



Academy for Five Element Acupuncture

passion • education • community



Autumn & Winter 2020

Letter from the President

Happy Winter Solstice!

I hope this note find you safe and healthy as we experience the final turning of the year towards its close. What a bizarre and incredible year it has been. From the pandemic, to hurricanes and wildfires, to racial violence and the tumultuousness of the national election, 2020 has presented challenge upon challenge. At the Academy, we have been in a constant state of adaptation since March. The excellent news is that with the hard work and determination of the administrative staff, and our dedicated instructors and supervisors, we have continued to offer our programs without interruption. As we prepare to round out 2020, we have much to be thankful for, and to look forward to, in the coming year.

After four months of classes and clinical case reviews on Zoom, the clinical interns came back to the clinic to complete their hands-on training in July. Special thanks to **Joanne Epstein** and **Teresa Bruggeman** for creating a school-wide safety plan for our re-opening. They did an absolutely amazing job and we have been safely back at work and in the clinic since mid-July.

The interns also did a great job and we are very proud of them. They handled the pandemic, and the changes the school had to make, with grace and professionalism. We held the school's first livestreamed commencement ceremony for the graduating class on Friday, September 25. **Ruby Bienert** gave a moving and inspiring address as keynote speaker. **Margaret Ginestra** spoke beautifully and powerfully on behalf of her class. It was a beautiful event on a beautiful night. With everything this class endured in their time as students at the Academy - from tragic personal loss, to the pandemic, and everything between - and how they comported themselves through every challenge, I believe they can handle anything. They are the medicine the world needs right now. Please beam them your good wishes as they prepare for their national exams.

The new interns, Class 36, arrived in Gainesville to start their clinical residency in September, and they began to see clinic patients in early October. The interns are quite busy in the acupuncture clinic and they are doing great work. Working with them, I am continually reminded of the beauty and power of this medicine. They have had an action-packed fall, completing many courses while also working in the clinic. Before winter break, interns will have completed a course in Auricular Therapy with **Ruby Bienert**, a Practice Management course with **Alexander Love**, a Nutrition course with **Brandon Weintraub**, a course in Homeopathy

with **Janet Rucker**, and those in the Chinese Herbal Studies Program will have completed Botany with **Susan Marynowski** and **Cal Janae**. In December, the interns will start seeing patients in herb clinic.

The second-year students continue to complete their intensives online via Zoom. We merged the A and B cohorts into one big, beautiful class in intensive three. Special thanks to **Chuck Graham** and **Niki Bilton** for their work on adapting the curriculum to online learning, and for teaching so much of intensive three. They continue to meet the demands of online education with their characteristic grace and heartfelt presence. We are grateful for their positivity and good humor throughout this challenging time. Because COVID is not relenting, their fourth intensive will take place online in January 2021.

It gives me great pleasure to announce our newest class, Class 38A, who started their journey with us on August 21. We were all pleasantly surprised to have such a robust class of 19 students begin their studies in the midst of a pandemic. In addition to our wonderful local faculty, we were happy to have **Gary Dolowich**, **Niki Bilton**, and **Chuck Graham** teach in intensive one. This is an impressive group of students and we look forward to getting to know them better during their second intensive in December.

I am thrilled that so many people are

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Letter from the President

interested in pursuing a career in Five Element acupuncture. There has never been a better time to become an acupuncturist - we have so much to offer to a suffering world. Thank you for inspiring and referring students to the Academy. You are instrumental in helping to keep the Five Element tradition alive, as well as bringing much needed healing to the world. We are grateful for your ongoing support.

Finally, I am honored to continue to represent the Academy nationally at the Council of Colleges of Acupuncture and Herbal Medicine (formerly Council of Colleges of Acupuncture and Oriental Medicine). In early November I was re-elected as President of the Council for a final term. The Council will be working with other national organizations on several important issues, such as distance clinical education, diversity and inclusion, eliminating the term "oriental," naming of degrees, branding and marketing the profession, and unified standards. We will also continue to work on creating more cohesion in our profession and creating more opportunities for our graduates.

