

Sho Mi

TO SHED LIGHT ON EXPERIENCES

Volume 6, Issue 4

Winter 2010

President's Report

Best wishes for a happy and prosperous 2010 from all of us at AAM! We are looking forward to our best year ever in 2010, bringing you many special events at which you can learn new techniques and network with other acupuncturists. For example, we are proud to announce that Lynn Maloney, Past President of AAM, will be teaching a special class in Kansas City on March 6th, entitled **Point Selection through the Five Element Traditions**. Don't worry if you're not a five-element practitioner. Lynn has designed the class to be interesting to practitioners from a TCM background. Please see the flyers included with this newsletter for more information about this class, which will be followed by our annual Chinese New Year Banquet at Bo Ling's on Kansas City's Country Club Plaza.



A•A•M

Acupuncture Association of Missouri

Also included in this edition is an article on the progress of HR646, the bill which would include acupuncture as a covered service in **Medicare**. Will it pass in Congress? Jan has researched this issue with the national acupuncture organizations, and has an update for you.

Even if you're not attending this year's **Acupuncture at the Capitol**, please read the enclosed article. We're asking everyone to contact their representative and encourage them to get a treatment on January 27.

But wait, there's more! This newsletter also includes an article on the tradition of **Chinese New Year**, written by Maureen Fox. Check out this article and make sure you're doing the right things to create prosperity in 2010. Finally, this issue includes several recipes that are excellent for the winter season. Many thanks to Afua Bromley and Christine Kleinschmidt for providing them.

Thanks for your support of AAM in 2009 and we wish you all the best for 2010.

John Schmieder

Also in the news is the recent move of the National Acupuncture Detoxification Association, or **NADA**, headquarters to Columbia, Missouri. On behalf of AAM, Lynn Maloney met with Sara Bursac of NADA and prepared an article about the move and the organization's future plans.

A special thanks to Maegan Lemp, LAc and Afua Bromley, LAc for their very successful clothing swap fundraiser last September. Their efforts resulted in a \$600 donation to AAM, which was a 55% increase from last year's contribution. AAM welcomes additional ideas for fundraisers and volunteers.

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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

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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

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

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

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Acupuncture Day at the Capitol: January 27, 2010

Help Your Profession by Volunteering or Encouraging Your State Rep to Attend!

For many years, AAM has been providing free acupuncture treatments at the State Capitol in Jefferson City. Wednesday, January 27th has been chosen as the date for Acupuncture at the Capitol. We are looking for volunteers who can work between 10am and 2:30pm. This is our chance to raise the profile of acupuncture in Missouri and keep channels of communication open with our legislators.

If you'd like to volunteer, please

contact Bryan Wagner, coordinator of the event, bryanwagner108@gmail.com or at 314-265-9411 Historically, this event was an essential element in the passage of acupuncture licensing legislation in Missouri. We have continued this event to keep a high profile with lawmakers, and to continue educating them about the benefits of Oriental Medicine.

Even if you can't attend, please encourage your state representative or senator to stop by our booth. If you don't know the name or contact information for your representa-

tive, visit our website at www.missouriacupuncture.org Under the Network tab, there is a link at the bottom of the page to locate your representative.

Here are some pertinent facts to put in your message to your representative:

- The date will be Wed, January 27, 2010 from 10:00am until 2:30
- We will be located in the 3rd Floor East Alcove
- All treatments will be free of charge
- Treatments can target a particular area of pain, or be for simple stress and relaxation

Bryan Wagner

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From Mr. Huo's hands to Mr. Wang's hoppers, and from us at Mayway to your patients, this journey is made possible by discerning practitioners like you. Thank you for your support and for forty amazing years.

—The folks at Mayway



Mr. Wang (left) visits Mr. Huo Qiu Li (right) in the Shan yao crop.



The Herbal Nutritionist

Every issue, we ask our members to submit recipes that our readers will enjoy. In this issue, two members really came through with delicious healing remedies. The following introduction and first three recipes are from Afua Bromley, Past President of AAM. The fourth recipe is from Christine Kleinschmidt, Secretary of AAM.

