



# SUN & MOON

A Quarterly Newsletter by Maryland Acupuncture Society

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### Message From the President



Dr. Denise Tyson,  
MBA, DOM, L.Ac

Greetings Colleagues and Friends,

In the Spring of 2020, MAS ushered in newly elected and appointed Board members, a great weekend CEU seminar featuring Jeffrey Yuen, and a devastating COVID-19 global pandemic moving quickly throughout the United States. In the weeks to follow, all of us faced an unprecedented public health crisis which changed our lives and our businesses. In response, the Board formed a COVID-19 Communication Strategy Task Force to monitor this escalating crisis in our state following best practices for crisis communication used in most organizations. Through this task force, the MAS Board has been providing official government notices, current news, free membership, free webinars, and other resources to support MAS members through this crisis.

As acupuncturists, we had questions about how to navigate through our Governor's Executive Orders and deciding to stay open for patient visits, close

our practices completely, or offer telehealth. In Maryland, we are licensed health providers and were not mandated to close our practices. However, we are expected to use our professional judgement to determine if we can implement the infection control standards set by CDC and screen patients for level of urgency to minimize patient and provider risks. Those who decided to stay open changed their workflow to limit appointments to schedule only urgent conditions, implement a mandatory face masks policy, disinfect all touchable surfaces including furniture, and frequent handwashing. Additionally, the changes included screening patients for symptoms of coronavirus, taking patient vitals, and requiring patients to wear a face mask. Many of us closed completely to take care of ourselves and families, and others treated patients using telehealth. In this environment of uncertainty, we all made the best decisions for our business our personal lives.

The COVID-19 pandemic impacted our businesses dramatically with decreased to zero revenue, creating economic instability. Acupuncturists practice in a variety of business structures such as sole proprietor, partnership, S-CORP, independent contractor, or employee which were all eligible for some type relief funding. Many questions arose during the first and second round of relief funding concerning the Payroll Protection Plan (PPP), Economic Injury Disaster Loan and Advance and Pandemic Unemployment Assistance (PUA). The experience in applying and receiving funds reported by our members varies from successful receipt of all funds to no response from the banks. Applications to smaller community banks or alternative funding, such as Square, have been most successful. In the future, we may all need to reassess our choice of banking services if certain banks are not meeting our needs. Also, there have been many issues reported with applying for the PUA as self-employed. The state has resolved many of the issues, however, you should check your account often, since many of us were required to re-apply due to a change in a few of the application questions.

We are now moving to another stage of this pandemic. As of May 7th, Maryland Governor Larry Hogan has permitted essential health providers to treat non-urgent patients. The requirements for a high level of infection control remains. Overall, the COVID-19 global pandemic has reminded us that we must implement and practice proper infection control routinely and not just during a crisis. In Maryland, we have committed to successfully passing the Clean Needle Technique (CNT) exam prior to licensing. The CNT manual is a living document which is subject to regular revisions based on current CDC infection control standards. It is our responsibility as professionals to review the latest version periodically as part of our continuing education so we may ensure patient safety.

Another area of patient safety which may be adopted as a routine is taking patient vital signs. We have frequent contact with our patients and have the opportunity with each encounter to know if they have a fever, high blood pressure, low oxygen level or extreme weight change. Vital signs are critical in monitoring patients who may have symptoms of an underlining condition with a vulnerability to COVID-19. For example, there have been reports of patients who are asymptomatic with COVID-19 but show low oxygen readings on the oximeter. This symptom is referred to as "silent hypoxia". With our training in biomedicine, we can make a difference.

Thank you to the MAS Board, Jennum O'Hara, Emily Herman and William May for working with the COVID-19 Strategy and Communication Task Force. Special thanks to Cindy Tran, Secretary, and Sara Jaye Fenton, VP of Public

Affairs, for managing the official communication during this crisis.

