



Opening the Circle- Welcome Class 41



Please welcome our newest Master of Acupuncture class, Class 41. This colorful group had a great first intensive with faculty members **Jim Brooks, Gary Dolowich, Jennifer Downey, Patty Getford, Chuck Graham, Misti Oxford-Pickeral, Janet Rucker, and Shayna Stringer**, and visiting faculty **Peggy Watson and Chris Whyrick**.



Closing the Circle- Our Newest Graduates

All best wishes to our newest Master of Acupuncture graduates. Pictured here (top row, l. to r.) **Jodie McAllister, Gretchen Moore, Matthew Olson, Emily Rooney-Bryan, Emilie Sheridan, Michelle Smith, Shannon Welch**, (middle row, l. to r.) **Thomas Gersh, Cerise "Persia" Harbour, Megan Hedley, Kate Hemingway, Ashley Korenkiewicz, David Kruse, Kemisola Lofinmakin, Gianna Masi**, (bottom row, l. to r.) **Matthew Adair, Karla Archambeault, Ryan Callahan, Jing "Claire" Chen, Heather Connors**.



Congratulations to our new Clinical Interns

Our third-year students, Class 39, started their clinical internship in July. Starting their clinical internship one month earlier allows fewer weekend classes during their clinical year.

You can follow their progress by liking [Academy for Five Element Acupuncture Clinic](#).

[Read More](#)

From our Executive Director



Excellence. As one of the Academy's five principles, we aim to achieve this in our programming, both academically and clinically. As graduates, you are the practitioners that are living out our vision to bring healing through the depth, heart, and spirit of the Five Element tradition.

We are what we repeatedly do. Excellence, then, is not an act, but a habit.
-Aristotle

As the new Executive Director, I am reaching out to you. Will you please share your experience at the Academy with me? I would like to hear from you about what we do well and what are some areas of improvement. This is how we will ensure the future of the Five Element tradition and fulfill our mission. [Please reach out to me](#) for a phone call, virtual meeting, or in person meeting [by email](#) or by phone at (352) 335-2332 ext. 04.



Autumn Begins

Although we are only feeling the very first hints of cooler, drier weather here in sunny Florida, Autumn has begun by the Chinese solar calendar.

The solar term "White Dew" is the beginning of the season of Metal. This is a time of clarity as the humidity and temperature start to fall. This is a season of transition and a common time for imbalance to arise. Pay special attention to quantity of sleep and quality of food during this time.

- Go to bed early to moderate the descending Qi of Autumn
- Support Liver Qi by increasing cooked foods with extra fiber, like cabbage, broccoli and fennel
- Resist overeating. Try to stop eating when 80% full

Continuing Education Survey

Interested in continuing education at the Academy? **Please fill out this brief survey** and help us identify the continuing education options you want to see.

[Take our Survey](#)

Upcoming Academy Events

September 28
Info Session for Prospective Students

September 30
Introduction to Scalp Acupuncture with Bethany Bechtel, A.P., Ph.D.

October 16
First Day of Chinese Herbal Clinic

November 2-5
Zero Balancing II with Jim McCormick

[Upcoming Events](#)



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Hello World!