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**Disclaimer: The views and opinions expressed in the featured articles are those of the authors and do not necessarily reflect the official policy or position of the Acupuncture Society of Virginia.*

President's Corner

Dear Members,

It is with great honor that I now serve as the president of the Acupuncture Society of Virginia. When I started my journey with ASVA a little over two years ago I did not expect outcomes of lasting friendships, impassioned advocacy, and leadership predilection. I expected to work hard but I did not anticipate the fun I would have doing it. It is a joy to serve as your president and I look forward to all that we can accomplish in the next two years.

I would be remiss if I did not thank my predecessor, Stephanie Pina. Stephanie and I worked closely together during her time as president. Everyday, I was (and still am) amazed by her dedication and hard work. She sacrificed much for ASVA including her time, her money, her rest, and often her sanity. She is one of the strongest women I know. Stephanie, you inspire me.

I also want to thank the out-going Board members for their dedication and hard work. Thank you to Joanie Stewart, Jodi Knauer, Rebecca Reynolds, Jennifer Yeh, and Rebecca Berkson. It was a privilege to work side-by-side with such fierce women.

Finally, I want to welcome and thank the incoming Board members for their willingness to step up and support ASVA in carrying out its missions. Thank you to Sarah Alemi, Sarah Steed, Laura Breeden, and Rob Hoffman. I look forward to our time together.

It is the year of the Fire Rooster! This year we shrug off the erratic impulsiveness and dramatic flare of the Monkey and we turn our attention to our long-term goals. The Fire Rooster brings focus, diligence, and actualization. I can say with confidence that the new Board is eager and ready to accomplish its goals. We are off and running for the finish line. You can find highlights of our actions and achievements in the pages below.

Before I conclude the first letter of the President's Corner, I want to stress to you that the priority of the Board of Directors is to serve our members. We do that best when we hear from you. Send us your ideas, your concerns, your thoughts, your feedback. Let us know how you are doing in practice and in life. Keep in touch.

Sincerely,

Aubry Fisher
President, Acupuncture Society of Virginia

Contribute to the Newsletter!

ASVA is now accepting articles from our members for its quarterly newsletters. We want to hear from you! Submit your cases studies, practice management tips, treatment strategies, op eds, etc! We would also like to feature your practices in the pages of our newsletters. Send us photos and details about your clinic. All articles, photos, and clinical information can be sent to acusova@gmail.com.

SEPTEMBER 14 - 17, 2017

Traditional Chinese Medicine World Foundation Building Bridges of Integration for TCM

The Traditional Chinese Medicine World Foundation (TCMWF) is hosting its annual Building Bridges of Integration for TCM conference on September 14-17, 2017 in Reston, VA. The main focus of the conference highlights self-discovery, the inner awareness that illuminates the vital link between consciousness and everyday health. The TCMWF has generously offered a 10% discount to all ASVA members. To register for the conference, please visit their [website](#).

Discount code: ASVAguest

SEPTEMBER 16 - 17, 2017

American TCM Association 3rd TCM Congress

The American TCM Association (ATCMA) is hosting its 3rd TCM Congress on September 16-17, 2017 in Tysons Corner, VA. This is a national academic conference featuring renowned TCM professional from China and the U.S. This year's topic will focus on special acupuncture needling techniques. The ATCMA has generously offered a 10% discount to all ASVA members. To register for the conference, please visit their [website](#).

Discount code: ASAATCMA10

OCTOBER 7, 2017

Biotics Research A New & Revolutionary Approach to Addressing Coronary Heart Disease

This seminar will cover the following topics:

- ~Applied Clinical Vascular Biology in the Assessment and Intervention of Cardiovascular Disease
- ~Integrative Management of Hypertension: Assessment, Nutritional Interventions, Lifestyle Modifications, and Pharmacology
- ~Diagnosis, Preventative Measures, Interventions, and Case Presentations for hypertension, dyslipidemia, coronary heart disease, and metabolic cardiology

For more information on registering, visit the [event's listing on the ASVA website](#).



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- ~ ProD seminars is approved by the following acupuncture regulatory boards: NCCAOM, California, Florida, Texas, Illinois, Massachusetts, ABORM, CTMA (BC), Alberta, AACMA (Australia), and NZRA (New Zealand) and more.

