

# FSOMA JOURNAL

SUMMER 2022  
CONFERENCE EDITION



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August

19 - 21

Orlando  
Florida



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## From the President

BY DAVID BIBBEY, A.P

Hello to fellow FSOMA Members,

Incredibly we are the midpoint of 2022 already and the Annual FSOMA Conference is only 8 weeks away. This year the event will be hosted in Orlando at the Wyndham Grand Resort Bonnet Creek, August 19th-21st. As always, AOM companies will be on-hand to offer samples and special pricing on treatment supplies and products you use in practice daily. The CEU-program is focuses on enhancing your skills and knowledge when treating a variety of head and neck conditions. A variety of courses on this and other topics are available, please visit the FSOMA conference webpage to save \$\$\$, register as an early-bird and review the program and guest speakers.

Lots of special activities have been planned outside the classroom this year to bring attendees together and celebrate our shared passion for practicing Acupuncture and Herbal Medicine. This is our annual ritual and chance to experience time together as a community; and a time to remember and renew our passion for healing and helping our patients reach new heights in health and wellness.

This year, the Friday evening General Assembly format will include a panel presentation, discussion, and Q&A to highlight best practices with an emphasis on documentation, standards of care, ethics, insurance, and risk management. FSOMA is pleased to announce that Michael Taromina, Esq will be returning to join the conversation with Galina Roofener, Marilyn Allen, and Mina Larson and others.

This will be a rare opportunity to learn directly from top subject matter experts in our industry about how the profession is evolving and what knowledge, skills and practices are needed to successfully navigate and plan for the short and long-term. Don't miss this opportunity to attend in person.

Students are invited and welcome again this year to attend the conference classes, exhibit hall, evening events and the Annual Student Luncheon with special gifts and speakers available to answer questions and provide advice about planning for the future and work opportunities after graduation.

Saturday evening, FSOMA is hosting the 2nd Annual Alumni Dinner Event with prizes and gifts. This free Alumni Event is open to both members and non-members of FSOMA, who are licensed graduates, faculty, or administrators from FCIM, EWC, Dragon Rises, AFEA & FITCM. You can help make this a really special night. Please remember to use social media or direct messaging to share the date and invite colleagues and friends from your graduating class. Tag and share that FSOMA is sponsoring an Alumni Dinner party in August at the conference. We would love to see you and your classmates and teachers join-in at the evening reception, exhibitor hall and Alumni Dinner.



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## From the President continued ...

Guests can RSVP for free online at [fsoma.org/2022-reunion](https://fsoma.org/2022-reunion). Seating is limited and we expect a full house. Last year was a blast with Alumni from So. FLA; and FSOMA wants to celebrate this year with more central FLA alum's. Share and save the date.

That is the news for now...I can't wait to see everyone in August. My sincere thanks to the FSOMA Staff and volunteer Directors for your passion and hard work; and I wish to extend my gratitude to each student, professional and business member for your support. All of you make FSOMA possible.



All the best,

David Bibbey, L.Ac  
FSOMA, President



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**August  
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## Case Studies: TCM Medical Decision Making to Meet New CMS Requirements

BY GALINA V ROOFENER, AP, LAC, DIPL.AC, DIPL.CH

Have you ever thought about why we were taught only one intake or a SOAP note style in school? Do you want to know the exact amount of information you must collect in the allocated time pertaining to the specific Evaluation and Management (E/M) CPT code? Do you want to learn how much time you need for the E/M encounter based on the amount of ICD-10 codes in your documentation and how it determines the level of reimbursement accordingly? Do you want to learn how to properly formulate and match ICD-10 western diagnosis to TCM patterns? You are in the correct place; this class is designed to maximize your efficiency and prosperity.

Starting January 2021, you will no longer be paid as a very expensive secretary typing down subjective information about the patient or performing extensive orthopedic testing. Now, the Medical Decision Making (MDM) and complexity of Evaluation and Management (E/M) have become primary insurance reimbursement criteria and determine encounter time allocation and reimbursement.

Many of the documentation classes today are taught from the chiropractic or insurance biller viewpoint; this helps you to get paid but does not always support your ability to establish TCM pattern differentiation. This class presents the TCM practitioner viewpoint on CMS guidelines for note-taking, enhances the efficiency of TCM clinical practice, and facilitates the accuracy of TCM pattern differentiation diagnosis. This class was developed based on many years of experience from note audits in a major multi-practitioner hospital.

Based on examples of real case SOAP notes, you will learn:

- How to train your front desk personnel to schedule appropriate time slots for E/M consult
- What amount of subjective information, including TCM review of systems and social determinants of health, to collect depending on E/M complexity



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*Together we are stronger!*

- What amount of objective info to collect, including physical exams, labs, and imaging
- How to write an assessment supporting your Medical Decision at the initial appointment and the follow-up SOAP notes
- How to establish and adequately record billable western diagnoses and non-billable Traditional Medicine patterns with standard terminology of ICD-11 Chapter 26
- How to formulate a treatment strategy, principle, and plan specific to different styles of acupuncture and herbal services
- What must be present in the After-Visit Summary issued to the patient
- Learn what info about your herbal prescriptions must be reflected in the SOAP note
- How to collect and record adverse events
- Understand the specifics of legal language pertaining to acupuncture and herbal SOAP notes
- Investigate the insurance auditor worksheet to understand the risk for insurance reimbursement rejection or legal risks.

The most crucial step on the pathway to prosperity is the comprehensive incorporation of acupuncturists into the conventional healthcare system. Proper documentation is the main requirement for the modern healthcare system whether working in private practice or a hospital setting. One must stay up-to-date and comply with Centers for Medicaid and Medicare services documentation requirements; sufficient documentation is legal protection.

*See you at the conference; we will follow the footsteps of the Yellow Emperor, learning how to advance our profession into a prosperous future.*



*Galina V. Roofener, AP, LAc, Dipl.Ac, Dipl.CH*

Board-certified and Licensed Acupuncturist & Chinese Herbalist in the states of Florida and Ohio. Galina has over 30 years of experience in health care, including 8 years at the Cleveland Clinic, where she was a major contributor to the development of the Chinese Herbal Therapy program. Galina is a contributor to published journals and textbooks on the topics of prevention, wellness, health, and Eastern medicine, and is also an NCCAOM-approved continuing education provider and speaker. Author of "Modern Pulse Diagnosis: Mobile ECG", a based textbook, which illustrates a modern perspective on describing the TCM pulse through the interpretation of mobile ECG data.

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## Fact Checking

### CMS Form 1490S: What you need to know

FSOMA is aware of social media messaging that describes acupuncturists completing and providing a CMS Patient's Request for Medical Payment (Form 1490S) for patients who receive acupuncture services. The Association's Board has asked the Florida Health Care Law Firm to provide guidance and feedback on the question of acupuncturists accepting and treating patients insured under original Medicare and the appropriateness of using CMS Form 1490S.

The question presented to the attorneys is whether an acupuncturist may provide original Medicare patients with a CMS Form 1490S and a superbill for the purpose of allowing those patients to submit the Form 1490S directly to Medicare for acupuncture service fee reimbursements.

