



# Academy for Five Element Acupuncture

*passion • education • community*

Winter 2015

## Letter from the Executive Director

Winter greetings!

Happy Year of the Sheep! In Chinese astrology, the sheep (or goat or ram) is a predominantly yin energy. It is also a symbol of peace and a harbinger of harmonious co-existence and tranquility. With good fortune, that will be the primary energetic and the fundamental mood for this year.

I have some big news. WE BOUGHT A BUILDING!! The stars aligned for us when the building that is adjacent to our existing building and housed our previous annex classroom became available in the fall of 2014. We wasted no time to avail ourselves of the opportunity. I am proud to say that the Academy now owns an entire city block in downtown Gainesville. Renovations are currently underway. With a new roof, new air conditioning and ventilation, a new floor plan, and some good ol' TLC, the new building will be shipshape by mid-year. I will send periodic updates and photos of the renovation process. We are going to need your

financial support to pull off this massive undertaking. I am confident that we can do it!

Please come and visit the school. I also invite you to join us for a weekend with **Elisabeth Rochat de la Vallée**, May 1-3, 2015.

Elisabeth will speak about the *Patient-Practitioner Relationship* on Friday and she will speak about the *Qi and Their Various Manifestations* on Saturday and Sunday. On Friday evening, we will have a reception and book signing event. You can learn more about Elisabeth Rochat de la Vallée in this newsletter and on our website. Registration is now open on our website. (CEUs will be available.) I would love to see you here!

Day-to-day life at the Academy is bustling along. The clinic interns are in phase II of their clinical training and doing an outstanding job with their patients. They are also seeing patients in herbal clinic. I had the pleasure of spending a few hours in herb clinic with them a couple of weeks ago and I was totally impressed with their skill level. Many of the interns are in class

this week studying Botany with the one-and-only **7Song**, director of the Northeast School of Botanical Medicine. Students here in their fifth intensive session come back one more time before they begin their clinical experience in the fall. **Amy Jenner** (Class 27) was their "away" teacher this session. Each year, Amy comes down from Maine to teach a great class on understanding and embodying the energetics of the elements using interactive exercises such as games and dancing. Senior faculty members **Dan Sachs** and **Rachel Harrison** came from afar to teach the freshman class. The new winter class began their journey with us on February 3<sup>rd</sup>. They are a lovely group of women with diverse backgrounds and interesting journeys so far. We look forward to getting to know them better

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# About Elisabeth Rochat de la Valée



*Elisabeth Rochat de la Valée*

*Registration for her May lectures and book signing opens Feb. 5<sup>th</sup> at our website, [acupuncturist.edu](http://acupuncturist.edu)*

Born in Paris in 1949, I studied philosophy, literature and classics at the Paris University where I completed my Masters degree in Classics and in Philosophy then in Chinese.

When I was 20, I met Claude Larre while he was working on his PhD thesis on the Huainanzi and translating the Laozi. As a result of his influence, I began to study Chinese, working with him on Chinese classical texts. I also studied modern Chinese with a native speaker and spent a year in Taiwan (1974) to further my studies.

Under the auspices of the Ricci Institute in Paris, Father Larre and I offered lectures, seminars and conferences on Chinese classical thought; this teaching was given not only in Paris and other French cities, but also in several European countries

and shortly in America. We also published numerous booklets on the seminal texts of Chinese medicine and philosophy.

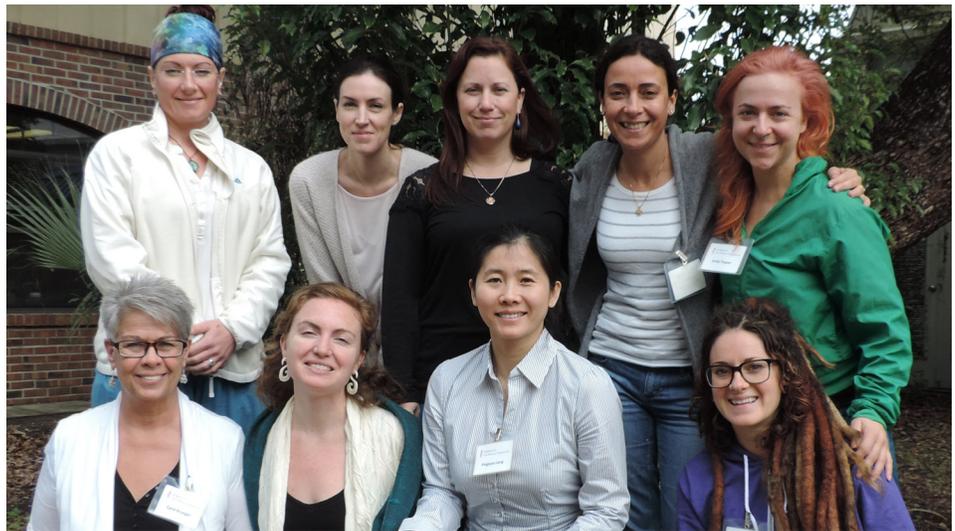
I continue to teach worldwide, working with both medical and philosophical Classics. I was lucky enough to find good friends and partners to work with, such as Sandra Hill for the editing and publication of books in English through Monkey Press, Peter Firebrace for teaching in London with Orientation, Ken and Jessica Rose in the US with whom I co-founded the Three Spring Institute, and many others in

different countries and languages.