On behalf of the MAS board, we appreciate your membership and our continued collaboration. As we continue to live and work through this pandemic, take care of yourself, your families, your patients, and each other.

Keep safe.

Dr. Denise Tyson, MBA, DOM, L.Ac  
President, Maryland Acupuncture Society  
Alternate ASA representative

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## NUTRITION & ACTIVITY IN QUARANTINE

By: Alyssa Hipple, BS in Nutrition, MUIH Acupuncture Student

These are unprecedented times that we are in currently. Nutrition and keeping active are two aspects of life that need to be consistent to stay healthy. By staying healthy, we bolster our immune systems to help prevent infection. Food is medicine. There are numerous layers to nutrition because everyone's needs are different. Consistency, like many things in life, is key. Many nutritional imbalances and deficiencies, such as Spleen deficiency leading to phlegm, can derive from irregular eating. In general, maintaining a healthy body is 80% reliant on nutrition. This reflects the phrase, "you are what you eat." Nutrition can be overwhelming, but it does not need to be.

It is also important to not eat all throughout the day to give your body and digestive tract a couple hours break. Just like anything in the human body, if it is overworked, it cannot perform its duties to the fullest. This includes nutrient absorption. If you find that you are constantly hungry, there can be several factors. Some factors include empty calorie foods, eating foods high in sugar or carbs, lacking in sleep (leptin hormone imbalance from lack of sleep can increase hunger), high stress, or eating at random times.

Everything in moderation is an important parameter to hold. It typically is not healthy to overindulge in any one food. For example, although protein is important, it is also overemphasized and can turn into adipose tissue (fat) if eaten in excess. For someone at a healthy weight the recommendation is 0.6-0.7grams of protein per pound. In relation to protein and other nutrient consumption, food pairings are crucial for those that maintain a plant only based diet. Iron is often in protein dense foods such as meat or beans and especially important for those suffering with anemia. The iron helps their blood cells properly carry oxygen throughout the body. For example, a plant-based food pairing is tomatoes paired with beans. The vitamin C in tomatoes helps to unlock the iron from the beans. Plant

Another aspect that may not be accounted for in people's diets is allergies. It is becoming more common for people to be aware that they have a dairy or gluten intolerance or a different allergy. One that can be missed is the latex allergy. If an individual has a latex allergy, they may have an inflammatory reaction to foods with latex in or around them. For example, the peel of a banana contains a form of latex, along with avocados and coconut oil. Overall, this is a good time to get back to the basics with eating whole foods that work best for your body.



unlock the iron from the beans. Plant based proteins are not always easy for the body to chemically unlock the nutrients that it needs before it exits the body. There is also the misconception that natural sugars will not have similar effects as processed sugar. Two commonalities between these sugars is that they are quick, short-lived forms of energy and eaten in excess can accumulate as adipose tissue (fat).



Resource  
Saper, R. B., MD MPH. (n.d.). Yoga Teacher Training Manual: A Study Comparing Yoga, Physical Therapy & Education for Chronic Low Back Pain. Boston, MA: Boston Medical Center.

Finally, movement is something that the body needs. This can be gentle movement such as yoga or taking a walk. Some yoga poses that could be helpful for a lot of us that sit at a desk throughout the day are Wall Dog Pose and Standing Forward Bend. A modified Wall Dog Pose can be done seated with the legs outstretched and hip width apart while raising the arms shoulder distance straight up over the head. (Saper) A modified seated Standing Forward Bend is done by extending one leg out straight while the other remains bent. Bend forward, hold for three breathes, then switch sides. (Saper) Exercise overall is only 20% of maintaining a healthy body. This is not to understate its importance, but instead to exemplify that a little bit of enjoyable activity can go a long way. Solidifying new, healthy recipes and exercises can be fun and used when we are all back together at work, school, and many other establishments.

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## Practicing Acupuncture in Hong Kong Post-COVID-19

by Roxanne Issurdatt, M.Ac, L.Ac.