DRY NEEDLING UPDATE

On August 22nd, the Virginia Board of Physical Therapy convened in Richmond to discuss possible changes to the proposed dry needling regulation per the recommendations of the Regulatory Advisory Panel (RAP). The RAP (which consisted of 6 physical therapists, 1 acupuncturist, and 1 member of the public, previously a member of the Board of Physical Therapy), met on June 29, 2017 to review the comments submitted during the past two public comment periods. Below are the recommended changes to the proposed regulation. Changes appear in bold.

*Dry needling is not an entry-level skill but an advanced procedure requiring **post-graduate** training.*

The Virginia Board of Physical Therapy long ago acknowledged that dry needling is not an entry-level skill but an advanced procedure requiring additional training. However, their proposed regulation failed to specify how they would monitor the competency of physical therapists practicing dry needling. The RAP recommended that the regulation include language with regard to the need for post-graduate training.

The training shall consist of a minimum of 54 hours of in-person didactic and hands-on laboratory education and shall include passage of a theoretical and practical examination.

The RAP **proposed** to reinstate a minimum number of training hours, a detail that was eliminated from the proposed dry needling regulation in its 2016 revision. This was the most debated topic among physical therapy board members. Many are opposed to minimum training hours as they believe it is up to the individual to determine their competency levels. Furthermore, different training courses offer varying hours. It was also recommended that these training hours include a combination of didactic and practical education as well as the passage of competency examinations.

Prior to the performance of dry needling, the physical therapist shall obtain informed consent from the patient or his representative. The informed consent shall include the risks and benefits of the technique ~~and shall clearly state that the patient is not receiving an acupuncture treatment.~~ The informed consent shall be maintained in the patient record.

The bolded statement will be eliminated from the informed consent.

Dry needling shall only be performed by a physical therapist trained pursuant to subsection B and shall not be delegated to a physical therapy assistant or other support personnel.

This topic has been addressed in other states so the RAP felt it important to include in their recommendations.

OVERALL RESULTS OF THE MEETING

We expected the Virginia Board of Physical Therapy to vote on a final draft of the proposed dry needling regulation thus allowing them to move forward with Governor approval. However, the Board instead voted to allow the Regulatory Advisory Panel to meet for a second time in order to resolve the controversies over training hours. The second RAP is expected to meet before the next scheduled PT Board meeting in November. It is unclear if public comments will be heard at the new RAP meeting as they were during its initial meeting.

Five acupuncturists were in attendance at the August Virginia Board of Physical Therapy meeting, including two ASVA Board members, general members, and ASVA's lobbyist Matthew Stanley.

#ACUPUNCTURENOTOPIOIDS

One of the Board's top priorities for this year is to expand the role of acupuncture in the fight against opioid abuse. We are currently developing plans to work with legislators in utilizing acupuncture to both prevent and treat opioid addiction. Here's the plan:

- ★ In January of 2017, ASVA sent a letter to Governor Terry McAuliffe introducing ASVA and its mission. We provided Governor McAuliffe with information on the efficacy of acupuncture in the treatment of pain management and addiction. We offered our help in the fight against opioid abuse. In September, we will send a similar letter to all Virginia representatives.
- ★ ASVA's Legislative Liaison, Sarah Alemi, is in the process of researching the development of a pilot program designed to demonstrate the usefulness of acupuncture in minimizing the need for opioid-based pharmacological treatments or in treating opioid addiction.

ASVA is also in the process of developing resources for our members to use in educating legislators, healthcare providers, and the general public on the use of acupuncture in preventing opioid abuse and treating opioid addiction. Here's the plan:

- ★ Opioid Toolkit which will include infographics, position papers, resources, advertorials, social syndications, public service announcements, and posters that can be used to educate the public about the benefits of acupuncture in preventing and treating opioid addiction.
- ★ Legislative Toolkit which will include information on scheduling meetings with your local representatives and talking points to discuss with your representatives about acupuncture and the opioid epidemic.
- ★ Access to research demonstrating acupuncture's effect on the body in treating pain and addiction.
- ★ Access to research demonstrating the efficacy of acupuncture in the treatment of pain and addiction.

"Although prescription opioids can help manage some types of pain, there is not enough evidence that opioids improve chronic pain, function, and quality of life. Moreover, long-term use of opioid pain relievers for chronic pain can be associated with abuse and overdose, particularly at higher dosages."

--CDC Guideline for Prescribing Opioids for Chronic Pain - United States, 2016

2018 SPRING SEMINAR April 2018, Fairfax, Virginia

ASVA is excited to host Jaime Chaves, L.Ac. of Martinez, California for our 2018 Spring Seminar. Jaime will be presenting Orthopedic/Trigger Point Acupuncture: A Hands-On Approach to Lower Back, Neck, and Upper Extremity Pain.

