Autumnal Greetings!

The classics say that this is the time of year to turn our energy inward to tend the light of heaven inside ourselves. Here in Gainesville, the cooler weather of fall tends to create the opportunity for more outside activity compared to the hot, heavy late summer lethargy we just broke out of. We hope that wherever you are, the change of season provides you with the opportunity to look inward. At the Academy, after working through a very full late summer, we can now turn our energy to the inner work of preparing for a busy winter.

Our interns, Class 30, are seeing patients in the acupuncture clinic and they are doing wonderful work. It is such a pleasure to see the kind of practitioners they are at the onset of clinic and to know that they will only improve from this auspicious beginning. The interns also in the Chinese Herbal Studies program will begin herbal clinic in November.

Speaking of herbal studies, we are in the process of developing a completely modular herbal program for licensed practitioners. Over the years, we have heard that many of you would be interested in adding herbs to your tool kit but are unable to relocate to Gainesville to complete the program. I would like to hear from you if you are interested in such an opportunity. Please contact me directly at the school (352.335.2332) or by email at misti.oxford@acupuncturist.edu.

Also new at the Academy, we are ready to launch an on-line discussion group for alumni and faculty. Join the Academy Google group to share your clinical success stories, stay up to date on current issues in the world of acupuncture, share your practical experience, ask practice-related questions, and stay connected to the school community. Andi Houston will send out an invitation by email to join. Help us reach you by updating your contact information here: http://acupuncturist.edu/practice-locations-information-change/

On a more personal note, our lovely registrar, Rachael Sims, will be leaving us at the end of October. Rachael is expecting her third child in early November. With two babies at home and one in kindergarten, Rachael has decided to change gears and become a stay-at-home mom for a while. Please join me in wishing Rachael a smooth, easy, and beautiful birth experience and plenty of love and joy with her family. In preparation for Rachael’s departure, I am very pleased to announce that we have hired Christina Nagy as our new Registrar. Rachael and Christina will be working together for the next few weeks to ensure a smooth transition. When you call or come by, please introduce yourself to Christina and welcome her to the family.

In mid-October, the Academy brought senior practitioner and renowned Five Element teacher, Niki Bilton, for a faculty development workshop entitled, Embodying the Energetics of the Elements. Several of our local faculty and

--Letter continued p.3
New Master of Acupuncture Class

Our newest group of future acupuncturists. Top row, l. to r.: Jason Sanza, Michel Butler, Melanie Dailey, Carola Cooper, Collin Hubert, Courtney Wegman, Elissa Bratcher, Tanya Gault, Fraser Bliss. Bottom row, l. to r.: Shannon Faulk, Rebecca Biller, Sam Tocchini, Rochella Tumanan, Kelli Dumas, Ella Xu, Weiwei Guan

Welcome our New Registrar

Greetings everyone,

My name is Christina Nagy (pronounced “Nah-gee” like the letter) and I am your new registrar. I have resided in Gainesville for the past two years, after graduating from the University of Central Florida (Go Knights!) in 2012 with my Bachelor’s degrees in Biology and Health Science.

Many people ask me, “Why did you move here? It’s a college town.” Within this college town there is a charm that allures people who want to feel a sense of magic. Maybe you’ve even felt it outside of your intensives. Once you find your niche here, you won’t want to leave. When I’m not being a full-time dog mom (yes, I’m one of those people), I enjoy nerding out, being an avid slow jogger and practicing tribal belly dance.

I really cannot express enough how excited I am to be here. From the moment I stepped inside of this beautiful school I felt nothing but a welcoming positive atmosphere. Please feel free to come by my office anytime – my door is open to you.

Namasté, Christina

INCREASE ENERGY, RELAXATION, OPTIMIZE HEALTH WITH MASTER WENWEI OU

January 9-12, 2015 including:

- Pangu Shengong: Moving and Non-Moving Forms
- Healing Skills
- Advanced Skills Courses
- Pangu Shengong Yoga
- 1:1 Sessions with Master Ou
- and more!

Academy for Five Element Acupuncture
352.388.2932
www.acupuncturist.edu
Letter from the Executive Director

(Continued from p.1)
a couple of away faculty participated in
the five-day workshop. It was such a rich
and rewarding experience to be in the
classroom with a teacher so grounded
in the classics combined with over 30
years of practical clinical experience. I
know I learned so much that will directly
impact my practice and my teaching. I
have heard the same feedback
from the other participants.

In the future, we plan to
bring Niki for more faculty
development opportunities
as well as hosting her
Graduate Program at the
school. Be on the lookout
for more information on future
opportunities to study with Niki
Bilton.