“Everyone is breathing a

After more than three months of self-quarantine, school closures and social distancing, Hong Kong is slowly emerging from beneath the shadow of the coronavirus. Civil servants are returning to the office; museums and libraries are opening; outdoor facilities like tennis courts and playgrounds are back in action; and most importantly for many parents like myself, there is a timetable for children to return to the classroom. Everyone is breathing a sigh of relief.

A graduate of MUIH (Sept. 09), I relocated to Hong

sigh of relief. ”

Kong in 2016. As a long-term expat, I was used to living overseas and found Hong Kong to be both peaceful and safe. However, the last year has been a tumultuous one for our city. Protests, police violence and of course COVID-19 have all disrupted our home and professional lives.

Hong Kong was hit early on as it shares a land border with mainland China. Once the number of cases began to rise by the end of January, the government reacted quickly and extended the Chinese New Year Holiday so people could stay home while they devised an action plan.

While Hong Kong did not impose a total 'lockdown' like many parts of Europe or the US, a number of measures were put in place that seem to have worked: Hong Kong has recorded only 1,040 cases and 4 deaths despite being so close to the epicenter of the outbreak. Large numbers of government and private sector employees worked from home, shopping malls and restaurants remained open (but with social distancing) and facemasks became ubiquitous on the streets of the city.

The Round Clinic where I practice remained open. Despite business slowing down, a good number of practitioners continued to see and treat patients. As Hong Kong records more and more days with no new infections, we have a steady number of new and returning patients seeking care. (It is important to note Hong Kong has not had a community outbreak as in Europe and the States.)

“...despite being so close to the epicenter of the outbreak.”

As we deal with this new normal, the clinic has implemented some new protocols to ensure the safety of both practitioners and patients:

“...criminal offense to misrepresent your travel or medical history...”

- All patients' temperatures are taken before entering the clinic.
- Patients are asked to wash and sanitize hands.
- Patients fill out a declaration asking about travel, exposure to COVID-19 patients, and the health of household members. (In Hong Kong, it is a criminal offense to misrepresent your travel or medical history, so this declaration is taken rather seriously).
- Appointments are staggered to avoid crowded waiting rooms.
- Contactless, electronic payments methods are encouraged.
- All patients are asked to wear a facemask. If a patient arrives without a mask, one is provided.
- Surfaces (table, chairs, lamps, door knobs) are wiped down with disinfectant and let to air dry.
- Air purifiers are turned on at all times in every room.
- Aerosol disinfectants are used in rooms between patients.
- Linens and paper are changed after each patient.

One question I am often asked is how Hong Kong — one of the most densely populated places on the planet with nearly 8 million residents — has avoided the large community outbreaks seen in the US and Europe. A rigorous approach to tracking and quarantine has no doubt been a key in minimizing the numbers. All people who test positive for COVID-19 are hospitalized and are only discharged when they test negative while their family members are asked to self-quarantine. This is all tracked by the Health Department. The community is alerted (identities are kept private) to what apartment complex or subdivision infected people lived in and what establishments they frequented. The government immediately disinfects all of these places.

These measures have both kept a lid on infections and reassured practitioners as they go about their work. Despite these positive signs over the last few weeks, vigilance needs to be maintained. As you all return your clinics, it is only natural to experience fear and anxiety, both for your health and your livelihood. Stay safe, trust your intuition, and let it be your guiding force. The richness of our medicine is needed now more than ever.

From someone who has been experiencing this for nearly four months — know there is life after COVID-19.

*Roxanne Issurdatt is a graduate of MUIH and currently based in Hong Kong. She practices acupuncture at The Round Clinic, and is a corporate wellness consultant. Roxanne also volunteers and provides Five Element Acupuncture training to a non-profit acupuncture clinic in Mumbai's Dharavi slums.*

“... vigilance  
needs to be  
maintained.”

