



# GOLDEN FLOWER

## CHINESE HERBS

News  Spring 2011

Dear Practitioner,

Happy Spring!

Included in this newsletter is a paper titled, *Specialist's Report: Looking at Sleep Problems from the Perspective of Chinese Medicine* by Dr. Yang Jun-kui, of the Chi Shan Hospital Chinese Medicine Department. Sleep issues are a significant problem for many patients. This is especially true for the elderly. In Chinese medicine there are numerous causes for sleep problems. This paper is an excellent reminder of how essential pattern differentiation is in our treatments and a clear guide to treating sleep problems.

Due to popular demand we will be offering our **Five Mushroom Formula Liquid** in an 8 oz. size in addition to the currently available 2 oz. bottle.

If you haven't already done so, check out our line of pediatric formulas, developed by Jake Fratkin, DOM. These include: **Children's Jade Defense Formula**, **Children's Clear and Release Formula**, **Children's Ear Formula**, and **Children's Clear Lung Formula**.

We recently mailed out the latest paper in our series of expanded discussions on specific formulas, this one on **Cinnamon D Formula** (*Gui Zhi Jia Long Gu Mu Li Tang*). This informative paper will hopefully provide you with a deeper understanding of this classic formula. If you missed yours, copies are available on our website or upon request.

Many of you are aware of the powerful, comprehensive, sound healing system known as Acutonics. We recently hosted the Level 1 training in our Albuquerque classroom. We have been touched and impressed by this system that is so compatible with and rooted in Oriental medicine that we are now distributing their books and the tuning forks used in their treatment system. Please contact us for additional information.

Sincerely,

John Scott, DOM and Lorena Monda, DOM

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## TIEH TA FORMULA FOR REPETITIVE USE SYNDROME

by Paul Jenks, DOM, LPAT

**Tieh Ta Formula** (*Die Da Wan*) has to be one of the most used Golden Flower Formulas in my clinic. Over the years I have gone to it consistently for patients experiencing pain from injury and trauma. Sports injuries, car accidents, sprains, strains, and breaks have always responded well to this formulation. As of late I have even begun to use **Tieh Ta Formula** as a pre-workout formula for myself, as like many middle-aged folks, I experience more stiffness and soreness after a round of exercise. If I experience pain after a workout a dose or two will clear it up quite effectively. Most recently, though, I have begun to experiment with using **Tieh Ta Formula** for pain related to repetitive use syndrome and in cases of stubborn arthritis that doesn't respond to some of the standard wind-cold-damp *bi* syndrome formulas.

### CASE STUDY

A 52-year-old woman came to me for help with menopausal symptoms, but also suffered from neck and joint pain. She is an accomplished artist who spends many hours laboring over illustrations, and as a result suffers from significant and often debilitating pain in her neck and hands. She has a Western medical diagnosis of arthritis in her hands complicated by carpal tunnel syndrome. She also has a history of ruptured discs at L4 and L5, ovarian cysts, and a history of endometriosis causing severe and heavy periods prior to the onset of menopause. Currently, she is suffering from severe digestive disturbance, black, tar-like stools, diarrhea, gas, nausea, bloating, as well as palpitations, night sweats, anxiety, poor sleep with excessive

Continued on page 2

dreams, and complained of a tender, sore tongue. She described herself as very stressed and easily angered, with frequent flushes of heat with sweats. Her pulse was remarkably strong and often floating. Her tongue was pale, swollen, and scalloped with a significant center crack. I diagnosed liver qi stagnation attacking a deficient spleen. There was significant dampness as well, with a failure of the stomach qi to descend and the spleen qi to ascend. I also diagnosed liver and heart blood deficiency with deficiency heat flaring. I also suspected blood stagnation, based on her chronic pain, tar-like stools, and her large, bounding pulse, but quite frankly, hadn't completely differentiated it from a wind-damp condition.

