



THE JOURNAL of the Florida State Oriental Medicine Association

P.O. Box 1066
Bradenton FL
34282
800-578-4865
www.fsoma.org

Executive Committee

President **Sandra Kahn**, AP,
RN

Vice Pres. **Robert Linde**, AP,
RH

Treasurer **David Bibbey**, AP

Secretary **Jennifer
Broadwell**, AP, DOM, ADS

Directors

Dr. **Saima Bhatti** O.M.

Tammy Dippenworth,
D.O.M.

Hongjian He, AP

Brooke Higgins, A.P.

Lynn Thames, AP, MSOM,
MA

Executive Director

Ellen Teeter, AP

Journal Editor

Suzy West, AP

FALL 2017: TABLE OF CONTENTS

<i>From The President</i>	Sandra Kahn
<i>A Saam Acupuncture Approach to PTSD</i>	Evan Mahoney
<i>An Overlooked Environmental Toxin</i>	Kathy Veon
<i>Book Review :</i> <i>"Handbook of Formulas in Chinese Medicine"</i>	Robert Linde
<i>2017 Conference Review</i>	Suzy West
<i>Guidelines</i>	

From the President

Hi Fellow FSOMA Valued Member!

Thank You for your commitment, dedication, support, and passion for your profession and for being a valuable member of your professional association. It is members like you that makes FSOMA the success it is.

Our 2017 FSOMA Annual Conference in Orlando was a success! We had over 40 exhibitors, and one of the largest attendance by acupuncturists from within and out of Florida. Our General Assembly on Friday evening was life-changing, and it recharged everyone in the room about what we do as a profession with the extraordinary presentation by our keynote speaker Attorney Michael Taramino.

This year 4 sponsors hosted educational symposiums throughout the weekend to sold out audiences. We also had the pleasure of collaborating a media event with NCCAOM as several of your colleagues had the opportunity to be interviewed and provide

treatments as part of a national marketing campaign by NCCAOM. This was a first for FSOMA, and it will be tremendous for our profession.

For the 4th year in a row, FSOMA was an exhibitor at the WCI (Workers' Compensation Institute) Annual Conference in August at the Marriott World Center Orlando. We had the great opportunity of treating over 60 attendees at our booth. Thank you to your fellow FSOMA member colleagues who volunteered their time to participate.

FSOMA would also like to invite you to our Board of Directors/Annual Meeting and Elections being held on Saturday, November 11, 2018 at Atlantic Institute of Oriental Medicine in Fort Lauderdale, FL. Please refer to the FSOMA website or feel free to email Ellen at director@fsoma.org for more information.

Save the date...2018 FSOMA Annual Conference is August 10 – 12, 2018 at the

Wyndham Grand Orlando Resort Bonnet Creek. Looking forward to seeing you there!

Always remember...Your FSOMA Board of Directors and Executive Director are here for you.

Please contact us anytime with any questions at director@fsoma.org.

Your FSOMA President,
Sandra Kahn

Affordable Lab Testing

A Legal Lab Service For Licensed Professionals Only

In 2001, we leveled the playing field so that every appropriately licensed practitioner in America could have access to inexpensive lab testing!



Service with Integrity Since 2001

PROFESSIONAL CO-OP®



- Outstanding Customer Service
- Educational Resources
- EHR/Online Ordering

P: 866-999-4041 F: 866-999-9175

www.ProfessionalCo-op.com

[www.Facebook.com/PCSLab](https://www.facebook.com/PCSLab)

Professional Co-op® does not have financial relationships with, and is not owned or controlled by a supplement company.

www.ProfessionalCo-op.com

A Saam Acupuncture Approach to PTSD

The Kidney/San Jiao Harmonized Combination

by Dr. Evan Mahoney, DAOM

“Fear is a Physical Disease and it abides in the Kidneys”

- Saam Medical Meditation

Introduction: The United States Military is at the forefront of Medical and Health care research and study for the condition of PTSD. Combat exposure is a leading cause of PTSD amongst military soldiers. Other causes of PTSD are serious accident, Terrorist Attack, Natural Disaster, Sexual/ Physical assault, and child abuse.[\[i\]](#)

