

SUMMER 2021 EDITION

FSOMA JOURNAL

A Publication of the
Florida State Oriental Medical Association
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From the President

BY DAVID BIBBEY, A.P

As the nation and each of us continues to emerge from the long, dark winter that is COVID-19, we look to happier, healthier times that remind us, this too shall pass. In the meantime, FSOMA has been hard at work focusing on and fulfilling its mission to improve the health and well-being of Floridians by advancing the practice of AOM.

At this time of year, the Executive Team and Board are working hard and pulling together the final plans for the Annual Conference scheduled for Aug 13-15 at the Westin Fort Lauderdale Beach Resort. This year will be special for lots of reasons. Still, primarily it will offer the Florida profession a long-overdue reunion for friends and colleagues to meet, share and connect at a safe and thoughtfully planned event. Visit www.fsomacon.com for early-bird registration savings and more details.

FSOMA is communicating with the Radiology profession and Board of Pharmacy. These efforts will help Florida Acupuncturists better meet their patients' needs by expanding access to imaging centers around the State and clarifying prescribing privileges under 64B1-4.011 and 64B1-4.012. FSOMA is aware that from time to time, Acupuncturists have had difficulty purchasing and accessing products and services needed to appropriately treat or refer patients. The Association is working with regulators and other stakeholders to eliminate those barriers to practice and care.

FSOMA is very carefully watching AOM regulatory changes in Ohio and Nevada. One of the buzzwords we have been hearing from legislators in the last 3 years is "deregulation." This term is generally used and accepted to mean "cutting red-tape to reduce or eliminate costs and government-created bureaucracy." On the surface, this sounds like a good idea. Who doesn't want life and regulations to be simpler and cheaper? Everyone right?

The problem is that certain types of deregulation erase the legal requirements established that assure only qualified, licensed, insured professionals are able to legally advertise and perform certain jobs. The deregulation process in health care creates tensions between quality, access, and cost. On the one hand, legislators are trying to find ways to increase access and reduce costs to certain types of care and treatments. The natural tendency is to focus on relaxing the training requirements and licensing fees to attract more providers to the state. The goal being costs reductions as a result of more providers competing for the same patients. Of course, a reasonable and well-informed response would highlight that reducing the training and licensing requirements would likely also reduce the safety and quality of care being delivered. Some legislators seem unmoved by this concern and demand data rather than accepting the obvious. A natural consequence of this current wave of deregulation around the country, including Florida, is that new legislation often creates winners and losers by selecting professions to be pruned, consolidated, or eliminated.



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From the President continued ...

In Ohio, this year, the legislature adopted a deregulation bill that eliminated part of the State's two-part Acupuncture and Oriental Medicine practice by dropping licensure of Oriental Medicine practitioners. In Ohio, acupuncture and herbal medicine practice are permitted under separate licenses, and by deregulating OM practice, the legislature eliminated the licensed practice of herbal medicine in the State. That has far-reaching implications for providers and patients in Ohio involving access to qualified providers and recognition of herbal medicine as a limited practice of Medicine. To remedy this unfortunate development, the Ohio Association hired a lobbyist to help facilitate introducing new legislation to reinstate Herbal Medicine in the Acupuncture Practice Act. Florida wishes them speed and success.

In another example, Nevada is considering an unopposed bill that eliminates the Board of Acupuncture in that State. About 90 Acupuncturists are licensed in Nevada. The bill's sponsor, a family physician, is moving to transfer the authority of the BOA to an unspecified advisory group within the NV Department of Health [Division]. Again, here deregulation is being touted as a money-saving, red tape busting success designed to reduce regulatory burdens and costs for providers and patients alike. Nevada inked the FIRST acupuncture practice act in the country in 1973, and it is an ugly precedent to see this Board removed. The NV BOA is revenue neutral and costs the State nothing. Finally, taking down a medical board is a lot easier than standing-one-up. FSOMA is hoping for the best possible outcome for our Nevada colleagues.

FSOMA studies and understands how these regulations are created, but it is more important for all Acupuncturists to understand WHY these things happen and to whom. I cited recent examples of Acupuncture deregulation, but the same thing is happening in Massage Therapy, Cosmetology to Dieticians, PA's and across Education and Engineering licensing. The deregulation movement is well-meaning for the most part, but its proponents need to be better educated and responsive to safety concerns and other implications of their decisions. Certainly, regulations and costs can/should be reduced where possible, but not at the risk of undermining whole systems designed to protect the public.

There is an important lesson Florida Acupuncturists can learn in 2021 from Ohio and Nevada. If this profession wants to continue to develop in directions of our own choosing, then every Acupuncturist must embrace the dual role of being a provider/advocate. Going about only YOUR business may be good for you in the short run, but all of us must invest a little time and energy to meet once or twice a year with locally seated State and Federal representatives. These folks are in positions of great power that can change the fortunes of you, your colleagues, and your patients in an instant for better or worse. Meeting with them is as important as anything you do clinically. Help educate them. Teach them the value of what you do and why. As a small profession in the sea of regulated professionals, we have to make our own "splash" or risk being swamped as other ships pass.

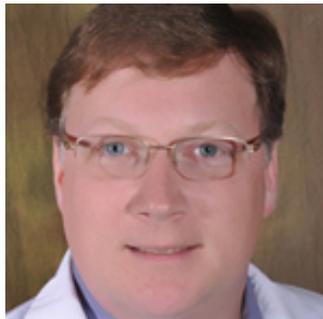
FSOMA has instruction tips, handouts, and personal support available for anyone ready to meet with their local rep. It's fast and easy to get started. Contact Ellen or Natalia at the FSOMA office - support@fsoma.org or 800-578-4865.

All the best,

David Bibbey, L.Ac
FSOMA, President



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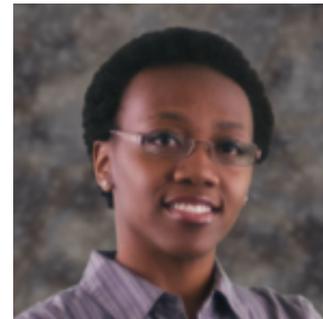
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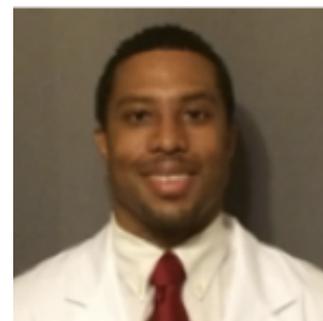
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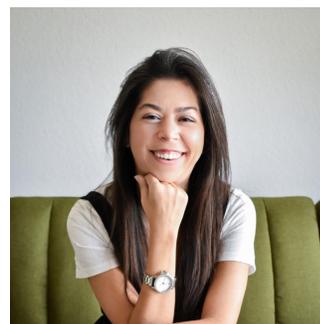


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Diving Medical Acupuncture

BY JANNEKE VERMEULEN

Diving, medical problems, and acupuncture needles... Have you ever heard about this combination?