This 2-day workshop will provide participants with the fundamentals needed to assess, treat, and prevent a variety of common injuries. The course will consist of lecture, demonstration, and hands-on practice integrating a variety of physical examination and acupuncture techniques. Participants can expect to gain proficiency in clinical anatomy, palpation, range of motion assessment, manual muscle testing, orthopedic testing, and trigger point needling. As a preventative strategy, biomechanics and ergonomics will be discussed.

16 NCCAOM PDA and California CEUs pending



The ASVA Board will once again serve as guests on the Dr. Tom Roselle Live! show. Join us on Sunday, Sept 24th at 12pm on WMAL 105.9 FM.

Meet Your New Board

Aubry Fisher, President: This is Aubry's second term on the Board of Directors. She practices in Reston, Virginia where she specializes in pain management and orthopedic acupuncture. She enjoys community theatre, reading, and cuddling with her cats Toulouse and Critter.

Stephanie Pina, Vice President: Stephanie has been a member of the ASVA Board for 3 years, serving as President and Vice President. She practices at the Roselle Center for Healing in Fairfax, VA. She also has her doctroate in naturopathic medicine from SCNM and is an ABORM fellow.

Sarah Alemi, Leg. Liaison: This is Sarah's first term on the Board. She's excited to be able to use her past experience in public policy to help with her current role as the Legislative Liaison. Having just finished the doctoral program at MUIH, she enjoys traveling and spoiling her dog Brady in her spare time.

Sarah Steed, Treasurer: Sarah has an office in the historic district of Warrenton, VA. She has practiced for 16 years to help many different types of issues her patient may have using a gentle acupuncture treatment.

Laura Breeden, Secretary: This is Laura's first term on the Board and she is looking forward to meeting other acupuncturists and learning more about the issues which affect our field. She currently practices in Alexandria and Burke, Virginia. She likes mountain biking and photography, and someday hopes to be published in National Geographic.

Robert Hoffman, Member at Large: This is Robert's first term on the Board of Directors. He is finishing a 4-part series of NCCAOM CEU course material on a unique and progressive approach to clinical treatment strategies. His interest in sharing health and wellness with others is the cornerstone of his personal daily walk as well his clinical practice.

Fertility Study Group

ASVA will be hosting a 90-minute study group session on Tuesday, October 10th from 7:30pm to 9:00pm at the Roselle Center for Healing. We will focus on the use of acupuncture and Chinese Medicine in the treatment of fertility issues. The group will discuss:

- ~ Case Review Questions and Answers
- ~ Research Discussion
- ~ Learn about specialization in the field of acupuncture fertility with Fellows from the American Board of Oriental Reproductive Medicine (ABORM) and those who have clinical experience in this field

This event is open to licensed acupuncturists, acupuncture students, and school faculty. For more information or to sign-up, please e-mail Stephanie Pina at spinamd@yahoo.com. Other study group sessions may follow on this topic and other depending on interest.

Location: Roselle Center for Healing, 8500 Executive Park Avenue, Suite #300, Fairfax, VA 22033



3rd American TCM Congress

Hosted by the American TCM Association (ATCMA) & TCM American Alumni Association (TCMAAA)

September 16-17, 2017, 8:00 a.m. - 5:00 p.m.
Hyatt Regency Tysons Corner Center, Tysons Corner, VA
15 PDAs (NCCAOM)

The American TCM Congress is a national academic conference hosted by TCMAAA and ATCMA. It is also an annual meeting of TCMAAA and ATCMA. This meeting will take place in Washington DC in September 2017, with many renowned TCM professionals from China and US. At this conference, attendees will be able to attend many advanced lectures, seminars, and, most importantly, watch live demonstrations of a variety of needling techniques by world-renowned professionals.