#### **Below is the Attorney's Response:**

*"For an acupuncture benefit to apply, Medicare specifies how the service needs to be delivered:*

*under the supervision and "incident to a physician," physician assistant or nurse practitioner. So, the acupuncturist should give notice to the patient that he has reason to believe Medicare may not pay for the service if provided in a different manner.*

*While acupuncturists cannot bill original Medicare directly for services, there is an avenue available for them to be paid. A supervising provider may bill acupuncture services "incident to" physician care and receives 100% reimburse at the Medicare allowable amount. This is a special carve-out by Medicare to provide acupuncture services to Medicare beneficiaries for low back pain only. Until this changes, acupuncturists should [only] provide services "incident to" physician care and the billing provider should be the supervising practitioner.*

*Delivering the service contrary to the carve-out requirements set out by Medicare and leading*

*the patient to believe that they will be reimbursed for the service is an intentional misrepresentation. Knowingly practicing contrary to the Medicare's requirements for this limited exception may be considered fraudulent which can expose the acupuncturist to licensure investigations by the Florida Department of Health and may be seen as knowingly deceiving the Medicare patient and collecting fees above the maximum allowed under Medicare."*

FSOMA is hopeful that its members and other Acupuncturists find this information is helpful.



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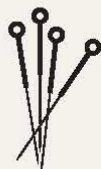
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# Different Origins of Phlegm

BY BRENDAN KELLY, LAC, HERBALIST

Part of the brilliance and deep-reaching clinical efficacy of Chinese medicine is its ability to make seemingly difficult and confusing conditions clear and accessible. One example is the understanding of the different origins of “tan” or phlegm.

In our modern discussion, we often emphasize phlegm as a pathology coming from the Spleen, associated with the Earth phase and the climatic influence of dampness. And while the Spleen and Earth can be a cause of dampness, all five phases can be involved, and there are seven different types of phlegm. Interestingly, in the long history of Chinese medicine, there is no major tradition that emphasizes phlegm as the root cause of disease. In other words, it's understood that phlegm is a branch issue responding to other pathologies.

## The Five Phases and Seven Types of Phlegm

- **Damp phlegm/Earth:** Associated with the Spleen, this is what we often currently associate with dampness. Damp phlegm can both come from and contribute to weakness in the digestive system (Stomach/Spleen) and affect day-to-day energy through its weakening of the creation of post-natal Qi. Treatment strategies include transforming and expelling phlegm.

- **Dry Phlegm/Metal:** Associated with the Lung, this is phlegm that occurs as the body's response to a lack of healthy fluids. As result, the Lung and the body, in general, can create or hold onto thicker fluids because thinner, less viscous ones are not available. As the Lung is also

associated with the creation of post-natal Qi, dry phlegm can also create weakness and fatigue. Unlike damp phlegm, the treatment strategy here is to moisten.

- **Fluid Phlegm/Water:** This is also associated with the Kidney. Fluid phlegm occurs when the phlegm in the middle burner descends into the lower burner and begins to affect the Kidney and Yuan/Source Qi. As with cold phlegm above, the treatment strategies include clearing cold and tonifying Kidney Yang.

- **Cold Phlegm/Water:** This is where the fluids can become thicker and heavier from the congealing presence of cold. And with its association with the Kidney, cold phlegm can both come from and contribute to issues of Yuan/Source Qi. A way to differentiate fluid phlegm from cold is the accumulation of fluids and edema in the lower part of the body. The treatment strategies include clearing cold and tonifying Kidney Yang.

- **Wind Phlegm/Wood:** This type of phlegm is involved in seemingly hard-to-treat diagnoses including neurological conditions and late-stage Lyme. Wind is an excess of Yang in the Liver and tends to go upward, and phlegm is an excess of Yin which tends to descend. The directionality of wind and phlegm responding to each other, including a response to create balance, can be important in understanding that one imbalance can create others. The treatment strategies include subduing wind.

- **Hot Phlegm/Fire:** Hot phlegm can occur in the Heart and other organs like the Stomach, as the body attempts to use the cooling and heavy nature of the Yin (phlegm) to control the ascending and warm nature of Yang and fire. As heat can also cause dryness, hot phlegm and dry phlegm can occur simultaneously and sometimes in the same organ. The treatment strategies are to clear heat and tonify Yin.

- **Insubstantial Phlegm/Fire:** Associated with the Heart, insubstantial phlegm is used to describe a condition where phlegm should be present but is not found diagnostically based on signs and symptoms or disease progression. As the treatment principles to address the condition are associated with the Heart, including “vaporizing phlegm,” the focus of treating insubstantial phlegm relates to the upper burner.



***Brendan Kelly LAc***

Acupuncturist, Herbalist, Author, and Professor of Chinese medicine for 17 years. Co-founder of Jade Mountain Wellness in Burlington, VT.

Brendan 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. Author of “The Yin and Yang of Climate Crisis,” uses the lens of Chinese medicine to look at the bigger and deeper issues of global warming



We are looking for volunteers to help give mini treatments at the Workers' Compensation Institute Conference August 22 & 23, 2022.  
Connect with Workers' Comp system and promote AOM.  
To volunteer visit: [www.fsoma.org/2022wci](http://www.fsoma.org/2022wci)



FSOMA President David Bibbey and Vice President Gretchen Lorenson are headed to the Florida Radiological Society Conference July 15 & 16, 2022 in Jacksonville, FL.

# Five Element Acupuncture for Headaches

BY MICHAEL KOWALSKI, A.P, DIPL. AC.

Headaches are a common complaint of patients seeking acupuncture treatment. Nearly 22% of women and over 10% of men in the U.S. suffer with migraines or other severe types of headaches. These include migraine headaches, tension headaches, sinus headaches, cluster headaches, and rebound headaches.

Acupuncture treats all types of headaches. A 2016 review of acupuncture for tension-type headaches found that ["acupuncture could be a valuable non-pharmacological tool in patients with frequent episodic or chronic tension-type headaches."](#)<sup>1</sup> A 2020 review of all the evidence on acupuncture for migraines concluded ["Many studies suggest that acupuncture is a safe, helpful and available alternative therapy that may be beneficial to certain migraine patients."](#)<sup>2</sup>

If you want to help your patients create a life free from headaches while balancing them in body, mind, emotions and spirit, a great tool is Five Element (5E) acupuncture. 5E is particularly effective in managing chronic headaches and has many holistic benefits.

5E doesn't treat headaches as a symptom. It treats the root cause of the headache by understanding the depth of the Five Elements: Fire, Earth, Metal, Water, and Wood. 5E diagnosis reveals which of the Five Elements originally became imbalanced, causing the ongoing headaches. This original Elemental imbalance, called the Causative Factor (CF), happens to everyone in childhood. The CF creates a lasting effect on one's personality development, emotional

balance, and physical health.

A headache is just a symptom from the body, alerting you to the Qi imbalance. Find the root cause of the headaches to understand how their headaches are connected to their overall emotional and physical well-being.

5E treatments fix the root-cause Element, restoring your patient to balance in body, mind, and spirit. By rebalancing the root-cause Element, the other four Elements also balance. This complete balancing removes stress and tension from your patient's body and mind. Less tension in body and mind helps the headache pattern resolve itself.

Most chronic headache sufferers you see will report a marked reduction in both frequency and severity of their headaches within just 10 acupuncture treatments. After the initial course of 10 treatments, patients usually no longer need weekly treatment.

5E acupuncture treatment can easily be integrated with TCM treatment, treating Root and Branch. 5E is effective to rebalance your patient as a whole, and TCM headache protocols are effective in opening the energy channels through the head. This integrated approach encourages the body to hold treatment benefits longer, boosting the effects. You can gradually spread out treatment frequency as progress is made until patients are on a maintenance schedule, just once every month or two.

