



Academy for Five Element Acupuncture

passion • education • community



Autumn 2018

Letter from the President

Autumnal Greetings!

I hope this note find you well and enjoying the final turning of the year towards its close. This year has seemed to fly by. At the Academy, our busy late summer has given way to a more relaxed fall and early winter. As we get ready to round out 2018, we have a lot to be thankful for and to look forward to next year.

The interns are quite busy in the acupuncture clinic and they are doing great work. Working with them, I am continually reminded of the power of this medicine. The interns were with **Alexander Love** this past weekend for their first practice management course. We also have the pleasure of welcoming **Dr. Kara Michelson**, a naturopath from California, to teach Pharmacology for the interns. This month, the interns started seeing patients in herb clinic. With almost a third of clinic under their collective belt, they are really beginning to hit their stride.

We welcomed back Class 36A for their second session. I want to give a shout out to a couple of our wonderful away faculty. **Alexander Love** was here from

Colorado to spend

some time with them, and later in the session **Ki Ennes** traveled from Virginia to teach the class for several days. In addition to away faculty, we rely heavily on our dedicated local faculty for these intensive sessions. **Patty Getford** will lead this cohort on their first field trip into nature this session.

We are also gearing up for the start of our next cohort on January 23, 2019. The deadline for applications for the winter cohort has passed. However, if you know of anyone who is considering joining the Five Element tradition, please encourage them to visit our website or give our admissions coordinator a call.

With students here in session, we have opportunities this winter and spring for prospective students to tour the school and sit in on class. We will also hold our next Preview Day for prospective students on May 18, 2019.

Thanks to everyone in our school community who helped to make the 30th Anniversary Gala and Silent Auction a success! It was a beautiful evening and a special treat for me to have my dear friend, **Beth Wood**, share with everyone her gifts as a singer-songwriter. We heard beautiful traditional Chinese music performed on the guzheng by **Cheng Chen**, a local student

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Happy
CHINESE NEW YEAR
+ YEAR OF THE PIG +

Please join us for a celebration of our community

Chinese New Year Celebration

Friday, February 1, 2019
6-8 pm

Letter from the President

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pursuing her doctorate in Pharmacology at UF. The silent auction was a hit as well. I want to give a special thank you to all of our donors for the silent auction. In addition to local donors, we received generous donations from several alumni and away faculty. We appreciate your support and generosity. I am particularly grateful for **Andi Houston** and the countless hours of hard work she put in to make this event so successful. Thank you, Andi. Special thanks to the faculty, staff, and student volunteers. We couldn't have done it without you. Thank goodness we have a couple of months to get ready for Chinese New Year!

In other news, in October, **Niki Bilton** spent several days at the Academy teaching the faculty and the interns and offering her amazing CSOE Carnival. The Carnival was a big success. Over half of the intern class and several of our alumni came to town to participate. It was so lovely to see our alumni again and to reconnect.

We'll have an opportunity again soon for alumni to return to the Academy for CEUs and NCCAOM PDA points. I am thrilled to announce that on March 23 & 24, 2019, **Lonny Jarrett** will be here to offer a workshop on *Deepening Perspectives on Pulse Diagnosis*. Please visit the website for more information and to register. I look forward to seeing you there!

We have a couple of other offerings in the next few months. On Saturday, January 19, 2019, my friend and international psychic consultant, **Charley Castex** (charleycastex.com) will be at the Academy to offer two 2-hour events. In the morning program, *The Power and Practice of Intuition*, Charley will share strategies for enhancing intuition. In the afternoon program, *Living Sensitively in the 21st Century*, Charley will offer insights on spiritual empowerment and achieving intuitive, visionary clarity. On February 8 and 9, **Thea Elijah** will be at the Academy to teach two days of *Spirit of the Herbs*, then on February 10, she will offer a day of Whole Heart Connection entitled *Is It Safe to Feel?* During this day, Thea will focus on embodiment practices for being alive and well during turbulent times.

Finally, I am honored to continue to represent the Academy nationally at the Council of Colleges of Acupuncture and Oriental Medicine. In early November, I was re-elected as President of the Council. We will continue to work on improving communication with other national organizations, including the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) and the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM). At this meeting, we talked about generating national milestones for acupuncture education, and continued to talk about creating more opportunities for our graduates to participate more fully in healthcare in the United States. Both of those topics feed into the conversation about doctoral-level education. In the new year, we will begin to have more concrete conversations about moving in that direction.