Her main complaint was menopausal symptoms, however, so it wasn't until those were under control that we turned our attention to her pain. Acupuncture brought only temporary relief. We wanted to keep the focus of her formulas on her menopausal symptoms, but at some point I tried her on an arthritis formula with coix (*yi yi ren*), atracylodes (*cang zhu*), cinnamon twig (*gui zhi*), scutellaria (*huang qin*), gentiana root (*qin jiao*), angelica root (*du huo*) and ginger (*sheng jiang*). My thought was to attack the dampness as evidenced by the swollen tongue and digestive difficulties. This formula proved completely ineffective. So then, with her large, bounding pulse in mind, I focused on some of the signs of blood stagnation in her present picture and history: ovarian cysts and endometriosis, dark, distended leg veins, black tar-like stools, and the fact that much of her pain was made better with movement, and decided to try **Tieh Ta Formula**. The results were almost immediate. She reported significant improvement in her pain upon her next visit. She noted that the pain grew more intense before it improved, I attribute this phenomenon to the increased blood flow into the inflamed, rigid joints that were finally receiving nourishment. To date, this client comes in periodically to pick up her formula. She continues to report a marked benefit with increased mobility and diminished stiffness and pain.

*Paul Jenks is a Doctor of Oriental Medicine and Art Therapist practicing in Albuquerque, New Mexico.*



## Corydalis Formula for Neuropathy

by Lesley Hamilton, LAc

Last fall, a client whom I have been seeing for a number of years, was diagnosed with invasive breast cancer. She underwent 6 months of chemotherapy—2 different protocols lasting 3 months each. She had many of the typical symptoms of chemotherapy side effects: nausea, fatigue, hair and nail loss, hot flashes, and so forth. Near the end of the 6 months, she began to have a neuropathy pain in her hands, primarily from the knuckles to the fingertips, which would range from a mild numbness-tingling to a more severe pain (often ~8 on a 1-10 scale). I had her try a short course of Golden Flower's **Corydalis Formula** (10 days of 2 tablets, three times a day). She reports a significant improvement when she takes the formula, a return of the symptoms when she misses a dose or two, and immediate relief when she resumes the remedy. Thank you for your quality products and for providing a price savings with the larger bottles!

*Lesley Hamilton, L.Ac. is the Director of Clinical Education at AOMA Graduate School of Integrative Medicine. She practices at the Modern World Acupuncture Clinic in Austin, Texas.*

## Specialist's Report: Looking at Sleep Problems from the Perspective of Chinese Medicine

By Yang Jun-kui

*Editors Note: Dr Yang is a sleep expert at the Chinese Medicine Department of the Chi Shan Hospital in the Yuan Province of Taiwan, where he utilizes KP brand granulated formulas extensively. Thanks to KPC Herbs for providing us with this paper.*

**Note: Golden Flower equivalents for the formulas (when applicable) are listed in bold.**

"Every night I have a hard time falling to sleep. When I finally do, I dream all night. I often dream that someone is chasing me, and when I awake the next day I'm still exhausted, as if I hadn't slept a wink all night! Sometimes I'm so tired I start hearing things. This problem is really getting to me."

This patient has insomnia. He was diagnosed within

*Continued on page 3*

Chinese medicine (CM) as having exuberant liver fire and, constitutionally, he is someone who becomes excited easily, affecting his head the most. To treat him I combined the following two Chinese herbal formulas: Licorice and Jujube Combination (KPC 1070 *Gan Mai Da Zao Tang*, 甘麥大棗湯) and **Bupleurum D Formula** or Bupleurum and Fossilized Minerals Combination (KPC 1860 *Chai Hu Jia Long Mu Tang*, 柴胡加龍牡湯). To his relief, his long-term suffering from insomnia was solved.

Today, people lead busy lives under stress and pressure. Almost everyone has experienced insomnia at one point or another. Besides taking sleep aids, which only treat the problem symptomatically, there is another way: CM treats the root of the problem by focusing treatment on the underlying constitutional imbalances. This is the best way to treat insomnia.

## HOW IS SLEEP UNDERSTOOD IN CHINESE MEDICINE?

In ancient Chinese there is the saying, “work at sunrise and rest at sunset.” What this saying implies is that human activities should echo the patterns of nature. This is because the human body follows the same patterns. More specifically, when the sun rises, the qi and blood in our bodies moves from the organs in the interior to the channels of the extremities in the exterior and stays there during the day. This is the time we should work. In the evening, when the sun sets, the qi and blood in our bodies moves inwardly, returning from the channels to organs. This is the time we should rest.