I do think that a real knowledge of the Chinese vision of life is useful not only to understand Chinese medicine from a scholarly point of view, but also to deepen one's practical approach and clinical skill. It is the reason why I always read, translate and explain texts which present a precise pathology and its diagnosis treatment or a reflection on the nature and meaning of human life or anything in the between.

*-Excerpted from <http://www.elisabeth-rochat.com/biography.html>*

## Welcome Class 32B



Pictured during their first intensive are (top row, l. to r.) Kimberly Porter, Allison Osbourne, Amanda Powell, Hasnae Coquille, Emily Tepper, (bottom row, l. to r.) Carol Krueger, Kendall McKinley, Yingjuan Liang, and Tia Hendrickson.



# Alumni News



I am excited to announce the opening of Harmonic Acupuncture in Savannah, GA. I specialize in blending Five Element acupuncture with Acutonics and Chinese herbs. My website is [www.harmonic-acupuncture.com](http://www.harmonic-acupuncture.com). Please contact me at my new email address- [marcy@harmonic-acupuncture.com](mailto:marcy@harmonic-acupuncture.com) or 912.663.3794.

**-Marcy L'Hommedieu**  
Class 29



My first article in Atlanta Multi-Sports Magazine will debut this week. This is a new magazine to Atlanta and I've been invited to do a series of articles around acupuncture and athletes. It's an online magazine so they focus on videos and photos as much as written articles so I wrote an article and then did a video to introduce myself and the articles (need to work on being in front of the camera but will hopefully get better!)

Check it out here:

<http://youtu.be/PrLsMzKromg>

**-Jennifer Myers**  
Class 28



I am happy to announce the opening of Shen Health Acupuncture on February 2<sup>nd</sup> in Jupiter, FL. My focus is to provide behavior/mental/emotional health to people of all ages. I am so grateful for this opportunity to offer the gift of the Five Elements to the Jupiter community! Visit us as [www.shenhealthacupuncture.com](http://www.shenhealthacupuncture.com) and find us on Facebook!

**-Natalie Shea Giusti**  
Class 28



On February 1 I am opening Millerton Acupuncture in Millerton NY, where I grew up. The mission of my practice is to inspire personal healthcare reform through education, community building, and acupuncture treatment. I love practicing acupuncture because it allows me to facilitate this exquisite healing process. Check out my website at <http://www.emmadweck.com/>

**-Emma Dweck**  
Class 28

## UPCOMING EVENTS

**May 1**  
Elisabeth Rochat de la Vallee  
"The Patient and Practitioner  
Relationship"

**May 2-3**  
Elisabeth Rochat de la Vallee  
"The Various Expressions of Qi  
in the Body"

**August 11**  
Next Master of Acupuncture  
class begins

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



I am moving my practice into a new space in Jacksonville Beach, FL. In addition to acupuncture and massage, I have crystal therapy, Chinese herbs, and doTerra essential oils.

**-Lea Klein**  
Class 26



## Donor Thank You's

Thank you to our 2014 end of year donors. Every Thursday evening we offer auricular acupuncture treatments for the community in a safe and comfortable group environment. The suggested donation is \$5. This service is extended to veterans and their immediate family members free of charge. Your donations will help support our weekly auricular acupuncture clinic.

**Bill & Stefanie Kushner**

**Sandra Lillie**

**Carolyn Miller**

**Misti Oxford-Pickeral**

**Dan Sachs**

**Beth Stewart**

## In Memory of Debra Moortgat



Debra Rene "Debbie" Moortgat, age 50, of St. Augustine, passed away on February 1, 2015 in Jacksonville with her husband by her side. After graduating from the Acupuncture Program at Jung Tao, she opened her practice in St. Augustine and quickly gained a reputation as an accomplished and sought after practitioner. Debra graduated from the Chinese Herbal Studies program at the Academy in 2009. Dedicated to the practice of Acupuncture and committed to its advancement, Debbie spent years translating the book of Traditional Chinese Medicine from French to English for the Jung Tao School. Debbie will be remembered as a loving wife, daughter, friend, and a skilled caregiver to her patients.

*In lieu of flowers, donations in Debbie's memory can be made to: Community Cats of Palm Coast, 18 Mahoe Drive North, Palm Coast, FL. 32137.*

## Alumni News



Rising Phoenix Acupuncture and Herbology has moved to Winston-Salem, NC. I am working with the Stillpoint Group: [thestillpointgroup.com](http://thestillpointgroup.com). We are a collective of alternative practitioners working together to assist clients to move into optimum health using a variety of treatment modalities and integrative practices, including acupuncture, a naturopathic physician, massage, reiki, NES, meditation, yoga, medical qigong, Acutonics and more. I am the only Five Element acupuncturist in the area.