Diving Medical Problems

Not being able to clear the ears or having difficulty equalizing is the most common problem experienced by divers¹ and it's often caused by a common cold, rhinosinusitis, or an allergy. Having to stop a dive when just getting under the water surface due to equalization problems is very frustrating, besides that it can be painful with the risk of an eardrum perforation when ignoring the ear pressure. The fact that acupuncture can help to get rid of these ENT disorders and other diving medical issues is not well known to most divers around the globe.

Benefits for the Diver

In her practice in The Hague, the Netherlands, Janneke Vermeulen, physiotherapist, acupuncturist, Chinese herbalist, and specialist in Western diving medicine, treats divers from the whole country with a wide range of health issues: especially chronic or recurring ENT disorders that affect pressure equalization of the middle ears and sinuses. Furthermore: TMJ disorders, seasickness, stress, tiredness, high blood pressure, migraine, lung disorders, addiction to smoking, being overweight, neck and back disorders, muscle cramps, etc. All disorders that can give problems when diving.

The diver with such medical issues can benefit greatly from the positive effects of acupuncture treatment. Acupuncture can transform Phlegm and reduce its production, decrease swelling of the mucosa of the nose, sinuses, Eustachian tubes, and middle ears, and address underlying energetic disturbances (such as Lung, Spleen and Kidney deficiency or stagnation of Liver-Qi resulting in Liver and Gall Bladder-Fire). When the Eustachian tube has a free air passage, the diver will normally be able to equalize middle ear pressure well (in case the clearing techniques are performed correctly).

When having more energy, less stress, and a better immunity as a result of acupuncture the diver will become ill less quickly in general. For sure that the diver will feel better under and above the water surface! The Lung function can be improved whereby breathing will be easier, and the diver will be able to stay underwater longer. When having lower back problems jumping into the ocean may be fine but climbing the stairs of the boat can be very painful. Acupuncture can relieve pain, muscle tension and improve the mobility of the spine. Acupuncture also can contribute to lower certain risk factors on decompression illness like tiredness, being overweight, and decreased blood circulation (but of course, to prevent decompression illness, all diving rules regarding the laws of physics need to be performed well in any circumstance!).

¹ Not being able to clear the ears is the most common medical problem in aviation as well.

Sure, we can treat lots of medical issues easily with Western medication but below the water surface, some medication can work differently or stronger due to a change in the sodium-potassium pump, which can be very dangerous. For example, blood thinners make the blood more thin than they usually would with risk of bleeding, and sedative medication such as anti-histamines can trigger nitrogen narcosis (this is simply said: 'depth drunkenness'), which can result in drowsiness, loss of reality, and irrational acts. Xylo-metazoline nose drops can be hazardous because of their rebound effect. Acupuncture has benefits for many diving medical problems as there are no side effects!

The Origin of the Specialism

The idea of treating divers with diving medical problems was born in 2002 when one of Janneke's patients asked her to treat her middle ear equalization problem that occurred every third day of her diving holidays. This problem resulted in not being able to dive anymore and stay on deck the rest of the holiday. After several treatments and a diving week in Egypt, she came back to the practice happy, telling Janneke she didn't experience any ear problems at all and she was able to dive every day! Being triggered by all the magical underwater stories from another diving patient as well and having her own special memory of snorkeling once at Koh Samet in Thailand, Janneke decided to get her diving license.



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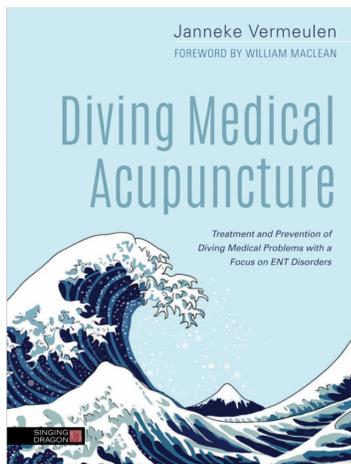
Together we are stronger!

With a leaflet, 'Diving without problems with acupuncture,' and an interview in the Dutch Magazine Diving (= Magazine Duiken) in May 2004, the specialism 'Diving Medical Acupuncture' was established. It is a great challenge for Janneke to keep divers diving and to make diving more safe and enjoyable!



Book

All Janneke's diving-related knowledge is collected and structured in her well-endorsed book, "Diving Medical Acupuncture" (published by Singing Dragon in 2018). This way innovative information can be shared with acupuncturists, non-acupuncture medicals, and divers worldwide. Diving Medical Acupuncture describes the medical conditions that can prevent, complicate or result from diving and other water sports and provides effective clinical treatments. It's an integration of Western diving medicine, diving techniques, and Chinese medicine. Complete with anatomical diagrams and acupuncture point charts, this is a practical resource for acupuncture clinicians who deal with the issues associated with diving. Advice for divers is given at the end of each chapter and is available as a handout in downloadable form.



Janneke Vermeulen

Privileged as an acupuncturist and physio-therapist to have had, as an exception, the opportunity to attend several ENT-related diving medicine courses with the Scott Haldane Foundation. The Scott Haldane Foundation is an international institute dedicated to the education of physicians in diving and hyperbaric medicine worldwide. Besides her (para) medical background, she has trained as a PADI Divemaster. To improve her knowledge of Chinese medicine, Janneke has studied in Europe, China, and the USA. Currently, she follows a Ph.D. program in acupuncture at the Nanjing University of Chinese Medicine in China. She is a member of the Dutch Acupuncture Association (NVA) and the Royal Dutch Society of Physiotherapy (KNGF). Janneke trains acupuncturists internationally in Diving Medical Acupuncture.

For more information please watch her website www.mermaidmedicine.com

To order her book, visit:

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Healing the Brain: Chinese Medicine's Neurology Tradition

BY BRENDAN KELLY L.AC

In the long history of Chinese medicine, many traditions have developed that emphasize different diagnostic and treatment perspectives. In my clinical experience, one of the most interesting and effective is the *Wai Ke*.

Primarily understood as a practice of external medicine, it is a well-developed dermatology tradition able to treat an extensive range of skin conditions. Less well-known but equally important is that the *Wai Ke* tradition is also very effective in treating neurological conditions of all kinds. And the connection between the dermatological and neurological is the diagnosis of wind.

While the emphasis is on external wind with dermatology, with neurological conditions, the focus is on wind internally. And while there are other issues connected to conditions affecting the brain, having a place to start—namely looking for wind—can clarify the diagnosis and treatment process.

The *Wai Ke* tradition also includes many insightful ideas on addressing both root and branch issues. One is that internal wind—which causes symptoms like tremors, twitches, seizures, and migraines—can originate from external wind. In other words, a wind heat or wind cold condition that starts on the surface can progress internally and create chronic neurological symptoms.