## WHAT DO WE NEED TO PAY ATTENTION TO FOR HEALTHY SLEEP PATTERNS?

First, and most important, is to be asleep by 11 PM. This is because from 11 PM to 3 AM is the gallbladder and liver channels’ time in the 12 hour meridian clock. If these organs don’t get proper rest during this time, they will not be able to metabolize toxins properly and the person will feel tired and sluggish the next day. Next, don’t oversleep during the day. A person only

needs to sleep for a half an hour between 11 AM and 1 PM. Any longer than that and the person may feel not tired early in the evening and have difficulty sleeping before 11 PM. Third, soaking one’s feet with warm,

salty water before bed helps qi and blood circulation return to the organs and can have the effect of improving communication between the kidneys and heart. This quiets the mind, warms and relaxes the body, aids falling asleep, and improves the quality of sleep. Lastly, don’t eat too late or too much at night. If one tries to sleep when her stomach is still bloated from a big meal or late dinner, the body will

spend the night digesting the food and sleeping will be difficult. In Chinese it is said, “When the stomach is distressed, sleep is disturbed.”

## HERBAL TREATMENT FOR INSOMNIA

Below are listed the common patterns with their cardinal symptoms and the corresponding appropriate herbal treatment for insomnia:

**Liver Qi Stagnation:** feeling of being under constant stress and unable to sleep; stuffiness and tightness in the chest. This is a stress and pressure type insomnia. **Bupleurum and Tang Kuei Formula** (KPC 2940 *Xiao Yao Wan* 逍遙散) is the principal formula used.

**Exuberant Liver Fire:** easily angered and exhibiting a bad temper. This is a cantankerous personality type insomnia: Licorice and Jujube Combination (1070 *Gan Mai Da Zao Tang*, 甘麥大棗湯) and **Bupleurum D Formula** or Bupleurum and Fossilized Minerals Combination (KPC 1860 *Chai Hu Jia Long Mu Tang*, 柴胡加龍牡湯) are the main formulas used.

**Stomach-Epigastric Disharmony:** head feels muddled and cannot think clearly; copious phlegm and epigastric bloating. This is an obese body-type insomnia. The chief formula used is **Poria and Bamboo Formula** (KPC 3480 *Wen Dan Tang*, 溫膽湯).

**Yin Deficiency Fire:** always thirsty with a dry throat; irritable and sleepless with excess night sweats. This is a deficient but intense internal heat insomnia type.





Tangkuei and Six Yellow Combination (KPC 3550 *Dang Gui Liu Huang Tang*, 當歸六黃湯) is the main formula.

**Heart and Spleen Deficiency:** consistently pale complexion and overly pensive. This is a blood deficient complexion and poor appetite type insomnia. **Ginseng and Longan Formula** (KPC 4090 *Gui Pi Tang*, 歸脾湯) is the principal formula to be administered.

**Heart and Gallbladder Qi Deficiency:** always fatigued and cranky; a light sleeper and easily awakened. This is insomnia due to over-fatigue. The main formula used is **Zizyphus Formula** (KPC 3860 *Suan Zao Ren Tang*, 酸棗仁湯).

**Stagnant Blood:** the neck is very stiff and the tongue dark and purple. This is a poor qi and blood circulation type insomnia. **Blood Palace Formula** or Persica and Carthamus Combination (KPC 1390 *Xue Fu Zhu Yu Tang*, 血府逐瘀湯) is the chief formula indicated.

**Heart Yin Insufficiency:** thinking constantly and uncontrollably; anxious and forgetful. This is an overtaxed heart insomnia type. **Heavenly Emperor's Formula** or Ginseng and Zizyphus Formula (KPC 0830 *Tian Wang Bu Xin Dan*, 天王補心丹) is the main appropriate formula.

**Yin Deficiency of the Five Zang-Organs:** melancholy and easily brought to tears; constantly yawning. This is an emotionally hypersensitive type of insomnia. The principal formula is Licorice and Jujube Combination (KPC 1070 *Gan Mai Da Zao Tang*, 甘麥大棗湯).