You can also search for any headache triggers. What patients eat and drink can trigger headaches. Learning their food triggers is a key step in prevention and cure. Check your patient's diet, and you can use a food allergy blood test to measure their sensitivity to 190 common foods. This simple take-home test kit gives you a complete picture of your patient's food triggers.

Chronic stress is another common trigger for many kinds of headaches. Take time to understand your patient's stressors and how they relate to their headaches. Then counsel them how best to manage their stress. The combination of 5E and TCM acupuncture with the removal of headache triggers is the most effective remedy available for migraines and severe headaches as well as overall wellness.

<sup>1</sup> Linde K, Allais G, Brinkhaus B, Manheimer E, Vickers A, White AR. Acupuncture for tension-type headache. Cochrane Database Syst Rev. 2009 Jan 21;(1):CD007587. doi: 10.1002/14651858.CD007587. Update in: Cochrane Database Syst Rev. 2016;4:CD007587. PMID: 19160338; PMCID: PMC3099266.

<sup>2</sup> Urits I, Patel M, Putz ME, et al. Acupuncture and Its Role in the Treatment of Migraine Headaches. Neurol Ther. 2020;9(2):375-394. doi:10.1007/s40120-020-00216-1



**Michael Kowalski A.P., Dipl. Ac. (NCCAOM)**

Director at Five Element Institute

Acupuncture Physician at Acupuncture & Holistic Health Center in Jacksonville, FL

Former Dean of Acupuncture and Principal instructor of the Mandarin School of Chinese Medicine, and later as President of the Classical Acupuncture Institute in Jacksonville, FL

# Lynn Thames Memorial

## STUDENT SCHOLARSHIP



The FSOMA Board of Directors has established the Lynn Thames Memorial Scholarship Fund for students of AOM in Florida.

We honor her service to our profession and the love she showed her students.

To donate to the Lynn Thames Memorial Scholarship Fund visit:

[fsoma.org/lynn-thames-memorial-scholarship-fund](https://fsoma.org/lynn-thames-memorial-scholarship-fund)



We encourage students every year, to submit their applications for this scholarship. Applications showcase and reflect the students role as emerging leaders in the profession of Oriental Medicine & Acupuncture.



# Members' Financial Contributions to FSOMA & Special Funds – Tax deductible business expense?

Your FSOMA Membership dues are now fully tax deductible. The political contributions we make are now through a PAC – Florida Health Alliance PC.

FSOMA has four (4) Special Funds that are supported by its Membership

Forward Fund: **Fully deductible business expense – YES:** This is a special purpose fund established by FSOMA to pay for projects that involve advancing the image and utilization of Acupuncture and Oriental Medicine (AOM). Forward Fund projects include Acupuncture Education Day, staffing an exhibit booth at the Worker's Compensation Institute Conference, coalition building, meetings, advertising, special functions, creation and mailing of special literature or documents, etc. Your contributions and the funds generated at the FSOMA Conference Silent Auction support this work.

Legal Defense Fund: **Fully deductible business expense – YES:** This special purpose fund was created by FSOMA to cover legal expenses for issues that threaten the practice of Acupuncture and Oriental Medicine (AOM) in Florida. Utilized for legal consultations,

opinions, and actions to defend AOM practice in the State. Recent examples include legal representation to update State Municipal Codes to accurately classify acupuncture services under “healthcare services.”

Florida Health Alliance PC: **NOT a deductible business expense – NO:** This is the FSOMA Political Action Committee (PAC) established to raise and distribute funds to advocate for FSOMA’s political goals.

Lynn Thames Leadership Scholarship Fund: **NOT a deductible business expense – NO:** This fund was established by FSOMA in honor of Lynn Thames’ service to the profession and love of her students. The fund provides annual scholarship opportunities for Florida AOM students.

*FSOMA does not provide accounting/tax preparation professional advice. The info provided here-in is NOT professional advice. Please consult a tax preparation expert for specific advice on claiming business expense deductions and tax document preparation.*

## 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



# 5 WAYS TO SUPPORT THE FUTURE OF YOUR PROFESSION



Yes! The future of your profession is in your hands. And YES! There is something you can do that will ensure the Traditional Asian Medicine and Acupuncture profession continues to evolve, grow, expand, and continues to be recognized at all levels of society.

Simple steps to be involved and pro-active:

1. Connect with your state association - Why? [It shows them you are listening and watching.](#)
  - Sign up for their email list
  - Follow on social media
    - Check us out at [@yourfsoma](#)
2. Get involved in a Committee - Why? [Your voice matters.](#)
  - FSOMA has several committees you can learn from
    - [www.fsoma.org/committees](http://www.fsoma.org/committees)
3. Meet with your local legislators and politicians - Why? [Put a friendly face on your profession](#)
  - [www.myfloridahouse.gov/Sections/Representatives/myrepresentative.aspx](http://www.myfloridahouse.gov/Sections/Representatives/myrepresentative.aspx)
4. Make a 1x donation to your state association - Why? [More resources = bigger noise!](#)
  - FSOMA has 3 donation-based initiatives
    - FORWARD FUND: to promote advocacy projects
      - [www.fsoma.org/foward-fund](http://www.fsoma.org/foward-fund)
    - SCHOLARSHIP FUND: for students currently enrolled in an AOM school
      - [www.fsoma.org/lynn-thames-memorial-scholarship-fund](http://www.fsoma.org/lynn-thames-memorial-scholarship-fund)
    - LEGAL DEFENSE: protecting our medicine
      - [www.fsoma.org/legal-defense-fund](http://www.fsoma.org/legal-defense-fund)
5. Become a member of your state association - Why? [Because we are stronger together](#)
  - [www.fsoma.org/join](http://www.fsoma.org/join)
    - CEU discounts
    - financial planning benefits
    - free 15 min legal assistance
    - supply and product discounts

Are you an [out-of-state practitioner](#) and want to support FSOMA?

- Join as an Allied Health Professional

# The Importance of Treating the Neck

BY BOB QUINN, DAOM, L.AC.

Traditional Chinese Medicine is a sophisticated medicine, but there are also some simple understandings that can take you a long way with your patients. In this article, I want to describe three streams that conspired to bring me to the point today where I treat literally every patient's neck. The techniques are easily learned and incorporated into a routine.

Stream #1: In the early days of my career, I had a patient with chronic sinus complaints. She was an acupuncturist herself whose partner was also an acupuncturist. She had treated herself regularly for years, as had her partner, all with quite limited success. I was just beginning my interest in Sotai, a Japanese movement therapy that combines well with acupuncture. I noted that the patient's neck had limited range of motion, and the muscles there were quite tight to palpation. I performed a variety of Sotai movements and threaded needles down the SCM muscle (3 on each side). The next day, the patient gave an enthusiastic report of her sinuses opening up fully for the first time in years. She was grateful beyond words, and I started to think about the neck in a new way. Teaching these Sotai movements is part of my plan for the FSOMA Conference.

Stream #2: In 2009 (or so) I studied with Dr. Zhu Ming Qing, the famous scalp acupuncturist. For ten months, I flew every month to San Jose for a long-weekend module. In the second module, Dr. Zhu explained that he always treated the scalp neck zone (a bit behind GV 20) for patients over 50 years of age, even in

cases where they had no neck complaints. He explained it based on so much time seated with poor posture, whether working on a computer or watching television. Since Dr. Zhu is one of the best practitioners I have seen work, I respected his opinion on this matter and started to apply it myself.

