



# Academy for Five Element Acupuncture

*passion • education • community*

Spring 2014

## Letter from the Executive Director

Spring Greetings!

We hit the peak of the spring bloom a couple of weeks ago in Gainesville. The azaleas were magnificent, followed shortly by the redbud trees, then the dogwood trees and the amaryllis. Each pre-dawn morning is now full of bird song. The hummingbirds made their return to our feeders last week. Though nature doesn't die down as noticeably in North Central Florida in the winter as it does in other areas of the country, we still get the glorious bursting forth of springtime energy. It is a beautiful time to be here.

We had a brief period of slowing down in preparation for the spring. **Brendan Kelly** was here in March to teach Practice Management II for the clinical interns. The interns seem to have hit their stride in acupuncture clinic and in herbal clinic. The local faculty and supervisors are enjoying watching them grow into highly effective, compassionate, and successful practitioners. We also had the pleasure of welcoming back **Kimberly Bonde** and

**Dan Sachs** to teach and share their years of experience as practitioners with the students. Our second year students, Class 30, will be here in May for their final intensive session; they begin clinic in September. We look forward to having the first and second year

students here later this spring.

We are pleased to announce that our **Spring Open House** takes place on June 7<sup>th</sup>. If you have someone in your life who you believe is destined to be a Five Element acupuncturist, please encourage them to come to our Open House. It is a wonderful opportunity to meet faculty and staff, learn about Five Element acupuncture, and meet current students. You can find more information on our website. We are enrolling the next Master of Acupuncture class right now; they begin their journey with us on September 4, 2014. Thank you for spreading the word. I am exceedingly grateful for your referrals.

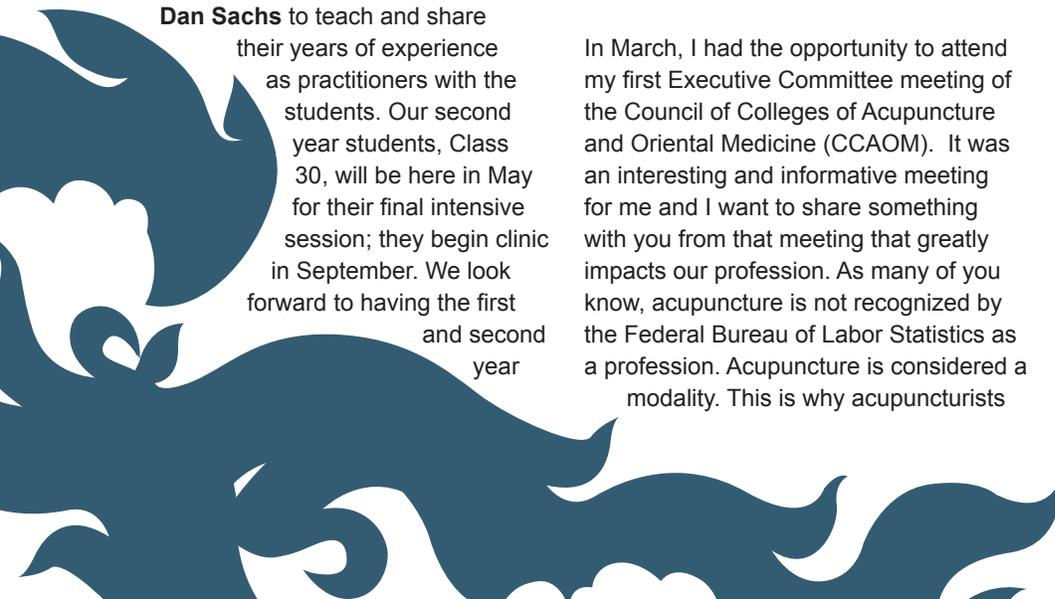
**Thea Elijah** will be here June 27 and 28 for *Spirit of the Herbs*. Please come visit the school and spend a wonderful weekend falling in love with herbal medicine. For those of you who already practice herbs, it is a unique reminder or perhaps a new introduction to the herbs you have worked with for years. Visit our website for details.

