



VOLUME 31 | ISSUE 2 | OCTOBER 2020



Dear Members,

As we move through the Autumn season to the Winter season, we acknowledge the impact of the events of this year on our mind, body and spirit, and practice letting go so we can take care of ourselves. Our healing work is valuable to our communities, and we have faced an unprecedented shift in the way we practice during the continuing public health emergencies, COVID-19, and racial inequality. Throughout the public health emergencies, many of us have experienced emotional, physical, and financial challenges from keeping practices open, closing practices, re-opening our practices, and taking effective action against racism. The Maryland Acupuncture Society (MAS) is committed to the ongoing support of our members with updates on legislative action, insurance issues, cultural awareness, and continuing education. We understand, and we are here to assist you in every way that we can.

Our new website was launched this summer with a [Members Only section](#) and integration with the website for the American Acupuncture Society (ASA). We hope that you will explore the [MAS website](#) for newsletters, messages, volunteer opportunities, board positions and [continuing](#)

[education](#). We recently formed a partnership with the Maryland University of Integrative Health to provide accessibility to discounted educational content for our members. In addition, MAS is developing exciting continuing education events such as Lillian Bridges offering Face Reading for Telehealth and other courses to be announced this year.

During our last member meeting and elections, held in March 2020, we approved virtual member meetings and voting. This amendment to our bylaws was timely, considering the necessity for social distancing and the availability of relevant technology. The MAS board is currently planning a virtual member meeting for next month. We invite you to participate with us in partnership as we develop a process and identify the best system for future meetings.

The MAS board has experienced many changes in the last six months. Sara Jaye Fenton resigned from her position as Vice President of Public Affairs. Dr. Tracy Soltesz departed from her position as Vice President of External Affairs and as Delegate for the American Society of Acupuncturists (ASA). Dr. Soltesz has served MAS for many years in many roles, including President. She has worked tirelessly to support legislation impacting our profession and has contributed to the founding of ASA. It my honor to announce that Dr. Soltesz is a well-deserved lifetime member of the Maryland Acupuncture Society.

I urge you to join any of the [MAS committees](#) or apply for a [Board position](#), our professional organization thrives when the board and committees reflect the diversity of talents of the Maryland acupuncture community. This year we have initiated a program to support upcoming continuing education providers by spotlighting first time seminar providers. The MAS board recognizes the need to provide a platform for members who aspire to offer continuing education seminars and who will benefit from a launch through our network. We encourage you to speak with your colleagues, who are not yet members, about the many benefits of joining the Maryland Acupuncture Society. Together, we are a force for change and progress for all professionals practicing Acupuncture and East Asian Medicine.

It is our time. We are healers, and the world needs us.

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

President, Maryland Acupuncture Society
Maryland Delegate, American Acupuncture Society



From Denise Tyson, MAS President, MBA, DOM, L.Ac

MAS' Special Project Committee

The Special Project Committee is being formed to address the recent change in the bylaws regarding the requirement to meet and vote in-person. The change in the bylaws now allow for virtual meetings and voting. It will be co-chaired by the President, Treasurer, and Secretary to ensure compliance with the bylaws and state regulations. The committee chairs will be reviewing applications for committee members to participate in all activities related to identifying, implementing, and testing applications needed to support virtual meetings and voting. Please send a letter of interest to:

president@marylandacupuncture.org by October 31, 2020.

Call to Action: Members are encouraged to view all of the available committees that are open for involvement. You can read about the committee descriptions on MAS' [Committees](#) page and contact the appropriate person listed under your committee of interest for application.

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From Cindy Tran, MAS Secretary and Newsletter Editor, D.Ac., L.Ac.

MAS Distributes Final Newsletter in Print

MAS joined the Go Green Paperless Initiative in our effort to be environmentally friendly since Earth Day on April 22, 2020. For our first ever Sun & Moon Special Edition, MAS introduced the revamped newsletter in digital format. The Sun & Moon Special Edition received positive reviews and positive feedback for its content and visual appeal. It highlighted some of our members' experiences with their practices during the COVID-19 pandemic as well as showcased some of our members'

creativity and inspiration. If you missed the special edition newsletter, you can still view it in the [Members Only](#) section in MAS' new website where all past and future newsletters will be permanently available for your reference.

If you have newsletter inquiries or suggestions, would like to submit a newsletter article, make an announcement, or place a paid advertisement, please email Cindy Tran at editor@marylandacupuncturesociety.org.



