

Dear Practitioner,

It has been 20 years since the founding of Golden Flower Chinese Herbs. In the spring of 1990, we started with one formula; we now have 115 under our brand. It all started because we discovered that the product for *bi* syndrome we were receiving from Asia contained diazepam (valium) as an undisclosed ingredient. We couldn't in good conscience give this to our patients, so we developed **Chase Wind, Penetrate Bone Formula** to ensure quality and purity.

Those of you who have been with us since the early 1990s are aware that we are continually improving the quality of our products. The highest possible quality control is in place at every stage of production. From the use of positively identified premium ingredients to state of the art testing methods, quality and safety are assured. In the last decade, we have developed excellent educational programs and produced industry-leading literature.

There have been many developments in the USA over the last 20 years in our industry. When Golden Flower was founded, the DSHEA Act of 1994 had not yet been passed. There was concern that the FDA would greatly inhibit access to herbs and vitamins. While there is still concern about regulation, herbs and vitamins remain a strong presence in the US marketplace. Another significant development is the great increase in the number of AOM schools and practitioners. The AOM community is poised to increase its market presence even more dramatically in the near future. We hope that you will work to support that effort. The use of AOM is no longer considered weird or exotic, but is being integrated as part of our general health care system.

Golden Flower Chinese Herbs was founded out of love of Chinese herbal medicine and a concern for patient safety. We do what we can to bring this wonderful healing system to the west. Our commitment has always been to provide safe and effective Chinese herbal products for our own families, for our patients, for our colleagues, and for ourselves.

Sincerely,

John Scott, DOM and Lorena Monda, DOM

Comments on Free and Easy Wanderer Plus

By Whitfield Reaves, OMD, LAc.

I started my formal training of acupuncture in 1978. At that time, herbal medicine was not part of the curriculum of the few colleges that existed. Since graduation and licensure in 1981, I have therefore relied on my skills as an acupuncturist, and supplemented treatment with both Chinese herbal medicine and homeopathy. I offer these comments on the formula **Free and Easy Wanderer Plus** from my clinical experience over the last 25 years.

In my specialty of acupuncture sports medicine, it did not take long to recognize that supplementing

the kidney of the athletic and active patient was not clinically efficacious. First, and most obvious, the traditional formulas such as *Liu Wei Di Huang Wan* did not bring about an acceptable change. The more warming the kidney tonic, the more the patient would experience aggravations such as anxiety and insomnia. Second, there was always something else that needed treating with these athletic patients, usually an injury or pain syndrome. Third, while you would expect kidney deficiency symptoms due to their lifestyle of intense training and competition, most of these

Free and Easy Wanderer Plus Formula (continued from page 1)

athletes did not have the signs and symptoms to confirm this diagnosis.

The case for treating the liver, however, is obvious. Both the liver and the muscles store glycogen, which are long chains of glucose. During activity—training and competing—the process of glycogenolysis occurs. This is the breakdown of the glycogen stores to the simple sugar glucose, which is immediately used for energy metabolism of the body. After training, with proper hydration, meals, and rest, the opposite process occurs. Blood glucose is stored in the liver and the muscles as glycogen, awaiting the next athletic endeavor. This is called glycogenesis.

In brief, glycogen is stored energy. As a “substance,” it can be considered yin of the liver. The continuous and repetitive depletion of glycogen stores results in deficiency syndromes of the liver, specifically liver yin. Even with adequate food, drink, and rest, this process may place significant demands on the liver over time. The on-going “consumption” of yin (glycogen) may result in both liver yin deficiency (*yin xu*) and liver blood deficiency (*xue xu*) syndromes. It becomes quite obvious that deficient liver *yin* may produce “false fire” (*xu huo*) symptoms as well as liver qi stagnation (*qi zhi*).

that this organ is the official “in charge of making plans and strategies.” These very important mental and emotional qualities are used in preparation during training, the actual performance, and the recovery phase after the event.