I had the great good fortune to attend World Acupuncture Day on November 15 at the UNESCO Building in Paris, France, followed by a two-day Cultural and Scientific Dialog on Acupuncture in the City of Science and Industry in Paris. World Acupuncture Day celebrated the 8th anniversary of the inscription of acupuncture as an "Intangible Cultural Heritage of Humanity". The day was full of speakers and performers of Chinese Traditional Music. Over 1200 people were in attendance representing 70 countries. The

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Thank you to our Silent Auction Item Donors

Alexandra Diaz
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Prairie Creek Conservation Cemetery
Public & General Restaurant
Stewart Thomas
Swamphead Brewery
Sweet Water Framing
Trader Joe's

Alumni News

New Practice in Brooklyn



I am officially a licensed acupuncturist and clinical herbalist. And it is with great wonder, curiosity, and hope for the future that I have begun practicing in my city of birth, New York. I treat community-style at Brooklyn Acupuncture Project and am nailing down a space for my private practice this week. I have a new website: <https://www.jasminestine.com/>. Please help me spread the word by sharing it liberally with anyone who could use some TLC in this great metropolis. I'm tryin' to put all this schooling to good use!

-Jasmine Stine
Class 33



Aloha! I am thrilled and grateful to say that after graduating from AFEA last year, I am now a licensed acupuncturist on the Big Island of Hawaii and have been in full practice for the last six months! In addition to Five Element acupuncture, I practice Plant Spirit Healing and incorporate flower essences, too. I find this combination to be extremely powerful and effective.

There are a few different venues in which I practice; the first and foremost being a holistic addiction treatment center called The Exclusive Hawaii. It is my greatest joy and pleasure to hold patients in their health and virtue, especially if they are unable to do it for themselves. Working with drug addiction has been a dream of mine ever since I personally came out the other end of such darkness. In addition, I also practice at Red Lotus Health, a private acupuncture clinic in Kona. I also just started as a contractor at The Four Seasons Hualalai. In addition to giving treatments, I am also providing workshops there this December. With any off time, I am slowly building my own private practice which has been a beautiful and exciting birthing process. The energy of the island is vibrant and alive and I am beyond blessed to be able to share this medicine on the Big Island! My website is 5ehawaii.com.

-Tianna Marie Hendrickson
Class 33

Five Element Acupuncture in Martha's Vineyard



I graduated with Class 31 in August of 2016, and relocated to Martha's Vineyard Island with my husband Eric, and two dogs, Henry and Klaus. Martha's Vineyard is an island off the coast of Massachusetts, and to live here was always a dream of mine. Over the last year and a half, I've managed to complete my board exams, get licensed, and open the doors of my practice as of March 1st, 2018. Finally getting to work with patients and run my own practice has felt like a dream. I could not be happier with my choice to pursue this path of Chinese Medicine, and to share it with the world. My website is <https://www.driftacupuncture.com>

-Jodie Treloar
Class 31

Letter from the President

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events brought together medical and health professionals and researchers from around the world to share knowledge, skills, and practices. The program featured dozens of lectures and workshops related to research and the clinical practice of acupuncture and moxibustion. I feel incredibly privileged to have had the opportunity to attend these events as a representative of the Academy and CCAOM.

Upcoming Events

Upcoming *Events*

December 24-January 1
Winter Holidays- School Closed

January 19

*The Power and Practice of
Intuition et Living Sensitively in
the 21st Century*
Charley Castex

January 23

Master of Acupuncture class
begins

February 1

Celebrate the Community:
Chinese New Year

February 10

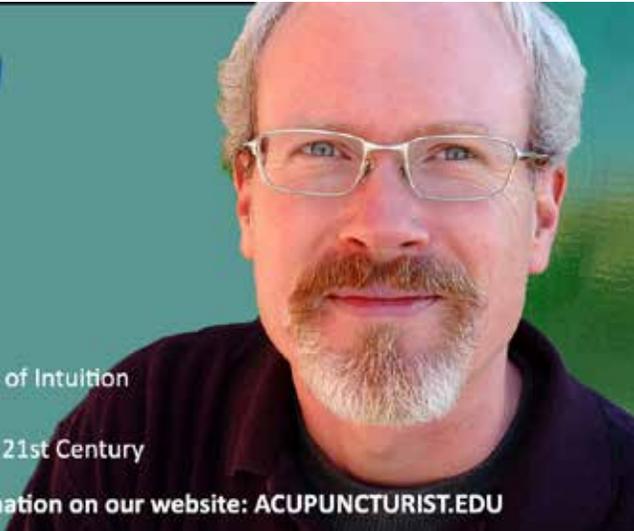
*Whole Heart Connection: Is It
Safe to Feel?*
Thea Elijah