From William May, MAS Technical Consultant

New MAS Website Launched

The new Maryland Acupuncture Society website went live on July 20, 2020. Please use our new URL, marylandacupuncturesociety.org. All upcoming continuing education live events as well as recordings of past seminars can be found on the new site.

The new site features:

- [member acupuncturist office page](#) for clients
- upgraded directory listing to find an acupuncturist by name
- search office by location with an integrated Google map
- filtered search by specialty
- access to view all of our social media accounts
- ASA (American Society of Acupuncturists) News Feed
- support Tickets for troubleshooting
- learning management system with online courses which will give you NCCAOM CEU/PDA credits on your schedule
- personal learning profile page showing the courses you have completed and CEU credits earned

MAS Members and attendees of MAS seminars can log in and experience the pleasing design, faster response, and easier navigation after a password reset from the home page. Login today and make sure your practice information is up-to-date and that your membership is current.

For any website assistance and technical support, contact William May at support@marylandacupuncturesociety.org.

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From Emily Herman, MAS Events & Communications Coordinator, M.Ac,
L.Ac

**Maryland University of Integrative Health (MUIH) Professional
& Continuing Education Preferred Partnership with MAS**

Stay Tuned for More Information About This New Partnership!

MUIH (PCE) offers a special Preferred Partnership Discount benefit for MAS members to receive 10% off PCE offerings with a promo code at checkout. (Note: There is no expiration date or limit on this benefit, but only one discount can be used at a time.) Learn more at www.muhi.edu/ce.

To Access Discount Code:

Members can access this, and other member benefit discount codes, on the [Member's Only page](#) of the MAS website.

All members need to reset their passwords on the new website, if you have not done so already. Press the RESET button below.

Reset MAS Password

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From Sheri DePetro, MAS VP of Internal Affairs, D. Ac., L.Ac.

Master Jeffrey Yuen March Seminar

MAS hosted Jeffrey Yuen for three days featuring two different seminars from March 6-8, 2020. Friday's topic was *The Nine Heart Palaces: Wellness and Healing for Practitioners and Patients*, and Saturday and Sunday's topic was *Acupuncture and Chinese Medicine for the Recovery from Illness*. The venue was the Maritime Conference Center in Linthicum, Maryland. According to the seminar evaluations, attendees loved the seminars, and they loved listening to the wisdom of Master Yuen. Attendees were grateful for the Saturday surprise, a timely Covid 19 lecture. MAS later received permission from Master Yuen to put this portion of the seminar on our MAS website under [Member Content](#) for all of our members. This added bonus to the weekend was useful for the members who attended and also for those who did not attend the

seminar.

Here are the highlights from the seminar evaluations:

In general, the new venue of the Maritime Conference Center was preferred over the Sheraton. However, people missed the lakefront, walking paths and Whole Foods proximity. People were excited that there were more seats available and that we were not crowded into a small room. The stadium seating received rave reviews, except that attendees recommended bringing your own pillows as the seats were hard. Hot water for beverages being available all day was a big plus. Recommendations included having Jeffrey on a platform and more on-line clarity about registration for the three day seminar. Some of the attendees liked the food at the conference center and many preferred more healthy choices. As with any large venue, the temperature in the room fluctuated between hot and cold.

One of the benefits of the Maritime venue is that we were able to sell digital recordings for the seminar. We are in the process of taking our remaining inventory of CD's and turning them into digital recordings to sell from our website. Thus far, the recording sales have been very successful.

The top requests for speakers and topics are as follows:

- Jeffrey Yuen: nutrition and the energetics of food
- Jeffrey Yuen: essential oils
- Jeffrey Yuen: essential oils and stones
- Jeffrey Yuen: death and dying
- “anything Jeffrey”
- Heiner Fruehauf: Chinese Classical Medicine
- Master Tung Acupuncture
- Lillian Bridges: Face Reading
- Grand Master Lu: Qi Gong
- Clayton Shiu: Neurovascular Acupuncture
- Paul Pitchford: Energetics of Food
- Mori West: insurance and billing
- Matt Callison: orthopedics and sports acupuncture
- Sacred Geometry and acupuncture
- Ethics and Acupuncture

An excellent suggestion from one of the members that is worth noting: A workshop on how to integrate a variety of strategies (energetic, TCM, 5-element, scalp, ear etc) into a coherent practice without losing one's way.