According to the Five Element inter-relationships, in the *sheng* (production) cycle Water (kidney) is the mother of Wood (liver). The proponents of treating the kidney would suggest that supplementing Water naturally benefits Wood. However, clinically, I point out that any excess, heat, or stagnation in the liver (the child) will draw and deplete energy of the kidney (the mother). Thus, it may be useless to tonify the mother until the child is completely passified. And let’s face it, with the athlete, the active individual, or the patient under stress, that just never happens!

While there are more examples to build the case for treating the liver, let’s keep it brief for this article. In summary, the treatment principle that I emphasize when I teach sports medicine acupuncture: *Treat the liver with acupuncture and herbal medicine, NEVER the kidney.* While NEVER sounds extreme, this is a treatment principle that should be followed as often as possible. I find it is ever so clear that kidney tonics are ill advised, and generally speaking, should generally be avoided in the professional athlete.

| Yin | | Yang |
|---|--|------------------------------------|
| Glycogen stores (in the liver and muscles) | Glycogenolysis ⇨ <i>DURING ACTIVITY</i> | Glucose (for energy metabolism) |
| Glycogen | ⇨ Glycogenesis <i>DURING REST</i> | Glucose |
| Liver Yin (substance) | | Liver Yang (function) |

The case for the liver continues. As we know, the Classics state that this organ of the wood element controls the contraction of the muscle-tendon unit. Since this is essentially all physical movement, whether in elite athletes or in activities during work, the liver is being asked to perform. Then, consider

This brings us to the most important herbal prescription that I use in my clinical practice: the formula *Jia Wei Shao Yao San* (Free and Easy Wanderer). I have been using variations of this formula for 25 years with my athletic and active patients, and this is usually where I start. Just this last week, I had a marathon runner call

Continued on page 5

Rosemary Essential Oil

Profile of an Important Warming, Qi Tonic

© Peter Holmes, L.Ac., M.H.

BOTANICAL SOURCE

The herb of *Rosmarinus officinalis* (Lamiaceae/ Labiatae - lipflower family)

PRODUCTION AREAS

Morocco, Algeria, Spain, France, Italy, Croatia, South Africa

APPEARANCE

A mobile, clear fluid with a fresh, pungent-camphoraceous and sweet-herbaceous odor

EXTRACTION

Steam distillation of the whole fresh leafy shrub in flower

TYPICAL CONSTITUENTS

- Monoterpenes 30-37% (including alpha- and beta-pinenes 4-32%, camphene 3-22%, myrcene 0-10%, limonene 1-6%, terpinenes, paracymene, phellandrene)
- monoterpenones (including camphor, verbenone, carvone)
- oxides (including 1.8 cineole, caryophyllene oxide, humulene epoxydes I and II)

THERAPEUTIC FUNCTIONS AND INDICATIONS

THERAPEUTIC STATUS

Mild remedy with no cumulative toxicity.

TOPICAL SAFETY STATUS

Non skin-irritant, non-sensitizing

PSYCHOLOGICAL

(Inhalation, diffusor, massage, bath)

Vitalizes and stimulates the mind

- Mental-emotional tiredness or exhaustion, burnout
- Despondency, loss of motivation, listlessness, depression

Promotes self-confidence and heartens

- Loss of self-confidence, insecurity, grief, withdrawal

PHYSIOLOGICAL

(Liniment, nebulizer, gel cap)

Arterial circulatory stimulant and cardiac restorative

- arterial and peripheral circulatory deficiency, with

cold extremities, hypotension; cardiac weakness, congestive heart failure

Respiratory stimulant: mucolytic expectorant, antiseptic

- congestive upper and lower respiratory conditions, including bronchitis (especially chronic), sinusitis, rhinitis, chronic asthma

Digestive stimulant: choloretic, cholagogue, gastrointestinal stimulant, carminative

- atonic biliary and gastric dyspepsia with flatulence; gastrointestinal atony, abdominal pain; colitis, gastroenteritis

Liver stimulant: decongestant, detoxicant, antilipemic

- liver congestion, jaundice, chronic cholecystitis and hepatitis, cirrhosis, gallstones, hyperlipidemia

Nervous and cerebral restorative

- cerebral deficiency, neurasthenia with mental and physical fatigue, debility, memory or concentration loss, mental fog, somnolence, vertigo, depression; Chronic Fatigue Syndrome, deficiency of the special senses