Keynote Speakers and Topics:

Baoyan Liu (President, WAFS): Important Factors Affecting the Acupuncture Treatment Effect
Binsheng Sang (Secretary-General, WFCMS): Chinese medicine legislation & its influence overseas

Subject Speakers:

Baoyan Liu: Several Key Issues Affecting Efficacy
Fuhui Dong: Acupuncture Treatment of Cutaneous Nerve Compression Syndrome
Jason Jishun Hao: Special Needling and Manipulation Technique of Scalp Acupuncture
Weidong Yu: TCM Fundamental Theories in the Treatment of Ophthalmology Diseases
Wei Liu: A synopsis of the mechanisms of Qi activity and the essentials of acupuncture techniques
Baoku Liu: The scar tissue release with specialized acupuncture techniques.
Decheng Chen: Tendon-Moving Acupuncture Technique,
Xiaochuan Pan: Acupuncture Spirit: Theory & Practice of Pulse-regulating Technique from Ling Shu.
Xinru Qian: Application of Regenerative Therapy in TCM Clinical Practice
Fanrong Liang: Progress in Acupoint Specificity(AS) Research in China
Wei Tang: Coiled-Dragon-Needling and Cupping on HuaTuoJiaJi in the Treatment of Ankylosing Spondylitis. 2) Warm Needling in the Treatment of Osteoarthritis in Knee.
Yemeng Chen: The Trend of Acupuncture Education in the US

All ASVA Members receive a 10% discount with the code: ASAATCMA10

REGISTER

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Making It Work: Reflections on Opening a Community Acupuncture Clinic

by Sean Honea, MSOM, L.Ac. Dipl. Ac. (NCCAOM)



In June 2016, my wife and I opened Southside Community Acupuncture, LLC in Richmond, Va. Now a year later, the clinic is moving towards profitability, hallelujah, and although things have slowed down in late summer as people take those last vacations before the school year begins, we still attract new patients almost every week.

Much has changed since we opened our doors. Our fees have changed from a set rate to a sliding scale, the furniture has moved multiple times, and we have modified and upgraded our operating systems. Yet, we remain committed to providing affordable acupuncture to people who may have believed treatment was beyond their means.

During graduate school at Acupuncture and Integrative College in Berkeley, California, we were often told that going through the 3-4 year program was like running a marathon. Indeed, it takes so much of yourself just to complete your studies. Yet, you must save enough energy to pass the board exams after graduation, and then start the daunting task of opening a business, and finally, save enough energy to maintain your own health while you begin treating patients.

My wife and I signed up for an extra challenge by having a baby during our last term of school. So it became imperative that we ask for help and lean on family and friends to recover from graduate school while taking care of a newborn. We continue to be grateful for their support.

Starting your own business takes a lot of faith. I pray a lot, meditate, do affirmations, sing positive songs to my toddler, even if the sum of all those only adds up to 10 minutes a day. It makes a difference, but it's a process. Sometimes I get discouraged when the schedule isn't as full as we would like, but I try to take the long view and focus on how our patient numbers are steady or growing each week. And it is very encouraging that not only are patients referring their family and friends, but doctors, nurses, therapists and some energy workers have recommended us to their patients.

The words from my late Qigong Teacher Suzanne Friedman offer encouragement: "it takes at least 5 years to build a sustainable practice." My wife and I have our first year down, with many lessons learned and many more to come. As we acupuncturists know, it's a privilege to do this work and take this journey.

Opioids & The Role Acupuncture Can Play

by Sarah Alemi, DOM

On August 1, 2017, it was released that a White House commission has urged President Trump to declare the U.S. opioid crisis a national emergency. According to the USA Today article, "By declaring a national emergency, President Trump's cabinet would be able to take action and would force Congress to find funding for solutions, according to the interim report from the Commission on Combating Drug Addiction and the Opioid Crisis." This is not the first time the opioid crisis has been called out on the national stage. The FDA recently submitted a blueprint, Prescriber Education for Extended Release and Long-Acting Opioids Analgesics, for public comment, and is now undergoing a review of the comments received. The blueprint recommends that non-pharmacologic treatments for the management of chronic pain be used before prescription opioids, specifically mentioning alternatives like acupuncture. The FDA also asked the National Academies of Sciences, Engineering & Medicine (NASEM) to create a committee to look at actions the FDA and others can take to respond to the opioid crisis in America.

On July 13, 2017, NASEM released their study, Pain Management and the Opioid Epidemic: Balancing Societal and Individual Benefits and Risks of Prescription Opioid Use. This study included a number of recommendations, including facilitating reimbursement for comprehensive pain management. More specifically, "public and private payers should develop reimbursement models that support evidence-based and cost-effective comprehensive pain management encompassing both pharmacologic and nonpharmacologic treatment modalities." Another recommendation is expansion of treatment for opioid addiction. FDA Commissioner, Scott Gottlieb, announced in a press statement released the same day as the NASEM study that this is a situation that requires coordination on all government levels as he now considers the opioid epidemic his highest priority. In 2016, the CDC published their Guideline for Prescribing Opioids for Chronic pain. They too recommended alternative non-pharmacologic modalities as a means to manage pain.