From Afua Bromley

One of my favorite classes in graduate school was the class on nutrition. I love the idea of mixing food and herbs since both can be essential to good health. I have many patients who won't take herbs consistently, but love having food recommendations and are amenable to having a few herbs thrown in. Here are a few of my winter favorites.

Dr. Hu's Magical Soup

(tonifies Wei Qi (defensive Qi), nourishes the lungs, releases the exterior, transforms phlegm while astringing lung qi (stops cough)).

This is an adaptation of a soup recipe from one of my teachers. It is "Magical" because of its ability to make you really feel magically better after eating it. One of my patients liked it so much, he ate the whole pot

and his flu symptoms were gone by morning.

- Chicken (free range; ¼ of a small chicken equal parts dark and white meat like a breast and thigh; torn or cut up)
- Shitake mushroom – ½ - 1 cup chopped
- 4 stalks celery
- 3 parsnips, sliced
- 4 carrots, sliced
- 3 cloves garlic
- ¾ cup cooked barley
- 2 tsp minced fresh ginger
- 1 cup thinly sliced kale
- 2 quarts water
- Salt to taste

Herb Base

In a cheese cloth or muslin tea bag, place:

- 6g huang qi (astragalus), cut or broken
- 3 g gua lou pi (tricosanthus peel)
- 3 g chen pi (tangerine peel)
- 3 g wu wei zi (schisandra fruit)
- OR add the above combination of powdered herbs to the soup above once the soup is done cooking

Sautee celery, carrots, parsnips lightly, then add remaining ingredients including water and muslin bag with raw herbs. Bring to a

boil then allow to simmer for 30-45 minutes. If using powdered herbs, add to soup during last 10 minutes. Enjoy! (for a vegetarian version, simply omit the chicken; the shitake will have enough of an immune boost to replace the chicken)

Pear Bombs (treats sore throat, laryngitis, dry cough, chronic or acute upper respiratory infections/challenges- moistens lung yin, transforms lung heat and heat with phlegm)

- Ripe Pears (Organic, but any kind will do)
- 1 tsp brown sugar or maple syrup or agave syrup/brown rice syrup
- Herbal mix: 3 g chuan bei mu/ zhi bei mu (fritillary bulb), ground up or chopped or powdered /per pear

Assemble cored pears upright in a baking dish with a small amount of apple or pear juice on the bottom. Mix chuan bei mu with sweetener. Core each pear and place 3 grams of herb mixture in middle of cored pear in a deep pie or cake dish (preferably ceramic). Cover dish and pears with foil or lid and bake for 30 minutes or until pear is tender. 1 pear /serving.

—Continued on Page 9

Check out the Calendar of Events on page 12 for exciting CEU classes and events coming soon!

Chinese New Year

Of all the traditional Chinese holidays, Chinese New Year is possibly the most celebrated in China. Also known as the Lunar New Year or Spring Festival, it is actually a series of celebrations over a fifteen-day period, starting on New Year's Day. In 2010, the date is February 14.

Based on the traditional Chinese lunar calendar, New Year's Day occurs on the second new moon after the winter solstice. Solar months are based on the position of the sun in the tropical zodiac, which is similar to western astrology. The year is made up of 12 solar months. There are also 12 lunar months, and each begins on the first day of the new moon. These months are named for 12 different animals, starting with the Tiger at the start of spring. Leap months rather than leap years are inserted to keep the lunar and solar cycles in harmony. The first day (or first new moon) of the first month of the Tiger is generally considered the first day of the year.

Some of the popular Chinese New Year activities are the Welcoming of the Gods of Wealth and Prosperity, Dragon Dances, and the Festival of Lanterns. On the fifth day of celebrations, the gods of prosperity are welcomed with Jie Cai Ceng firecrackers set off by business people who hope to attract prosperity and good fortune. Dragon Dances, which take place on the fifth day and the

final day of celebration, symbolize good luck, good fortune, and prosperity.