From this view, the effective diagnosis and treating of superficial pernicious influences is a way to prevent more significant neurological conditions.

Another important idea is that with neurological symptoms being associated with wind, in addition to treating the wind itself, it's important to understand deeper underlying issues. Using the *Wu Xing/Five Phase* tradition as a lens, we can see how the wind associated with the Wood phase can come from issues in the Water. Looking at the Sheng Cycle relationship between the two, the overstimulation that is internal wind, can be affected by a deficiency in the Water. Specifically, a lack of Kidney Yin can result in excess in the Liver because if the Kidney is dry, this lack of fluids can create blood deficiency. And as part of the nature of blood is to relax the tendons and ligaments, when there is a lack of this softening influence, tremors and twitches can occur.

Along with Yin deficiency in Water contributing to an excess in the Wood, a lack of Qi in the Kidney can also contribute to internal wind. Another part of the relationship between the two phases is that the Kidney provides a downward root to the upward-rising nature of the Liver. If the Kidney Qi is deficient, the Liver can become excess, again creating internal wind.

Another interesting and, in my experience, very important understanding in treating wind comes from the disease progression theory of *Bian Hua/To Change and Transform*. It describes how internal wind can be part of a process, where one imbalance can create others. The four parts of the progression start's with some basic Chinese medicine theory as the first



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stage of heat creates the second stage of dryness. This lack of fluid creates the third stage of phlegm.

This excess of fluids occurs when the body compensates for the lack of healthy Yin by creating or holding on to pathological Yin in the form of dampness.

Because of the nature of phlegm, which often creates stagnation, the body can respond by trying to promote movement through generating internal wind, the fourth stage of the progression. This dynamic of a lack of movement—coming from the stagnation from phlegm—creating an excess of movement—which is internal wind—can describe the creation of the diagnosis where these two conditions become one dynamic in wind phlegm. And what Bian Hua can also show is that this wind phlegm can come from heat and dryness.

In my clinical experience, the reaction of heat, dryness, and phlegm, creating internal wind can have real-world clinical significance in sometimes treating hard to address neurological conditions. Based on both pulse and tongue diagnosis and signs and symptoms, many patients I treat with the migraines and vertigo associated with late-stage Lyme and the tremors and twitches of Parkinson's have part or all of the four-stage progression. This can indicate that to effectively treat the neurological overstimulation that is the internal wind, other parts of the progression will likely need to be addressed. In other words, heat, dryness, and phlegm may need to be treated specifically if internal wind and the associated symptoms are to be resolved effectively.



Brendan Kelly LAc

An acupuncturist, herbalist, author, and professor who has been practicing Chinese medicine full-time for 17 years. He currently practices at the clinic he co-founded in Burlington, VT Jade Mountain Wellness. He is on the faculty of several schools teaching about Chinese medicine to undergraduate and graduate students at Northern Vermont University/Johnson State College, the Academy for Five Element Acupuncture in FL, and Daoist Tradition in NC. He also teaches regularly at schools, universities, educational centers, and conferences around the US. His first book, “The Yin and Yang of Climate Crisis,” uses the lens of Chinese medicine to look at the bigger and deeper issues of global warming

Ling Gui Ba Fa 灵龟八法

BY JOHN ORSBORN, A.P., D.O.M.

Ling Gui Ba Fa, also known as The 8 Techniques of the Mysterious Turtle and Techniques of Adopting Eight Gua in Extra Channels, is a Daoist acu-puncture chronotherapy utilizing the Confluent Points of the Eight Extraordinary Vessels.

Chronotherapy involves treating at specific times, first mentioned by Zhang Zhongjing (142-210 CE) in the Shang Han Lun (Han dynasty) in relation to when herbal medicine should be administered for optimal therapeutic effect. These acupuncture therapies were commonly used from the Han dynasty (206 BCE-220 CE) until the Qing dynasty (1644-1912). With the advent of Western biomedicine and pharmaceuticals, these therapies were de-emphasized in China and only recently has a resurgence of interest in them begun to flourish.

The Ling Gui Ba Fa is but one of the various chronotherapies, albeit one that is considered paramount. It is a rather complex system based upon the He Tu (River diagram) attributed to the first legendary emperor Fu Xi, the Luo Shu (Nine Palaces diagram, a.k.a. the Magic Square) attributed to the 3rd Sage King Yu (who was probably the ruler of the first dynasty, the Xia C. 2100-1600 BCE), the Post-Heaven Ba Gua (Eight Diagrams) attributed to King Wen of the Shang dynasty (c. 1600-1050 BCE), the theory of the 10 Celestial Stems and the 12 Terrestrial Branches, and the Confluent Points of the 8 Extraordinary Vessels. The belief is that the 8 Extraordinary Vessels are the matrix

upon which the 12 Primary Channels are built and that by utilizing the proper Confluent Point at the proper time, treatment outcomes can be enhanced.

Confluent means “to come together,” usually used in reference to the location where two rivers join. The Confluent or Master Points are where the 8 Extraordinary Vessels join with the 12 Primary Channels. The 8 EV are grouped in four pairs, each pair used together, and each EV has a point on one of the Primary Channels which opens or activates the EV. The Chong (Thoroughfare) vessel is opened with SP 4 and is paired with the Yin Wei (Yin Linking) vessel which is opened with PC 6. They are used to treat digestive and menstrual disorders as well as stress/anxiety and insomnia. The Dai (Belt) vessel is opened with GB 41 and is paired with the Yang Wei (Yang Linking) vessel which is opened with SJ 5. They are used to treat shoulder and neck problems, headaches, eye, and ear diseases. The Du (Governing) vessel is opened with SI 3 and is paired with the Yang Qiao (Yang Motility) vessel which is opened with BL 62. They are used to treat back and neck pain, headache, eye, and ear diseases. The Ren (Conception) vessel is opened with LU 7 and is paired with the Yin Qiao (Yin Motility) vessel which is opened with KD 6. They are used to treat headaches, insomnia, throat problems, and hemorrhoids.

Regardless of what the Confluent Points are considered to treat, they dominate the entire body, activating the primordial expression of the Pre-Heaven Essence. When the proper point is used at a specific time, this energetic matrix is opened, influencing the healing potential of the entire body.

In my seminar I explain the history of Chinese chronotherapy, the development of the 8 Confluent Points of the Extraordinary Vessels, and the theory of the Stems and Branches of the Chinese calendar; how the Stem and Branch correlate to the Magic Square and the relationship of the Magic Square to the Confluent Points of the 8 Extraordinary Vessels; and present case studies on the application of the Ling Gui Ba Fa.



John Orsborn, A.P., D.O.M.

