

**4<sup>th</sup> Annual  
National Conference  
September 21-23,  
2023**



**RhAPP**  
RHEUMATOLOGY ADVANCED  
PRACTICE PROVIDERS

# Accreditation Statement

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- All individuals in control of the content of continuing education activities provided by the Annenberg Center for Health Sciences at Eisenhower (ACHS) are required to disclose to the audience all relevant financial relationships related to the content of the presentation or enduring material. Full disclosure of all relevant financial relationships will be made in writing to the audience prior to the activity. All other staff at the Annenberg Center for Health Sciences at Eisenhower and RhAPP have no relationships to disclose.

# Faculty Disclosures

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- Iris Zink, ANP
  - There are no relevant financial relationships to disclose.
- Christopher Title, FNP
  - There are no relevant financial relationships to disclose.

# An introduction to Traditional Chinese Medicine



- Iris Zink, ANP
- Christopher Title, FNP

Pine Hollow Partners  
Rheumatology Clinic,  
East Lansing MI

[https://www.pinehollowpartners.com/  
mission](https://www.pinehollowpartners.com/mission)

# Finding a licensed acupuncturist

- Options

***L.Ac — Licensed Acupuncturist.*** These letters after someone’s name denote that this practitioner has received extensive training in Traditional Acupuncture, which is one part of the holistic medicine system of TCM. Upon earning their degree in Acupuncture, the practitioner must then complete a rigorous board examination process to prove themselves competent in performing acupuncture safely and effectively. Successful completion of these boards results in certification from the [National Certification Commission for Acupuncture & Oriental Medicine \(NCCAOM\)](#). In order to be licensed to practice acupuncture in the State of Ohio, the practitioner must then submit an application with proof of all training & certification to the Ohio Medical Board. Once approved, the practitioner is then legally allowed to place the L.Ac after their name. [See here for Ohio’s complete list of requirements for Acupuncture Licensure.](#)

***Dipl. O.M. — Diplomat of Oriental Medicine.*** In addition to all of the above, someone who has “Dipl. O.M.” after their name has completed additional rigorous training, board examination, certification and licensure in Herbal Medicine, which is the internal medicine of TCM.

***MSAOM — Master of Science in Acupuncture & Oriental Medicine.*** This refers to the specific degree the practitioner using this designation has earned prior to completing their board examinations, certification, and licensure.

***L.OM — Licensed Oriental Medicine Practitioner.*** This designation denotes a Diplomat of Oriental Medicine is fully licensed to practice Oriental Medicine in their state. [See here for Ohio’s complete list of requirements for Oriental Medicine Licensure.](#)

# Goals of TCM

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- Creating balance in a constantly changing system
- Support the constitution (best version of self)
- Balance the yin and yang
- Resolve the complaint
- Remove the pathogens

# Western vs Eastern medicine

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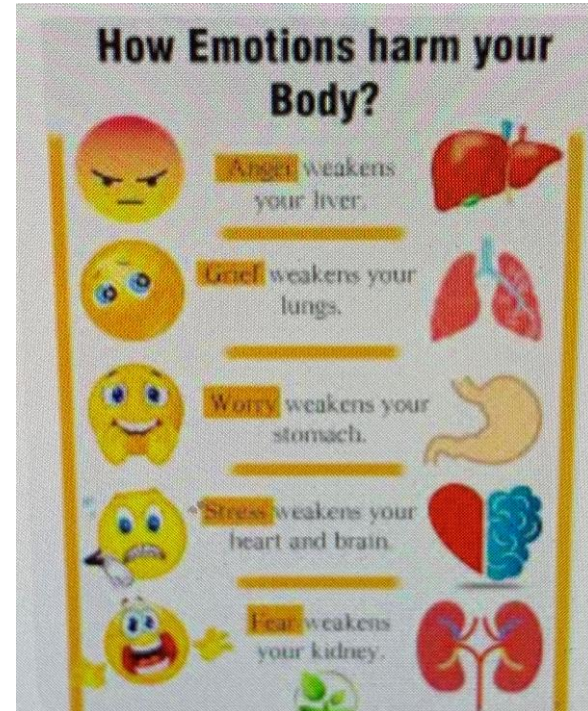
Western medicine focus is on the Vector or pathogen i.e.,  
Strep Throat