The Festival of Lanterns occurs on the last day. A variety of paper lanterns are made in the form of the animal of the year (the tiger for 2010), various characters from Chinese mythology or in the shape of a rabbit. The rabbit lantern is a reminder of the goddess who jumped to the moon with her rabbit companion. Only those with pure hearts are said to be able to see them.

Food, of course, is an important part of the celebrations. Sometimes food has special significance because of its appearance. Serving a whole chicken during the Chinese New Year season may symbolize family togetherness. To some, noodles represent a long life, and it is considered bad luck to cut them. Clams and spring rolls symbolize wealth because clams resemble silver bullion, and spring rolls are shaped like gold bars.

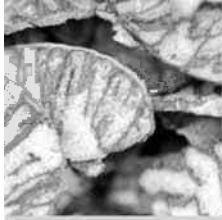
Other food has special significance during Chinese New Year because of the way the name sounds. The Cantonese word for lettuce sounds like the word for rising fortune, so it is very common to serve a lettuce wrap filled with other lucky food. Tangerines and oranges are given away during Chinese New Year because the word for tangerine sounds like the word for luck; the word for orange sounds like the word for wealth.

The word for fish, "Yu," sounds like the words both for wish and abundance. On New Year's Eve it is customary to serve a fish at the end of the evening meal, symbolizing abundance in the coming year. The fish is served whole, with head and tail attached, symbolizing a good beginning and ending for the coming year, and it is never completely eaten as "there should always be something left over."

Here are some other ways you can join in the celebrations:

- Clean House - Before the New Year arrives, give your home and office a thorough cleaning to sweep away any bad luck from the past year. Do not clean for the first few days of the New Year because you may sweep away your new good luck.
- Decorate - You may not want to commit to painting your doors and windowpanes lucky red, but you can hang paper cut-outs on them, or red strips of calligraphy with fortuitous characters on them.
- Give out money packets - On New Year's day, children are given "hong bao" red envelopes decorated with gold symbols and filled with "lucky money".
- Most importantly, this is a time to spend with family and loved ones. It is a time to renew the connections that sustain us, and enjoy a big delicious meal with plenty of toasting, conversation, and joy.

Maureen Fox



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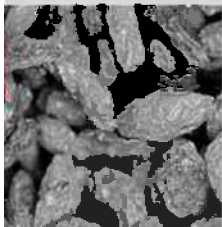


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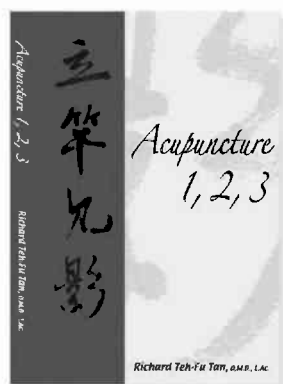
Acupuncture Association of Missouri

2010 Annual Convention

Dr. Richard Tan – June 5 & 6

St. Louis, Missouri

Sheraton Clayton Plaza 7730 Bonhomme, Clayton, MO 63105



Saturday: Clinical Wonders with
Acupuncture 1, 2, 3

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Call hotel at 314-863-0400 or book online at www.tinyurl.com/drtanstlouis

Direct Mail Packet will be sent to all on Sho Mi mailing list in early 2010.

For more information, visit www.missouriacupuncture.org

The Herbal Nutritionist Continued...

—Continued from Page 5

Righteous “Beer”: (this non-alcoholic brew is great for colds, flu and coughs and menstrual cramping due to cold in the uterus)

- 1 cup chopped sheng jiang (fresh ginger)
- 9 g huang qi (astragalus)
- 3 g chen pi (tangerine peel)
- 3 lemons
- 2 stalks xiang mao (lemongrass)- optional, found at Asian markets
- 3g gan cao (licorice root)
- ½ cup honey/maple syrup/agave nectar

Boil the herbs and ginger in 2

quarts of water for 5 min., then allow to simmer for 10. Remove from heat and add honey or sweetener. Allow to cool completely, then strain tea from herbs and add juice of three lemons to tea. Store in glass bottles in refrigerator. Old wine bottles are great storage containers for ginger beer.