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## Chinese Herbs Via Telehealth by Diane Gioioso, M.Ac., L.Ac.

Evan Rabinowitz and I have been treating dozens of patients with COVID-19 via Telehealth from up and down the east coast with Chinese herbs. We are also treating active cases at every stage and now beginning to see many post-COVID infection patients who are in the phase of recovery.

It is an interesting time and in addition to the extremely personalized model of medicine that we all have been well trained to provide, we are all in some degree of public health as well.



We are all so lucky that we had Chinese Herbalists on the first frontline. They were transparent and so much was





were transparent and so much was shared with us before the first wave hit us in the USA. Evan and I want to get what we know out to the community. We want to make sure that herbal strategies that are working are offered as a possible way to serve the community of patients.

My role is now, in addition to telemedicine herbal consults, is to serve by giving access to Chinese herbal medicine that helps keep people healthier longer, slows progression, and resolves the pathogen before it takes hold. I am producing herbal tinctures and formulas for prevention and preparation for the body. This is through my company Nine Stars Botanicals.



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## Personal Accounts of Teal Harvey, M.Ac, L.Ac.

### The Challenges of Staying at Home

“ I had to do something to try to get some funds... ”

I am not a computer friendly person but I will no longer complain about them. Funny how ones perspective can change due to experience.

I knew I had to do something to try to get some funds but also to keep my mind and spirit occupied. Idle time can be harsh, and I had already cleaned out as many closets that I could.

First, I applied to the Maryland Medical Reserve Core but never heard back from them. I had to do some exams to be accepted and honestly, had a hard time with them.

I then applied to the University of Maryland Pool for emergency staffing. I used my addictions license and experience with counseling for my job search. At the time of my applying, they had said they would take similar degrees due to the shortage of social workers. The pay was \$60/hour, and I felt I would be helping people as well as staying busy and getting some revenue. I had my interview but was told that they really didn't need me since so many social workers applied for it. I was pleased to hear that.

To be very honest, I was concerned about going into either of these places and putting myself and my family more at risk. I had to weigh doing that versus slowly going back to work and following strict guidelines for prevention of this insidious virus. I had a deep urge to be out there helping but, in my mediation, came to realize I would not be as useful doing anything in fear. I can help in my own way by tending to myself, my family and my clients with the skills I have learned on a one-on-one basis, following strict guidelines to return to work when ready.

Early on in this stay at-home-order, I read about telehealth. I kept up with MAS literature on it and had some wonderful guidance from them. I quickly signed up for the webinar from MAS on converting to telehealth. I also signed up with OMS for their webinar on it. There were some differences in the two webinars, but this is all new so I just wrote it all down. I found the Zoom set up quite easy. I loved the chat section and Q & A. Both sites were amazing, and it is not the first time I realized how fortunate we are to have many choices of where to go to educate ourselves and become unified in our field and our hearts.

I signed up for the second webinar with MAS a couple of weeks later, and in between, I submitted several claims. I am a provider for BCBS and Aetna. The Aetna claim was accepted. The invoice was for \$100 and I received \$56 back. The BCBS was not accepted with the same code so I had to resubmit it with a different code. For the \$100 claim, I received \$68.

This is how I set up my sessions: I let my clients know I was now doing telehealth. Most of them know me fairly well so I asked for their patience with me when they got in touch with me for an appointment. Of course, one has to explain to them how we do telehealth with acupuncture when we don't have the body with us to place needles. I explained in my post that in my school, we learned quite a bit about treating without needles and using words to move energy. Most of them know this already since my appointments are usually 90 minutes with about 30 minutes or so of discussion. So, the transition of discussing on the phone or computer for a bit wasn't foreign to them.

## Getting Started with Telehealth

“...how we do telehealth with acupuncture when we don't have the body with us...”