March 23-24

*Deepening Perspectives on Pulse
Diagnosis*
Lonny Jarrett

March 30

Chinese Herbal Studies class
begins



Charley
CASTEX
Psychic Guidance

January 19, 2019
11am-1pm
The Power and Practice of Intuition
3pm-5pm
Living Sensitively in the 21st Century

More information on our website: ACUPUNCTURIST.EDU



**Deepening Perspectives on
Pulse Diagnosis with Lonny Jarrett**

Before March 1:	After March 1:
Academy students & faculty: \$200	Academy students & faculty: \$240
Alumni & non-Academy students: \$240	Alumni & non-Academy students: \$280
Everyone else: \$290	Everyone else: \$330

7 CEUs per day available to licensed FL practitioners.
14 PDA points available to all licensed acupuncturists.

Register online: acupuncturist.edu



Perennial Medicine
with *Thea Elijah*

Whole Heart Connection: Is It Safe to Feel?

February 10, 2019
9am-5:30pm

More information and online registration on our website:
ACUPUNCTURIST.EDU

Meet the Staff



Hi my name is **Robbie Milam**, I was born in Washington D.C. I have lived in Gainesville for a little over a year. I am a mother of three children and a grandmother of three. I have traveled throughout this nation as well Africa, Brazil, and the Caribbean. I plan to travel more in the near future.

My family, as well as I, have a long history of alternative ways of healing the body, mind, and spirit. The Five Element acupuncture way of healing is similar to the way I live life. I am so very proud to join the Academy for Five Element Acupuncture administrative team.

Special Thanks
to Ruby Bienert,
Clinic Director, for her
generous donation to
our library

The Academy in the Community



Interns at the benefit walk for the National Alliance on Mental Illness (NAMI) (l. to r.) **Michelle Lansing** and **Max Glennon**. Not pictured: Class 31 graduate and teaching assistant **Stephanie McCall**.



The intern class had an outreach table at Gainesville Pride Day in November. Clinic outreach organizer **Brittany Wilson** writes: *Gainesville Pride Day was a great event. We also got to meet a wide array of people which is what made the experience so wonderful. Everyone we talked to had different stories and questions about acupuncture. Some people were curious on how or if we could help them and others wanted to understand a little more about us as a clinic. It was truly a beautiful day from beginning to end.* (Left photo, l. to r.) **Michelle Lansing** and **Brittany Wilson**; (Center photo, l. to r.) **Ashley Guevara**, **Jennifer Allen**, **Jamie Paxton**, and **Kiara Segal**; (Right photo, l. to r.) **Brittany Wilson**, **Corey Wheet**, and **Yingjuan Liang**.

Thank you
to our Silent Auction Donors

Jessica Babapour
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Margaret Ginestra
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Susan Weiser-Mason
Isabelle Winzeler
Lise Worthington



MARCH 23-24, 2019

Deepening Perspectives on Pulse Diagnosis



Pulse diagnosis is one of the “Crown jewels” of Chinese medicine.

Competency with the pulse is a significant part of the difference between symptomatic treatment and achieving a truly preventive level of care. Pulse diagnosis is as vital to cultivating a deep intuition in medical practice as it is to being able explicitly communicate to others what one is seeing and how one has arrived at any given diagnosis or treatment principle. This class will lay the foundation for a broad and deep appreciation of pulse diagnosis.

On the first day we will concentrate on the big picture by looking at the whole pulse and considering the issue of stability in terms of rate, rhythm, amplitude, intensity, and pulse quality. On the second day we will examine all the qualities that emerge as the pulse transitions proceed to jing deficiency through a path of either yin or yang deficiency. We will discuss herb formulas and acupuncture point combinations for different pulses.

Lonny Jarrett has been a leading scholar in the field of Chinese medicine since 1980. He is a Fellow of the National Academy of Acupuncture and Oriental Medicine and a founding board member of the Acupuncture Society of Massachusetts. He teaches and publishes widely on the inner tradition of Chinese medicine and Chinese pulse diagnosis. Mr. Jarrett holds a Master’s degree in Neurobiology and maintains his clinical practice in Stockbridge, MA. He is the author of *Nourishing Destiny* and *The Clinical Practice of Chinese Medicine*. His articles and texts are available on the Web at www.spiritpathpress.com.

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Everyone else: \$330

Academy for Five Element Acupuncture
305 SE 2nd Ave.
Gainesville, FL 32601
Call for more information: 352.335.2332

7 CEUs per day available to licensed FL practitioners.
14 PDA points available to all licensed acupuncturists.

Register online: acupuncturist.edu