



NCCAOM  
*Diplomate*  
*E-News You Can Use*  
*Winter 2015*



## Year of the Wooden Ram

### Harmony Meets Creativity and Productivity - NCCAOM's Commitment to Its Diplomates



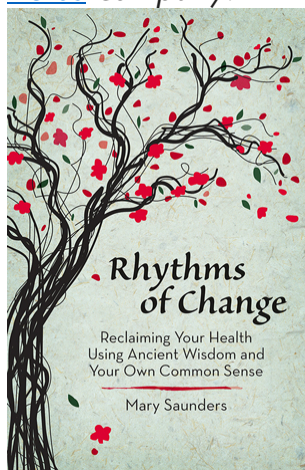
As we leave the steadfastness and productivity of 2014, the Year of the Horse, we now embark on a new journey in 2015 with the Year of the Wood Ram. The Wood Ram, occupying the 8th position in the Chinese Zodiac, symbolizes such character traits as creativity, intelligence, dependability, and calmness. These remarkable creatures are known for their inner strength and are comfortable being alone to ponder the workings of their inner minds. In essence, the Year of the Ram will be a time for caring, bringing out creative talent, imagination and

emotion, while remaining, calm, level and unhurried. These are the ideal traits for 2015, as the NCCAOM Board and staff focus on implementing our newly adopted strategic goals, based on our new [mission and vision statements](#). Like the traits of the Wooden Ram, “harmony” and “creativity” are associated with our new organizational strategic goals. We anticipate that these goals will fit the collective needs of our Diplomates who are currently adjusting to the changing U.S. healthcare system landscape.

To Read more click [here](#).

## Rhythms of Change Book Review

By John Scott, Dipl. Ac. (NCCAOM)<sup>®</sup>, DOM, L.Ac., President of [Golden Flower Chinese Herbs Company](#).



The classical understanding of the word “doctor” was “one who educates or causes to know.” As practitioners of acupuncture and Oriental medicine we must educate our patients to help them to heal on many levels. In order to support the changes in qi that are initiated through our treatments, our patients must make some life changes. This is where Rhythms of Change, a new book by acupuncturist Mary Saunders, comes in. When patients understand the profound wisdom of our medicine, and how it applies to them, they become more motivated and engaged in their own healing process.



The author, Mary Saunders, gives basic, easy to understand information on the ancient wisdom of Oriental medicine. Not too much detail that patients will be bored or lost, and written in modern language that everyone can understand. I found myself reading it with a beginner's mind that took me on an inner journey. Included are quotes from Lao Tsu, Rumi, Terence McKenna, and some Buddhist masters. Mary shares her life experiences in a way that shows us all as humans experiencing the myriad challenges that life offers with compassion and heart.

Part One begins with the exploration of *wu hsing* or the Five Phases. Each section discusses the lessons, central issues, an illustrative patient story, and then the ONE thing to do to move toward balance in that phase. For example, the ONE thing for Earth is: Eat Whole Foods, which includes a discussion about the importance of breakfast and balancing blood sugar. In addition, there are self-assessment questions, and a simple practice given for each phase.

Part Two includes a section on diet that is basic, non-judgmental, and practical. My favorite is the *Why Fat Matters* section, helping patients understand the role of healthy fats in the diet. There is a discussion of foods for each phase of change, and proven guidelines for stress, blood sugar and hormonal issues, insomnia, improving immune function, constipation, and adrenal fatigue.

How often do we have to mention foods and substances to avoid and eliminate? Now, with *Rhythms of Change*, we have a book that speaks to our patients and provides accessible, practical guidance organized in an easy-to-use fashion.

Practitioners can utilize this book for patient education purposes. For example, if they are treating a liver qi stagnation/PMS pattern, open the book up to the Wood chapter. Patients get excited when they see there are simple lifestyle choices they can make to resolve their imbalances more quickly.

People love this book! *Rhythms of Change* has filled a gap for our patients to understand the principles of TCM. I would not hesitate to recommend this book to all of my patients.

**Author: Mary Saunders**

*Mary Saunders has a Diplomate of Acupuncture from the NCCAOM, a DOM from the state of New Mexico, and is an L.Ac in Colorado. Mary was the founder of Boulder Community Acupuncture.*

Published by Hidden Needle Press (2014)

Paperback 209 pages

Retail: \$19.95

Available for practitioners at discounts for larger orders

[MarySaundersHealth@gmail.com](mailto:MarySaundersHealth@gmail.com)

[www.RhythmsOfChange.net](http://www.RhythmsOfChange.net)





## Diplomate Spotlight: Judy Kodela, Dipl. Ac. (NCCAOM)<sup>®</sup>, L.Ac.



**Question:** *What attracted you to the field of acupuncture and Oriental Medicine?*

**Answer:** My ideas on health & medicine were never conventional, so when it came to my own health, I looked for options outside of western medicine. When I started taking Taiji class (Taiji (Tai Chi) is a healing martial art that combines many martial arts movements with Qi (energy) circulation, breathing, and stretching techniques) in 1992 it felt amazingly natural to me and I realized there was much more to it, especially when my own health was improving. This led me to intensive training in Qigong healing & therapy. (more amazingly, I felt that I was 'remembering' vs learning it) During this time I also had some acupuncture treatments that gave me relief from chronic allergies. I realized that I wanted to be the person that could help others using the system of Acupuncture & Qigong so acupuncture school was the next obvious step in completing my studies.

To read more click [here](#).

## New Journal Introduction: Meridians

By Editor in Chief Jennifer A.M. Stone, Dipl. Ac. (NCCAOM)<sup>®</sup>



I am very pleased to introduce you to the new Meridians: The Journal of Acupuncture and Oriental Medicine (MJAOM) [www.meridiansjaom.com](http://www.meridiansjaom.com). MJAOM is a quarterly, peer reviewed, Medline compliant scientific journal that includes articles covering all fields of acupuncture and Oriental medicine. Besides publishing work by established authors, we at MJAOM encourage submissions by and work very closely with DAOM students and other new investigators to foster more sources for quality published contributions to our profession. Each submission accepted to MJAOM is closely peer reviewed, and all authors are guided as necessary until their pieces are expertly presented and worthy of MEDLINE indexing.



The MJAOM website is constantly growing to serve as a go-to resource for AOM students, faculty and researchers. In addition to our comprehensive Author Guidelines, our website includes these resources:

- Studies and tutorials on how to write different types of scientific papers
- Tutorials on how to write each section of the scientific paper
- Links to tutorials from major research universities
- Links for Poster Templates as well as oral presentations templates and outlines
- Links to CONSORT, STRICTA, ICMJE guidelines, CARE, AcuTrials and more
- Links to NCCAM templates and grant writing guidelines

Free online open access of all MJAOM issues are always available to the general public and contain valuable information such as:

- Abstracts and references of peer reviewed papers
- Clinical Pearls
- Reports about research conferences
- Tutorials
- Book reviews and interviews

Advertisements and advertiser promotion:

We are currently offering a special for NCCAOM Diplomates. **From now until May 1, you can receive an annual subscription of four print copies of MJAOM (4 issues) for the special VIP price of \$48. That's 50% off the regular price. This includes online access as well when you register at the MJAOM website! Please use code: NCCAOMDiplomate**

[http://www.meridiansjaom.com/index.php?\\_a=category&cat\\_id=1](http://www.meridiansjaom.com/index.php?_a=category&cat_id=1)



## Important Announcements



[NCCAOM Policy Change](#)

[2015 Exams Administrations](#)



[Did You Know?](#)