## The Experience of Treating Patients Using Telehealth

I make the appointment with them and tell them ahead of time to make sure they have at least an hour after we finish talking. I request that they spend at least 15 minutes after we get off the phone, lying down and doing some meditation or at least have some quiet time. I have used Facetime or Messenger with everyone so far. Many of them have told me that they never liked video conferences in the past but appreciate it now and really loved seeing me. It was familiar to them to associate my face with the appointment and seemed to help them feel calm. Please know I am not talking about my ego here. It seems to be the association with the visual and the heart/mind. I had started saving videos and articles online that I think might benefit some of my patients. So, I sent it to them ahead of time to use either before or after the appointment or at a time that works for them.

It is amazing watching many of us, including myself, sway from mood to mood and learn a different side of us. The shadow side for me is there, and I am learning how to dance with it in a different way. Thank

“Many of them  
have told me  
that they never  
liked video  
conferences...”

goodness energy usually moves. Reminding my patients that their moods will move as well. Helping them see what they can learn about themselves and their lives from this situation seems to bring comfort and hope. After I do a check in and talk about how they have made the transition during this time, we go over body systems and check in on their sleep, appetite, movement, diet etc. I write everything down as a telehealth visit in my notes and how long it was etc. Some of the suggestions I have made include: a set schedule, trying to get outside every day, the use of essential oils and acupressure points, relating to other people, and reminding them that they have the resources to get thru this. The clients with pets seem to be doing better than the ones that are alone. I remind them of all the resources online and have saved some for them. There are daily group meditations that they can be part of. Many of my clients have done this and report feeling so much better by being part of a group. It helps them feel less isolated.

As far as telehealth is concerned, I highly suggest other practitioners try this. If I can do it, you can. I am not just saying that. I never saw myself doing this. I highly suggest you take some webinars about starting telehealth up if you have not yet. It is always changing and it is nice to be part of a whole and learning this as we go. Its not so lonely. I would take some from different places but that just me. Some might find that confusing. I also have taken many other webinars on issues around this virus and other interesting topics I have never had time to do before.

I recently saw an article in Acupuncture Today for curbside acupuncture and got very excited. My private practice has a big lot next to it, and I will be starting to do curbside acupuncture soon. It feels right inside my heart to do this. I desperately want to work again and feel useful. I want to help people with their healing and I respect all the frontline workers. I have to admit, I can get scared with all the news. I have to limit myself with watching the news because I can get stuck in fear. The unknown of winter and when we might return to "normal" has been a challenge for me, a Fall/Winter person. I can only imagine what others may be feeling. Using curbside treatments feels right to me as a soft way of returning and helping people with auricular treatments.

I am also on the Board of NADA, and we are having many webinars on getting ideas and starting to set up doing much of the training online. This will help people move forward as well. The NADA protocol works well with curbside acupuncture.

## Innovation: Going Beyond Telehealth

“It feels right  
inside my  
heart to do  
this.”

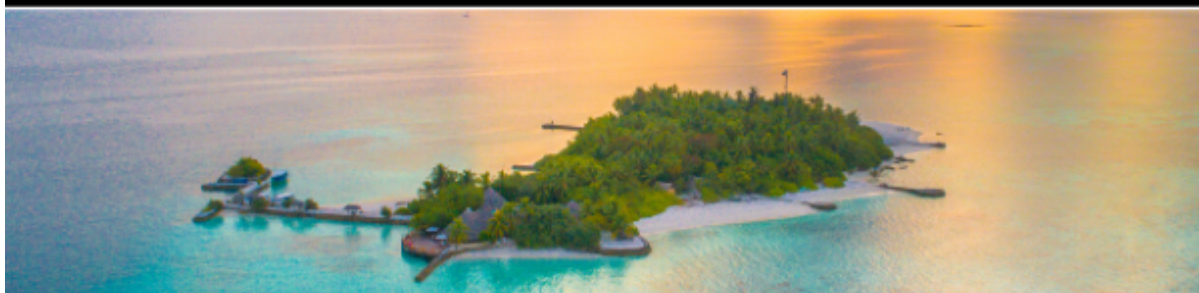
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# ISLAND SHAMAN

BY RENE NAVARRO,  
MAC, LAC, NCCAOM DIPL. AC.