Do you have suggestions for a speaker? Please email Sheri DePetro at education@marylandacupuncturesociety.org or Emily Herman at events@marylandacupuncturesociety.org



From Christina Van-Norman, MAS Treasurer
MAS to Become Non-Profit

MAS is currently working to submit the documentation required to become a non-profit organization. Official status will be announced once approved.



From Lourdes Martinez, MAS Member-At-Large
New MAS Benefit

A newly added benefit is available for MAS members!
Amandamations: Portrait package offered by Amanda Stolarski for a discounted price.

Please log into the [MAS website](#) for more details.



Face Reading for Telehealth

Live Webinar With Lillian Pearl Bridges

Date: Saturday November 7th

Time: 1:00pm - 3:00pm EST

2 NCCAOM PDA *pending, no California CE



About The Class:

Face Reading is considered an important part of the ancient “looking diagnosis” of Chinese Medicine. As a diagnostic tool, it adapts easily for use in Telehealth, especially if photos are also used. This two-hour class will teach practitioners how to read the health signs on a patient’s face. Special emphasis will be place on evaluating the Wei Qi area of the face and analyzing the features, colors and markings that give insight into current organ function. The information presented will be immediately usable in practice.

Students Will Learn:

1. To recognize the health of the Wei Qi/Immune System
2. How to determine inherent organ function from the features
3. How to read the colors and markings on the face to understand current organ function

****Note* - Everyone (members, and non-members) must log in to register. Read the instructions on the registration page for a smooth and easy registration process!***

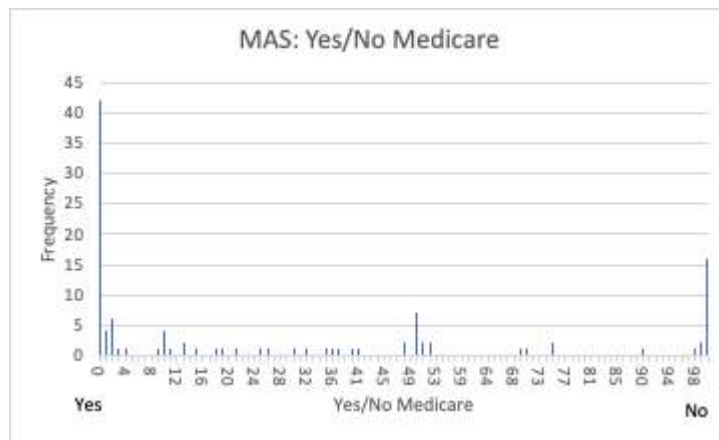
[Register Now](#)



Medicare Survey Results

Report received by ASA and Lisa Conboy, Director of Research, New England School of Acupuncture

MAS thanks all those members who took the time to participate in the preliminary survey regarding the acupuncture profession and its inclusion in Medicare. The results for Maryland's survey can be seen in the graph below to understand better how *individuals* voted.



The scale for the question "Are you in favor of the ASA pursuing licensed acupuncturists becoming a provider group under Medicare?" allowed for responses from 0 (yes) to 100 (no). The average value tells us where members fall on the scale overall. A score less than 50 suggests a yes vote. Scores over 50 suggests a *no* vote. The taller the bar, the more people voted in that category. We received 112 response for MAS members, with a mean of 30.46. This means that overall, members are in support of licensed acupuncturists becoming a provider group under Medicare.



The Lines On Our Face Are An Outward Manifestation Of Our Inner World

by Michelle Gellis, AP, LAc, MAc, DiplAc

Due to concerns over COVID-19, many of us have turned to telehealth to treat our patients. Adding Facial Acupuncture to your telehealth is a wonderful way to support our patients both physically and emotionally. For those of us who are reopening, there are questions about how to treat our patients face if they are wearing the mask.



Telehealth can be a great way to do an intake for new patients and to support existing patients. Telehealth provides an opportunity to expand our practice. It is safe for those patients who might have otherwise not come to us because of the needles. This provides us a way to reach a wider patient base.

Chinese medicine is uniquely suited to help our patients during this difficult time and to get a deeper understanding of our patients while still limiting our contact with them. Many of our patients have had a lack of outside care. Many of the spa type treatments such as facials, fillers, lasers, and so forth are done through hands-on contact. With these services shut down in many areas, our patients have not been able to receive the treatments they are used to. However, as acupuncturists we have a multitude of diagnostic and treatment tools at our disposal.