Coming up soon, we have a couple of
CEU opportunities. Amy Sear, herbal
faculty member and national lecturer, will
be at the Academy on December 13th
and 14th for Understanding and Treating
the Breast Cancer Patient: Integration
on All Levels. Early registration ends
November 20th. You can register on the
website. In January, Master Ou Wen Wei
will return to the Academy with several
QiGong course offerings. Please check
out the website for more details. Planning
ahead, please mark your calendars for
May 1-3, 2015. The Academy is pleased
to welcome Elisabeth Rochat de Valle
to Gainesville for a weekend seminar,
including The Patient/Practitioner
Relationship and The Qi and Their

Students can focus on studying the Five
Element tradition and complete
a certificate in Chinese Herbal
Studies. Our fall Open House
takes place on November
8, 2014. Open House is
an excellent opportunity
for prospective students
to learn about the five elements,
meet faculty members and current
students, experience Five Element
acupuncture, and tour our beautiful
campus. Those interested can RSVP on
the website.

This season may you find the diamonds
in your life and let go of what no longer
serves.

All the best,

Various Expressions in the Body. We will
send out save the date reminders and
more information soon.

Last but not least, our next Master of
Acupuncture class begins February 3,
2015. We are actively taking applications
and we appreciate your referrals. If
someone in your life is interested in
becoming an acupuncturist (maybe
they don’t even know it yet), please
send them our way. Help them create
a life of purpose. There is no other fully
accredited institution where students
can focus on studying the Five
Element tradition and complete
a certificate in Chinese Herbal
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in your life and let go of what no longer
serves.

All the best,

Let Go In Autumn

by April Hulvershorn, Class 11

The energy of Autumn, more than any
other season, encourages us to let go of
anything that no longer serves. We are
naturally drawn inward during this season
of waning light, drawn to the things
that really matter to us.

Here are some practices to intentionally
benefit from the season:
• Clean out the old. Go through your
home and work place. Clear out places
where clutter collects. Clean out closets,
filing cabinets, your car. Sell, give away
or recycle as much as possible.
• Assess your schedule. Clear out any
activities that you are done with.
If there is any unfinished business in your
relationships, clean it up. Examine and
release any gripes or grudges you may
be holding.
• Let go of pain that causes you
unnecessary suffering. If appropriate,
write down the things you need to
release, then burn the paper.
• Autumn is a great time to cleanse the
body. Eliminate toxins from your diet and
eat simple, whole foods.
Receive the pure energy of the season.
• Go for a walk and breathe deeply-
experience the clear, crisp air and feel
how much energy it gives you.
• Honor the friends, relatives, pets, and
colleagues who add to your life. Let them

(Michael Hirt-Pechan)
Debby Jennings, Class 26

Rising Phoenix Acupuncture and Herbology has moved to Winston-Salem, NC. I am working with the Stillpoint Group, a collective of alternative practitioners working together to assist clients to move into optimum health, using a variety of treatment modalities and integrative practices. Stillpoint Group includes acupuncture, a naturopathic physician, massage therapy, reiki, NES, meditative and yoga instruction, medical qigong, acutonics, and more. Check out our website at thestillpointgroup.com.

Mat Kulas, Class 28

I have started a blog sharing acupuncture articles, seasonal recipes, and my own observations on acupuncture as a practice. You can read and subscribe at spiritsealacupuncture.tumblr.com.

Jennifer Myers, Class 28

I’ve opened Core Health and Wellness Acupuncture, located in Buckhead area in Atlanta, GA. I write a blog focused on acupuncture and self-care called “The Tale of an Acupuncturist” at www.well-chat.com.

Sarah Heiber, Class 28

Visit our blog for updates, events, and fun educational info on health and Chinese medicine for my practice in Pittsburgh, PA: www.lifebalanceacu.com/blog.

Brendan Kelly, Class 15

I recently had an article published in the California Journal of Oriental Medicine (CJOM.) It’s titled “The Yin and Yang of Climate Change: Treating the Roots of the Crisis” and talks about how what is happening in the climate is happening within us. It also presents climate change as a sickness and talks about things we can do to address internally the deeper causes of our warming planet. Read it on my blog: www.jademtwellness.com/category/blog/

Carrie Chauhan, Class 23

My blog, focused on Chinese and Ayurvedic herbal medicine, is almost three years old! Check it out at: carriechauhan.com/blog.

Let Go In Autumn, cont.

know how much they mean to you.
• Seek out things that inspire you - read an inspiring book, listen to music that moves you, view art that touches you, take an autumn hike in a place that you love.
• Is there anything that you want to add to your life to enhance your health, energy or soul? Meditation, breathing exercises, or a gratitude journal are some examples.

Engaging with this season also prepares us for the deep stillness of Winter, when it is appropriate to be more quiet and restful. May you have a rich and beautiful Autumn!

five-elementacupuncture.blogspot.com
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Upcoming Events

Prospective Student Open House
November 8

Downtown Festival & Art Show
November 8-9

Holiday Clinic Patient Social
December 12

Breast Cancer: Integration On All Levels with Amy Sear
December 13-14

Pangu Shengong Weekend with Master Ou
January 9-12, 2015

New Master of Acupuncture Class
February 4, 2015

Elisabeth Rochat de Valle
May 1-3, 2015

Visit our website for more info: ACUPUNCTURIST.EDU