



Featured PDA Provider  
Questions for the NCCAOM PDA Newsletter

NCCAOM PDA Provider # 9238  
Backupuncture LLC  
Benjamin Hawes, MSAOM, Dipl. O.M. (NCCAOM®), L.Ac.  
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**Q1: You became a PDA Provider in June 2021. What inspired you to apply to become a PDA Provider?**

A1: Without constant learning, we become complacent. We start assuming we know everything. Being a PDA provider is a chance to help others remember the beginner's mind of wonder and openness.

**Q2: Why do you think PDA Providers are important to the acupuncture and herbal medicine profession?**

A2: We should all want the profession of acupuncture to be the best it can be. Teaching what we know to others is how to make that so.

**Q3: What other services do you provide in your practice?**

A3: Acupuncture, herbs, craniosacral therapy, contemplative coaching, and shamanic energy work.

**Q4: Where do you practice?**

A4: Denver, Colorado

**Q5: You developed Backupuncture technique to assess and treat vertebrogenic pain. Please elaborate more about this specific technique.**

A5: Backupuncture® is a system of combining distal points with manual palpation of the spine and meridians for quickly and accurately diagnosing and treating issues relating to vertebral misalignments through any system of distal acupuncture. Distal access of the spine allows for movement and palpation of the injured or diseased area during treatment, thus providing immediate feedback, and learning to diagnose misalignments distally can allow for treatments in cases where the spine is inaccessible, such as the bed or wheelchair-bound, or simply in cases where it is easier to treat supine. Conversely, learning to associate shifts in the spine with the use of distal points found by palpation enhances palpatory skills on acupuncture meridians, and provides immediate feedback to stimulation of points.



**Q6:** You were also a faculty member at Colorado School of Traditional Chinese Medicine. What is the most rewarding part of this position?

A6: Giving back to the profession by helping people become good healers.

**Q7:** What is your favorite acupuncture point?

A7: Spleen 5. It's the only one specifically for overthinking. Whenever it appears on a patient and I tell them about it, they think I can read their mind.

**Q8:** What is your favorite Chinese herb?

A8: Gui zhi. Who doesn't love cinnamon?

**Q9:** What might someone be surprised to know about you?

A9: I didn't really believe in acupuncture until I finished school and started treating patients. I had been very impressed with herbs; they cured me of chronic, recurrent sinusitis when every other type of medicine failed. By contrast, acupuncture didn't seem to do much for me except make me relaxed sometimes. But as a practitioner, my patients surprise me every day with what it can do, and now acupuncture is the most mysterious and intriguing thing I can imagine.

**Q10:** What do you do when you are not working?

A10: Try to think of new causes and hobbies and projects to exhaust myself. My mind is always moving, except when I sit Zen, and I do that a lot. I could use more Spleen 5.