Adrenocortical and adrenomedullary restorative and regulator

- adrenocortical deficiency with afternoon fatigue, low stamina, salt cravings



CHINESE MEDICINE FUNCTIONS & INDICATIONS

(Acupoints, nebulizers)

QUALITY

Pungent, sweet

MOVEMENT

Rising

WARMTH QUALITY

Warm

MERIDIANS

Lung, Spleen, Heart, Kidney

1. Tonifies the qi, raises the clear yang, strengthens the mind and relieves depression

- Qi deficiency with mind weakness, with physical and mental fatigue, depression, frequent infections, slow emotional response, sorrow
- Clear yang qi deficiency with mind weakness

(phlegm misting the mind), with fogginess, disorientation, poor focus and memory, dizziness, headaches

2. Warms the interior, dispels cold and strengthens the mind; invigorates the blood and promotes menstruation

- Heart and kidney yang deficiency with mind weakness, depression, withdrawal, fatigue, cold limbs and extremities, palpitations, sexual disinterest
- Internal cold with qi and blood stagnation in the lower warmer, with dysmenorrhea, scanty periods, amenorrhea, varicose veins, ankle swelling

3. Warms the Lung, expels phlegm and relieves coughing

- Lung phlegm cold/damp with chronic cough, sputum expectoration, cold extremities

4. Warms the exterior, dispels wind-cold and opens the sinuses

- Bladder damp-heat with irritation, urgent burning urination, cloudy urine
- Lower warmer damp-heat with white or yellow vaginal discharge, painful urination

Precautions: Avoid using Rosemary on damaged skin. Strong administration forms are contraindicated during pregnancy because of its uterine stimulant action. Internal administration should be avoided in those prone to epilepsy or hypertension, or during pregnancy.

ACUPOINT TREATMENT

2 drops on a Q-tip applied to the point for 10-60 seconds prior to needling or manual stimulation. The Q-tip may be held in place longer if necessary, especially in the case of needle-free treatment of children, for example.

MASSAGE

2-5% dilution in a lotion or vegetable oil base

LINIMENT

5-15% dilution in an oil or ointment base

REMARKS

The herb Rosemary needs no introduction, as it is one of the few botanical remedies prepared in numerous forms: it is used to make a tea (infusion), an alcoholic extract (tincture) and an essential oil. These have all been used for many centuries in the Greek medicine tradition of Europe, with the essential oil extraction becoming available from about the 1500s onwards. The essential oil itself is very

versatile in its usage, with topical, acupoint, and diffuser applications being just the main ones.

Rosemary is almost the emblem of the energies of winter moving forward into the energies of spring. It is a deeply warming, tonifying remedy appropriate for the winter months, the time of the element Water, but it has enough dispersing and moving power to harmonize with spring, the element Wood, with its drive to transformation and renewal. These two themes sum up its clinical applications.

With its pungent, sweet aromatic qualities, Rosemary oil warms the interior, like Ginger oil or the herb Dried Ginger. It is very useful for conditions of internal cold with deficiency, especially of the heart and kidney yang, with cold limbs and extremities, low sexual drive, and, last but not least, depression. Good complementary oils here would be Cajeput, Ravintsara and, in very small amounts, Clove bud. For internal, empty, cold conditions that cause blood and qi stagnation in the lower warmer, Rosemary is especially useful for women's conditions, including amenorrhea, scanty or late periods, and so on. Ginger and Juniper oils are excellent complementary oils for invigorating the blood, warming the channels, and tonifying the original deficiency.

Rosemary's strong fresh-pungent fragrance quality signals rising and dispersing energetic movements. Rosemary oil is not only a classic qi tonic but also raises the body's clear yang to the upper areas, especially to the head, where it can help with mental as well as physical fatigue, depression, and deficiency-type emotions, e.g., sorrow, grief. In terms of the mind, i.e., *shen*, Rosemary strengthens the mind as a result of this qi-raising action, helping with focusing and memory problems, dizziness, headaches, and so on. Peppermint and Ravintsara are examples of good pairing oils here for this type of mind weakness.