Eastern medicine focus is on how the individual is  
responding to the illness. Individual symptoms demonstrate  
where there is a lack of flow or weakness in the body

# Misc Causes of Disease

- Weak constitution
- Overwork/taxation
- Excessive physical work and lack of exercise
- Excessive sexual activity
- Diet
- Trauma
- Parasites and poisons
- Incorrect treatment
- Drugs





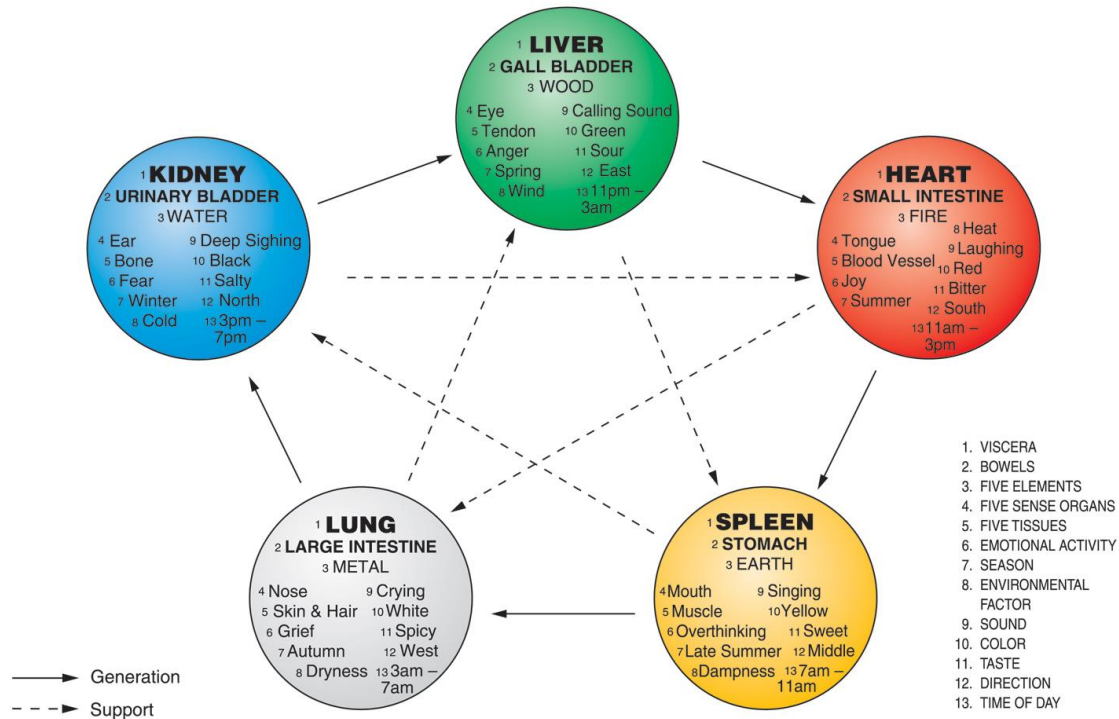
# 4 branches of medicine

- Acupuncture
- Herbology
- Qi Gong
- Massage



- Water
  - Kidney (KI), yīn
  - Urinary Bladder (UB), yáng
- Wood
  - Liver (LV), yīn
  - Gallbladder (GB), yáng
- Fire
  - Heart (HT), yīn
  - Small Intestine (SI), yáng
  - Pericardium (PC), yīn
  - San Jiao (SJ), yáng
- Earth
  - Spleen (SP), yīn
  - Stomach (ST), yáng
- Metal
  - Lung (LU), yīn
  - Large Intestine (LI), yáng

