

President's Report

We at AAM hope you are having a prosperous and enjoyable summer. We are very busy here at the association, having just completed a very successful annual convention in St. Louis. We drew over double the number of attendees compared with last year and signed up many new members. We raised significant new funds for the association by hosting Dr. Richard Tan, L.Ac, OMD, for his first visit to Missouri.

We asked for feedback about future conventions, and the overwhelming response was to continue drawing nationally recognized speakers to Missouri. We are already beginning to strategize about which teachers would appeal to our members, and will keep you posted here as we make progress.

We also elected officers at the convention. Continuing as Vice President will be Mau-

reen Fox. I will continue to serve as president. Our new officers include Michael Max as Treasurer and Maegan Hinchey Lemp as Secretary. See inside for more information on our new officers.

The legislative session ended without any bills passing regarding acupuncture.

The bill containing our proposed compromise legislation regarding the Acupuncture Advisory Committee did not pass. We are considering our options for future attempts to pass this leg-

islation. In the meantime, the Acupuncture Advisory Committee continues unchanged from past years and is made up of three licensed acupuncturists, one chiropractor, and one public member.



A•A•M

Acupuncture Association of Missouri

John Schmieder, L.Ac.

Keep in Constant Contact

Regularly, the AAM sends information via e-mail to acupuncturists on important news regarding events, and legislative activity. To ensure you are receiving these messages, send your e-mail address to missouriacupuncture@missouriacupuncture.org.

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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
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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.

SHO MI 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 AAOM Membership Dues~(866) 455-7999

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

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AAM Officers

AAM Secretary: Maegan Hinchey Lemp, L.Ac.



Maegan is a 2003 graduate of the Institute of American Acupuncture. She does acupuncture and bodywork based on Japanese five element meridian therapy at two locations in Webster Groves, MO. She lives in St. Louis with her husband Kevin, and son Rowan. They are expecting a second child this August.

Treasurer: Michael Max, L.Ac.



Michael is a 1998 graduate of the Seattle Institute of Oriental Medicine, and is board certified in acupuncture and herbs. He has studied, lived, and worked in both Mainland China and Taiwan. When he is not in his Yong Kang Chinese Medicine Clinic, you might find him translating Chinese texts into English for publication. Michael and his wife Tracy live and work in Kirkwood MO.

We are so happy to have them on AAM's board, and grateful to them for finding time in their busy lives to support our association.



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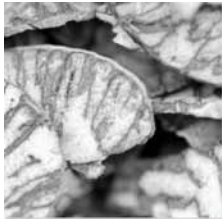
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Editorial: Missouri Acupuncture History

Introduction: We hope you enjoy reading this history of acupuncture in Missouri, generously contributed by AAM's founder, Greg Boyle. Many of our newer acupuncturists do not know about the long and challenging struggle to get acupuncture licensure in Missouri. The early years read a little like a tale from the Wild West – people going up into the hills to practice acupuncture, and the Sheriff locking up rogue practitioners. We in Missouri are so grateful for all that Greg Boyle and the early members of AAM achieved for us.

In 1983, before there was NCCAOM, there was an attempt to license acupuncture in Missouri. Richard Yennie was already training chiropractors to do acupuncture. Jackie “Blaze” Malone was one of Missouri’s earliest strictly acupuncture practitioners. These two were part of the original legislative effort. Blaze had a complaint filed against her with the Missouri Board of Healing Arts. A chiropractor (she believes) reported her for practicing medicine without a license. She stood trial and lost. In 1984 she was issued a permanent injunction against practicing acupuncture. That was an order that she never obeyed. Jackie has never been one for bowing to authority. Blaze moved up into the hills outside of Springfield and continued her practice, only a little less out in the open. She is the mother of one of our former AAM officers,

Beth Spangler, who still practices in Springfield.

Gerald O’Connor was another early Missourian who got into trouble. Gerald was arrested for filing fees to insurance companies as though a DC had performed the procedure, then splitting the fee. That constituted mail fraud, and Gerald spent 3 months in federal prison in 1987. As a result of the active prosecution of practitioners, in 1987 the AAAOM categorized Missouri as one of the three worst states in the union to practice acupuncture.

Missouri chiropractors back-door legalized acupuncture for themselves in 1988 without passing a law amending their practice act. They did it by passing a regulation through their licensing board. By that time there were 300 of them, and only a handful of non-chiropractors practicing in the state. There were one or two MD’s and DO’s doing acupuncture as a side modality, and there were a couple of people with almost no training and no other license who did acupuncture as well.