Earned a Bachelor of Arts degree in Chinese Philosophy in 1982 and has been studying Daoist philosophy, meditation, taiji, and qigong for over 40 years. John then earned a Master of Oriental Medicine degree from East West College of Natural Medicine in 2007, where he has subsequently taught since 2014.

Lynn Thames Memorial

STUDENT SCHOLARSHIP



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To pave a healing pathway series III: Regulating water metabolism creates a favorable healing micro-environment

BY DR. RUAN JIN ZHAO

Clinically, there are so many diseases associated with body fluid metabolism, which can directly affect the electrolyte balance between intracellular and extracellular matrix to cause malfunctions of organs. And many different disease states can potentially disrupt the delicately balanced mechanisms that control the intake and output of water and solute eventually.

It includes asthma, cough, dizziness, vertigo, shortness of breath, hypochondriac pain, joints pain, body ache, dry mouth, abdominal distention, edema, and many others. Especially, the diseases with more obvious clinical symptoms of the excessive fluid built up in the joints cavity, bursa; The Lung diseases with pleural effusion; Chronic liver diseases with ascites. Legs and Ankle edema caused by deep vein thrombosis and congested heart failure. All above mentioned the diseases are common encountered in daily practice clinically. So, therefore, it is necessary for practitioners to have a good understanding of the pathophysiology, the differential diagnosis, and the management of these disorders associated with body fluid metabolism.

The body contains more than 60% of body weight water, primarily by absorbing it from the digestive tract. Body fluid metabolism is involved with all organs and meridian's integrity. Rapid changes in body water or distribution can cause severe un-countable systemic dysfunction. The water content of the body is a balance of input and output; the movement of body

fluid always flows across the cell membrane from lower to higher osmolality, which is determined by the concentration of effective osmotic solute in the intracellular or extra-cellular fluid and is responsible for maintaining normal life activities.

In Traditional Chinese medicine, the body fluid is named Jin and Ye. Jin represents the clear and pure liquid, the essence part in the body fluid or tissue fluid. Ye refers to the high density and relatively condensed fluid, such as the moisture fluid in joints. Most of the time the Jin and Ye are inseparable, so Jin and Ye are always used together and called, Jin Ye, which plays a great role in moisture and nourishment of all the organs and body tissue. The quality and quantity of Jin and Ye can directly affect the organs' function.

Pathologically, disorders of water (Jin Ye) homeostasis, in general, can be divided into hyperosmolar disorders, in which there is a deficiency of body water relative to body solute, like diabetes insipidus, that is Yin or Jin Ye deficiency syndrome. In a complicated pathological case, there could be a mixed type, in a combining situation of hypo-osmolality with hyperosmolar. What we called Yin deficiency with phlegm syndrome.

Another type is hypo-osmolality disorders, in which there is an excess of body water relative to body solutes, such as body edema, pleural effusion, and ascites.

Clinically, the diseases can be classified as follows:

Lack of quantity Jin Ye, dryness syndrome, dry eyes, dry mouth, and dry throat, skin dry and vaginal dryness, dry stool induced constipation, difficult urination, somehow like a dehydration condition. Sure, the quality of Jin Ye degrades, or the changed composition of Jin Ye also can induce malfunction of lubrication and nourishment.

If the Jin Ye cannot be distributed evenly as original programmed, which will lead to an accumulation of liquid into a pond or swamp to block the Jin Ye being evaporating for nourishment and affect Qi flow and Qi movement. Many other factors may affect the Jin Ye distribution besides the quantity and quality of Jin Ye itself.

Excessive Jin Ye accumulation is categorized into two groups disorders.

Wu Shui (Five Water syndromes) is based on the pathological root and location related to the five organs. Water in heart, lung and liver, spleen and kidney, respectively. Considering the clinical manifestation features it also has another terminology or naming way, i.e., Feng shui (风水/Wind water), Pi Shui (皮水/Skin water), Shi Shui (石水/Stone Water), Zheng Shui (正水/Original water) and Huang Han (黄汗/Yellow sweating) syndrome.

Yin Syndromes (饮证/Yin) is classified into six clusters syndrome based on a variety of clinical symptoms and pathology, such fluid dwelling locations and its physical shape, Tan Yin (痰饮), Yi Yin (溢饮),



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Xue Yin (悬饮), and Zhi Yin (支饮), Liu Yin (留饮), Fu Yin (伏饮), and Zhi Yin (支饮).

For each above-mentioned pathological condition, there are precise herbal medicine formulas for each, respectively. But the therapeutic principle for Wu Shui syndromes and Six Yin Syndromes is to use herbal medicine with warm property to negotiate and harmonize, open the water pathway to let excess water out of the body. Based on the pathological characteristics and the location of Jin Ye deposited, the special channel entered herbal medicine will be selected correspondently. Acupuncture application in point selections and manipulation sheerly follow this principle.

The diaphoresis, inducing vomiting, transforming (with aromatic property), diuretically draining, and purgative herbs to purge the excessive Jin Ye/fluid out. A variety of therapies and herbal formulas for disease caused by Jin Ye were established and become one of the great treasures in Traditional Chinese Medicine.

Other groups of diseases may not show remarkable excessive phlegm and fluid accumulation clinically, but the pathogenic Jin Ye is the hidden cause, such as much fibromyalgia patients, the dampness is in a misted form in the muscular fibers to block the energy flow and cause pain. Many chronic challenge cases are often related to dampness hovering around in the meridian and collaterals.

To be a successful practitioner, we must understand and know how to manage the diseases related to or causes by the malfunction of Jin Ye.

See you all in the classroom at the FSOMA Annual Conference.



Dr. Ruan Jin Zhao

One of the earlier eras Ph.D. in TCM. He has practiced Chinese medicine for over 35 years, more than 25 years in the US. With profound medical research background and a large amount of clinical practice, he has successfully helped many patients with chronic pernicious diseases including infectious diseases, autoimmune diseases, and cancers. He has participated and dedicated.

Status of 2021 Medical Freedom Legislation

BY DR. TONI KREHEL, AP

Editor's Note:

This article reflects the views of NVIC and the author, Toni Krehel, not of the Florida State Oriental Medical Association.

NVIC mission statement: Our Mission The National Vaccine Information Center (NVIC) is dedicated to preventing vaccine injuries and deaths through public education and advocating for informed consent protections in medical policies and public health laws. NVIC defends the human right to freedom of thought and conscience and supports the inclusion of flexible medical, religious and conscientious belief exemptions in vaccine policies and laws.

They/She is not anti-vaccine – they support greater personal choice and less government control through legislation in public health vaccination policies.

In response to restrictive COVID policies implemented over the past year, and with an aggressive mass vaccination campaign underway, state legislatures across the country have been taking preemptive action to secure civil rights, medical freedom, and informed consent rights as these public health initiatives and policies are enforced and codified into law.