In March, I had the opportunity to attend my first Executive Committee meeting of the Council of Colleges of Acupuncture and Oriental Medicine (CCAOM). It was an interesting and informative meeting for me and I want to share something with you from that meeting that greatly impacts our profession. As many of you know, acupuncture is not recognized by the Federal Bureau of Labor Statistics as a profession. Acupuncture is considered a modality. This is why acupuncturists

are not covered by Medicare and Medicaid. In part, it is also how other professions are allowed to practice acupuncture and one of the reasons it is so challenging to stop them. Being recognized as a profession could also impact our ability to have federal loan forgiveness. The window for new professions to approach the Bureau of Labor Statistics opens every 8 years. The last time that window opened the National Commission for the Certification of Acupuncture and Oriental Medicine (NCCAOM), on behalf of the entire profession, put in an application to have acupuncture recognized as a profession. That application fell short of meeting the criteria, but only by one requirement. The past several years have been spent gathering data to meet that final criteria and the time is upon NCCAOM to re-apply. In that first application years ago, NCCAOM used the term "acupuncturist" to describe someone in this profession. **We can all help to continue to build recognition for our field. Every time you complete a government form, including tax forms and the census, and it asks for your profession or occupation, please use the term "acupuncturist".** NCCAOM will submit the application again as soon as the Bureau is accepting them. The results will be announced by early 2016. I will keep you posted on any further developments. Please contact me if you have any questions.

Wishing you a vibrant, hope-filled spring,

*Misti Oxford-Picheral*



## Buy a Brick Today



We unveiled the design for a new Academy sign at the 25<sup>th</sup> Anniversary celebration. For \$250, you can purchase an engraved brick. You can commemorate a loved one, share your inspiration with future students, or get together with your class and buy a brick as a group. Donations may be made over the phone (352.335.2332) or on our website, [acupuncturist.edu](http://acupuncturist.edu). Since our last newsletter, we have sold eight more bricks.

## Thank You for Your Service

The Governing Board and the Administration of Academy for Five Element Acupuncture would like to recognize **Barbara Davis** for her years of service as a Governing Board member.

Barbara was instrumental in smoothing the transition from the Worsley Institute of Classical Acupuncture to Academy for Five Element Acupuncture. JR Worsley asked Barbara to serve on the initial board of the new non-profit organization and she has continued to serve on the board for 17 years. Barbara has been with the Academy since its very inception and



has graced us with the unique combination of her gifts of wisdom, patience, steadfastness and humor. Barbara has made the difficult decision to leave the Governing Board in order to focus on her growing practice in Mediation and Collaborative Law and local volunteer work in Asheville, NC.

We are grateful for Barbara and all of the work she has done on behalf of the school. The Academy would not be where it is today without her efforts. Please join me in wishing Barbara all the best and honoring her dedication to the Academy.

## Thank You to Our Donors

Anonymous

Larry Carlson

Barbara Davis

Joanne Epstein

Merry Gerard

Gnosys Networks

Chuck Graham

Michael Kowalski

Marilyn Mesh

Gale Mowry

Class 27 in Memory of Soyoung Le

OC Bookkeeping

Misti Oxford-

Pickeral

Dorit Reznik

Amy Sear

Pam Smith

Svetlana Valevski

Susan Weiser-

Mason

## UPCOMING EVENTS

National Herb Day  
Lunch & Lecture  
May 3

Prospective Student  
Open House  
June 7

Spirit of the Herbs  
Thea Elijah  
June 27-28

Class 29 Commencement  
August 16

Next Master of Acupuncture class  
September 4

Visit our website for more info  
[ACUPUNCTURIST.EDU](http://ACUPUNCTURIST.EDU)

# Alumni News



## Business Opportunity in Lexington, KY

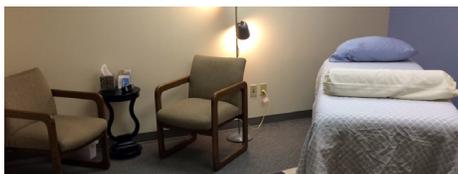
I would like to find another acupuncturist who would be an associate and buy my practice over several years with me in a business mentoring role or to buy me out completely and I work for them as an independent contractor. I would love to find a Five Element colleague. Contact me at Artemesia Community Acupuncture & Wellness Center- [artemesiaweb.com](http://artemesiaweb.com)

**-Kathleen Fluhart**  
Class 8



My PA license arrived a few weeks ago and my grand opening was on March 17<sup>th</sup>. I got my national Diplomate in Acupuncture in the meantime. My new office space is everything I wished for and more. I feel so grateful and hope I can serve many people there for a long time! My website is [www.lifebalanceacu.com](http://www.lifebalanceacu.com).