The dispersing action of Rosemary oil affects the lung, the muscles, and the exterior. It can dispel wind, damp and cold pathogens at all these three levels. Rosemary is excellent with other oils such as Spearmint and Green myrtle to warm the Lung, expel phlegm, and relieve coughing. Chest and upper back liniments are the preparation form of choice here, using a 5-15% dilution in a massage oil base. On the muscle level, the net result is to open the channels, relax the tendons, and relieve pain—a classic indication for *bi* syndromes. Again, Ginger, Niaouli, and Frankincense would be good combinations here, especially for liniments, ointments, and similar topical applications.

On the exterior, Rosemary will dispel wind-cold and is especially useful for individuals presenting chronic underlying qi or yang deficiency. Locally, Rosemary can open the sinuses fairly gently; it is clearly appropriate on points such as LI4, LU7 and LI20, and can be reinforced with Narrow-leaf Eucalyptus (see last issue's profile), Niaouli, Ginger, or Basil. Doing steaming hot facial towel applications and steam inhalations are excellent ways to get the oils into the frontal sinuses directly, where they will immediately relieve nasal pain and congestion.

Free and Easy Wanderer Plus Formula (continued from page 2)

me, feeling run down from six months of preparing for a 26.2 mile race. While waiting to come in for his appointment, the patient started on Golden Flower's **Free and Easy Wanderer Plus**, a very skillful adaptation of *Jia Wei Shao Yao San*. When in my office several days later, he said, "Is there any way that formula could have helped in just the first day? I felt so much better!" The use of a kidney tonic for the "depletion" that the patient reported would never have produced such immediate results, as kidney tonics are slow acting in nature.

The language around *Jia Wei Shao Yao San* itself is interesting—*free and easy wanderer*. Actions such as encouraging the free-flowing of liver qi, clearing heat, cooling blood, and harmonizing the liver and the spleen all have a place in the treatment of the athlete in training. The tongue usually confirms with a red body and red sides, although sometimes a slightly anemic distance runner may present with a more pale tongue body. The pulse is frequently wiry and thin, all pointing to liver yin deficiency (*yin xu*). Due to the cardiac efficiency created from distance running, many athletes will have a slow pulse. Thus, you may not find a rapid pulse to confirm the heat symptoms.

Jia Wei Shao Yao San is so predictably effective, that I frequently use the formula one or two weeks a month for all my athletic, active, and stressed out patients. Confirming signs and symptoms are helpful, but my clinical experience suggests this is not essential. Most patients will have other root or branch imbalances, so it may never be a "pure" case for *Jia Wei Shao Yao San*.

With *Jia Wei Shao Yao* as a base formula, I will then consider adding some tonics for the athlete. The two most common additions are *He Shou Wu* (*Polygonum multiflorum*) and *Xi Yang Shen* (*Panax quinquefolius*, American ginseng). Both of these herbs are well tolerated, even when there are heat symptoms, which is usually the case for the athlete. Both herbs may be added to the formula, or taken as a single herb.



One easy and effective way is to create a rotational program. Here is an example where the liver is the primary organ to treat, but there is some desire to supplement the kidney—thereby confessing that NEVER treat the kidney may be a rule that needs occasional breaking!

Week 1: Five Days (Mon–Fri): Free and Easy Wanderer Plus

Two Days (Sat – Sun): *Shou Wu Pian* (**He Shou Wu Tablets**) single herb or in a formula.

Week 2: Consider a formula to treat other presenting signs and symptoms of the patient. If healthy, take a week off from herbal supplementation.

Week 3: Five Days (Mon–Fri): Free and Easy Wanderer Plus

Two Days (Sat–Sun): *Xi Yang Shen* (*Panax quinquefolius* / American ginseng root) single herb or in a formula.

Week 4: Consider a formula to treat other presenting signs and symptoms of the patient. If healthy, take a week off from herbal supplementation.