It was a bad time to be an alternative practitioner of any stripe in Kansas City, because of a retired MD named John Renner, famous for “quack-busting”. Renner was rumored to put on disguises to visit alternative types

and try to get them to incriminate themselves. Renner’s name was known and feared by every non-orthodox practitioner in KC.

Although the chiropractic association talked of being friendly, in support of our cause they wanted to be “grandfathered” into licensure. However, the DC’s didn’t want to give up any power to certify their own people. That meant that we couldn’t have grandfathering in our bill for anyone, or else we’d lose control of our profession from day one.

In late 1988 I formed the AAM. I created two issues of a newsletter we called “The Professional” I sent out about 200 copies of the two newsletters to other acupuncturists and DC’s and laypersons, soliciting membership. The effort resulted in four measly memberships. I felt like any more effort would be a waste of time and money. Other reasons for being disheartened were, that my then-state representative told me that acupuncture would never be licensed in MO because there was a standing rule in the House that no new professional boards would be created. Also, at that time, when you called the Board of Healing Arts and asked about acupuncture, their answer was, “Acupuncture is the practice of medicine to be performed only

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History Continued.....

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by MD's and DO's." This position was patently absurd; there were already 300 DC's in MO performing acupuncture legally, as previously mentioned.

An additional problem had arisen. Some St. Louis acupuncturists had been caught up in the Gerald O'Connor case, by virtue of being subpoenaed to testify in his defense. Those stalwarts were issued Cease and Desist orders by the St. Louis County Attorney in 1989. Some left the state. Others went deep underground.

The AAM went dormant in 1989. I took a job at Western Missouri Mental Health Center in 1991. We were doing NADA-style acupuncture and my program director, Carolyn Rowe was a very strong advocate for acupuncture. She was the driving force behind the creation of the Kansas City Drug Court in 1993, which became a model for the country. It was also a political springboard for the Jackson County Attorney, now US Senator Claire McCaskill. As a result of the Drug Court, acupuncture was getting a lot of positive press in KC. Our clinic was featured in the paper and on the television news a number of times. I managed to stay safe because I was a state employee, working under the (nonexistent) supervision of an MD. This proved to be a great blessing later on.

Carolyn pushed me to get more status for the profession through licensure, so in the autumn of 1993, I wrote a bill. I called my new state rep, Bill Boucher. Serendipitously, his wife had had very good success with acupuncture treatment in the past, and Bill was willing to sponsor us. I called the fearless Blaze Malone, and since we had no money to pay someone, one or both of us went to Jefferson City every week during the 1994 session to lobby. We held our AAM re-awakening meeting that March. Out of that meeting we started our tradition of Acupuncture Day at the Capitol, and saw more than 50 more patients the first time out, though no elected officials came except Bill Boucher. The real victory was that we had held the demonstration at all, because there was no guarantee that the medical association wouldn't shut us down or have us arrested. The defeat of that first session was that almost no elected officials would listen. In 1994 our profession was still considered very fringy, and everyone was afraid to be the first to support us.

Bill Boucher advised us to get a professional lobbyist. Anyone with an existing reputation at the Capitol wanted a lot of money for very little work. We were referred to some new guys, so, in the summer of 1994, I called Scott Penman and Dave Winton.

Scott arrived sporting a pony tail, so I mentally discounted him. I didn't want our paid representative to look like he'd just arrived in a VW bus from California. However, Bill Boucher told me that Penman was a very effective lobbyist. Bill was in his 60's, and wasn't put off by Scott's appearance, so I figured it would be OK. I didn't know at the time that they were a new team and that we were their first clients! In their first session, P&W secured a lot more sponsors than we'd had the first year. The fact that the state of Missouri was already paying me to do acupuncture was a big selling point. We got committee hearings, but the committee chairs didn't get behind the bill, and just buried it. We continued Acupuncture Days and the buzz in the Capitol was that people liked us, and couldn't believe we were actually giving something valuable away for free.