Stream #3: Probably 10-11 years ago I completed the Toyohari Basic Training of 9 modules. I later repeated the training. This system was originally developed by and for blind acupuncturists in Japan. One part of their system is called naso. In naso, the "supraclavicular fossa/neck complex" is treated exquisitely gently with needle touch techniques. I was shocked (and still am every day) how much this approach helps. The range of motion improves; symptoms improve; the pulse quality improves; the shen in the patient's face improves—all this with unbelievably minimal stimulation. I later studied with Iwashina Anryu Sensei (aka Dr. Bear), who was himself Toyohari-trained, and adopted his modified naso approach that is done with a teishin instead of a needle. This is what I will teach in Florida at the conference.

Of course, the neck is but one part of the body, and posture is a complicated topic in our medicine. To make lasting changes in the neck, we need to be aware of what is going on in the entire structure. However, we can make life much more comfortable for our patients when we improve the functioning of their neck with a few simple techniques.



**Bob Quinn, DAOM LAc**

Bob Quinn recently retired from full-time teaching at NUNM in Portland. He now teaches privately and sees patients in his Portland clinic. His certification program in Classical Chinese Medicine Dreamwork will go live in November.

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# The Interpretation of Dreams: Saam Acupuncture

BY EVAN MAHONEY, DAOM

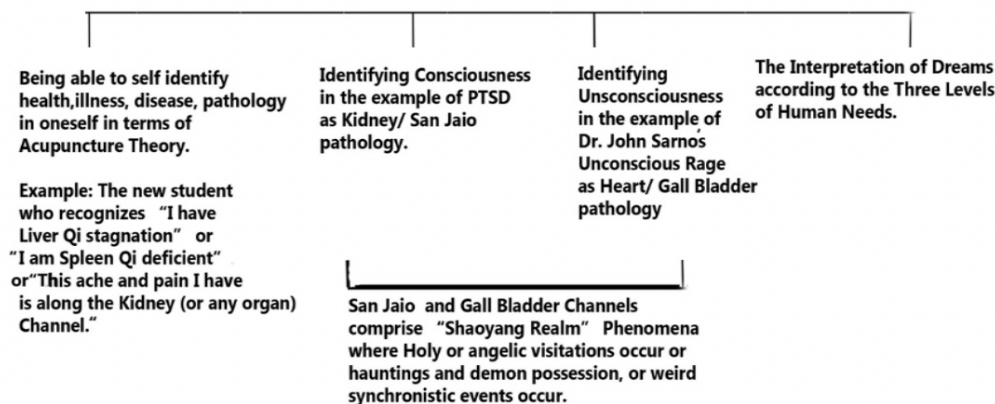
## Abstract:

Saam Acupuncture's Three Levels of Human Needs is a unique Five Element categorization that enables the diagnosis and interpretation of dreams. Saam's Interpretation of Dreams is a beneficial practice of growth and healing for both practitioner and patient. Saam Acupuncture is rooted in the Qi Energetic Meditational arts, sciences, and traditions. Saam Acupuncture is named after founder Monk Saam, who meditated for 13 years in a cave and discovered the "mystery" of acupuncture. With meditation upon the point prescriptions of Saam Acupuncture, the Interpretation of Dreams can be both personally and clinically applied.

The Interpretation of Dreams is part of Saam Acupuncture's "Organ Centered Consciousness" model which distinguishes consciousness and unconsciousness with acupuncture theory. At the 2021 FSOMA (Florida State Oriental Medical Association) Conference in Fort Lauderdale, the author presented on PTSD and the Kidney/ San Jiao Harmonized Combination as being of conscious pathology, and Dr. John Sarno's "Unconscious Rage" as being an unconscious pathology associated with the Heart/ Gall Bladder Harmonized Combination.<sup>1</sup>

## Saam Acupuncture's Organ Centered Consciousness

### Is Meditation on the following



2

*Saam Acupuncture's 'Organ Centered Consciousness' Model*

In the first branch of the model, all students of acupuncture immerse themselves in “Organ Centered Consciousness” which is self-identification and inward recognition of the Sciences of Acupuncture Medicine. By nature of their understanding within the science, remedies can be applied to self (or in the qualification of their education, be applied clinically to others).

Thus it is with the Saam’s Interpretation of Dreams, one can wake from a dream and immediately meditate on it with the appropriate Saam point prescription, or the practitioner can apply a treatment based on clinical findings and patterns. Saam’s model of consciousness and the Interpretation of Dreams can be particularly helpful with psychological-emotional-spiritual cases of recent or lifelong duration.

### **Saam Acupuncture’s Three Level of Human Needs:**

#### 1<sup>st</sup> level of human needs:

Basic necessities like food, money, and material possessions

- Satisfaction with these is associated with the Lung (money, material possessions, the establishment of one’s homeland) and Spleen (having enough food for physical growth, comfort and safety).

#### 2<sup>nd</sup> level of human needs:

Relationships, Romantic and Sexual

- Satisfaction with these is associated with the Heart (romantic, aesthetic) and Kidney (sexual)

#### 3<sup>rd</sup> level of human needs:

Achievements, Prestige, Knowledge, Power

- Satisfaction with these is associated with the Pericardium (knowledge, intellect) and Liver (power, prestige, and fame)

Saam’s Three Levels of Human Needs are similar to Sigmund Freud’s “Wish Fulfillment Theory” from which he stated:

*“What is common in all these dreams is obvious. They completely satisfy wishes excited during the day which remain unrealized. They are simply and undisguisedly realizations of wishes.”*

Saam’s Three Levels of Human Needs has a component of either satisfaction or dissatisfaction. In general, it is the purpose of Saam to move from dissatisfaction to satisfaction, although with balance. There can be situations of “too much satisfaction” which manifest in unhealthy behaviors or physicality such as obesity from over-satisfaction with food, or arrogance and abusiveness from too much Liver level three power.<sup>3</sup> In general, it is themes of Saam’s Three Levels of Human Needs, whether in satisfaction or dissatisfaction, that can be readily found and identified in dreams. Using Saam Acupuncture in meditation or clinical practice, the interpretation of dreams can be acted upon.

### **Conclusion**

Saam Acupuncture’s Interpretation of Dreams based on the Three Levels of Human Needs provides a useful and applicable means of engaging with and acting upon dreams as well as the possibilities of understanding human nature through life’s seasons from childhood through adulthood.