The rigors of training and competing, (and likewise those of stress in the workplace and at home), do suggest that we need to comment on treatment of the kidney. However, let's first make the assumption that the kidney is depleted from "other causes of disease," including excessive lifestyle and over-exertion. Therefore, let's treat it accordingly—modify the training schedule. Of course, this is where it gets a bit tricky. I learned early on never to tell a runner not to run. So the practitioner must get creative. Cross training—using swimming, cycling, and stationary bikes—often may help to reduce the kidney-depleting impact of running and soften the overall workload.

However, the key lies in the heart rate. Most runners know to monitor their pulse, and if they have a rapid resting heart rate, along with insomnia and increased body temperature, this signals to them that they are overtraining. Yes, runners use the pulse rate to

Continued on page 6

Free and Easy Wanderer Plus Formula (continued from page 5)

diagnose what practitioners call a kidney deficiency syndrome, or possibly a “Water-Fire” imbalance (accounting for the rapid pulse and the sleep disturbance). Using a heart rate monitor, most endurance athletes will monitor their heart rate, keeping it below lactate threshold (at or below 80% of maximum heart rate) for most of their training. Essentially, their training becomes more *yin* as more time is spent with low heart rate activities. I have found that this is one of the most effective ways to treat the kidney. Low heart rate training protects from depletion of the kidney, and there is no comparison to its benefits compared to only using traditional formulas such as *Liu Wei Di Huang Wan*.

The practitioner may not have detailed knowledge of athletic training, but one should be able to oversee the process, and be a “voice of yin” for the patient. Remember, it will be very easy for the patient to want to do a few more miles, a little more speed, or just a bit more effort. Keeping the patient in those lower heart rate zones for the bulk of their training will preserve kidney yin, and allow you, the practitioner, to treat other *zang-fu* and *jing-luo* symptoms that no doubt need attention. Use a little **Free and Easy Wanderer Plus**, and you’ll be amazed how well they do.

Whitfield Reaves, OMD, LAc is a nationally certified acupuncturist, and has been in the forefront of sports medicine acupuncture since 1981. He received his

Doctor of Oriental Medicine degree in 1983, based on his work titled “Acupuncture treatment of common running injuries”.

Whitfield’s clinical experiences includes medical care for athletes at the 1984 Olympic Games in Los Angeles, as well as numerous triathlons, skiing, running, and cycling events during the last 25 years. In 2009, he published **The Acupuncture Handbook of Sports Injuries and Pain**, which is the compilation of more than 25 years of clinical experience

treating competitive athletes. He can be reached at www.WhitfieldReaves.com.

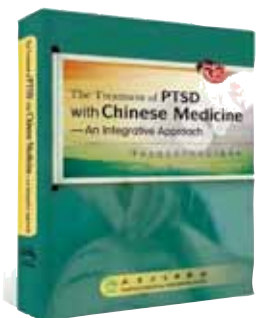
Dr Reaves will be teaching a class entitled *Acupuncture Treatment of the Hip and Thigh* at the Golden Flower Chinese Herbs Education Center in Albuquerque, in September 2010 (see back page).

The Acupuncture Handbook of Sports Injuries and Pain is available through Golden Flower Chinese Herbs. For sample chapters of the book, go to www.theacupuncturehandbook.com.

| Free and Easy Wanderer Plus | |
|-----------------------------------|-------|
| Chai Hu / Bupleurum Root | 12.5% |
| Dang Gui / Angelicae Sinensis | 12.5% |
| Bai Shao / Chinese White Peony | 12.5% |
| Bai Zhu / White Atractylodes | 12.5% |
| Fu Ling / Poria | 12.5% |
| Zhi Gan Cao / Fried Licorice Root | 6.25% |
| Chi Shao / Red Peony | 6.25% |
| Mu Dan Pi / Tree Peony Root Bark | 6.25% |
| Zhi Zi / Gardenia Fruit | 6.25% |
| Yu Jin / Curcuma Tuber | 6.25% |
| Yi Mu Cao / Chinese Motherwort | 6.25% |

The Treatment of PTSD with Chinese Medicine—An Integrative Approach

A book by Joe C. Chang, Wang Wei-dong, and Jiang Yong



In this book, Post-Traumatic Stress Disorder (PTSD) is examined from Western biomedical and psychological viewpoints as well as through the historical perspectives of Traditional Chinese Medicine. The wide range of clinical treatment methods provided here include the standard protocols used in the US Army PTSD Integrative Treatment Program for returning soldiers of the Iraq-Afghanistan conflict. Chinese medicinal formulas for PTSD are also included. Other features of this book include relevant PTSD case studies and current research outcomes from both China and the USA.