From Christine Kleinschmidt

Hot Ginger Warming Drink

- 1 cup water
- 1 piece of fresh ginger
- Honey to taste (2+ Tbsp)
- 2 lemons

Skin ginger with a paring knife and shred on a cheese grater or a food processor, smaller pieces will create more intense ginger flavor.

Heat water to boiling and add shredded ginger.

Stir well and let sit 3 minutes. Add honey to the ginger water and stir well.

Juice the lemons immediately before adding to the ginger water. Taste and add more honey as desired.

Pour into a mug, straining out the solids



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Update on the Federal Acupuncture Coverage

There has been a long-standing movement in Congress to include acupuncture in the Medicare system. In 1993, Congressman Maurice Hinchey (NY) first introduced this legislation, known as the Federal Acupuncture Coverage Act. More recently, Representative Hinchey introduced it again in January 2009.

I contacted my Representative Sam Graves in June 2009 prompted by the AAAOM requesting support for HR 646. Representative Graves replied in a letter that the bill was in 2 or 3 House committees for consideration. He added that he would be mindful of my request “should it come for a vote”.

What do you think about that last phrase “should it come for a vote”? What he meant is that the bill lacks adequate co-sponsors to even reach the floor for a vote.

THE PROBLEM: Getting HR 646 to the full House for a vote
A SOLUTION: HR 646 needs 40-50 additional Representatives as co-sponsors. We need a companion bill to be introduced in the Senate.

So, how can you help? Here are some suggestions on how to get involved:

Step 1: Participate in AAAOM’s Letter Writing Campaign

Go to www.aaaomonline.org and click on [Rally Congress](#)

The AAAOM provides a venue where you can contact your US Representative to request co-sponsors and your US Senators to request the introduction of a companion bill in the Senate. They provide a form letter you can edit and then submit. It took me less than five minutes to send three letters.

After submitting my letters, the prompt informed me I was about the 50th person from Missouri to participate. As practitioners and patients are allowed to participate, this number has lots of room for improvement. You are invited to encourage your patients to write as well.

Step 2: Telephone your US Representative and US Senators during January. Their staffers answer calls, often ask for identifying information like your address or zip code. Introduce yourself, ask for their legislator’s support in co-sponsoring HR 646 and/or introducing a companion bill in the Senate. If you are at a loss for words, once you’ve submitted your letter in Step 1, you can print it out and read it to the staffers. They have always thanked me for calling and assure me they will forward my concerns to the legislator.

Step 3: Familiarize yourself with the [MEDICARE FACT BOOK](#). The Medicare Fact Book at www.aaaomonline.org identifies positives and challenges about passage of this bill. There is a comprehensive discussion here explaining how this legislation could impact acupuncturists and patients.

The Medicare Fact book contains 47 items with a number of appendices. Here are a few that impressed me:

Positives:

- Item #3 points out demographic data: Some 50 million people are covered by Medicare and federal health plans. That means a substantial population pool to present as new patients. Also, this group appears to me to be an underserved population - especially seniors who experience pain syndromes. As we all know, AOM has gained recognition as successful treatment for pain.
- Item #25 points out that all other insurance plans and third party reimbursement systems follow cues from Medicare covered services. This would give federal recognition of AOM, increase referrals from physicians, increase opportunities to practice in hospitals, and take AOM mainstream.

—Continued on Page 11

Update on the Federal Acupuncture Coverage Act, HR646 Continued...

—Continued from Page 10

Challenges:

- Item # 9 addresses challenges, including that billing and documentation may require a significant commitment from practitioners. To address the challenge of practitioners who do not wish to participate in the Medicare system or cannot meet the documentation requirements, AAAOMs lobbyists are writing opt-out language into the legislation.