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<sup>1</sup>"Saam Medical Meditation", Evan Mahoney, 2014 Amazon.com

<sup>2</sup>"Structures of Knowledge, Organ Centered Consciousness", Evan Mahoney, 2017 Amazon.com

<sup>3</sup>"Saam Meditation: The Interpretation of Dreams", Evan Mahoney 2015, Amazon.com



***Dr. Evan Mahoney, AP***

Author of the Saam Medical Meditation book series. He is an acupuncturist in private practice in Southwest Florida with his wife since 2011. He can be contacted through [www.acupunctureandteas.com](http://www.acupunctureandteas.com)



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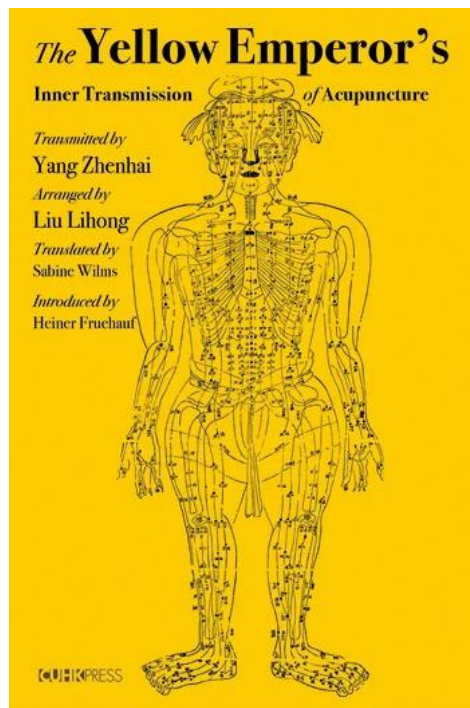
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# The Yellow Emperor's Inner Transmission of Acupuncture

Transmitted by: Yang Zhenhai | Arranged by: Liu Lihong | Translated by: Sabine Wilms | Introduced by: Heiner Fruehauf

BOOK REVIEW BY DR. JOHN ORSBORN, AP, DOM



In the spring 2021 FSOMA journal, I reviewed the book *Classical Chinese Medicine* by Liu Lihong because I am fascinated by the classical approach to this medicine. While Dr. Liu's book is full of classical wisdom and theory, I was disappointed to find there was no direct mention of acupuncture, as it was mostly an analysis of the Shang Han Lun.

Because of my review, someone referred me to *The Yellow Emperor's Inner Transmission of Acupuncture*, by Yang Zhenhai and edited by Dr. Liu. Over the last thirty years, Dr. Liu Lihong has diligently sought out lost traditions of classical Chinese medicine. This book is a presentation of Dr. Liu's discipleship with Yang Zhenhai, "one of the last remaining master practitioners of Daoist acupuncture in mainland China." The tag line for this book, "An ancient

Chinese needling lineage unveiled," piqued my curiosity. I have studied Daoist philosophy for over forty years and recently have been researching approaches to acupuncture that are based on the philosophical roots of this medicine. I could not have been more excited to read this book.

There is a correlation between these two books, *Classical Chinese Medicine* and *The Yellow Emperor's Inner Transmission of Acupuncture*. The former was written by Liu Lihong and the latter was edited by him. The underlying premise of both books is that education in Chinese medicine should be based on the study of the classics more so than the modern textbooks of Traditional Chinese Medicine (TCM). Classical Chinese medicine and TCM, while similar, are not the same. In his introduction to *Classical Chinese Medicine*, Heiner Fruehauf gives an incredibly detailed comparison of Classical vs Traditional Chinese medicine. In his introduction to this book, Fruehauf states, "This extremely effective clinical approach is now mostly forgotten in China, where the selection of Ashi ("ouch") points and other more direct methods of point location have become a distinct feature of modern "TCM"-style acupuncture."

Both books give a detailed explanation of the classical theories of this medicine, with an emphasis on intriguing questions: what is the natural healing force of the body, where is it located, and how do we regulate it? The former book discusses complex concepts such as time and the seasons in relation to

proper treatments. *The Inner Transmission* has a simpler presentation focusing intently on the basic theory of this medicine, Yin and Yang. Both books are critical of how Chinese medicine is currently taught, with a lack of emphasis on the classics.

In the *Inner Transmission*, Yang begins with a discussion of the reason for the decline of acupuncture. He points out that in the *Huangdi Neijing*, (The Yellow Emperor's Internal Classic), the oldest existing text on Chinese medicine, the emphasis is almost entirely on theory and acupuncture. Herbal medicine is rarely discussed. The *Ode to Elucidate Mysteries*, written in 1234 CE by Dou Han-Qing, is one of the oldest and most revered Daoist texts on Chinese medicine. It begins with the statement, "The method of safe rescue lies in the mysterious use of the needle." In 1601, Yang Jizhou wrote a commentary on this work in which he stated, "Nothing works faster than needle and moxa," and "First acupuncture, second moxibustion, third swallow medicines." In the *Inner Transmission*, Yang Zhenhai speaks of the efficacy of acupuncture and then asks, in relation to Chinese medicine in the 20th century, "Why would it be that acupuncture has gone from being the most commonly used treatment method to being the least commonly used one?" The answer, according to Yang, is that modern TCM has become too systematized. After the founding of the People's Republic of China in 1949, traditional medicine was organized similarly to Western medicine teachings. This systematic approach is how Chinese medicine is currently taught, with modern textbooks replacing

the study of the classics in universities. The simple, yet effective use of acupuncture needles has been "now mostly forgotten in China," replaced instead by prescriptions based on the modern understanding of the function of individual points in symptom-oriented procedures and the focus on herbal medicine.

Yang Zhenhai explains the importance of fangzhen, the guideline of determining treatment, based upon establishing the correct treatment principle, determining the point prescription, and finally using needles, all in accordance with Yin/Yang theory. He states that "neither our teachings nor our readers' learning will ever stray from the topic of Yin and Yang. This is an essential point that we must never forget." The philosophical basis of Yin/Yang theory is that, while appearing as polar opposites, they are indeed from one source. And the concept of the Center, both as the union of Yin and Yang and the focus of the internal aspect of this medicine, is paramount, according to Yang.

Most of this book details the philosophy behind the Yellow Emperor's Inner Needling (Huangdi Neizhen). Heiner Freuhauf states in his introduction that "the core aspects of Neizhen tradition can be found in other traditional lineages such as Master Tung's Image and Mirror Method and Dr. Richard Tan's Balance Method." Besides expounding at large on Yin and Yang, the author also discusses the importance of the proper transmission of teachings: the Three Powers (Heaven, Earth, Humanity) and their relationship to

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the San Jiao (Three Burners), the distinction between the Upper Doctor and the Lower Doctor (from the *Neijing*), the importance of the Heart as the Center, and the concept of Identical Qi. This latter concept is crucial in selecting points based on Inner Needling. Identical Qi refers to the qi of the channels with the same name and “never leaves the framework of the Three Burners or the channels.” For instance, when there is a condition in any area involving the Hand Yangming channel, points on the Hand or Foot Yangming channels on the opposite side can be selected by applying the “four rules” listed below.

The last third of the book deals with the specifics of the Yellow Emperor’s Inner Needling. The basis of this technique is using only points on the limbs in accordance with the theory of Identical Qi. Interestingly, Dou Han-Qing, in the *Ode to Elucidate Mysteries*, speaks of the “four beginnings (foundations) and three ends (knots),” namely using points on the limbs (the four beginnings) to treat the head, chest, and abdomen (the three ends where the qi knots).

Yang Zhenhai states there are only four rules of the Inner Needling method as follows:

1. For disease above, you treat below. For disease below, you treat above.
2. For disease on the left, you treat the right. For disease on the right, you treat the left.

3. Identical Qi attract each other
4. Yin and Yang seek to alternate with each other

The limbs are utilized in accordance with these rules with the distinct prohibition against needling above the elbows and knees, on the entire trunk, and on the head (except in cases of emergency). The concept of Identical Qi refers to matching the location of the problem to the respective channel flowing through the area and choosing points accordingly. A detailed example of points by channel and body area are given, first by the designation of Six Channel pairing, then by body areas the channels flow through, and finally by channel designation in relation to the Three Burners. Examples of point selection are offered. Yang states, “No matter where the disease is located, we never leave the core principle of identical Qi.” The basic concept of Inner Needling is “simple and easy to remember,” however the clinical use can be far-reaching with detailed applications that can be somewhat complex to the novice.

