

# Alex Tiberi



Alex Tiberi has been a student of traditional Asian philosophy, arts, and sciences since his teens. His initial training in traditional Asian medicine was through apprenticeship with a sixth generation Korean practitioner, becoming proficient in five element

and constitutional forms of acupuncture. He has now been in clinical practice for 29 years.

Alex is a founder and vice-president of the Pacific College of Oriental Medicine, which has branches in San Diego, New York, and Chicago. He is also on the faculty of the Qing Bai College of Chinese Medicine in the Netherlands. Alex lectures internationally on various aspects of Traditional Chinese Medicine including pediatrics, nourishing life (Yang Sheng), orthopedics and Korean acupuncture. His training in modern western science has allowed him to integrate traditional East Asian medical concepts with modern biomedical theory.

Alex regularly leads study groups to China to participate in the "Master's Classical Studies Program" at the Shandong University of Chinese Medicine in Jinan, PRC and in cooperation with faculty at Shandong University has co-founded the Traditional Chinese Medicine Literature Research and Translation Academy.

A student of Buddhism for over 30 years, he now practices both Tibetan Vajrayana and Japanese Shugendo. A longtime practitioner of the martial arts, Alex practices a number of martial disciplines including horseback archery, jousting, aikido, and kenjutsu. Alex has also studied Tibetan astrology and astronomy under several teachers and is currently a student of Mr. Jampa Kelsang. He has two grown children and resides on a horse ranch in Asheville, NC.

The Maryland  
Acupuncture  
Society  
P. O. Box 5498  
Takoma Park, MD  
20913-5498



**Register now for:**

Alex Tiberi

March 20-21, 2010

**Mark Your Calendars!**

December 4-5, 2010 – Jeffrey Yuen

MAS PROUDLY PRESENTS

## Alex Tiberi

# Aches and Pains

*Chinese Medicine  
in the Treatment  
of Pain*



March 20-21, 2010  
9am-5pm

14 CEUs Available

# Aches and Pains

## Chinese Medicine in the Treatment of Pain

Presented by  
**Alex Tiberi**

*“Where there is free flow, there is no pain;  
where there is pain, there is no free flow.”*

*“Pain is inevitable; suffering is optional.”*

The topics of this seminar brilliantly woven together by Alex Tiberi under the cover of Aches and Pains may include the concerns of just about everyone that walks into your office. Seen from an even broader perspective, Aches and Pains connects us with all humanity. Presented in an accessible, fun and down-to-earth style, you will be able to use this information immediately and effectively!

### Chinese medical theory of pain

The sensation of pain depends on qi.

- Mild qi accumulation draws awareness, more severe accumulation results in pain.
- The nature of the obstructing factor determines the sensation of pain.

### Biomedical theories of pain

- Different nerve fibers and their role in sensing and suppressing pain
- Chemical mediators in pain perception

### Relationship of the nerves, pain, and acupuncture

#### Emotions and pain

*“Pain cannot exist in the absence of emotional content.”*

- Factors that effect pain tolerance
- Emotions and chronic pain
- Nine acupuncture methods for regulating the shen

#### Treatment of pain, the general considerations

- Varying treatment according to the type of pain
- Techniques of treatment: needle methods, cupping methods, moxibustion, electrical stimulation, herbs, topical applications, tui-na
- Pain and diagnosis: how pain alters diagnostic signs
- Local and distal pain treatment techniques
- “Polarity” methods of meridian balancing
- Microsystems: hand, ear, scalp
- Eight extra meridians and pain treatment

### Difficult and confusing pain presentations

- Fibromyalgia
- Phantom Limb Pain
- Reflex Sympathetic Dystrophy
- Hypersensitivity

### Chest Pain

- Angina: Chest Bi as it pertains to the Heart
- The Lungs
- Gao Huang
- Procedure for clearing retained pathogens
- The Breasts
- The Chest Wall

### Digestive conditions and pain

- Rebellious qi upward
- Heat
- Central qi dropping
- Stagnation

### Pain in Gynecology and Urology

- Dysmenorrhea
- Prostate pain
- Ovulatory pain
- Interstitial cystitis
- Vaginitis
- Painful intercourse

### Headaches

- Stagnation, yang rising, and deficiency headaches
- Headache differentiation by meridian/organ involvement

### Facial pain and paralysis, trigeminal neuralgia

#### Eyestrain and painful conditions of the eye

- Maintaining the health of the eye
- Preventing eyestrain
- Specific eye conditions

#### Tooth and gum pain

- Correspondence of the teeth and organs
- Meridian relationships to the interior of the mouth

#### Orthopedic pain treatment

- Identifying and varying treatment according to the specific orthopedic structure involved
- Specific prescriptions for the major joints
- Often confused orthopedic conditions

#### Pain in pediatrics

- Signs of pain in infants
- 5 major pain conditions in children
- Differences in pain conditions between adults and children
- Methods of pain diagnosis and treatment specific to pediatrics

### Attention MAS Members:

MAS members are invited to participate in a free networking lunch on Sun., March 21 from 12:15-1:30 pm at the Sheraton, Columbia. Get your Qi flowing talking and eating with your colleagues!

## SEMINAR INFORMATION

### Location:

Sheraton Columbia  
10207 Wincopin Circle  
Columbia, MD 21044  
\$129 discount rate available until 3/5/2010.  
Use this link or call 888.627.8318  
<http://tinyurl.com/sheratonMAS2010>

### Sunday Brunch Included for MAS Members Only.

For information call 443.320.1695  
or see [www.maryland-acupuncture.org](http://www.maryland-acupuncture.org)  
where you can also register online!

### Cancellation Policy:

Cancel by Feb. 20, 2009—75% refund  
Cancel after Feb. 20, 2009—no refund

### 14 CEUs Available

### Directions From Baltimore:

Take I-95 South to  
175 West (Exit 41B).  
Travel five miles.  
After crossing over  
Route 29, move to the  
left lane. Go through  
five traffic lights.  
Immediately after the  
fifth light, make a left  
onto Wincopin Circle.  
Follow the street back  
2/10th mile passing  
Lakefront Parking on  
the right. Hotel is on  
your right.

### Registration Form (*Registration also available online*)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

home  cell  work

Check applicable fee and include your check with this form:  
(One-day registration not available.)

Fee:	Postmarked by 2/14	Postmarked after 2/14
MAS Member	<input type="checkbox"/> \$270	<input type="checkbox"/> \$295
MAS Student Member	<input type="checkbox"/> \$245	<input type="checkbox"/> \$270
Non- MAS Member	<input type="checkbox"/> \$330	<input type="checkbox"/> \$355
AOBTA,* ASVA*, APA* ASDC* and VAAOM*	<input type="checkbox"/> \$300	<input type="checkbox"/> \$325

\* Enclose proof of current membership.

### Make check payable to:

Maryland Acupuncture Society (credit cards online)

### Send registration form with check to:

MAS Seminar Registration  
PO Box 5498 • Takoma Park, MD 20913-5498