Weighing heavily on the minds of many is the question as to whether COVID-19 vaccinations will be required for employment, travel, public venues, and to obtain health care and other services. Governors of several states have issued executive orders banning state agencies and corporations doing business in their states from requiring residents to provide proof of COVID-19 vaccination

via a vaccine immunity passport or health pass in order to participate in normal society.

The terms “vaccine passport” and “health pass” refer to a document or system created and used for the primary purpose of diminishing or enlarging an individual’s civil and political rights, privileges, and capacities based on the individual’s COVID vaccination or immunity status. A “passport” system either confers privileges or removes rights based on medical status.

Opposition to vaccine or health status pass systems is predicated on the idea that medical information is private information that should not be shared by mandate. The requirement that citizens show proof of vaccination threatens individual freedom, medical freedom, and patient privacy.

During the 2021 legislative session, 48 states filed bills to prevent mandates and discriminatory policies based on health status. The purpose of legislation to ban requirements for individuals to produce such documentation is to ensure that non-compliance does not lead to rejection and refusal of services, health care, insurance benefits, employment, education, right-of-access, and travel based on the individual’s vaccination status.

In Florida, on April 2, Governor DeSantis signed Executive Order 21-81 prohibiting COVID-19 vaccine passports, stating:

5

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WHEREAS, many Floridians have not yet had the opportunity to obtain a COVID-19 vaccination, some have infection-acquired immunity, and others may be unable to obtain a COVID-19 vaccination due to health, religious, or other reasons; and

WHEREAS, Florida seeks to ensure that every Floridian who desires a COVID-19 vaccine can obtain one, but such vaccines will not be mandated; and

WHEREAS, no COVID-19 vaccine is required by law; and

WHEREAS, individual COVID-19 vaccination records are private health information which should not be shared by mandate; and

WHEREAS, so-called COVID-19 vaccine passports reduce individual freedom and will harm patient privacy; and

WHEREAS, requiring so-called COVID-19 vaccine passports for taking part in everyday life - such as attending a sporting event, patronizing a restaurant, or going to a movie theater would create two classes of citizens based on vaccination;

On May 3, the restrictions on passports were codified into law with the passage of SB2006, a bill revising legislative intent with respect to the State Emergency Management Act. Effective July 1, enrolled SB2006 prohibits businesses, governmental agencies, and educational institutions from requiring individuals to show documentation certifying COVID vaccinations or

post-infection recovery. In addition to barring these health passes, the law curbs restrictions and business closures during an extended emergency and gives the governor power to override local orders if they are determined to unnecessarily restrict individual rights or liberties.

While the new law prohibits these entities from requiring health passes, it does not otherwise restrict them from instituting screening protocols consistent with government-issued guidance to protect public health. Also, the bill was amended to exempt certain health care providers/clinics, allowing them to require patrons/customers to provide documentation to certify vaccination. There is confusion about this provision as it contradicts the law's intent and effectively allows these providers to withhold medical care if the individual does not provide the required proof of vaccine status. It is not clear yet how this provision will be enforced or challenged, but a policy of with-holding medical care based on vaccination status is discriminatory and unethical.

The White House has stated that the federal government will not issue vaccine passports; however, the National Institutes of Health (NIH) has awarded IBM contracts to develop and implement a digital health pass designed to support sophisticated contact tracing and verifiable health status reporting. IBM is one of 7 digital health status systems in the works. The digital pass systems will be deployed through large corporations where the collection of large amounts of data is possible.

So, for now, health passports will come from the commerce sector – businesses and corporations.

While our new Florida law expressly prohibits businesses from requiring vaccine passports for services, there remains the question as to whether private employers can require COVID vaccines as a condition of employment.

While there is no legal authorization for employers to mandate COVID vaccines, employers have been given the green light by U.S. Occupational Safety and Health Administration (OSHA) to require the vaccines as a condition of employment, and many employers are currently attempting to enforce vaccine compliance on their employees. New guidance from OSHA on April 20, however, states that if employees are injured by the required COVID vaccine, the employee's workman's compensation claims will go on their safety record.

COVID vaccines come under the Emergency Use Authorization (EAU), and none are approved or licensed by the FDA. They are still in the investigation and experimental phases. Pursuant to federal law, the CDC, and FDA, vaccines in use under Emergency Use Authorization cannot be mandated. Under EAU, federal law requires full informed consent of the risks and benefits, and the individual has the right/option to accept or refuse an EAU product. Thus, forcing employees to receive these experimental injections is a violation of federal law.



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Because COVID vaccines are currently still in EAU status, when an employee is required by an employer to have COVID-19 vaccines, the employee is entitled to ask the employer to provide the following:

1. The statutory reference that authorizes employers to mandate the vaccines, and
2. The Employers Statement of Liability in the event compliance with this policy results in injury or death.

It is important to note and to notify that employers are not afforded the same liability protection as vaccine manufacturers and medical providers.

The US government collects reports of adverse health events and illnesses that follow vaccine administration. This database is called the Vaccine Adverse Event Reporting System (VAERS), and this data is available for anyone to access through VAERS (www.vaers.hhs.gov), CDC Wonder (www.wonder.cdc.gov/vaers.html), and MedAlerts (www.medalerts.org).

As of May 21, 2021, the VAERS data for COVID vaccine reactions includes over 200,000 reports in the US of illnesses, injuries, and deaths after receiving a COVID vaccine.

Under Emergency Use Authorization, healthcare providers are required to report reactions and illnesses after COVID vaccines to the Vaccine Adverse Event Reporting System. Reports are accepted from anyone. If a family member, friend, associate, or patient presents with an illness, health problems, symptoms, or adverse event after receiving COVID vaccination and

has not filed a report VAERS, you may do so.

Medical freedom has never been as important as it is right now. Constant vigilance to uphold and preserve these freedoms is necessary to prevent mandates and discriminatory practices based on health status, and especially as mandatory collection and tracking of private health data in government databases are being used to enforce compliance of these public health goals. The National Vaccine Information Center, Health Freedom Florida, and other human rights organizations all over the country are continually monitoring public health legislation and work with legislators to draft and amend legislation that protects medical freedom for patients and health care providers.

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Search VAERS database www.medalerts.org

Current COVID data: Vaccine Adverse Events Reporting System, USA
www.openvaers.com

The Vaccine Adverse Event Reporting System (VAERS)
www.vaers.hhs.gov

Search CDC Wonder VAERS database
www.wonder.cdc.gov/vaers.html

Links to legislation:

Executive Order 21-81. Prohibiting COVID-19 Vaccine Passports.
www.flgov.com/wp-content/uploads/orders/2021/EO_21-81.pdf

Parents' Bill of Rights Act. Enrolled HB241
www.flsenate.gov/Session/Bill/2021/241/BillText/er/PDF

Track current legislation filed in other states: [NVIC Advocacy Home](#)



Dr. Toni Krehel, AP

In private practice in Jacksonville since 1997, Dr. Krehel is a member of the Holistic Pediatric Association, Physicians for Informed Consent, Florida State Oriental Medical Association, Health Freedom Florida, and the Florida Director for the National Vaccination Information Center since 2001. She is the Florida Director for The National Vaccine Information Center (NVIC) which is dedicated to preventing vaccine injuries and deaths through public education and advocating for informed consent protections in medical policies and public health laws. NVIC defends the human right to freedom of thought and conscience and supports the inclusion of flexible medical, religious and conscientious belief exemptions in vaccine policies and laws.