While this is a fascinating book detailing a treatment method different from what is taught in most acupuncture schools, I was disappointed in the lack of references as to the efficacy of these treatments based on Daoist philosophy. Yang Zhenhai, as mentioned above, is referred to as “one of the last remaining master practitioners of

Daoist acupuncture in mainland China.” While Yang does often quote from the Neijing and the Dao De Jing and give a Daoist cosmological reference to the origin of the world and human beings, a vast majority of his references seem to be from Confucian and Buddhist classics. There is a wealth of knowledge from the ancient Daoist classics that refer to acupuncture and treatment protocols, such as the *Ode to Elucidate Mysteries* mentioned above, yet Yang does not cite any of them.

As a classical acupuncture physician, I am constantly seeking a deeper understanding as to the efficacy of this medicine based upon the theories and concepts presented in the classics, both of Chinese medicine and Daoism. *The Yellow Emperor's Inner Transmission of Acupuncture* is a welcome addition for anyone interested in Classical Chinese Medicine. The technique of the Inner Transmission is yet another esoteric approach to acupuncture like the *Ling Gui Ba Fa* (Eightfold Method of the Sacred Turtle) and the *Zi Wu Liu Zhu* (Midnight Midday Flowing and Pooling). For anyone seeking to deepen their understanding of the classic roots of Chinese medicine, I recommend this book, as well as *Classical Chinese Medicine* by Liu Lihong as well as *A Study in Daoist Acupuncture* by Liu Zheng-Cai.

*\*Editor's Note\** *One of our favorite AOM Suppliers at the FSOMA Conference has this book (and many other great volumes) available on their website:*

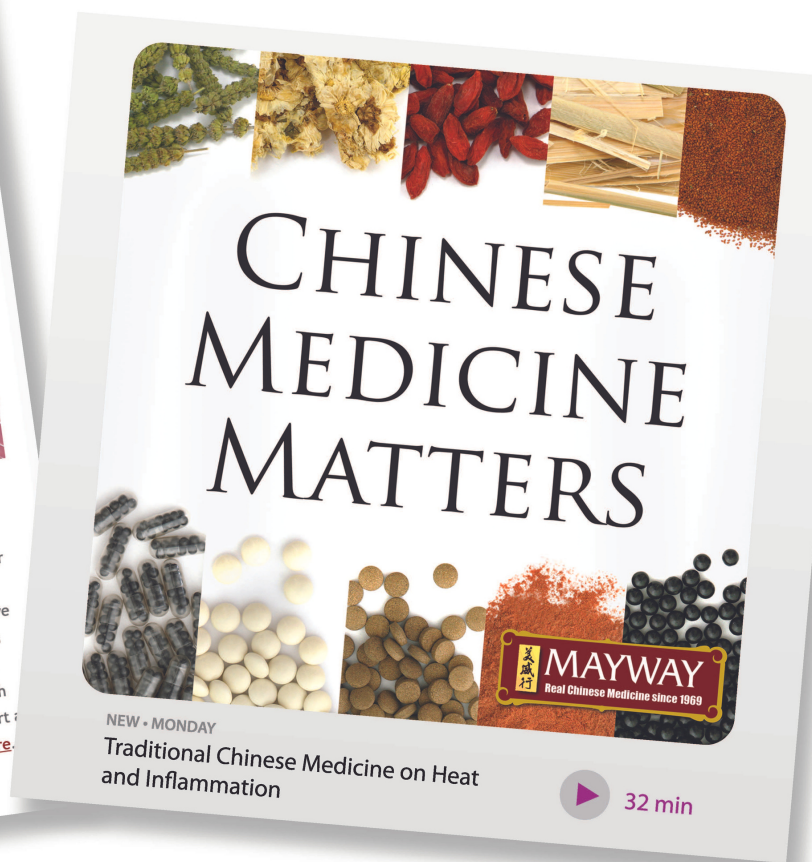
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**John Orsborn, A.P., DOM**

Owner of Tao of Wellbeing Acupuncture Clinic LLC in Bradenton, FL, where he has practiced for over 14 years. Adjunct Professor at East West College of Natural Medicine in Sarasota, FL, where he has taught for 17 semesters. He has also given seminars on Daoist acupuncture techniques and Medical Qigong. For 10 years he taught Taiji and Qigong to cancer patients at the Center for Building Hope. His undergraduate studies were in Chinese philosophy, which he has studied for over 40 years. Dr. John utilizes his knowledge of Daoist philosophy to enhance and further understand the classical texts of Chinese medicine and his increase his understanding of classical acupuncture.

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# Tropical Herbal Medicine: Energetics and Traditional Practices

BY BOB LINDE, RH, AP

I grew up in the Bahamas on Abaco Island. Originally from the Northeast United States, I moved as a pre-teen to this small-town island with a population of 500 to 1500, depending on the number of tourists. It was a unique experience. We had access to phones at the post office 3 days a week, waiting in line for over an hour at times. Television and cell phones did not exist there, only CB radios to communicate from home to home or island to island. One or two radio stations from Florida or other Bahamian islands would do ok when the weather was just right.

What does this have to do with herbalism and Chinese Medicine you may ask? There is a longer story. I started learning about edible and medicinal plants when I was young: first with *Stalking the Wild Asparagus* by Euell Gibbons and many survival books by Bradford Angiers. Then we moved to this remote location, and I started working with a quiet Bahamian fisherman, Noel Bootle. We worked diving up conch from a small skiff. Each night we would pull the boat up on a deserted island; he cracked the conch out of the shell, and I skinned them with my teeth. As the long day would close with dinner on the fire, Noel would often tell stories, about his youth, fishing, and the plants that surrounded us. He would speak about how to use them for medicine.

After about six months of trips, Noel's trust in me and my trust in him grew. The stories about plants started to shift from how a plant could be used to heal an issue to plants' magical properties.

I didn't know the term shaman at the time, but now I would be happy to use the term for Noel. There are more seafaring stories, but I'm here to talk about plants.

I didn't yet understand energetics/TCM, and Noel's training was informal without botany classes or college degrees. The only names I learned were the common, local names, names that sometimes are unique to the island and maybe to Noel himself. As an adult, herbalist and acupuncture physician with formal and informal training in many traditions and cultures, I still walk up to a plant, recognizing it as one I was taught by Noel.

Now I try and pass on my knowledge and 45 years' experience from my unique time in the Bahamas, Florida and many areas of the Caribbean, Central and South America. I teach classes most weekends and see patients 4 days a week. Somehow, I found time to travel to Ecuador and created a 12-part television series on Inti TV, *Sanaciones Con Bob Linde*.

I grow about 200 tropical plants on two properties to teach my students and harvest medicine. I work hard to blend my experience in the Bahamas with my formal training in Chinese medicine and my endless research and questions of those around me.

A great example of a bioregional plant like Chinese Momordica (Ku Gua) is Bitter Melon, *Momordica charantia*, a common herb growing throughout the tropics. I find it on fences, hedges, trees,

creeping along the ground. It's a rough-skinned orange fruit that opens to reveal bright red pulp-covered seeds. I remember standing outside at a Friday night gathering in Abaco and watching some menopausal women nearby pick the leaves to eat. I can clearly hear Jennifer Russel say, "you got to eat t'ree leaves a day to cool ya blood." Certainly then, I could not conceive of the TCM concept of Blood Heat. But now I understand this Caribbean Bitter Melon, so aptly named, can lower blood sugar, reduce fevers, help with parasites, malarial disorders and so much more.