Diagnosis-

You can perform your diagnosis via one of the medical video platforms that are available. This can be applied to new patients, checking in with established patients, and/or before treating a patient. Talk to your patients regarding their diet, alcohol consumption, sleep, and stress level during this time. Many have been dealing with anger/frustration, grief/loss, fear/isolation, or over-nurturing of home-schooled children or aging parents. Each of these emotions relate to one of the five elements in some way and can provide clues to diagnosis. Using some five element acupuncture skills, you can also diagnose your patients' facial color and the sound of their voice. Tongue diagnosis can be done both through telehealth video and photo. Although you cannot feel their pulse, you can ask them to count their pulse or use their Fitbit or other device to get the pulse rate.

Lines in the face can also provide diagnostic information:

- nasolabial lines and crow's feet = fire,
- sagging jowls and marionette lines = earth,
- horizontal lines on forehead and/or furrowed brow = anger/sadness/sympathy/skepticism/pain,
- lip wrinkles top = overnurturing bottom=bitterness and more.

Other diagnostic clues specifically for cosmetic patients can be things like hooded eyelids or dark spots.

Treatment-

Treatment through telemedicine can take many forms. Emotional support through offerings can be a wonderful way to get energy moving. Ask into what your patient is going through. Ask how they are dealing with it. Provide healthy alternatives in the form of recommendations for any area you may have specialized knowledge in, such as:

- Qigong

- breathing exercises
- ear seeds
- nutritional/lifestyle support
- meditation
- skin care
- facial cupping
- facial gua sha or jade roller
- microneedle derma Roller
- herbs
- acupressure points:
- GB 14, 1
- Yu-Yao
- BL 2
- Yin-Tang
- SJ23,17
- ST2
- SI18,19
- ST4,5,6,8
- Ren24
- DU26
- LI20

Microneedling benefits-

- stimulates collagen and elastin production
- effective on wrinkles, cellulite, stretch marks, loose skin, acne scars and reduction of hair loss
- boosts effectiveness of topically applied products
- can be used on scalp to enhance effectiveness of hair loss products
- excellent for acne scars or pitted skin & stretch marks

Once you open and your patient is wearing a mask/face shield,

- Points that lift the face: ST8, TE17, GB2
- Distal points on LI & ST can treat the mouth/lips
- Dr. Tan
- Scalp Acupuncture
- Auricular points
- Unique protocols
- Auricular Muscles
- Treating along the supraorbital nerve
- Entry/exit block

-Treat alternative points for LI20-or Acupressure

II/III-SI19/BL1

VI/VII-SJ22/GB1

X/XI-LI20/ST1





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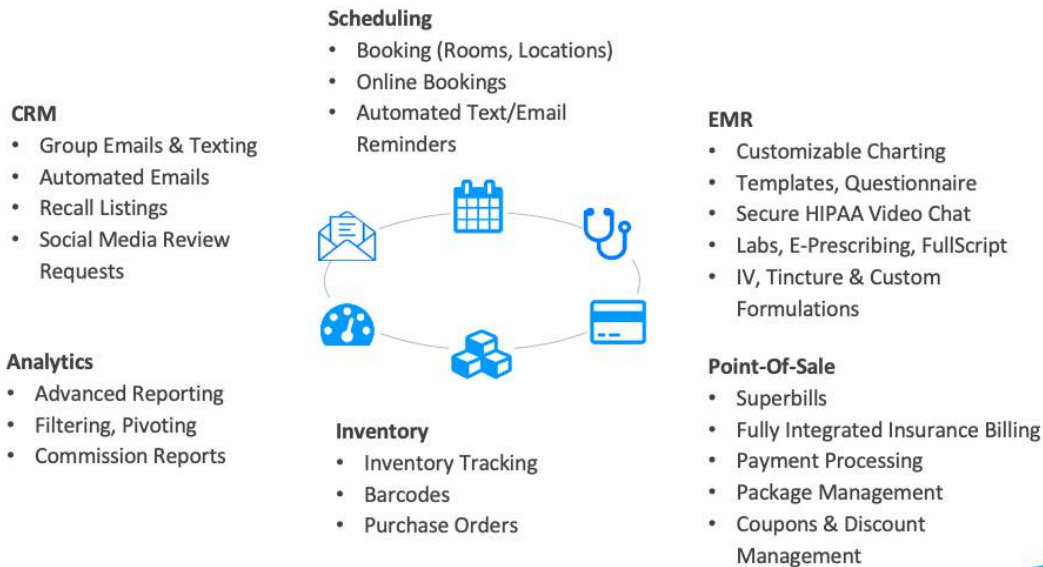
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Hear Directly From One of Our Practitioners



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

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