## FOOD AND TEA THERAPY

In addition to seeing a CM practitioner to treat insomnia according to pattern identification, patients can also use food and tea therapy to improve their quality of sleep. Below are a couple of suggestions what they can do:

**Mandarin Longan Fruit and Chinese Date Tea** 桂圓紅棗茶: In the fall and winter, this warming tea can promote better sleep. Use an appropriate amount of longan and dates for making a cup of tea, and rock sugar or unrefined brown sugar can be added to taste.

**Lotus Seed and Lilly Bulb Congee** 蓮子百合粥: Lotus seeds, lily bulb and polished glutinous rice are needed to make this congee. It is good for summertime.

It's important to note that Chinese medicinals should be taken throughout the day. Patients will not feel drowsy and sluggish when they awake in the morning, and the formulas are not habit-forming. If taken over a long period of time, the Chinese medicinals can improve memory by improving the micro-capillary circulation of the brain. This means that Chinese medicinals are an important alternative to chemical sedatives.

Everyone knows that sufficient, good quality sleep is essential for the body and mind to perform at its best. With Chinese medicine's theory on health cultivation and constitution-changing treatments, everyone can rebalance their constitutions and break free from the insomnia nightmare!

## Great Formulas for the Spring\*



Spring is when the pathogens that have sunk into the body over the last few months rise to the surface with the yang and can finally be expelled. It is also the best time for quieting unstable qi and rectifying the relationship between interior and exterior for the rest of the year.

Here is a selection of just a few **Golden Flower Chinese Herbs** formulas appropriate for springtime:

**Bupleurum & Cinnamon Formula**  
**Bupleurum & Tang Kuei Formula**  
**Bupleurum D Formula**  
**Free & Easy Wanderer Plus**  
**Gastrodia & Uncaria Formula**  
**Minor Bupleurum Formula**  
**Mulberry & Lycium Formula**

\*For a more in-depth discussion of these formulas visit our website and read *Initial Influences: The Liver in Springtime* under "Published Papers." For a complete list of formulas for the liver, see the *Clinical Guide to Commonly Used Chinese Herbal Formulas, 5th Edition*. Call us for your free copy.

## Acutonics® at Golden Flower



Golden Flower just hosted its second Level I **Acutonics®** class and will be offering additional courses toward Acutonics® certification throughout the year. Classes have been well received by the acupuncture, massage, and energy work communities. Participants are learning to work with precision calibrated tuning forks that are applied directly to acupuncture points, trigger points, and points of pain. The tuning forks can be used as a standalone therapy or seamlessly integrated with needles, hands-on therapies, or off-the-body techniques. Each class includes many opportunities for hands on experience, so that participants are able to integrate what they've learned into their clinical work.

In an Acutonics® session, intention is focused on reconnecting to and aligning the individual with the natural cycles of the Earth and cosmos. A treatment session will generally begin and end with the **Ohm** tuning forks. Symbolically, and scientifically they represent the frequency of the Earth travelling around the sun through the four seasons in its 365-day yearly orbit. It is linked to our ability to create harmony within, and to reconnect to the diverse cultures and species of all life forms that populate the Earth, our home. The forks are applied to specific acupuncture points that help to calm and sooth the entire body—unifying mind, body, and spirit with Earth energy. Integrating the use of sound into an acupuncture treatment provides a powerful form of alchemy that enables the practitioner to fine tune and layer the energetic that goes into the point. The end result is a deeper level of internal and external harmony, a true sense of coherence, and a renewed sense of balance.

*"The Tao is always to be practiced in the midst of daily life. Stop talking about lofty wonders and the empty void. Just carry out the human Tao, and there will be no shame in your heart. When you fulfill your nature,*

*you'll know heaven and earth are the same."*—Energy, Vitality, Spirit, Thomas Cleary (1991)

This system was co-developed by Donna Carey, LAc, and has evolved over the past seventeen years through the combined efforts of Donna, Ellen Franklin, MA and more than fifty Acutonics® Instructors who teach this work around the globe. There are also thousands of practitioners that integrate this modality into their clinical work, and contribute to the growing body of research through their case study documentation. Acutonics® has been incorporated into many western medical environments with client populations that are critically ill, young children, and the needle phobic. Because it is a non-invasive modality, basic techniques for self-care can be taught to patients to reduce stress, lower blood pressure, ease the symptoms of depression, and to help achieve physiological homeostasis as well as balancing of body, mind, and spirit.

