and Oklahoma. We welcome articles, letters, book reviews and artwork.

Sponsorships

Full Page.....	\$125.00
Half Page.....	\$80.00
Classified (up to 30 words).....	\$25.00

The Sho Mi newsletter is published in March, June, September, and December. All articles and sponsorships must be received three weeks prior to the month of publication. Articles should be submitted in Microsoft Word and sponsorships in Jpeg format. For more information please contact Jill Hancock at (573) 635-6044 or info@penman-winton.com.

Please remember that sponsors in our newsletter support our organization . Thank them for their support by taking advantage of their products and services.

SHOMI encourages members to submit articles, letters, book reviews and articles.

Please submit to info@penman-winton.com.

The information and opinions expressed in Sho Mi are those of the authors and do not necessarily represent those of the Acupuncture Association of Missouri (AAM).

AAM Membership Benefits

AAM Quarterly Newsletter

Discounted Rate at AAM Annual Convention

10% Discount for AAAOM Membership Dues~(866) 455-7999

5% Discount with Redwing Book Company~(800) 873-3946

5% Discount with Lhasa/OMS ~(800) 722-8775

March CEU: Auricular Therapy—Still Time to Register!

Saturday, March 7, 2009

9:30 a.m.-4:30 p.m.

Acupuncture Society of America

4140 Broadway Rd

Kansas City, Missouri 64111

Make plans to attend the AAM CEU class on Saturday, March 7th. Rusty Klobas, Licensed Acupuncturist, will introduce the system of German Auricular Therapy. He will discuss the auricular training of the Vital Principle Institute and its influence on the Auricular Therapy System which he practices (www.vitalprinciple.ca). Rusty will also present basic treatment plans for common conditions that occur in the body from the perspective of the German Auricular

Therapy.

This course will include:

- Auricular anatomy (e.g., helix, fossa, concha), using the inverted fetus model
- Identifying auricular landmarks and points
- Showing the associations of the ear to the human body.
- Rusty will also emphasize:

Specific point locations for the spinal column, locomotor system, internal organs, endocrine and nervous systems.

Functional points, which are points not associated with specific human body parts, but human functions including metabolic processes.

Rusty has scheduled time for “hands on” point location practice

with partners.

Acupuncturists and other practitioners can benefit from this seminar, as non-insertive techniques will also be discussed. Six CEU credits will be earned through the NCCAOM and the Missouri Board of Chiropractic Examiners (application pending).

For more information or if you need a registration flyer, call Jan at (816) 842-2882 or email Kathleen at coleton@solve.net.

John Schmieder

A Time of Historic Change in Our Country. Will you Help Acupuncture be a Part of It?

With the inauguration of the Obama administration in January, a time of significant change is upon us. Healthcare reform is sure to be a part of these sweeping changes. Our profession needs to be part of the discussion of more effective and affordable ways to improve the health of our citizens.

Did you know that our profession doesn't even have a national lobbyist? We in Missouri have had a lobbyist for nearly 20 years. As many of you know, our lobbyist, D. Scott Penman, of Penman & Winton Consulting, was essential to us getting licensure in our state.

It's no wonder the Hinchey bill hasn't successfully passed through the U.S. Congress after being originally introduced back in 1993. The Hinchey bill, also known as the Federal Acupuncture Coverage Act (H.R.1479) would cover acupuncture under Plan B of Medicare and also provide coverage to federal employees under the Federal Employees Benefits Program.

The American Association of Acupuncture and Oriental Medicine (AAAOM) has launched a fundraising drive for its Political Action Fund. This fund will be used to develop a national politi-

cal effort and to hire a lobbyist who can represent us as a profession.

I just joined the AAAOM Political Action Fund with an online contribution. AAAOM also offers a monthly plan, where you can spread your donations over time. Please consider giving to this effort, and helping our profession get the national attention it deserves.