In the Caribbean, we use the leaf more than the fruit. The leaf is cold and drying, and the fruit can be eaten when green for blood sugar maintenance. The seeds are used as a purgative and antiparasitic. The red pulp surrounding the seed after the fruit turns orange and opens, is sweet, high in lycopene and helps recover the taste buds from the lasting bitterness of the leaf. A wash can be made of the leaf for red, wet weepy rashes. In some countries, it may be used for mosquito-borne diseases, intestinal parasites, viral issues, and even some cancers. The common name varies from island to island and country to country. Commonly known names include Balsam Apple/Pear, Bitter Melon, Cerrasee, Sorosei, Cunda Amore and many more.

Another one of the plants that I learned first from Noel is still my favorite to talk about. *Bidens alba*, Xian Feng Cao, and other species grow throughout Florida, the Caribbean, and around the tropical world. I learned it first as Spanish Needles, then Beggars Tick, and then in TCM as Xian Feng Cao.

In Southern China, this herb is enjoyed as a cooling summertime tea. Noel would add it with other herbs for flu or as a wash or soak for infection. I seem to remember him saying it was good for "fiery pee." And it's always a go-to for bug bites and stings.

My favorite use of Xian Feng Cao is one I "discovered" while volunteering at a local elementary school during the national Teach In. I was in a class of third graders talking about how cool it was to be an herbalist and asking them to try some weeds I pulled from the school property. One boy in the front of the class was coughing away. The teacher and everyone in class apologized and reassured me that he was not contagious. He was one of the brave ones who ate a few leaves and seemed to enjoy the taste. After my 15 minutes of fame was up, I walked on to the next class of budding herbalists. As I walked down the hall, the teacher came running up to me asking what I gave to the coughing 3rd grader. For some reason he stopped coughing just as I left the class. A few weeks later I got this sweet letter, written in 3rd grader, thanking me for curing his month-long cough.

There is traditional usage and various amounts of research suggesting its use in diseases such as leukemia, chronic Lyme, chronic malaria, urinary tract infection, diabetes, and used for its diuretic, antimicrobial, anti-inflammatory properties and so much more.

I frequently educate people about the common and uncommon plant medicine in the area I live. I teach about bio-

regionalism for many reasons. One is that we have many people whose heritage goes back to the Caribbean or Central/South America. We must recognize that after one generation, the knowledge that their elders may have held is lost if not passed on. We see young and old people who feel disconnected from their heritage and the land and are disempowered in the control of their own health. Many of the people who join me on an herb walk are reminded about a parent or grandparent that had talked about a particular plant, they frequently add new knowledge with the group.

I hope that each of you takes time to learn your local plants and trees and share the knowledge to those people who are disconnected from their heritage and their environment.



*Bob Linde, RH, AP*

Owner of Acupuncture & Herbal Therapies in St. Petersburg, Florida and the Director of the Professional Herbalists Training Program, a two year clinical herbal program. He also consults as a product developer for a national herbal product company and enjoys growing many medicinal herbs in his yard.



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# To Listen without the Ears: Ting

BY CHAD BAILEY, A.P.

Feeling is one of the most important qualities and skills we can develop as practitioners of Chinese Medicine. One could call it sensitivity, awareness, perception, or a “knowing touch.” We want our touch to give us information about our patient’s energy. Ting has been explained as “listening without the ears,” using one’s full range of senses to feel energy, the commodity of our practice.

The three classes I will be teaching at this year’s conference relate directly to Ting. Morning Qi Gong will explore Ting Jin Qi Gong. This Qi Gong builds the Ting sensitivity. The information gained through Ting can help in acupuncture and tuina treatments for EENT, TMJ, headache and neck issues as well as post-Covid and post-vaccine syndromes.

In the beginning of Qi Gong training, Ting is learned and developed in the Wu Ji standing position. Wu Ji begins:

- Stand, feet shoulder width apart, feet parallel, weight centered in the middle of the foot.
- Knees slightly bent and aligned over the toes.
- Hips (Kua) soft and relaxed.
- Tailbone dropped (plum-line feeling, like tucking the pelvis without tensing the muscles). Spine straight.
- Shoulders dropped and relaxed. Hands resting on the thighs.
- Head slightly tilted forward, crown stretched up to the sky.
- Tip of the tongue touching the roof of the mouth.
- Breathing in through the nose, deep down to the lower abdomen (abdomen expanding).
- Breathing out the nose (abdomen contracting).

Within this standing meditation and an awareness of body posture and relaxation, one can use this state to feel, scan or explore oneself. This scan will extend from body to mind to spirit.

In the beginning of tuina massage training, Ting is learned through our first two hand techniques: Rocking (Yao) and Rolling (Gun). Nicknamed the “Rock and Roll” massage, Yao Gun Fa sets up the web or framework to feel throughout the body:

- YAO FA- Rocking massage involves rocking the body to feel the lines of tension and begin to relax them. Rocking is the first hand technique because “rocking” is literally the first massage technique we feel as babies. We are rocked in the womb before birth. After birth, we are rocked by our parents or anyone trying to calm us down.
- GUN FA- Rolling massage involves rolling the elbow, forearm, wrist, hand or fist to release tight muscles and fascia and open energy flow.
- YAO GUN FA- Rocking and Rolling in combination.

“Rocking and Rolling” provide a map of the internal energy through the web or network of body tissues, particularly the fascia/connective tissue. One is applying the Ting through this web.

In acupuncture, Ting is in every stage of training. When learning the meridians and points, one palpates oneself and/or a partner and occasionally hit sore spots. This is the first breath of Ting. After learning to needle, Ting plays a role in which energy stimulation methods one might use. Eventually,

diagnosis is by touch using pulse evaluation or simple Rock and Roll massage in tuina.

In diet therapy & herbology, Ting is listening to the foods and herbs the body wants, needs and rejects. This guides energetic food choices, meal timings and herbal formula selection. Some also practice Applied Kinesiology (AK) as a means of “checking” whether a food or herb is good for a patient through muscle testing. This uses the patient’s energy field, a natural Ting response.

What about the stories of people working on major projects and they stop in the middle and clean the whole house? Feng Shui tells us that our environment affects our energy. Our Ting might perceive something in the environment that needs to be changed and naturally change it.

Ting, sensitivity, is a fundamental building block of Chinese Medicine. In modern times, Ting becomes extremely useful with issues of lingering post-Covid symptoms or negative vaccination symptoms. Many times, it becomes difficult to figure out where the problems are located. Ting can help.



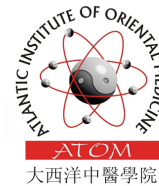
***Chad Bailey AP***

Expert in Acupuncture, Oriental Medicine, Tui Na Massage, Qi Gong, Tai Chi Chuan, and Martial Arts, he brings an enormous wealth of knowledge and experience to each of his treatments or classes. He teaches Tai Chi Chuan, Qi Gong, Filipino Self-Defense (Progressive Arnis & Cadena de Mano), Tui Na (Chinese Massage & Manipulation), and Oriental Medicine in Miami

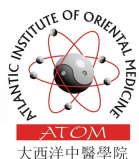
# EXHIBITORS

## FSOMA BUSINESS MEMBERS

See page 3 for FSOMACon Sponsors



## 2022 EXHIBITORS



# FSOMA Affiliates

Support YourFSOMA by visiting the links below. When you make a purchase, FSOMA receives a small donation, which goes towards promoting and protecting your profession in Florida.