### CLASSIFICATION OF THINGS ACCORDING TO THE THEORY OF THE FIVE ELEMENTS



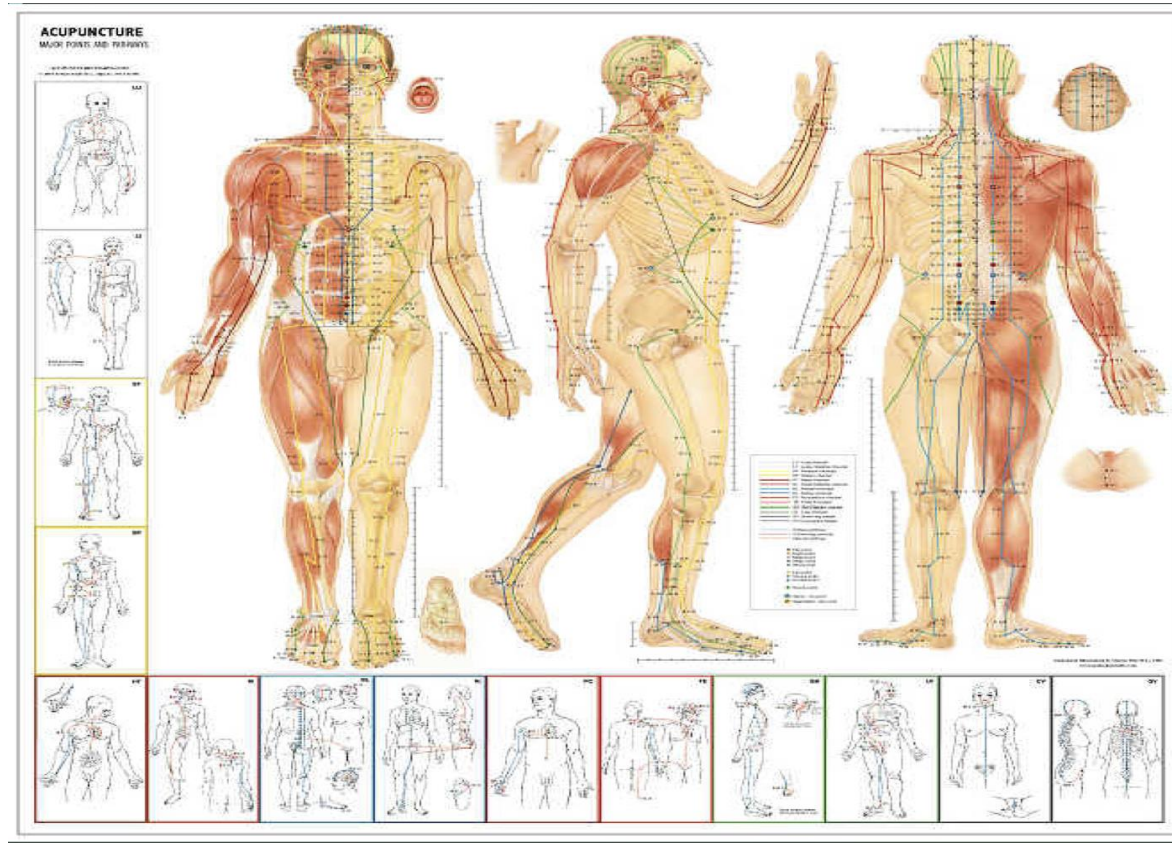
<https://www.tcmworld.org/what-is-tcm/five-elements/#:~:text=A%20Theory%20of%20Connecti,on%20and%20Interaction>

# Physiology

- Acupuncture uses the science of neuro-anatomy to create reactions in the body
- Meridians/Channels/Mais
  - Pathways that run alongside nerves
  - Lymph system
- Bonghan ducts