To learn more, go to <http://www.aaaomonline.com/paf/>

John Schmieder

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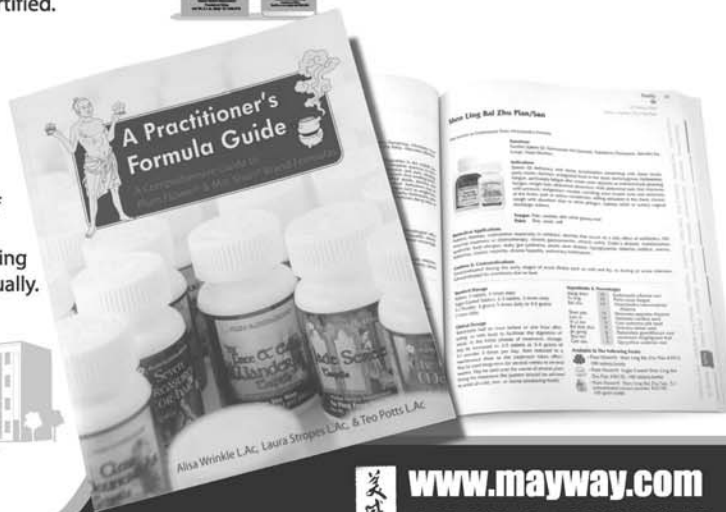
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AAM 2009 Convention: Class Descriptions

On June 6-7, the AAM will host its annual convention at the Best Western Hotel in Columbia, MO. Watch for additional information coming soon! Below is a listing of classes with descriptions that will be offered during the two-day convention.

Akabane

Presenter: Beth Spangler

Beth Spangler will present Akabane techniques, which can be used to diagnose and treat imbalances, particularly between the right and left sides of the body. In this technique, the junction (or jing-well) points are tested through heat or pressure to determine imbalances. This class will involve demonstrations and opportunities to practice the technique on others. Beth's training is primarily influenced by the JR Worsley method, which reflects influences of Chinese, Japanese and Korean acupuncture.

Fertility/Women's Issues

Presenter: Geoff Hudson

Geoff Hudson will be teaching a class on TCM treatment of women's health issues. Topics will focus on those commonly seen in the clinical setting, in-

cluding: PMS, dysmenorrhea, menopausal syndrome, and a brief overview of infertility.

Food for Healing

Presenter: Kathleen Coleton

In Chinese Medicine, many see food as the first medicine, before

AAM Annual Convention
June 6-7, 2009
Best Western Hotel; Columbia, Missouri

herbs and acupuncture. Many people don't like to drink herbs or take pills daily. In this workshop we will explore using food as the medicine—some foods to eat which counteract evil weather invasion or to relieve damp accumulation. The theory behind food therapy will also be reviewed. This will be a fun, interactive class.

Weight Loss through TCM Perspectives

Presenter: Michael Finnell

Michael views the TCM approach to helping patients desiring weight loss in a comprehensive way. It includes diet but extends to states of mind, the patient's body image, livelihood, lifestyle

and other issues. In the class he will offer differential assessment of the most common patterns with which he has worked surrounding weight loss. He will present possible protocols for treatment using acupuncture and Chinese herbs. Michael's treatment protocols are accompanied by interactive discussion with patients to set attainable expectations and to determine the next step for treatment.

Distal Acupuncture: Techniques to Relieve Pain and Heal Injury Quickly and Effectively

Presenter: Bryan Wagner

Bryan will teach about distal acupuncture, focusing primarily on two main techniques: The Balance Method of Dr. Tan and Korean Hand Therapy. He will focus on palpation and treatment techniques that will relieve pain quickly, and will give tips and strategies for patients who don't feel instant relief.

Visit the Acupuncture Association of Missouri for additional information on the Association
 at www.missouriacupuncture.org.

Military tries Battlefield Acupuncture to Ease Pain

Published in the Baltimore Sun on December 11, 2008 By David Wood

ANDREWS AIR FORCE BASE
Using ancient Chinese medical techniques, a small team of military doctors here has begun treating wounded troops suffering from severe or chronic pain with acupuncture.

The technique is proving so successful that the Air Force will begin teaching "battlefield acupuncture" early next year to physicians deploying to Iraq and Afghanistan, senior officials will announce tomorrow.

The initiative marks the first high-level endorsement of acupuncture by the traditionally conservative military medical community, officials said.

Using tiny needles that barely penetrate the skin of a patient's ear, Air Force doctors here say they can interrupt pain signals going to the brain.

Their experience over several years indicates the technique developed by Col. Richard Niemtow, an Air Force physician, can relieve even unbearable pain for days at a time.

That enables badly wounded patients who arrive here by medevac aircraft to begin to emerge from the daze of painkiller drugs administered by surgeons in the field.

"This is one of the fastest pain attenuators in existence - the

pain can be gone in five minutes," said Niemtow, a physician, acupuncturist and senior adviser to the Air Force surgeon general.