Hundreds of carefully documented case studies speak to the efficacy of this modality. Acutonics® has been effectively used to reduce blood pressure, relieve the symptoms of depression, chronic fatigue, Post Traumatic Stress Disorder (PTSD) and peripheral neuropathy. It has been used in conjunction with traditional western cancer therapies to reduce nausea, and rebuild red blood cells.

Several treatment examples are provided below that incorporate the use of specific tuning forks from the introductory professional sets that most practitioners begin with: the **Earth-Moon Set** and the **Solar 7th Set**. **Use of these tools is covered extensively in the book, *Acutonics®: There's No Place Like Ohm*, and is taught in a Level I class.**

### SPRING TREATMENT SUGGESTIONS

*"It is said that in spring the green dragon of the East blows the eight winds into the earth and brings forth a thousand flowers."* —from Characters of Wisdom

In Classical Five Element Theory, spring is the element of wood, the climate is wind—often experienced as the winds of change, ripe with the potential for new growth, direction, and vision. Development and expansion can be undertaken with child-like curiosity and an endearing search for truth, coupled with the archetypal quality of the work-focused pioneer.

Imagine a tender, green sprout pushing its way through the hard-packed, winter dirt. To access the virtue of this element we must push through the dirt that prevents forward momentum so that we are able to act with kindness and strength. The greatest fault

of this element is a lack of sensitivity to others that might result in a stress response of explosive anger, or out-of-balance assertiveness.

The spring winds are a reminder that the Wood Element also relates to spring cleaning—letting go of the old and making room for the new. The spirit energy of this season is the *hun* or etheric soul, and the organs are the liver, which is the planner, visionary, and architect and the gall bladder, which is the decision maker; it sees the vision, quickly grasps the plan and carries it out.

During this spring season three wonderful points support movement through this season:

### **Gall Bladder Luo Point GB 37: Clear Illumination, Bright Eyes, Wilderness Mound (*Guang Ming*)**

Just as we climb a tall hill in the wilderness to locate our position and develop our marching plans, we access this point to help provide clarity and brightness and to illuminate our path. The light of the sun and the moon's reflective quality provides vision in both day and night and a clear understanding of where we need to go in our lives, and what steps are necessary to get there. What are the decisions that need to be made so that actions are taken with honor and the clear flow of qi, and clarity? This is also the junction point between the Liver and Gall Bladder Channels and helps support appropriate decisions to fulfill strategic plans.

### **Liver Source Point Liv 3: Great Surge, Supreme Surge Forward (*Tai Chong*)**



*Zodiac 3rd interval on Liv 3*

This is the source and earth point, the place of great balance and grounding that supports us so that we can spring ahead with great energy while remaining balanced and stable. It is a thoroughfare of qi activity and is used to release pent up energy that causes anxiety, irritability, fidgetiness, and tension headaches. This point provides confidence

to step forward with a new vision, implement the plan and make decisions to successfully fulfill the future.

### **Large Intestine Source Point LI 4: Union Valley, Valley of Whole United Harmony (*He Gu*)**

This is the command point of the face, mouth, and head. It is highly beneficial for sinus congestion, allergies, headaches, toothaches, neck pain, and to catalyze endorphin responses. It is also the source point of the

large intestine where powerful energy clears and flows through the valley to create passage and harmony through letting go, joining and uniting with something larger and more integral, more clear. It clears our head and our senses.

Wonderful tuning fork combinations on these points are: **Ohm + Zodiac 3rd, Ohm + New Moon 5th, Ohm + Jupiter 4th, Ohm + Uranus 5th.** By working with just these three points, GB 37, Liv 3, and LI 4 during this spring season we open ourselves to the beauty, potential, and magic of spring, and the power of the wood element.