All of this information about HR646 begs the question, “why

now?” There are three reasons that now is the time:

- For us as acupuncturists – our practices will benefit from the increased recognition
- For our AOM Community Leaders - Our AOM Community Leaders made a strategic plan on September 21, 2009, with one of the major goals being to obtain federal recognition for the AOM profession
- Because we now have the representation. AAAOM has now hired lobbyists Sam Brunelli and Beth Clay.

These lobbyists represent our profession and were hired with our contributions. They are essential to HR646’s success.

I think that this is a recipe for moving forward in a major way. And if you are an acupuncturist that has not submitted a letter – what are you waiting for, do it now!

Jan Ste. Germaine



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| Fritillaria & Pinellia Formula (<i>Chuan Bei Ban Xia Tang</i>) | Restore the Lung Formula (<i>Bu Fei Tang</i>) |
| Gan Mao Ling Formula (<i>Gan Mao Ling Pian</i>) | Siler & Platycodon Formula (<i>Fang Feng Tong Sheng San</i>) |
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| Ling Zhi Lung Formula (<i>Ling Zhi Fei Pian</i>) | Zhong Gan Ling Formula (<i>Zhong Gan Ling Pian</i>) |

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Calendar of Events

January 2010

27 Acupuncture Day at
the Capitol
Jefferson City, MO

March 2010

6 CEU Event &
Chinese New Year
Banquet
Kansas City, MO

June 2010

5-6 Annual Convention
Featuring Dr. Tan
St. Louis, MO

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NADA Moves to Missouri

In October 2009, the National Acupuncture Detoxification Association (NADA) hired Sara Bursać, LCSW (pronounced *bursatch*) to replace its retiring Office Manager. Sara moved to Columbia, Missouri in November when her husband began a new job here. She has opened a new office in Columbia and NADA will be officially headquartered in Columbia in the New Year.

Sara became an Acudetox Specialist (ADS) in 2008 to complement her work as a social worker with homeless young adults in Austin, Texas. Acudetox is a treatment protocol developed by Dr. Michael Smith and colleagues at Bronx's Lincoln Recovery Center for treating addictions. Smith's group founded NADA in 1985 to train health-care professionals in the five-point auricular protocol. Increasingly, the acudetox protocol is being applied to other behavioral problems beyond addictions.

In addition to publishing NADA's newsletter, Guidepoints News for NADA, Sara will be managing membership for which she will be hiring a part-time assistant. NADA's 1,500 members reside primarily within the United States and Canada, but members come from overseas as well. Sara has also begun outreach to agencies serving at-risk youth and adults with addiction and behavioral problems and is providing acudetox at Sol House, a residential program for 16-21 year-olds who are transitioning from homelessness to housing; acu-detox is being integrated into the programs' life skills services. She hopes to encourage health care professionals at other agencies in Columbia and throughout Missouri to become trained as Acu-Detox Specialists.



A•A•M
Acupuncture Association of Missouri

There are approximately 100 NADA Trainers who offer ADS training throughout the United States. Additionally, there are country-specific NADA programs worldwide. The next trainings in January are in Hawaii and North Carolina. Please visit www.acudetox.com/training for more information about trainings. A complete training is also available at NADA's upcoming 25th anniversary conference in New Orleans in March. NADA training usually requires 70 hours of mixed classroom and hands on work that can be delivered in a variety of formats, ranging from one to two weeks of full-time intensive training up to several weeks of part time learning. At the upcoming conference, the training will be condensed into 6 days. Requirements for supervision of ADSs vary among states.

In Missouri, ADSs must be supervised by a licensed acupuncturist. "Supervision" is left open to definition within various contexts. There are no specific prerequisites to become an ADS, although trained individuals often include acupuncturists, social workers, nurses and other mental health professionals.

Sara's business, Seva Unlimited, was created to serve as NADA's contracted office management service, but Sara hopes to offer acu-detox treatment and Kundalini yoga classes through Seva as well.

Please join us in welcoming Sara and NADA to Missouri. While Columbia may initially seem an unlikely location to headquarter a national acupuncture organization, we are proud to host such a compassionate cause. NADA hopes that outreach in our underserved region will be a benefit to all.

Lynn Maloney

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