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Safety Concerns When Treating The Face

BY MICHELLE GELLIS L.AC

Treating the face and neck area is unique with regard to safety concerns. Needling the face can pose challenges due to its heavily vascularized anatomy, relatively dense innervation, and delicate and complex muscularization. There are more blood vessels per sq cm on the face than elsewhere on the body. These vessels rise close to the surface in many areas. Although the face has more muscles per square centimeters than any part of the human body, there are only two main nerves that innervate the entire face; these nerves have tiny branches which encompass the entire face. Needling into these can result in pain, neuropathy, and possibly paralysis. As the face ages, these issues become more pronounced due to thinning of the skin, fat, and bone loss.

Proper facial acupuncture training should involve in-depth knowledge of diagnosis, history, assessment, anatomy, contraindications, red flags, and documentation.

Unlike most forms of acupuncture, facial acupuncture can have serious side effects if done improperly. Due to raising energy to the head, migraines, dizziness, and potentially stroke can occur if these contraindications are not prescreened thoroughly. Less serious side effects such as bruising and bleeding can be common but are avoidable with adequate precautions.

The tools used for facial acupuncture are an important step in reducing many safety concerns. Specially designed intradermal needles for collagen enhancement, tiny glass facial cups, and

specially shaped gua sha tools all work in harmony to provide safe and effective treatments. If used properly, these tools can relax a tight masseter, release fascial adhesions, move stagnant lymph, and clear heat. Used improperly, they can leave marks on the skin, release a blood clot, or damage delicate capillaries.

Treating the neck can pose its own safety issues. Major veins and arteries are close to the surface. The skin on the neck is thin compared to many other parts of the body. Precision is required for needling points such as ST9, Ren 23, and SI17.

Teaching facial acupuncture classes internationally and working as a clinic supervisor for almost 20 years, I have noticed student's hesitation to treat certain areas of the body. The eye area, lips, and especially the neck are commonly avoided due to concerns of bruising or injury. Treating the neck is not inherently dangerous; it requires knowledge of anatomy and quality needles. In reality, the major venous structures in the neck are very thick, and puncturing them would be difficult. I like to review anatomy and point location with my students in the class to provide confidence. ST9, in particular, can be a sticking point (no pun intended). The way I teach finding it is to tell my student to put two fingers on the larynx, ask the patient to swallow; when you feel the laryngeal prominence slide your index finger laterally into the space between the larynx and the SCM.

Find the carotid pulse, and don't needle there! The worst I have seen in needling the neck is a bruise from nicking a capillary, not lethal but can be unsightly.

The area around ST5 & 6 can be tricky as well due to facial veins and nerves; usually, some gentle palpation, good lighting, and a trained eye along with a generous application of arnica gel can alleviate any potential problems. I always keep some Yunnan baiyao, and Q-tips close at hand when removing needles should any bleeding or bruising occur.

Expert training in prescreening, needling, using palpation and visual skills, quality needles and other specialized tools, in-depth knowledge of facial anatomy, and appropriate lighting will address many of the potential issues when needling the face and neck. Even with these tools, remember that everyone's facial structure is slightly different. I tell my students to practice facial acupuncture skills for 10-12 treatments before attempting to practice on a patient. Your comfort level will improve, and so will your patient's satisfaction and results.



Michelle Gellis LAc is a Board-Certified Acupuncture Physician. She has been a Faculty Member and Clinic Supervisor at the Maryland University of Integrative Health since 2004. Michelle holds a Bachelor of Science Degree from Seton Hall University School of Business in Computer Science and a Master of Science Degree in Acupuncture from the Traditional Acupuncture Institute. Ms. Gellis is certified to teach facial acupuncture internationally. She has been published in The Journal of Chinese Medicine, Acupuncture Today, the Maryland Acupuncture Society Newsletter, and The Acupuncture Desk Reference.

DID YOU KNOW?

- 1981** Acupuncture was legalized in FL
- 1982** FSAA (Florida State Acupuncture Association, precursor to FSOMA) was established with 30 members

- 1984** Board of Acupuncture was established and New Licensing Exam
- 1993** FSAA was renamed to Florida State Oriental Medical Association (FSOMA)
- 1994** FSOMA established as a Not-for-Profit 501(c)6 professional association



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"My training with you has tremendously helped with my facial stroke patients! The training gave me the confidence to needle the face and also, to use facial cups and the jade roller. I recently had my Bell's Palsy patient buy the facial cups so that she can use them at home, in-between treatments. She is so happy to be able to do some self-help."

-Susan M (San Diego, 2008)

”

“

"I am obsessed!

Thank you so much for being so in-depth and thorough. You and your class have made a significant impact on me, my career and my overall self-esteem by your benevolence and knowledge - I am so encouraged."

- Trevor (Jan. 2021)

”

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The Role of Stomach Acid in Healthy Spleen Qi

BY BOB LINDE, AP, RH

One of the more common internal medicine complaints that Acupuncture Physicians treat is digestive issues. One that many practitioners find challenging is patients with the medical diagnosis of Acid-Reflux/Heart-Burn/ GERD (Gastro-esophageal Reflux Disease) or gastritis. In western medicine we see the treatment approach using PPI's (Proton Pump Inhibitors), H2 (Histamine 2 Blocker). Over-the-counter, acid-reducing medications. are in the top five most purchases and in the top 10 most prescribed drugs. For the Chinese medicine practitioner, we must look at some possible diagnosis: Stomach Fire/Phlegm, Liver Attacking Stomach, Food Stagnation, Stomach Yin Deficiency, and Stomach Qi Deficiency.

Over many years of practice, with a focus on internal medicine, I found that many people on acid reflex medication were not getting the reduction in symptoms that we would expect. By exploring the symptom pattern, with most symptoms appearing with food in the stomach; most patterns match the western pattern of "Hypochlorhydra" or low stomach acid/HCL.

The role of stomach acid is very clearly understood to provide for the successful breakdown of food/protein and allowing for the assimilation of nutrients, specifically B12 and minerals. HCL also protects the body from yeast, bacteria, and even some parasites. With clinical cases of low HCL, there is an increase in cases of C. difficile, SIBO, food poisoning, candida, anemia, and many other issues.