I lie on my stomach  
in the dark and feel  
the old man's bony  
hands probing  
the muscles  
on my back.

Island shaman, guru,  
herbalist, warrior, priest:  
He knows,  
with his  
callused fingers  
where the hurt  
hides  
trapped  
between  
the folds of flesh,  
there where  
the shoulder  
blades meet, behind  
the heart.

He presses  
the spine,  
chasing the  
tangle  
of nerves from  
the spot. He knows,

My eyes closed, I see  
layers of anger  
over grief over hate  
over fear fleeing  
from his touch.  
I smell his breath  
heavy with the odor  
of native cigar.

I lose him briefly  
and  
as I awake  
I see his  
teeth dark  
from nicotine  
and tar  
and the spittle  
on the corners  
of his  
mouth.  
He is reciting  
ancient mantras  
of the  
island. Passing  
a double  
crucifix  
over me,  
he mumbles  
an exorcism  
in the dark

III THE MAIN.

-- from the collection  
"Ascension and Return"

POEM & COLLAGE BY  
YASMIN RADBOD,  
DOM STUDENT



Such a simple truth  
So difficult to even say it  
Forget the noun. That's even longer!  
Yes...Such vulnerable hearts in such vulnerable times  
Will I risk telling you how much I love you, even though  
I don't know you at all?  
Will he let himself cry for the first time in so long?  
Will she put down the fight, let her mind finally rest?  
If not now, then when, my beloved?  
All of life is Great Risk into the Great Mystery!  
Ah! It's that moment I live for.  
She is upon us now!  
Be daring! Be bold, my friend!  
Every day my heart breaks open a little more  
Every day I step outside a little lighter  
I don't think it will ever stop,  
This breaking open

## THE SUMMER DAY

BY MARY OLIVER  
SUBMITTED BY CAROL BURKE, LAC, CNRP  
CERTIFIED ANIMAL ACUPUNCTURIST



Who made the world?  
Who made the swan, and the black bear?  
Who made the grasshopper?  
This grasshopper, I mean—  
the one who has flung herself out of the grass,  
the one who is eating sugar out of my hand,  
who is moving her jaws back and forth instead of up and down—  
who is gazing around with her enormous and complicated eyes.  
Now she lifts her pale forearms and thoroughly washes her face.  
Now she snaps her wings open, and floats away  
I don't know exactly what a prayer is.  
I do know how to pay attention,  
how to fall down into the grass,  
how to kneel down in the grass,  
how to be idle and blessed,  
how to stroll through the fields,  
which is what I have been doing all day.  
Tell me, what else should I have done?  
Doesn't everything die at last, and too soon?  
Tell me, what is it you plan to do  
with your one wild and precious life?

“

These poems are especially pertinent for what I have been experiencing during the covid crisis. Reading poetry has soothed my soul. It encourages me to stay in a place of gratitude, appreciating the beauty of the present moment. -Carol Burke

”

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UPCOMING EVENTS



MAS appreciates Stacey Ma for her generosity and time in offering free webinars to our organization. Make sure you tune in to her next webinar:

## Marketing & Search Engine Optimization with Stacey Ma



**Thursday, May 28th @ 7:30 PM**

**Cost: Free for MAS members only, No PDA/CEU**

**Description:**

More information coming soon!

Stay tuned to the email address where you receive MAS communications.