Joe C. Chang, Dipl. O.M, L.Ac., currently works as an acupuncturist and a researcher at two post-traumatic stress disorder (PTSD) programs for the military. These programs provide an integrated approach in the treatment of post-deployment soldiers who are diagnosed with PTSD. Chang is the first acupuncturist in the United States to be selected for this program. **Dr. Wang Wei-Dong** provided extensive treatment for survivors of the 2008 Sichuan earthquake in China.

See back page for the details on an upcoming class with Dr. Chang.

Case Study

By Missy Crumb, DOM

Patient (J.W.) is a 65 year old male who was seen by his M.D. for a routine visit. The M.D. ordered a prostate specific antigen blood test. The patient's PSA was 40.8. A biopsy of J.W.'s prostate revealed an aggressive form of prostate cancer. J.W. was placed on Lupron by his physician.

J.W. came to my office for additional evaluation and complimentary treatment. His tongue was red, slightly purple with a thick, yellow coat in back. Pulses were thin, rapid, and varied from rolling to wiry. I diagnosed the patient with damp-heat in the lower *jiao* and a constitutional kidney and liver yin deficiency. The prescription I gave him was **Rabdosia Prostate Formula** from Golden Flower Chinese Herbs, at the dosage recommended on the bottle.

The oncologist expected that after 5 weeks of Lupron and 8 weeks of radiation, the best-case scenario would be a drop in PSA to 2.0. But, after just five weeks of Lupron by injection and **Rabdosia Prostate Formula**, the patient's PSA had dropped to 0.97. The oncologist still recommended radiation.

After 8 weeks of radiation therapy, the patient's PSA dropped to .04. He continued the Lupron and **Rabdosia Prostate Formula** throughout radiation. J.W. remains on a maintenance dose of **Rabdosia Prostate Formula** as well as Lupron injections.

Commentary by John Scott, DOM

There are a number of Chinese herbal formulas that are appropriate for prostate issues. The formula that a practitioner chooses is, of course, dependent on the pattern presentation. The patients I have seen with prostate issues have presented with a variety of patterns. The case study above features the use of **Rabdosia Prostate Formula**. We have found this formula to be very effective for prostate issues in cases when the pattern is damp-heat. In cases of damp-heat with yin deficiency, I recommend prescribing yin-supplementing formulas like **Rehmannia Six Formula** in conjunction with the **Rabdosia Prostate Formula**. If there is no evidence of damp-heat, we do not recommend **Rabdosia Prostate Formula**. For yang deficiency, **Prostate Formula** is recommended.

In the case study above, Chinese herbal medicine was used in combination with Lupron that was prescribed by a medical doctor. The results indicate improvement

greater than projected by the medical doctor. It seems clear that in this case the combination of Oriental and conventional medicine achieved a positive result for this patient.

When the prevailing pattern in a prostate case is yang deficiency, I recommend prescribing **Essential Yang Formula** (*Jia Jian Jin Gui Shen Qi Wan*) or **Rehmannia Eight Formula** (*Ba Wei Di Huang Wan*). If liver heat is the main pattern, consider **Gentiana Drain Fire Formula** (*Long Dan Xie Gan Tang*).

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The Safe-T Sleeve is an innovation in needle delivery, ensuring strict adherence to clean needle technique while maximizing patient comfort. The additional guide sleeve on the outside of the insertion tube enables the practitioner, once the insertion tube is removed, to continue to safely and effortlessly guide longer acupuncture needles into deeper tissue.



The sleeve and tube are held by one hand (the stabilizing hand), while the other hand removes the retaining tab, and taps the needle into the epidermis. The guide tube is then removed while the stabilizing hand holds on to the sleeve. The sleeve then can be used by the practitioner to guide the shaft of the needle into the dermis without compromising the sterility of the needle.

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Joe Chang, L.Ac.

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