There is also a growing fascination with

"alkalizing the body" this sometimes done with pH water (sometimes a pH 10 - 11), Sodium Bicarbonate (baking soda), and a variety of supplements that can have serious, long-term consequences. There is also the "catch 22", a patient needs B12 in order to produce stomach acid and stomach acid to break down B12. It is common to see a vegan diet devoid of supplementation of B12 acquires low stomach acid after 3 to 5 years.

Clinically, low HCL can interfere with not just food/nutrient assimilation, but also herb/supplement absorption. Acupuncture Physicians may wonder why a particular formula does not work despite their correct diagnostics. It may be the stomach's inability to break it down for absorption.

Symptoms that I look for that make me consider low HCL can be related in a CBC with signs of anemia, mineral deficiencies, or low B12. A patient may complain of bloating or pain with eating, rather than burning when the stomach is empty. There may be belching, foul breath, nausea. Symptoms are frequently aggravated with sugar, alcohol, or meat.

Although there are many formulas or supplements that can be utilized to create the proper pH (pH 1 -2) one of the easiest ways is with an HCL with Betaine supplement. These can be taken about 10 minutes prior to meals. If there is an increase in burning or pain it is best to reevaluate, if no symptoms then you are on the right track. Usually, within 6 to 12 months the stomach acid will improve enough that you can taper

down and ultimately stop.

Anyone interested in learning more detail about signs and symptoms as well as approaches to low HCL, we hope you can join me at the FSOMA conference this August.



Bob Linde AP, RH

Owner of Acupuncture & Herbal Therapies in St. Petersburg Florida, and the director of the Traditions School of Herbal Studies. He also consults as a product developer for animals and humans. He enjoys growing many medicinal herbs in his yard. Find out more at www.acuherbals.com and www.traditionsherbschool.com



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Treating the Emotions with 5E

BY MICHAEL KOWALSKI AP, DIPL. AC. PRESIDENT, 5 ELEMENT INSTITUTE

One of the most profound benefits of Five Element (5E) acupuncture is its ability to treat the emotions. Balancing the emotions is something every patient can benefit from. Even people who are generally happy and emotionally stable have emotional stress and imbalance in their lives.

Whether one realizes it or not, everyone has unique individual tendencies toward inappropriate emotional responses. Some patients with more obvious and troublesome emotional imbalances will seek your help primarily to treat their emotions. Even patients who seek acupuncture for issues seemingly unrelated to their emotions will feel an overall sense of well-being when you balance their emotions along with their main complaint.

5E explains how emotional imbalance is related to all symptoms in your patient. The emotions affect the body directly through the Qi, so when the emotions get imbalanced it causes physical symptoms. In fact, when patients' emotions get balanced through 5E treatment, they can better appreciate the benefits from your treatment for their main complaint and other issues.

Each of the Five Elements has a corresponding emotion:

Fire - Joy
Earth - Sympathy
Metal - Grief
Water - Fear
Wood - Anger

Emotions express inappropriately either in excess or deficiency. For example, imbalanced Fire typically presents as a Lack of Joy, rather than an inappropriate excess of Joy.

One emotion is generally more imbalanced than the other four. We call that emotion's corresponding Element the Causative Factor (CF). Correctly diagnosing the CF Element requires knowing the patient's Color, Sound,

and Odor, in addition to their primary inappropriate Emotion. 5E training focuses on developing the clinical skills to correctly diagnose the CF. When points on the CF Element are used in a 5E treatment, the patient's emotions become more balanced. Further 5E treatment on their CF meridians will progressively create greater balance and stability of all their emotions.

Each meridian has points that treat the mental or spiritual level, based on the point's name. Some point names describe its physical location, while other point names are poetic and mystical. A 5E practitioner who understands the spirit of the points will intuitively know which spirit of the point the patient is needing that day.

In 5E we don't use the spirit of a point in every treatment. First, we clear any major energy blocks such as Possession, Aggressive Energy, and Husband-Wife imbalance. Early 5E treatments focus on building a strong energy foundation by treating Source (Yuan) points and other "command" points on the CF meridians. Once the root cause imbalance is supported through these basic 5E treatments on the CF, we progress to more advanced treatments using the spirit of the points.

All 5E treatments on the CF meridians will balance the emotions. Treating the spirit of a point on the CF will have an even more profound effect in balancing your patient's emotions. Knowing which spirit of the point your patient needs at each treatment is the art of 5E acupuncture, and the results are truly magical.



Over his 36 years' acupuncture experience, *Michael Kowalski A.P., Dipl. Ac.* (NCCAOM) is committed to treating each individual patient as a whole - in body, mind, and spirit. Michael practices and teaches Five Element acupuncture to diagnose and treat the unique root cause of each patient's energy imbalance, which results in remarkable holistic changes that are appreciated by both patient and practitioner.

Michael trained intensively in Five Element Acupuncture for 7 years in England with Professor J.R. Worsley and faculty at the College of Traditional Acupuncture. In 1988 he returned to Florida, where he established his private practice in Jacksonville. Michael founded the 5 Element Institute in 2010, to teach CEU courses in Five Element acupuncture and Evidence-Based acupuncture. To learn more, please visit www.5ElementInstitute.com



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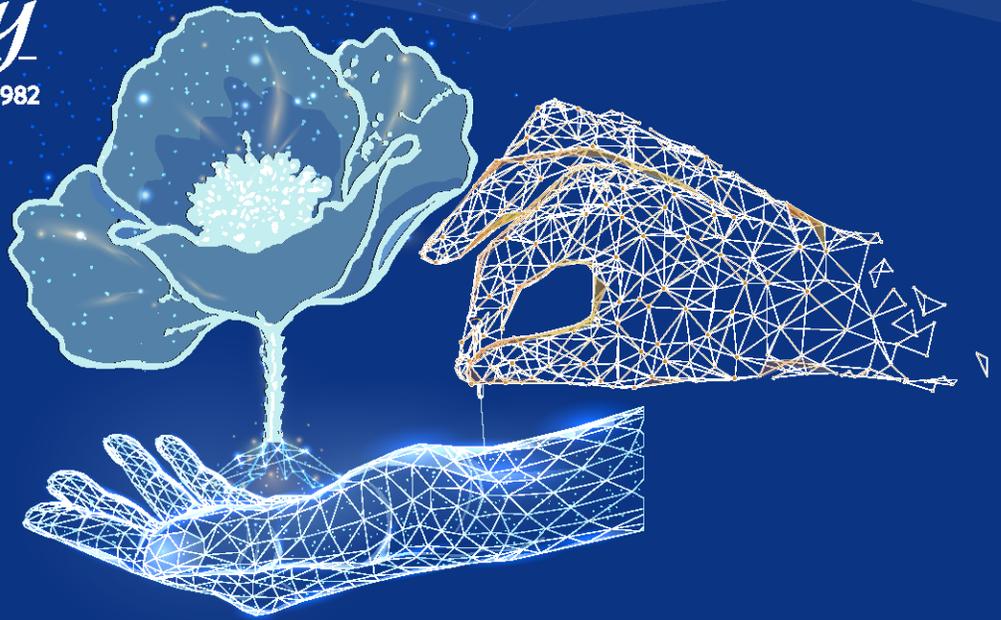
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Vibrational Acupuncture: Integrating Tuning Forks with Needles

INTRODUCTION

BY MARY ELIZABETH WAKEFIELD, L. AC., M. S., M. M.
MICHELANGELO, M. F. A., C. T. M.