Why is this relevant to us as acupuncturists? Acupuncture has always excelled at pain management but the general public knows little of its benefits. However, with national and international organizations turning their attention to alternative medicines as a means to address the opioid epidemic, more information about the effectiveness of acupuncture is making it into the mainstream. Now is the time to support initiatives by organizations like the FDA, CDC, and Joint Commission. In July, ASVA submitted a formal comment to the FDA, supporting the inclusion of acupuncture in the treatment and management of chronic pain. ASVA also recommended the FDA and other organization consider promoting insurance coverage of acupuncture so that it is more accessible to those who need it most.

The ASVA Board is also working to support initiatives by representatives and organizations local to Virginia. We will also continue to provide members with the tools they need to educate their patients, friends and family, allied healthcare providers, and representatives on the benefits of acupuncture for pain management. We encourage all members to reach out to their representatives to show them that acupuncture is an effective and cost-efficient treatment that can be a great asset in our country's desire to end the opioid epidemic.



Building Bridges of Integration for Traditional Chinese Medicine

by Traditional Chinese Medicine World Foundation

September 14-17, 2017
Hyatt Regency, Reston, Virginia
Up to 25 PDAs (NCCAOM)

Building Bridges for TCM seeks to continue to offer innovative and effective ways to expand health options and improve healthcare outcomes in the U.S. We present in a clear and comprehensive way the ancient philosophical principles and theories underlying traditional Chinese medicine (TCM) and build an understanding of how anyone can apply this holistic medical system today to create health and wellness.

At the conclusion of this event, participants should be able to:

- ~ Summarize the theoretical, philosophical, and spiritual framework within which the ancient medical system of TCM operates.
- ~ Compare the advantages of treating the whole person by restoring balance and strengthening the individual's healing ability instead of focusing exclusively on illness or disease to improve patient care.
- ~ Differentiate some of the positive contributions TCM could make to prevention within contemporary healthcare.
- ~ Explain the purpose and value of self-cultivation in the practice of body-mind-spirit medicine.
- ~ Demonstrate an ability to hold an informed discussion with patients about TCM as a complementary therapy for health conditions.

Featuring



Menas Kafatos, Ph.D



Christine Page, MD



Nan Lu, OMD

All ASVA Members receive a 10% discount with the code: ASVAguest

REGISTER

The Scope and Breadth of Traditional Eastern Medicine: Corrects Imbalances in Bio-physiology and Calms the Complete Nervous System

by Robert Hoffman, L.Ac.

Acupuncture studies done around the world continue to confirm the link between meditation, a core element of Traditional Eastern Medicine (T.E.M.), and balancing mind and body wellness through a devotion to spiritual practice. Meditation like T.E.M. is a comprehensive approach to modulate and calm erratic thought and action in the central nervous system. Meditation also smoothes out the physical disharmony held by the peripheral nervous system. As one of the eight limbs of Traditional Eastern Medicine, meditation is known to modulate neurotransmitter synaptic messaging in the body and brain. Neurotransmitters convey messages of excitatory and inhibitory action potential through a complex messaging system called synapses. These synapses also connect intimately within the mind-body and Shen-spirit of each person for whom you provide treatment.

The complex range of neurotransmitters (N.T.) in the emotional and physical motor response cascade also share a cornerstone of thought clarity and physical body relaxation. These two bridge eastern practice and western physiology, linking T.E.M. yin yang balance and neuronal and bio-physiological processes which comprise the heart of T.E.M.

