



# Academy for Five Element Acupuncture

*passion • education • community*

Autumn 2014

## Letter from the Executive Director

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](mailto: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




UNDERSTANDING AND TREATING  
THE BREAST CANCER PATIENT:  
INTEGRATION ON ALL LEVELS  
WITH AMY SEAR

December 13-14, 2014  
Gainesville, Florida

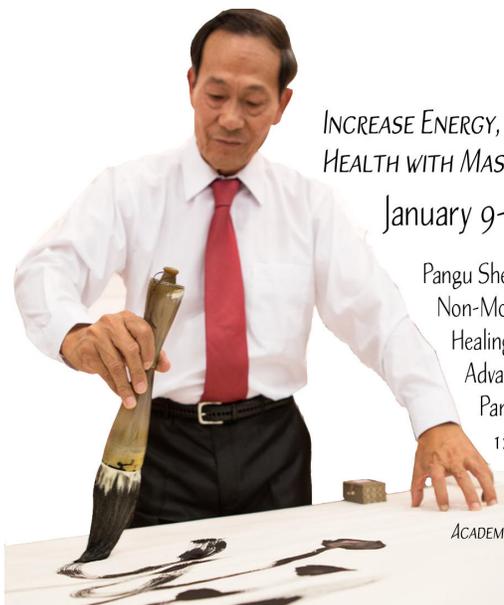
14 CEUs available for Florida licensed acupuncturists

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## 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 Bliiler, Sam Tocchini, Rochella Tumanan, Kelli Dumas, Ella Xu, Weiwei Guan



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## 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.

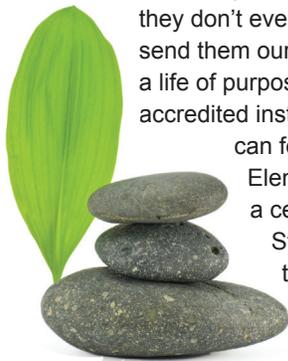
Namasté, Christina

## 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 13<sup>th</sup> and 14<sup>th</sup> for *Understanding and Treating the Breast Cancer Patient: Integration on All Levels*. Early registration ends November 20<sup>th</sup>. 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*



*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 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,

*Misti Oxford-Pickeral*

## 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

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# Alumni News



**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](http://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](http://spiritsealacupuncture.tumblr.com).



**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](http://carriechauhan.com/blog).



**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](http://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](http://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/](http://www.jademtwellness.com/category/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](http://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](http://ACUPUNCTURIST.EDU)