There are four symptoms for the diagnosis of PTSD

1. Reliving the event (also called Re-experiencing)
2. Avoiding situations that remind you of the event

3. Feeling numb

4. Feeling keyed up (also called hyper arousal) [\[ii\]](#)

The current treatments for PTSD administered by the Veterans Affairs are

- **Cognitive Behavioral Therapy**
- **Prolonged Exposure Therapy**
- **Eye Movement Desensitization and Reprocessing (EMDR)**
- **Mind Fit Meditation**

The military has studied the effects of alternative healing methods like meditation on soldiers. The marines used a program named Mind fit, designed by US Army captain Elizabeth Stanley, to make soldiers more effective in their response to stress and bolstering performance. This is a program of focused awareness and concentration on areas of the body such as feet or legs as they touch the ground or chair.[\[iii\]](#)

Saam Acupuncture (Korean Four Needle Technique):

Saam Acupuncture is also known as “the Korean Four Needle Technique” for its application of just four needles. Four Needles are placed upon either the patient’s arms or legs – generally left side for males and right side for females.

Two of the needles are tonifying or strengthening points. Two of the needles are Sedating or Reducing points. This system of needling is derived from the Five Element theory. [\[iv\]](#)

Fear and Kidney

The root of Post Traumatic Stress Disorder lies in the event of some fearful event witnessed or experienced by the sufferer. In such a moment, adrenaline is released from the adrenal glands which prepares the body for the “fight or flight” response. Because of this visceral physical response to a fearful event, we can consider fear to be a physical disease which lodges in the kidneys. In

Traditional Oriental Medicine, fear is the emotion prescribed to the Kidneys.

Simply Forgetting and the San Jiao Technique

The relevant emotional attribute of San Jiao in Saam Acupuncture, is its function to help one ‘simply forget’. It has an energetic characteristic of Wind of an outward moving nature. This outward movement of wind helps to expel the traumatic event from the conscious, where the symptom of reliving or re-experiencing occurs.

The Saam Acupuncture Points

The Kidney channel points are: Tonify Kidney 7 and Lung 8; Sedate Kidney 3 and Spleen 3.

On the opposite side, the San Jiao channel points are: Tonify San Jiao 3 and Gall Bladder 41; Sedate San Jiao 2 and Urinary Bladder 66. [\[v\]](#)

Saam Meditation: This part of the treatment recruits the patient’s mind to become made



*Our Extensive Chinese
Herbal Formula Line Includes:*

Kan Herbs
Kan Traditionals
Kan Essentials
Chinese Modular Solutions
Gentle Warriors
Sage Solutions
Jade Woman/Jade Man Herbs
MycotHerb
Alembic Herbs
Kan Singles

*Scientifically Assured Quality,
Consistency, Potency and Purity.*

All formulas are manufactured and tested exclusively in the USA from imported Chinese herbs.

Only the freshest and highest quality herbs are procured, many of them organic when possible.

Identity testing is performed to ensure that the right herb is being used every time.

Quality control tests and examinations are performed on all incoming ingredients.

Quality control tests and examinations are performed at every stage of production.

Because we manufacture our products from beginning to end at our state of the art facility in California, we ensure that the quality of our products is guaranteed every time.



Kan Herb
COMPANY

CHINESE HERBAL PRODUCTS YOU CAN TRUST

380 Encinal Street, Suite 100 • Santa Cruz, CA 95060
800.543.5233 • customer@kanherb.com • www.kanherb.com

aware of the two tonifying acupuncture points of the chief Saam acupuncture technique. This is similar in aspect to the Mindfit meditation described above. This is also inspired from the legend of the Monk Saam from 15th century Choson Korea. According to legend, through meditation Saam discovered the mystery of acupuncture.

If the Kidney channel is designated chief, then the patient's mind is directed to the two tonifying points Kidney 7 and Lung 8. If the San Jiao is designated chief, then the patient's mind is directed to San Jiao 3 and Gall Bladder 41. In Saam Acupuncture, the chief technique is usually performed upon the male's left side and the female's right side. There are exceptions to this. In the above case, a male patient may have the Kidney channel as chief technique upon his left side, supported by the San Jiao points on his right. The female patient may have the San Jiao as chief on her right side, supported by the Kidney points on her left.