**-Debby Jennings**  
Class 26



I have been accepted into the Doctorate of Integrative Health Sciences Program (Clinical Nutrition) at Huntington College of Health Sciences. I plan to focus on the aging population and incorporating Western medicine and the Eastern medicine of Acupuncture in a leadership role to help advance the broad understanding of diverse and complex issues, challenges and opportunities that face individuals and society in aging.

**-Carolyn Haigler**  
Class 24



I started practicing in Michigan in October 2012. My practice's name is Naphsha Healing and is dedicated to the development of the human spirit through authentic living and natural health for all.

In May 2013 I enrolled in a Doctoral program at Yo San University in California. I will graduate in April 2015 with a Doctor of Acupuncture and Oriental Medicine (DAOM) degree, specializing in integrated reproductive medicine.

As the Vice President of the Michigan Association of Acupuncture and Oriental Medicine I am actively involved in the development of the Acupuncture profession in Michigan and in improving the Michigan legislation to move towards independence of our profession through licensing.

I am grateful to have had the opportunity to get my Masters Degree in Acupuncture and Herbs from the Academy and to grow my roots in the amazing tradition of Five Element acupuncture. This strong foundation is at the basis of my treatments and of my integration of other modalities. I am also happy to have developed strong professional relationships and friendships that will last a lifetime.

Please come visit me when you come to Michigan.

**-Gigi Cristache**  
Class 26

## Executive Director's Letter

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during this session.

In December, **Amy Sear** taught a fantastic CEU workshop on working with patients with Breast Cancer. I am always so impressed with Amy's knowledge base and ability to communicate information clearly and effectively. If you are looking for CEU opportunities, including home-study courses, check out her course offerings. I hope to bring Amy back in 2015 for another workshop.

In January, the school hosted several days of Pangu Shengong courses with Master Ou Wen Wei. Pangu Shengong has quite a following in the Gainesville area and we are happy to have people from the community visit the school and participate in classes. The theme of Master Ou's lectures this time focused on removing the barriers in one's heart to love more fully and to live more peacefully.

Last but certainly not least, thank you for your continued support. We appreciate the students you send to the Academy more than we can say. Please consider referring someone you know and love whom you think is ready to make a change to become a Five Element practitioner. We are taking applications for our fall 2015 class scheduled to start August 11, 2015. We are here to answer any questions and to inspire new students to begin their acupuncture journey. Our next Preview Day (formerly called Open House) is coming up in June. More information soon...

I wish you a prosperous and peaceful Year of the Sheep.

All the best,



## Moxa Cookies for Winter Back Pain



In December, the Herbal Clinic Interns made holiday cookies of a different kind—Moxa Cookies. Not for internal consumption, these cookies are used as a base for direct moxibustion, in the same way we might use a slice of ginger or salt in the belly button point, CV.8.

The cookies include some delicious ingredients including ginger juice, honey and wheat flour. Jiang huang turmeric, xiao hui xiang fennel, rou gui cinnamon bark and ding xiang clove are the herbal ingredients that you might find in 'real' cookies, then adding ai ye artemisia, ze lan lycopi, mu xiang aucklandia and chuan wu aconite. Thanks to Fat Turtle Botanicals ([www.fatturtleherbs.com](http://www.fatturtleherbs.com)) for the recipe and there are a variety of recipes out there.

This was the first time in memory that hands-on herbal making has been included in the curriculum. While common for herbalists of other traditions, in our

clinic students have been limited to compounding granular and loose herb formulas. **Andi Houston** was instrumental in moving this project forward and did a great job leading the interns through the moxa cookie creation process. A special bonus: we used ai ye artemisia harvested from our own Academy herb garden.

I tried a moxa cookie on a patient to get feedback on how it felt. I made moxa cones the same size that I would use on CV.8 filled with salt, and used multiple cones on the cookie over lower back point GV.3, where the patient had back pain. The patient reported enjoying the warmth and having a decrease in pain as well as increase in flexibility.

Want to add an extra boost to winter time treatments? Moxa cookies may be just the treat for your patients.

-**Carrie Chauhan**,  
Director of Herbal Studies

## Win Against Dry Needling in Florida

Corinne Mixon, one of the Florida State Oriental Medical Association (FSOMA) lobbyists, has notified FSOMA that the Physical Therapists have put forward their bill and it does not contain language allowing them to perform dry needling. Their advisors had recommended they not fight us in the legislature on this. This is great news. This is another win in this battle for our profession.

FSOMA is reviewing the bill to see how it could impact the future; unfortunately it is very possible that the Physical Therapists have set up the language in it so that the Board of Physical Therapy will have the authority in the future to allow their profession to practice dry needling. It was because of how their statute was worded that FSOMA's lawyer was able to argue successfully against their board allowing it last year.

If you are a Florida acupuncturist, please join FSOMA! This is the type of change we can affect when we are united in one direction. Sign up here: <http://fsoma.com/>.