# Acupuncture



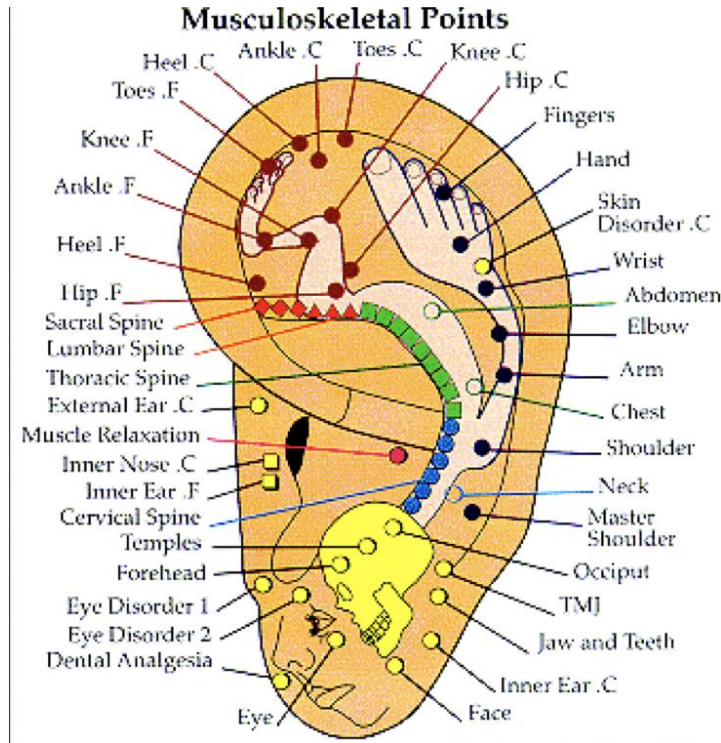
Course No. OM501,  
Winter 2023

Instructor: Nicole C.  
Andrus, DAOM, L.Ac.

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Slides by: Nicole C. Andrus,  
Jennifer Hartmann, Ryan  
Davenport, Brendan  
Mattson, and Robert  
Damone

# Auricular Acupuncture (Ear)



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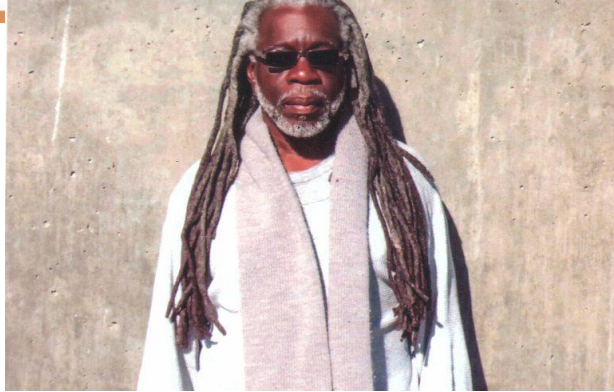
# Acupuncture in the West

## Acupuncture in the USA – 1971 James Reston



John Reston, a journalist from the New York Times accompanied Nixon to China in 1971. While in China, Reston required an emergency appendectomy and was treated with acupuncture and moxibustion. After he'd recovered, he toured hospitals in China where acupuncture and moxibustion were being used to help post-operative patients. When he returned to the United States he wrote an article for the NY Times about his experience with traditional Chinese medicine.

<https://www.nytimes.com/1971/07/26/archives/now-about-my-operation-in-peking-now-let-me-tell-you-about-my.html>



**Jan 2021:** Incarcerated for over 35 years and 9 parole denials even after being diagnosed with life-threatening bone cancer yet denied compassionate release

**Nov 2022:** Received a parole approval on 11/10/22 at the age of 72

- 1977: Lincoln Hospital closed its clinic to acupuncture school and volunteers; police confiscate all records and claim Dr. Shakur is using both as front for resistance activities.
- 1980: Dr. Shakur establishes Harlem Institute of Acupuncture and begins Black Acupuncture Advisory Association of North America (BAAANA)
- 1981: FBI counterintelligence indicts Dr. Shakur who goes underground
- 1986: Dr. Shakur is arrested, and is held in prison.