Questions? Contact Emily Herman:

[ceu.coordinator.mas@gmail.com](mailto:ceu.coordinator.mas@gmail.com)

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## Weekly ASA & NCCAOM Townhall

**Wednesday, May 13th, 2020 @ 8:00pm**

**Cost: Free, 2 PDAs**

**Description:**

Hospitals: Current State of Acupuncture & Herbal Medicine and Preparing for the Future

PRC's Expert Insight for Patients with COVID-19:

Gary Deng, MD, PhD

Medical Director, Bendheim Integrative Medicine Center

Attending Physician, Clinical Member

Memorial Sloan Kettering Cancer Center

Professor of Clinical Medicine, Weill Cornell Medical College of Cornell University

Galina Roofener, LCH, AP, Dipl. Ac. (NCCAOM)<sup>®</sup>, Dipl. C.H. (NCCAOM)<sup>®</sup>, L.Ac.

Center for Integrative Medicine, Cleveland Clinic

State Medical Board of Ohio's Acupuncture and Oriental Medicine Advisory Panel

## Bringing Cosmetic Acupuncture Into Your Practice, NOW With Telemedicine & Moving Forward with Michelle Gellis!

**Tuesday, May 12th @ 7:30 - 9:30 PM**

**Cost: Free for MAS members only, 2 PDAs**

### **Description:**

Adding Facial Acupuncture to your Telemedicine is a wonderful way to support our patients both physically and emotionally during this time of social distancing due to Covid-19, and beyond! Please Join Dr. Michelle Gellis, internationally recognized facial acupuncture expert in a presentation on Incorporating Facial Acupuncture into Your Practice.



Dr. Michelle Gellis

Topics include: (1) The benefits of Facial Acupuncture both for your patients and for your practice; (2) An overview of what is involved in incorporating FA into your telemedicine practice now and moving forward: timing, marketing, and pricing.

### *You Will Learn:*

- Telemedicine intake for new patients
- How to support existing patients - even if they are not cosmetic patients
- Why Chinese medicine is uniquely suited to help our patients during this difficult time
- Benefits and guidelines for cosmetic acupuncture in your practice after the pandemic

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**Not a Member of MAS?**

**Join now for FREE!**

90 Day Trial

[Join MAS](#)

**Unlock all the amazing benefits as a member!**

### **Membership Benefits**

NEW! Maryland University of Integrative Health (MUIH) Professional and Continuing Education (PCE) offers a special Preferred Partnership Discount benefit for MAS members to receive 10% off.

To view all of your benefits as an MAS member, please log onto your MAS account. This is also where you will be able to access all COVID-19 resources for FREE.

## Summary of Board Minutes

Board members held emergency web conference meetings via Webex and ZOOM for COVID-19 Communication & Strategy Meetings:

03/26/2020 @ 2pm, 04/02/2020 @ 5pm,  
04/10/2020 @ 5pm, 04/17/2020 @ 5pm,  
05/05/2020 @ 5pm

### Key Discussions-

- Member support via free offerings: Free membership to MAS for 90 days, free webinars, guidance on opening/closing practice
- Designated official MAS communications via e-blasts, social media, and website posts of all federal, state orders pertaining to our profession
- Maintaining communication & staying up-to-date with COVID-19 matters

If you would like the detailed minutes of any of the listed meetings regarding the subject of COVID-19, email Cindy Tran at [secretary@maryland-acupuncture.org](mailto:secretary@maryland-acupuncture.org)

Please support MAS in going **GREEN**. Quarterly newsletters will now all be in digital format via email. You must opt-in through your MAS account if you prefer to continue receiving printed newsletters via postal mail.

Would you like to contribute to the newsletter? Would you like to read about a specific topic? Do you want to place an advertisement? Please direct any newsletter inquiries to [editor@maryland-acupuncture.org](mailto:editor@maryland-acupuncture.org)