“Together, (these) two modalities balance Yin and Yang, both calm and stimulate, and simultaneously ground and lift up the Qi. This permits the integration of Water/Fire polarities within the body, allowing for a flow of Shen spirit in physical form and contributing to the manifestation one’s particular destiny.”¹

The innovative, non-invasive treatment protocols of Vibrational Acupuncture™ feature the use of precision calibrated Acutonics® Ohm tuning forks, by themselves, or in synergy with acupuncture needling, on the points and meridians of the face and body.

The vibrational effect of the sound resonance engendered by the tuning forks is enhanced by the body’s skeletal structure and its watery consistency. As experienced practitioners of vibrational medicine, you will naturally be aware that the human body is comprised of, on average, about 60-65% water, and likewise, that sound travels four times faster in water than air.

Consequently, the vibrational Qi of tuning forks is readily transmitted to the entire body through engagement with the Water element, and its key meridian, that of the Kidney. This encourages the healing frequencies to penetrate the most profound level of essence – the Jing.

This dynamic synergy of sound and acupuncture, employed in treatment, results in a relaxing, clinically effective healing regimen that boosts the immune system, relaxes fear, and prevents disease.

Tuning forks are also useful in the treatment of sensitive, needle-phobic patients, as well as those suffering from PTSD.

The Nature of Sound

“Vibration has motion, therefore all life is motion ... behind the whole creation, the whole of manifestation, if there is any subtle trace of life that can be found, it is motion, it is movement, it is vibration.”

– Hazrat Inayat Khan

The Acutonics® Ohm tuning forks are used on the points and meridians of the body and face.

- The Ohm Middle frequency is 136.1 Hz, which is approximately a C# in Western tunings and is derived specifically from the orbital period of the Earth around the Sun.
- The Ohm Low frequency, at 68.05 Hz, is one-half that of Ohm (an octave relationship), and consequently can be used to address deep-seated conditions.

These tones can be regarded as a distillation, in musical terms, of the Earth itself, and are, as a consequence, vibrationally grounding – calming, meditative, and still.

Vibrational Healing

The use of healing sound, whether embodied in tuning forks, the human voice, chanting, keening, Tibetan or crystal bowls, tinghas, bells, etc., can help to ground, open and calm negative emotional states, connecting us to a wave

¹ Wakefield, Mary Elizabeth, and MichelAngelo, *Vibrational Acupuncture: Integrating Tuning Forks with Needles*, Singing Dragon, London, UK, 2020, p. 74.

of goodwill and peace. Healing vibration connects us with the rhythms and pulses of the natural world, and fosters the development of a vibratory “relationship” between practitioner and patient that can be profoundly transformative:

“In a healing context, exposure of a patient to the appropriate resonance precipitates a process of energetic alignment or entrainment, during which the practitioner enters into a profound rapport with the patient. This energetic vibrational framework invokes a powerful state of compassionate engagement.”

Vibrational Acupuncture, as a healing modality, is comparatively unique in its synergies, not only of the modalities themselves, but also in its underlying melding of history, philosophy, and music theory, plus a soupçon of astrology. Participants in the seminar will learn a range of eminently practical applications to enrich their existing acupuncture practices, as well as a number of tuning fork protocols for self-care.



Mary Elizabeth Wakefield, L. Ac., M. S., M. M.

Mary Elizabeth Wakefield, the internationally recognized author of the acclaimed book, *Constitutional Facial Acupuncture* (Elsevier UK, 2014), is an acclaimed teacher, an acupuncturist, an herbalist, Acutonics® and Zen Shiatsu practitioner, cranio-sacral therapist, and a professional opera singer. Acknowledged to be a leading international authority on facial acupuncture, with 30+ years of clinical professional experience as a healing practitioner, she has personally trained close to 6,000 healthcare practitioners from five continents in her treatment protocols. Mary Elizabeth was recently profiled as the NCCAOM PDA Provider of the Month. She and her life and teaching partner, MichelAngelo, recently published a new book, *Vibrational Acupuncture: Integrating Tuning Forks with Needles* (Singing Dragon UK, 2020), rated 5 stars on Amazon. Mary Elizabeth maintains a private practice on the Upper East Side of Manhattan, in New York City. www.facialacupuncture-wakefieldtechnique.com; chi.akra@gmail.com



MichelAngelo, M. F. A., C. T. M.

An opera singer, classical composer, pianist, medical astrologer, healer, diviner, and writer, MichelAngelo served as Advisor, Astrological Medicine & Musical Studies to Acutonics® Institute of Integral Medicine, LLC, and is a co-author of the textbook, *From Galaxies to Cells: Planetary Science, Harmony, and Medicine* (Devachan, 2010). He has written several articles on medical astrology for *Oriental Medicine Journal*. Other articles have appeared in *Dell Horoscope* and *Infinity Astrological Magazine*. Since 2019, MichelAngelo has self-published three books of original essays, *Random Ramblings of an Astrological Autodidact*, *Miscellaneous Maunderings about the Starry Sky*, and *A Congeries of Cosmic Considerations*, and is currently at work on a fourth collection. All are available on Amazon; *Random Ramblings* has received a very favorable review from *The Mountain Astrologer*. www.michelangelo-medicalastrology.us; planetaryvibrationalmedicine@gmail.com



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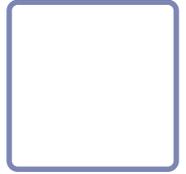
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Created to pay for projects that involve advancing the image and utilization of Acupuncture and Oriental Medicine (AOM). This special purpose fund was established by the FSOMA Board.

The main goal is to be able to finance, enhance, and add towards efforts at educating Florida citizens, lawmakers, employers, and insurance companies on the value and benefits of AOM.

The Forward Fund is a special bank account, set up and reserved for special projects. These special projects, as created by the Board of Directors, include such things as:

- Acupuncture Education Day
- Exhibiting at the Worker's Compensation Institute Conference
- Lobbying
- Coalition building
- And much more ...

Within the last year, the Forward Fund has funded:

1. The booth for 2021 WCI which will be held in Dec 2021. <https://www.wci360.com/>
2. Political donation of \$11,500 to legislators in order to connect more strongly

The funds generated at the FSOMA Conference Silent Auction support this work.

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