He and others stressed that tiny needles cannot replace morphine and other powerful drugs used in combat medicine. And they acknowledged that acupuncture doesn't work for everyone.

But neither does acupuncture provoke the kind of adverse side effects, allergic reactions and potential addiction associated with powerful psychotropic drugs often used to dull the pain of the severely wounded.

"We use acupuncture as an adjunct" to traditional therapy, said Niemtow. "The Chinese have used it for 5,000 years. It works, and it's powerful."

The procedure developed by Niemtow is a variation of traditional Chinese acupuncture in which long, hair-thin needles are inserted into the body at any of hundreds of points to ease pain.

Niemtow's variation uses one or more needles inserted into any of five points on the ear. The needles, which penetrate about a millimeter (or 4/100ths of an inch) into the skin, fall out after several days. The procedure can be repeated.

The ear acts as a "monitor" of signals passing from body sensors to the brain, he said. Those signals can be intercepted and ma-

nipulated to stop pain or for other purposes.

Even 18th-century pirates were convinced of the value, piercing their lobes with earrings "to improve their night vision," Niemtow said with a grin.

He calls his procedure battlefield acupuncture because it's easily learned and requires no cumbersome equipment. A pack of needles can easily be carried in a pocket.

The method can be taught in a few hours to doctors, medics and combat troops, most of whom already have learned traditional battlefield first aid.

Col. Anyce Tock, chief of medical services for the Air Force Surgeon General, said yesterday that the service has authorized 32 active-duty physicians to begin "battlefield acupuncture" training.

Doctors at Ramstein Air Force Base in Germany are using the practice to treat severely wounded troops in transit from the battlefield to Andrews and on to Walter Reed Army Medical Center or the Bethesda Naval Hospital for long-term care.

Battlefield acupuncture has been especially effective among patients suffering from a combination of combat wounds, typically a brain injury or severed limbs,

—Continued on Page 12

Calendar of Events

March 2009

7 Auricular Therapy
Kansas City, MO

Annual Banquet
Kansas City, MO

June 2009

6-7 Annual Convention
Columbia, MO

For additions to the
Calendar of Events please
contact [info@penman-
winton.com](mailto:info@penman-winton.com).

Year of the Ox: Annual Chinese New Year Banquet

Saturday, March 7, 2009 from 6 to 9 pm

Bo Lings Chinese Restaurant
Plaza Board of Trade
4800 Main Street
Kansas City, MO 64112
(816) 753-1718 (Directions Only)

Dinner

Choice of Appetizer Soup 2 Vegetable Dishes 2 Meat Dishes
Hot Tea Dessert

Welcome and Introductions

Chris Powell, L.Ac.

Speaker

Rusty Klobas, L.Ac. Dipl Ac.
Acupuncture in Disaster Relief Areas

Including Silent Auction

Cost per person: \$35 (includes tax/tip) – Cash bar not included

Military tries Battlefield Acupuncture to Ease Pain Continued....

—Continued from Page 10

burns and penetrating wounds along with severe disorientation and anxiety.

For these patients, the alleviation of pain is a critical step in their eventual healing and recovery.

"We get damaged and psychologically troubled people here, and our approach is to turn down their pain, let them relax, get some sleep, and then they can focus on their healing," said Air Force Col. Stephen M. Burns.

Burns, a physician who is chief of the acupuncture clinic here, makes weekly rounds treating wounded troops at Walter Reed.

He said badly injured patients might be coping with three or four levels of pain-killers, "and all they can do is sit in bed or in a chair."

"God bless 'em, they've already had too many surgeries and too much pain," he said. "We can knock down that pain so they can begin to get on with their lives."

"Acupuncture has been very helpful for people for whom other treatment has failed," said Lt. Col. Terri L. Riutcel, an Air Force psychiatrist who deployed to Iraq last year where she treated victims of roadside bomb blasts, among other injuries.

Acupuncture "is very well tolerated and there are very few side effects," apart

from occasional bruising, she said. "I think it has tremendous potential for military medicine."

Battlefield acupuncture caught the eye of U.S. Army Rangers, who often operate in remote locations. At their invitation, Niemtzw and his team trained some Rangers last summer.

Nonetheless, advocates of the practice recognize that they must overcome skepticism within the ranks of military doctors.

"Oh, sure, some haven't gotten the word," said Burns, the clinic chief. "We are very much ahead of the curve."