**-Sarah Heiber**  
Class 28



My new practice brings Five Element acupuncture, herbal medicine, homeopathy, energy medicine, and Feng Shui to the Tampa Bay area. We have a full granular and patent herb pharmacy on site, and we love our relaxing office environment! My partner John has been handling the details of setting up the business, and will be serving as the Business Manager. Visit my website: [www.warmseaacupuncture.com](http://www.warmseaacupuncture.com)

**-Jane Myers**  
Class 28



I am thrilled to finally announce the grand opening of Spirit Seal Acupuncture located in downtown Chicago, IL on April 14<sup>th</sup>, 2014! After years of self-reflection, self-discovery and the life-changing acupuncture program at the Academy, I am finally able to treat and help people on a deep level. I am specializing in acupuncture for mental health as well as HIV and addiction therapies. Visit my website at [www.spiritseal.com](http://www.spiritseal.com) and say hi! And if you're ever in the Chicago area please look me up, I would love to meet and talk.

**-Mat Kulas**  
Class 28

## CONGRATULATIONS RECENT GRADUATES ON YOUR LICENSING

Jane Myers (FL)  
Class 28

Sandra Bennett (FL)  
Class 28

Sarah Heiber (PA)  
Class 28

Emily Stenmark (FL)  
Class 28

Mat Kulas (IL)  
Class 28

A special thank you to  
**Kati Poppmeier**  
for her generous donation of  
acupuncture and alternative  
health books to our library.

Donations to our library are  
always welcome! Contact Andi,  
library coordinator, at [andi.houston@acupuncturist.edu](mailto:andi.houston@acupuncturist.edu)

# Take Ownership in Your Health

*What does it take to heal & how much ownership are you taking in your health?*

Twelve years ago, out of nowhere back pain struck me. I was introduced to acupuncture after six months of active searching for help via western medicine, physical therapy, and chiropractic medicine. At the time, I was a single woman making a modest living and certainly couldn't "afford acupuncture." The thing is I couldn't afford not to try acupuncture. I was in my mid-twenties and knew I shouldn't be in pain like I was. Per my acupuncturist's orders I had treatment and massage once a week for about ten weeks. I also started going to yoga to stretch out my back pain and deal with the underlying stressors that were contributing to my back pain. I became an active participant in my health and was determined to get to the root of the problem.

Fast forward to today, and now I am the practitioner working with people that have pain, numbness, and other symptoms. These symptoms are the body's messengers to you. If you listen, make lifestyle changes, seek out practitioners that can be your health partner, the messages (a.k.a. symptoms) may go away completely. If you don't listen, the messages will get louder and more extreme.

I entered a field that I truly believe in and have experienced first hand how magnificent it can be. It took time and active participation but my back is great! Occasionally, when I let stressors get the best of me, I will find my back is signaling me. I listen to the message and I adjust my lifestyle. For me that means yoga therapy, more meditation, guided relaxation, and backing off the intensity at which I pursue my daily activities. I do yoga stretches (such as legs resting up the wall, child's pose, and pigeon hip opener) at home to ease the muscles that I habitually contract during times of stress.

My back has become my true health champion- it tells me when I need to slow down and take life in because normally

I am steam rolling through my to-do list trying to be the best mom, wife, yogi, and acupuncturist I can be. Steam rolling is not the way to live and I have my back to keep me in check.

If you are new to acupuncture, skeptical of acupuncture, or are a curious patient I want to invite you to play investigator and active participant in your health and healing process. Here are a few questions that I find helpful in the investigation process:

- What are my expectations from acupuncture, my Dr., massage, etc?
- Are they reasonable?
- How long have I had these symptom(s)?
- How long should it take to get to the root of the problem and heal? Is this a reasonable time frame?
- Is the root from habitual patterning?
- What kind of things can I do to start the healing process?
- Am I resistant to doing the things that are positive for healing? Why?
- What am I afraid of losing if I cut these out from my life?
- What would life be without \_\_\_?
- What would life be like if I added in positive activities for healing transformation?
- How can I challenge my thought patterns and preconceived notions with a level of child like curiosity and wonder?
- What do I have to lose from exploring something new? What do I have to lose if I don't change anything?

Here is an example that may help tie all of this together. A patient comes in for back pain, gets acupuncture treatment then goes home and does hard labor for hours. The patient felt relief from acupuncture but it didn't last for long. We have to take a look at our lifestyle and make adjustments to support the healing process. My hope from sharing this blog with you is that I may empower you to become your own champion in healing.

**-Erica McLaughlin**

Class 28

From her blog at [Lifebalancejax.com](http://Lifebalancejax.com)

# Making a Difference: Merry Gerard



Governing Board Chairperson and senior faculty member, **Merry Gerard** was awarded a Founder's Award by Second Step, a private non-profit organization that provides survivors of domestic violence and their children with transitional housing and links to services and resources.

Merry has worked with Second Step for more than two years and was recognized for her work with their community acupuncture program and her work with an automotive initiative for the families they serve.

Congratulations for your recognition, Merry, and for your support of your community.