Patient breath instructions for Saam Acupuncture

After all the needles have been inserted, the patient is asked to inhale deeply through the nose. They are then asked to hold their breath for as long as they are comfortable, and exhale through the mouth. During their breath hold and exhalation, the practitioner stimulates the two Saam strengthening points of the chief channel with the tonifying technique. On the patient's inhalation, the practitioner sedates the two reducing points of the Saam technique.[\[vi\]](#) This is done for a total of three breath cycles.

Further suggestive counseling during treatment

During the patient breath instructions, the practitioner may also want to instruct the patient to mentally re-visit or re-live the moment of trauma and direct those experiences to the Kidney points. This utilizes techniques of Prolonged Exposure Therapy.

After the patient has been instructed on this, instructions may also be given to direct attention to the San Jiao meridian with emphasis on now “simply forgetting”, as the energetic aspect of the San Jiao (wind-outward movement) expels the trauma from consciousness. The San Jiao points may be the point of emphasis for outpatient meditation exercises.

This Saam Acupuncture / Meditation technique utilizes similar principles as Prolonged Exposure Therapy and Mind Fit Meditation.

This technique offers the patient an escape of being “locked inside their head”, and of consciously reliving the traumatic event by redirecting their attention to the faraway acupuncture points on the arms and legs. Meditation can be done on these points outside of treatment.

References

[i] Marines Expanding Use of meditation

training, Washington Times, Wednesday December 5, 2012 by Patrick Hruby

[ii] http://www.ptsd.va.gov/public/understanding_TX/booklet.pdf, page 2
“Understanding PTSD treatment” Produced by National Center for PTSD/ February 2011/ U.S. Department of Veterans Affairs.

[iii] Stanley, Elizabeth, Shaldach, John, Anastasia Kiyonaga and Amishi P. Jha, http://www.amishi.com/lab/wp-content/uploads/Stanleyetal_2011.pdf, Mindfulness-based Mind Fitness Training: A Case Study of a High-Stress Predeployment Military Cohort, Cognitive and Behavioral Practice 18 (2011) page 571-572,

[iv] Mahoney, Evan, “Saam Acupuncture: Advanced Combinations: 2013 . From the basis of the four needle technique, the author has since expanded and modified the application to include harmonized combined yin / yang channels on both the right and left sides, Dr. Tan/ Tung balance method applications, and System A+ B+ technique