## QR Scan Code

(scan with your cellphone camera to open the url link)



Acupuncture Websites Designed to Attract New Patients

<https://nqn86409.isrefer.com/go/acuprfttechafflink/fsoma/%20>



The future of insurance billing education & digital coding.

[aacinfonetwork.com/](http://aacinfonetwork.com/)



**Asian  
Therapies**

CE courses on integrating Traditional Chinese Herbal Medicine & Conventional Medicine

[asiantherapies.org/academy](http://asiantherapies.org/academy)



Orders & lab tests for APs in FL. Great support & pricing.

[fsoma.org/dha-affiliate-page](http://fsoma.org/dha-affiliate-page)



**Heartland**

Integrated and comprehensive suite of business solutions

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# FORWARD FUND

Help protect and promote the profession of Acupuncture and Traditional Asian Medicine in Florida.  
For today, for tomorrow, and for generations to come.

Your support of FSOMA's work will make a world of difference.

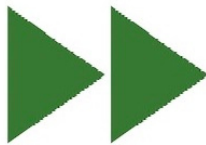
## DONATE

**Support, by selecting the project of your choice:**



*[fsoma.org/donate](https://fsoma.org/donate)*

Legal Defense Fund and Forward Fund are tax deductible as business expenses



## FORWARD FUND

Donations to this fund are fully deductible as a business expense and pay for:

- Acupuncture Education Day – to Inform Lawmakers about our medicine at
- Exhibiting at the Worker's Compensation Institute Conference (and other medical conferences) – connecting for referrals.
- Other Campaigns – to educate the public about how they can improve their health and wellbeing with acupuncture.

Advancing the Profession of Oriental Medicine and Acupuncture

Go to [fsoma.org/forward-fund](https://fsoma.org/forward-fund)

# FSOMA HISTORY



The early history of FSOMA is strongly tied to the founding of the profession of Acupuncture and Oriental Medicine in the State of Florida. Early Board members lobbied for the statutes that govern us and went on to serve on the Board of Acupuncture crafting rules that translate those laws into a full practice of medicine.

1981

Acupuncture was legalized in Florida. Some of the early licensees were Linda Chin, William Huang, Robert and Vivid Chung, Su Liang Ku (who recently passed away), and Joseph Hou. Apprentice process established which required working under MDs and DOs.

1982

First Acupuncture Exam was offered and 30+ APs were licensed. Florida State Acupuncture Association (FSAA) (precursor to FSOMA) was established with 30 members, among them were Barbara Mitchell, Anna Lee, Joseph Hou, David Bole, and Harvey Kaltsas. Joseph Hou was president

1984

Practice of Acupuncture was established to "certify acupuncturists". BOA was established with Terre Larsen as Chair. New Licensing exam was established

1985

Harvey Kaltsas became president of FSAA

1987

James Pinkman (now Maguire) was elected president. Harvey Kaltsas, David Bole, Luis Celpa were appointed to the Board of Acupuncture and worked to expand the scope of practice.

1993

Danny Quaranto became president and the name of the association was changed from FSAA to Florida State Oriental Medical Association (FSOMA). There are about 1000 licensees in the state

1994

FSOMA established as a 501(c)6 Florida Not for Profit professional association

1996

First FSOMA Conference, they were initially held every 2 years. Now they are held yearly with Nationally and Internationally known speakers. Richard Brown is FSOMA President with yearly terms

1997

Mary Riffin was president. First Acupuncture Education Day was held in March, planned by Mary Riffin. Membership doubled, at 50% level.

# FSOMA HISTORY



1998

Riggin joins the Board of Acupuncture to help write the rules from just passed legislation. Legislation expanded our practice

1999

First Professional Management hired

2001

Growing Pains

2003

David Rindge becomes president. Professional lobbyist hired. A revitalized and restructured FSOMA emerges thanks to Isali Ben Jacob and David Rindge.

2005

Amy Sear was president and instrumental in rebuilding modern FSOMA. The Conference is now a yearly event. New management is hired. Mixon & Associates hired as lobbyists. Connections are made to Florida State government departments and other medical associations.

Sear brought bank accounts to over \$100K, made Annual Conference profitable, restored faith and trust in FSOMA. Established a vetting process for BOD members

Sear was a founding member of the nationally based Council of State Associations

2010

Peggy DeLara was president. The profession loses PIP – Acupuncture is removed from Auto Accident coverage. FSOMA Strategic Planning instituted. Connections in Tallahassee strengthened

2012

Ellen Teeter was president. FSOMA exhibits at medical conferences like Worker Comp Institute, FI Society of Interventional Pain Physicians (FSIPP), and FI State Massage Therapy Association(FSMTA) promoting referrals and use of AOM. FSOMA presents a lecture on when to refer for acupuncture at FSIPP

Over 60 APs and AOM Students attend AcuEd Day in 2016. A charter bus travels from Miami to Tallahassee to pick them up. Educating the legislature about the problems with dry needling takes center stage

2016

Sandra Kahn is president. AcuEd Day 2017 focuses on how AOM can help with the Opioid epidemic and the problems with dry needling. Continues exhibiting at Workers' Compensation Institute Conference.

2020

David Bibbey becomes president. FSOMA establishes Building Better Business and offers workshops to help with our profession's response to COVID. Exhibits at Florida Radiological Society conference.

Acued Day set for Feb 7, 2023.



## Welcome to the 2022 Conference!

Patients usually don't come and see us for every little health complaint. We have all heard patients report complaints or health problems they experience between visits: catching a cold, a day or two of vomiting, maybe some constipation or insomnia.

If only they had the appropriate herbal formula in their medicine cabinet! You could help them recover more quickly and save them a trip to the pharmacy or urgent care before they can get in to see you.

This pamphlet briefly discusses a selection of formulas for their home medicine cabinet. With direction and advice from you, they will have the herbal support they need when the need arises.

**Stop by our booth and pick up a few of these pamphlets for your waiting room!**

### Conference Discounts

- 20% Golden Flower Formulas
- 10% off KPC, Needles & Clinic Supplies



### Introducing Clear the Hidden and Resolve the Hidden formulas!

Our newest formulas are a 3-part product combination used to treat chronic, latent pathogens that are bacterial, viral, or parasitic in nature. Lyme Disease, Bartonella, Babesia, and Epstein-Barr Virus are a few examples of these pathogens.

**Learn more about this protocol at our booth.**

### Your Home Herbal Medicine Cabinet

Chinese herbal formulas are backed by over 2000 years of recorded use as well as modern research and current clinical practice. Chinese medicine creates carefully balanced, synergistic formulas—with all ingredients working together to maximize effectiveness and safety.

Your practitioner is dedicated to providing optimally-extracted, Chinese herbal supplements that adhere to and exceed US regulations as well as the most stringent international standards for Current Good Manufacturing Practice (cGMP). Strict and extensive testing is done on the finished products. You can be confident that you are receiving the highest-quality herbal products available.

Ask your practitioner for more information on the best formulas to keep on hand in your medicine cabinet.

Your  
Home  
Herbal  
Medicine  
Cabinet

### COVID-19 Resources

We've put together an archive of our written materials & research on our website. After signing in, click on the resources tab and look under COVID-19.

Visit us at  
booth #20



## Florida State Oriental Medical Association

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[WWW.FSOMA.ORG](http://WWW.FSOMA.ORG)



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