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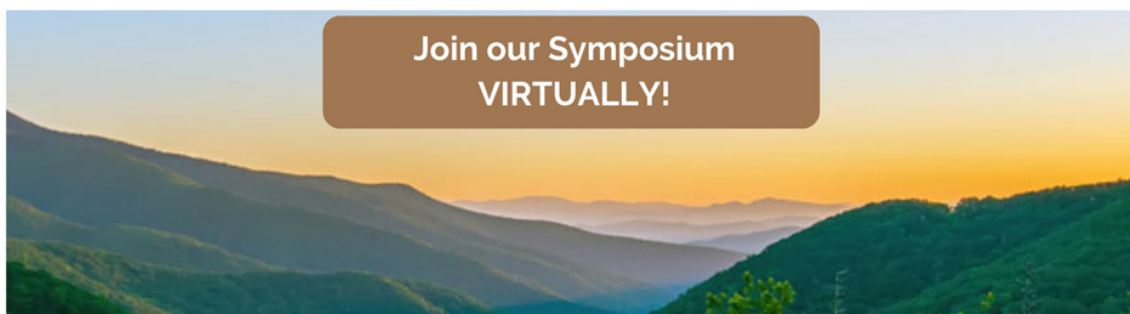
The image shows a collage of various classified advertisements. Prominent sections include 'BUSINESS' with mortgage solutions, 'REAL ESTATE' with home inspection services, 'ENGLISH CLASSES' for second language learners, and 'GARDEN MAINTENANCE'. A large, bold, black text overlay in the center reads 'CLASSIFIEDS & ADVERTISEMENTS'.

KN-95 masks w/FDA certificates & test results available. In-stock & available in small or large quantity. Ready to ship or picked up. Offered for MAS members at 52% discount. \$43 for 10 pack. \$40 for quantities 10+. Discount code provided to members only.

[www.NineStarsOnline.com](http://www.NineStarsOnline.com)

Chinese Herbal Medicine in the Time of COVID-19 by Evan Rabinowitz. Free recording. More on COVID & Blood Stasis and Recovery Protocols & Formulas for life Post-COVID. Sign up to learn when seminar will happen.

<https://yao-shan-seminars.teachable.com/p/chinese-herbs-in-the-time-of-covid-19>



STARTING MAY 29

# Medicines from the Earth Herb Symposium

VIRTUALLY STREAMING ONLINE FROM ANY COMPUTER, TABLET OR  
SMARTPHONE

**CONTINUING EDUCATION:**  
**APPROVED BY NCCAOM FOR UP TO 22.5 PDA HOURS!**

**Join the virtual Medicines Symposium:**

- Video streaming of 35+ lectures, panels and demonstrations
- Starting May 29th, symposium can be viewed any time for 14 days. Watch on your own schedule!
- Live streams with Q&A for pre-conference intensive, keynote address, select lectures and panels
- Principles of Combining Herbs and Essential Oils lecture series with David Crow, LAc
- The Yin and Yang of Hormone Balance, and Demystifying Qi with Jason Miller, DACM, LAc
- Participants receive a complimentary set of audio downloads and the digital lecture notes book
- Registration: \$399. Extra \$89 fee for the pre-conference intensive.

**TO REGISTER OR FOR MORE INFORMATION, PLEASE VISIT:**

**Botanical**Medicine.org

## OptiMantra

Streamlined Practice Management and Clinical EMR Workflow

### Everything You Need to Keep Your Practice Running

*Customizable and Comprehensive Workflow for Acupuncture and TCM*

**CRM**

- Group Emails & Texting
- Automated Emails
- Recall Listings
- Social Media Review Requests

**Scheduling**

- Booking (Rooms, Locations)
- Online Bookings
- Automated Text/Email Reminders

**EMR**

- Customizable Charting
- Templates, Questionnaire
- Secure HIPAA Video Chat
- Labs, E-Prescribing, FullScript
- IV, Tincture & Custom Formulations

**Analytics**

**Point-Of-Sale**



- Advanced Reporting
- Filtering, Pivoting
- Commission Reports

#### Inventory

- Inventory Tracking
- Barcodes
- Purchase Orders

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**Joshua Saul, MAcOM, DACM, LAc., CAN**  
*Sun Wellness Holistic Center*

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