An early hurdle was overcome when there was an evening meeting of the Senate committee which was hearing our bill. I was advised by Scott to keep testimony to less than 5 minutes. The next witness was for the medical association, which opposed us. He claimed that only e-stim was valid. He was 70+ years old, with impeccable credentials, and rambled on for 45 minutes. Eventually, one of the senators interrupted him to ask if pinching

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Breastfeeding Tips to Share with Patients

Breastfeeding should be a joy and time of bonding for both the mother and the newborn baby; however, it can also be a struggle and lead to isolation for some. Pregnancy and childbirth require much Qi and blood be taken from the mother to support her baby. During post-partum, a breast feeding mother must boost her Qi and blood enough to recover and support lactation. Acupuncture can add support in this process along with dietary supplements, rest and proper hydration. As a practitioner of TCM I see two major reasons for insufficient milk supply; the first being deficient Qi and blood, and the second being Qi stagnation in general. This stagnation is specific to meridians which flow through the chest, commonly caused by anxiety and stress.

To treat deficiency cases, the practitioner must use points to tonify Qi and blood while moving Qi. To treat stagnation of Qi, the practitioner must open the Qi to the chest, move Qi and help the mother to relax. I find that using points to nourish the

heart and clear the mind help in both patterns.

POINTS COMMONLY USED:

- SI 1- used in both patterns of insufficient lactation and best when combined with CV17. Moxa on CV17 increases the tonic effects
- SI 11- unbinds the Qi of the chest; commonly used in cases of mastitis
- PC 1- unbinds the Qi of the chest and is useful in both deficiency and excess patterns
- GB 21- especially useful if there is excessive worry, anger or frustration leading to Qi stagnation
- Liver 2- used in heat cases
- Liver 3-moves Qi and blood and nourishes blood
- CV 17- opens chest and promotes lactation
- SP 18- regulates Qi and benefits the breast. Generally used in deficiency cases.

While most points will be beneficial to each pattern, supplement by adding points to specifically tonify Qi and blood or move stagnation.

A few single herbs have proven successful in my practice as well. Oat straw helps to increase milk production as well as aid in balancing hormones and relieving some post partum depression issues. Boil an ounce of the herb in a liter of water for 20 minutes, then cover and let sit over night. Strain and drink throughout next day.

Fenugreek taken as directed is also a great galactagogue but can cause your patients cycles to return sooner. Caution patients to use contraceptives if they are using fenugreek and not wanting to conceive. Once milk production is restored a maintenance dose can be taken for the duration of nursing. Fenugreek can also lower blood sugar, so use care in patients with diabetes. Cabbage leaves worn in the bra for 20 minute intervals several times a day can help with mastitis and engorgement with hot painful breasts.

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AAM Membership Year: June 1-May 30

Renewal Rate: \$125

New Member Rate: \$60

Associate Member Rate: \$50

Student of Acupuncture: \$35

My parents started Mayway in San Francisco's Chinatown over 40 years ago. Distributing Chinese medicine provided them a way to support our family while serving the local community. When we were younger my siblings and I worked in the family business out of duty to our parents. As the years passed, Hugh, Eva, Richard and I grew to understand the value of our parents' vision: supplying high quality, safe and effective Chinese herbs and herbal products to our neighbors. We've expanded the work our parents began, as we, along with Chinese medicine have become part of a greater community.

Today, our "neighbors" stretch far beyond our old streets to include dedicated farmers, herb masters and production engineers to you and your patients. Thank you for making us a part of your community.

—Yvonne Lau, President

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History Continued.....

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between the thumb and forefinger could produce endorphins like e-stim. The doctor reluctantly admitted that pressure alone could generate endorphins. The senator then thanked him and told him he thought the committee had heard enough. The old man had sabotaged himself. After that, the medical association never directly opposed us. They were politically astute enough to recognize that the DC's were going to fight us, so they saved their energy.

At Acupuncture Day in 1996, Sherman She treated a very senior member of the House, and made him pain-free. That was the tipping point. That Rep signed on as a sponsor, and no longer was there a stigma attached to our bill. However, we still had to overcome the opposition of the chiropractors. Their position was that their board should certify us, since they were already certifying their people in acupuncture.

We had to come up with money every year for the lobbying effort. Dues never amounted to very much, so we had a voluntary pledge program of \$50 per month. We also held a couple of CEU seminars. Two were in KC with Sherman She teaching, and we brought Alex Tiberi, a teacher from San Diego to St. Louis in 1997.