#### **In Addition:**

**For general kidney tonification, low back pain, building core energy:**

Apply the **Ohm + Full Moon 6th, Solar 7th, and / or Mars/Venus** intervals on kidney source point, Kid 3 (Great Ravine) Ren 4 (Origin's Pass), kidney back shu point, UB 23.



*Solar 7th interval on Kid 3*

#### **For Building Strong defensive energy (*wei qi*):**

St 36 (Leg Three Li) is a very effective point for tonifying the "correct qi"

which strengthens the body's energy in general and the body's resistance to pathogens in particular. Apply **Earth Day 5th** interval to build qi, the **Solar 7th interval** to tonify and activate the body's defensive energies, and/or **Mars/Venus 5th interval** to build the yin and yang energies. Mars' archetypal qualities and action as a warrior also protects the body by fighting invading energies.

*The Kairos Institute of Sound Healing, creators of the Acutonics® System is a continuing education provider for acupuncturists and massage and bodywork practitioners. The full certification program is being offered at Golden Flower Chinese Herbs, where the tools and books are also available. Books include the introductory text, Acutonics®: There's No Place Like Ohm, as well as Acutonics® from Galaxies to Cells: Planetary Science, Harmony and Medicine, published in 2010, along with a new Acutonics® Case Study Companion Guide. Visit the GFCH website for a list of upcoming classes in Albuquerque. To learn more about Acutonics®, and find out about Acutonics® classes worldwide, visit [www.acutonics.com](http://www.acutonics.com).*





# Whole Medicine: Teaming Up for Our Patients

Baltimore Sheraton, May 13 to 15, 2011

## KEYNOTE SPEAKERS

**Dr. Brian Berman** is Professor of Family Medicine and the founder and director of the University of Maryland Center for Integrative Medicine. Dr. Berman significantly changed his own practice of medicine over twenty years ago to a broader, integrative approach that includes complementary therapies and mind/body approaches, and he has introduced this approach into his center's clinic and other clinical practices at the University of Maryland. Dr. Berman's desire to see integrative medicine receive wider acceptance, has resulted in his becoming one of the most highly funded NIH researchers in this field over the past fourteen years.

**Dr. Peter Johnstone's** research interests include cancer survivorship; specifically, he has piloted the use of Complementary and Alternative therapies for symptom relief. Dr. Johnstone is known internationally for publications on using acupuncture to help patients recover salivary function after head and neck radiation therapy, and on the use of manipulative therapy for lymphedema. He and his team have studied the role of health disparities in treatment decisions and outcomes for underprivileged patients with breast, lung, and head and neck cancer, as well as the unique needs of young adult survivors of pediatric cancer. In 2007, Dr. Johnstone served as President of the Society for Integrative Oncology. He is Editor-in-Chief of the journal *Current Problems in Cancer*.

**Roger Jahnke, OMD**, has been in the health field since 1967 beginning with body therapies, herbal medicine, Tai Chi, Yoga and meditation. For over 20 years, Dr. Jahnke has studied, practiced and taught Qigong. He has studied hundreds of forms of Qigong and visited with over 20 Qigong hospitals, institutes and training centers in China. Roger's publications include *The Self Applied Health Enhancement Methods*; *The Most Profound Medicine* and *The Healer Within*. Roger is Director and Chief of Staff of Health Action Medical Clinic, Director of the Institute of Self-Initiated Healing, and Director of the Qigong Department at the Santa Barbara College of Oriental Medicine. He is a Founding Board Member of the Qigong/Chi Kung Association of America.

**Frederic Lim, LAc**, formed Healer2Healer to create opportunities for healers to give to communities in genuine need of healthcare, such that a free-flow cultural exchange would develop and grow. Healer2Healer seeks to bridge cultural divides by bringing professionals from the United States to international rural communities. These professionals serve as volunteers who pay their own way to deliver alternative medical treatments directly to patients. These patients voluntarily come to the community clinics trusting that the practitioners might provide relief from what ails them on a physical and/or emotional level. The community clinics are open to anyone; Healer2Healer focuses on the rural population because this often marginalized group seems to be in perpetual need of medical attention.

Over 250 abstracts have been received internationally, including submissions from Australia, Brazil, China, Korea, Japan, and more.

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(See page 7 for details)