<https://amsterdamnews.com/news/2022/11/17/elder-activist-mutulu-shakur-granted-parole/>

<http://www.mutulushakur.com/interview-lompoc.html>

# Areas of Specialization

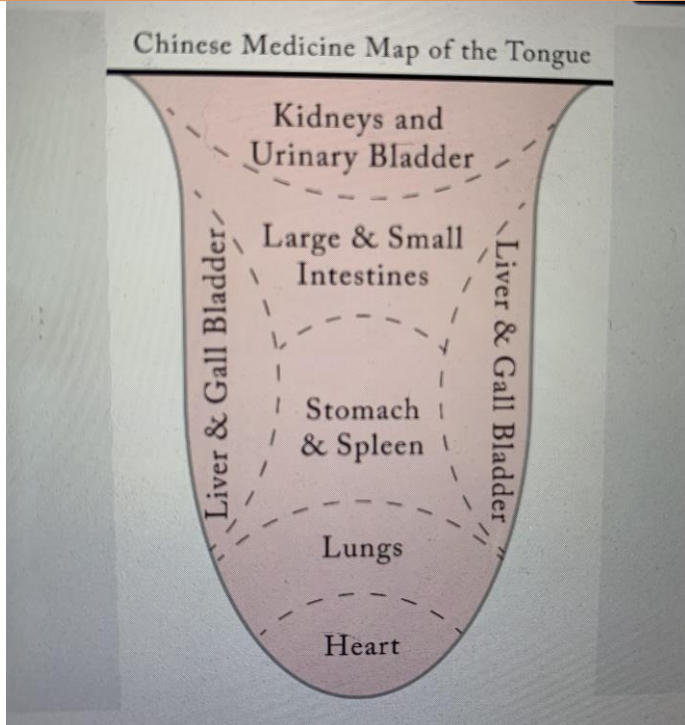
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## PTSD

- <https://acudetox.com>
- List books here



# Tongue Diagnosis



acuproacademy



**Tongue SHAPE**

- Many Cracks: Body Fluids def.
- Healthy Tongue
- Small Crack: Yin Def.
- Engorged Veins: Blood Stasis
- Deviated: Wind
- Strawberry Prickles: Toxic Heat
- Fat Tongue: Yang Def Damp
- Teeth marks: Sp Qi def.
- Thin Tongue: Blood or Yin Def.

<https://www.lilychoinaturalhealing.com/journal/2016/8/3/what-does-your-tongue-say-about-your-health-tongue-diagnosis>

# Moxibustion (Moxa)



Instructor: Nicole C. Andrus,  
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# Gua Sha



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Damone**


# Cupping




therock  • Follow



therock  First time cupper over here

 Looks more gnarly than it feels, but over all I enjoyed the therapy.

Always looking for new techniques to keep this 250million year old dinosaur  body balanced and optimal with not only all my past injuries but my daily grinding family/work/training /repeat schedule. It all takes it toll, so being proactive is critical.

We only get one body, so we gotta take care of it.



4w



5,306,216 likes



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# TEAM Techniques



<https://www.youtube.com/watch?v=WX3nl-u8pKY>

# Qi Gong



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# Herbal Medicine



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# 金银花 *jin yin hua* Lonicerae Flos





# 金银花 *jin yin hua* Lonicerae Flos

## ACTIONS

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1. Clears heat and relieves fire toxin:  
throat, intestines, breast, eyes
2. Vents externally contracted wind-heat:  
sore throat, headache
3. Clears damp heat from the lower  
burner- damp heat dysentery, heat  
strangury



**HOW YOU ARRIVED FOR YOUR FIRST ACUPUNCTURE APPOINTMENT**



**...AND ALL OTHER APPOINTMENTS AFTER**

# Just For Fun...



# The End

- We will be available in the exhibit hall to discuss more if you are interested!!