Because we had no money to donate to the election campaigns of the politicians, Acupuncture Days did what everyone else spends big bucks on – acquiring friends in the legislature. The biggest problem was still the chiropractic association. They had lots of people who would vote with them, even though they liked us. We had to come to some kind of accommodation with the DC's on our own. Finally, I was summoned to Jefferson City to confer with Scott, the lead lobbyist for the DC's, the head of the House Licensing Committee, and the Director of the Division of Professional Licensing. I was offered the deal for us to have an advisory committee under the Chiropractic Board, and was promised by the division director that he'd make sure they didn't mess with us. I took the deal.

In the ensuing years, I had reason to regret my trust. The bill that originally passed was somehow unworkable, because we couldn't collect fees. It took two more years of amending our law for it to get to a place where they could start looking to fill the slots on the board. I was selected, but so was Francis H'Dobler, MD from Springfield. He was not certified by NCCAOM, our nationally recognized licensing body. There was no provision for him in the law, so I refused the nomination.

Kathleen Coleton, who had been selected in my place and Afua

Bromley were our first two board members. However, they were soon beset by serious controversy. The legislature researches how much all new laws will cost the state. That number is divided up to become the licensing fee. The number that was presented to the AAM after the bill was passed was three times what we'd been promised during the legislative session. We screamed bloody murder and suddenly there was a new Executive Director, Laurie Kessler, and a much more reasonable fee structure.

Being under the chiropractic board has, miraculously, never been a problem. We got more applicants in the first two years than we ever imagined, and we paid off our original start-up loan of \$40,000 from the Chiropractic Board in less than two years. Our hard work and goodwill were finally rewarded.

Since that time, acupuncture has become much more mainstream in Missouri and our numbers have grown to 92 licensed acupuncturists in the state. AAM has flourished, with over 40 members and a well-funded treasury. We continue to be represented by our original lobbyists, Penman and Winton, who step in whenever legislative challenges arise. AAM is now attracting national lecturers for our training classes, and we are drawing professionals from neighboring states for our events.

Greg Boyle, L.Ac.

Legislative Update

After a tumultuous legislative session, acupuncture licensing in Missouri has kept the same structure that it had before the legislative session began back in January. The current legislative session ended on May 14th, with the legislation that would have affected acupuncture licensure not passing. In the end, the bill was held up in the house.

What this all means is that we continue our same structure, which is to have the Acupuncture Advisory Committee, with 5 positions, make our licensing decisions and enforce acupuncture regulations. The five positions on the commit-

tee include three licensed acupuncturists, one chiropractor, and a public member. Currently, one of the licensed acupuncturist positions is vacant, as is the chiropractic position. In July, AAM plans to propose nominations to the Governor for the unfilled acupuncturist position.

Some of you may remember that the Governor had proposed eliminating the Acupuncture Advisory Committee and having the Missouri Board of Chiropractic make all acupuncture licensing decisions. With the help of our lobbyists and many AAM members' efforts, we were able to propose new legislation that would have not only preserved the Acupuncture Advisory

Committee, but even improved it. While we are disappointed that the revised legislation did not pass, we are very grateful to our lobbyists and members that helped us revise the Governor's original proposal.

Many of you have asked what our next steps are. We will be discussing legislation at upcoming Executive Committee meetings, and consult with our lobbyists at Penman & Winton. We will keep you apprised of our progress, and let you know what can be done at the local level. Again, thanks to everyone in AAM that helped us during this legislative session.

Breastfeeding Continued...

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Vitamin C and Echinacea also help the immune system when mastitis is present. Also, have the mother put the baby's chin gently into the painful area when she nurses or use a warm buckwheat or corn pillow on the area.

Although it may seem like an impossible task to recommend your patient to get rest, it is a necessity that they get as much as they can. Stress the importance of the patient asking family and friends for help around the house or with their other children. Urge the mother to find support in their local La Leche League or a lactation consultant if they suspect a latch issue is present. An incorrect latch alone can be the culprit behind a poor supply.

Tell the patient to put the baby to breast often and be sure her nursing bras fit correctly. In St Louis, where I see patients, we are lucky to have many La Leche League groups as well as Kangaroo Kids for lactation support, from latch issues to just having other mothers to talk to. It is important for the patient to find and use the networks that work. Urge the mother to seek support so they can have a successful nursing experience. Acupuncture along with the above suggestions can reverse a stressful situation and allow the milk to flow.

Christine Kleinschmidt, L.Ac.



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