There is much good work to be done. I hope you are finding ways to thrive in these difficult and unusual times. Please reach out and let us know how you are doing. We would love to hear from you.

Please stay safe.



Opening the Circle - Our Newest Students



Our new Master of Acupuncture class. Pictured here (top row, l. to r.) **Michelle Smith, Ksenia Deishi-Gaines, Ashley Korenkiewicz, Matthew Adair**, (second row, l. to r.) **Karla Archambeault, Eric Abreu, David Shebalin, Jamie Gioie**, (third row, l. to r.) **Jodie McAllister, Kathleen Hemingway, Sessa Griffin, Molly Randa**, (bottom row, l. to r.) **Kemisola Lofinmakin, Kelly Firth, Jodi Silver, Siena Butler**.

Closing the Circle - Our Newest Graduates



Our newest Master of Acupuncture graduates. Pictured here (top row, l. to r.) **Carrie Callway, Marianne McKenzie, Peter Simon, Krystal Eldreth, Lisa Wiltse, Tylre Bigbie, Magdalen Hsu-Li, Karen Herskowich, Valeria Solano**, (bottom row, l. to r.) **Joanna Rosene-Mirvis, Shayna Stringer, Alexandra Diaz, Carolyn Fitzgibbons, and Margaret Ginestra**.

Alumni News

New Book on Chinese Herbs for Laymen



My first book- ***Chinese Herbal Medicine for Beginners: Over 100 Remedies for Wellness and Balance***, was published in April 2020. I consider myself lucky to have been asked to write a book on Chinese herbal medicine. I love herbal medicine, and the book contains a lot of what I learned at the Academy. Rockridge Press publishes cookbooks, and much of the book is in recipe format. The schedule given by the editors was tight—I was to write and edit the whole thing in an eight-week time frame. Somehow, I got it done, but looking back now I'm not quite sure how!

It was a challenge to write a book about using Chinese herbal medicine with a reader that could be of any background. I tried to include herbs that could be more easily found outside of China, and if possible, grown by the reader. In addition, the herbs had to be the safest for general use, needing no extra preparation to make them safe. The formulas had to involve just the 35 herbs listed, and the dosages safe enough for use by anyone. I would love for everyone to include Asian herbal medicine in their health care team when needed, and I hope this book is an introduction that incites some curiosity and leads to more people contacting their local acupuncturist and herbalist. While graduates of the Academy's Chinese herbal medicine program will know the information in the book, the publisher did a fantastic job with full-color photographs and I think the book is an excellent coffee-table book for practice waiting rooms to get patients interested in herbal medicine.

-Carrie Chauhan
Class 23

Upcoming Events

December 24-January 1
School closed for Winter
Holidays

January 19, 2020
New Master of Acupuncture
class begins

Mixing Entrepreneurship with Chinese Medicine

Hello Academy family! This year I got to marry my love of Chinese Medicine with my previous background in entrepreneurship in a way I never expected. My practice is in NYC, so I had to close down early on. Like a lot of you, I scrambled to keep my young practice afloat, mostly by offering virtual consults and filling formulas. After a lot of hard work and research, I did something totally new to me and launched several online courses for non-practitioners that increased my income by almost 20%! More importantly, it gave me a new platform to communicate about the philosophy of Chinese Medicine in a way that time doesn't always allow for in the clinic. This led to an invitation to teach a webinar for LhasaOMS (I saw some of you there! Thanks for coming!), and now my newest course, ***Yin & Yang of Course Creation***, where I'm helping my fellow motivated practitioners learn how to launch their first successful online class so that they, too, can work from anywhere, increase their revenue, and build a foundation for passive income.



This course has been so rewarding I'm offering it again in the New Year! If you'd like to be in touch or join the waitlist, check out <https://www.jasminestine.com/course-creation>.

-Jasmine Stine
Class 33