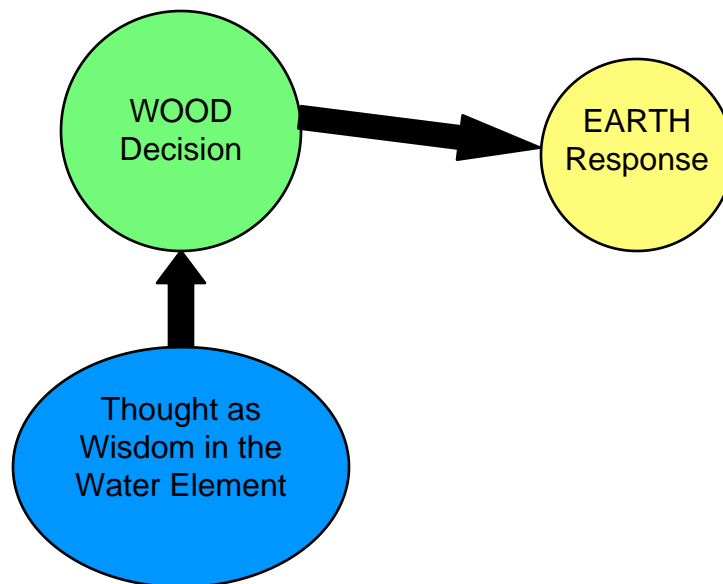
Incorporating meditation practice along with the complete system of eight limbs of T.E.M. in your own personal daily practice provides a greater competency in your clinical practice. As you elevate conscious awareness through meditation, a stronger degree of innate self awareness and knowledge begin to appear. If you already have a meditation practice, be sure to check in with yourself regarding the consistency of your practice. Is the amount of time devoted helping you dig deeper into the discovery of higher Self? Is the act of meditation, qi gong, or sitting in prayer deepening your inclusion to the Divine spirit and innate wisdom? Does your practice possess a spiritual component you could comfortably give away to others? If not, do you want to know your practice well enough to see that it does? Doing what intuitively feels best with each patient is always important. The biggest key I can suggest or recommend is doing a practice that centers your minds eye or Shen as fully as possible. The long term goal is to improve your personal connection to wisdoms spirit, since that connection will help intuitively ground you in your clinic practice.

Now what?

Bring a profound conscious awareness to the clinic and the treatment room. Innate knowing elevates the clinical treatments you provide. I always recommend meditation to patients as an important take home treatment plan. Lead by example. By doing your own work, you set an example to each person to whom you contribute wellness. In my experience, this is positive and proactive step to the healing journey. Slow the thought process and allow an opportunity for novel and more flexible thought to arrive into present consciousness using the eight limbs of T.E.M. Include the thoughts rooted in the wisdom gained from conscious awareness meditation. The research continues to favor it overwhelmingly, meditation works.

How

Begin with the water element; “do as water does” since water naturally flows, learn how to flow in both thought and action. How could thought and meditation work together you may ask? Flowing like the water element, meditation reveals the innately held wisdom in Jing, Qi and Blood. Capitalize on the clear and concise knowing that your higher Self (Kidney wisdom and Heart Shen are aligned, guided and grounding and connected to the Earth element). “Knowing that you know” begin to see innate kidney wisdom and heart shen-spirit as innate knowledge and elevated conscious awareness. Nothing more, nothing less. See it creating clear decisions as well as responsive actions that lead to heightened states, mental clarity and physical calmness. As shown in the graphic, meditation can reveal deep innate wisdom and that innate wisdom, based on innate knowledge, assists the wood/decision and earth element responsive actions based in the Kidney-Heart axis.



This brief introduction uses neurophysiology and eight limbs system of T.E.M. in understanding the body mind and spirit connection. When thought is seen as meditation it allows for greater conscious awareness and rooting of Shen-spirit. Thus the connection within Self is deepened and allows a remodeling of self-defeating and negative thoughts which may undermine greater Self awareness. By introducing a step by step process of opening Self to novel thought and meditation, most mental and emotional unclarity or focus, any physical stress, routine and ego-centered self-defeating thoughts are given space to become less entangled. Meditation practice helps us discover deeper wisdom. Encourage yourself and the people you meet in your practice as well as your community to sit. Since we are all, always on our healing journey, knowing you possess innate strength and wisdom could be a life changing event, one sitting at a time.

2017-2018 ASVA BOARD OF DIRECTORS

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How to Get Involved

Volunteer: ASVA is always in need of volunteers to help with fundraising efforts, attending licensing and Acupuncture Advisory Board meetings, event planning, event setup and breakdown, and other efforts. To volunteer, please contact the Board at acusova@gmail.com.

Start A Chapter: Virginia is a large state and ASVA wants to make sure that each region is properly represented by the local acupuncturists who reside and work in those regions. If you are interested in organizing a regional chapter of the Acupuncture Society of Virginia, please contact us at acusova@gmail.com.

Donate: ASVA is a small organization with a big agenda. Every dollar counts. Your donation in any amount is appreciated. It will help with legislative and lobbying efforts as well as other projects that further our mission and goals. [Donate here.](#)

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