PLUM FLOWER®

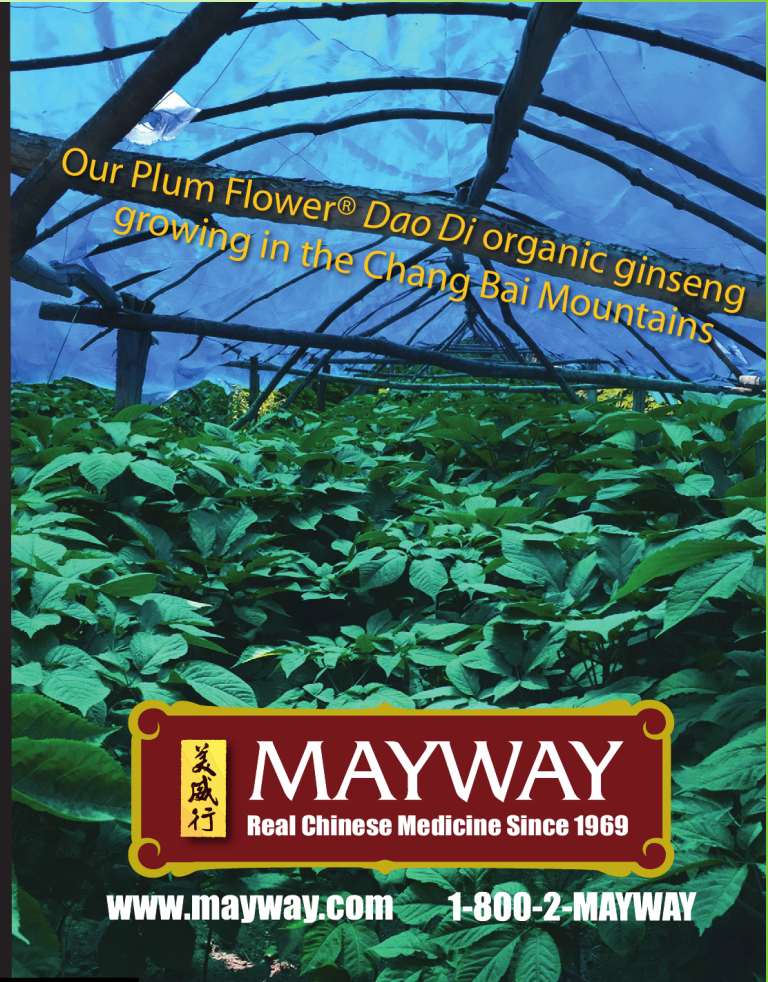
Geo-Authentic
Organic



Our Certified Organic Ginseng
is not only pesticide-free, but grown in native
climate and soil to ensure quality and therapeutic
value. See our expanding organic herb selection
at Mayway.com/organic.



Our Plum Flower® Dao Di organic ginseng
growing in the Chang Bai Mountains



MAYWAY

Real Chinese Medicine Since 1969

www.mayway.com

1-800-2-MAYWAY

www.mayway.com

Fall 2017

which increases from four to six needle combinations upon a single side.

[v] Ibid. Use of additional points.

[vi] Ibid. Reducing and sedating techniques with breathe.

About the Author

Dr. Evan Mahoney, DAOM has been in private practice in Cape Coral, FL since 2011. He is the author of the "Saam Medical Meditation" book series, "Dry Needle Technique and the Defense of Acupuncture", "Fountain of Youth Stretching", and co-author of "Korean Kinetic Acupuncture". His website is www.acupunctureandteas.com and he can be reached at 941-875-6630.

Local FSOMA Chapters are springing up everywhere!

Chapters provide CEUs and networking for local APs, do general outreach, fundraising and more.

Contact YOUR local chapter:

Central FL:

harmoniasanare@gmail.com

Tampa Bay: kerrykott@gmail.com

Treasure Coast: herbalstuart@gmail.com

Sarasota/Manatee: DrCynthia@LongevityWC.com

An Overlooked Environmental Toxin

by Kathy Veon, AP

As practitioners of Acupuncture and Oriental Medicine, we are well aware of the growing toxic exposures in the environment in which we and our patients live. We know to educate our patients on the value of decreasing exposures to household chemicals, heavy metals and pesticides in order to prevent disease or to experience a full recovery from a current illness or imbalance. However, the least talked about yet most rapidly increasing toxic exposure in our environment comes as a side effect of our increased technological capabilities.

Non-native (artificial) microwave radiation now surrounds us at levels never before documented in our history. The proliferation of Wi-Fi, Bluetooth, Smart phones, appliances, pads, pods, cell phone towers and every kind of wireless technology is beginning to have an effect on all living beings. Negative effects of increased levels of non-native radiation

include: insomnia, headaches, muscle and joint pain, depression, anxiety, irritability, short term memory problems, nausea, palpitations, sinus issues, itching, tinnitus, shortness of breath, digestive problems, hormonal imbalances, night sweats, altered sugar metabolism, nerve pain, eye pain, tingling and numbness, swollen lymph nodes, immune system deficiencies, enlarged thyroid, allergies and in extreme cases can lead to seizures, psychosis and stroke.

Symptoms that were once only seen in isolated populations such as military personnel and telecommunication employees are now becoming more widely distributed in the general population. From a scientific standpoint, non-native, non-ionizing radiation has shown to have several detrimental effects on human and animal beings including:

1. Creates an abnormal influx of calcium into

cells which may initiate or aggravate allergic reactions, cause negative effects on heart rate and may cause damage to the hippocampus leading to memory problems.

2. Initiates peroxynitrite generation and oxidative damage which can lead to systemic inflammation, hormone imbalances, cellular DNA damage and higher risk of cancer and other degenerative and systemic illnesses.

3. Decreases the number of Natural Killer (NK) cells increasing possibilities for infection.

4. Depolarizes the body's red blood cells leading to hypoxia, nausea and dizziness.

5. Alters the production of melatonin modifying healthy sleep patterns and lowering the protective effects of this antioxidant and hormone.

6. Reduces the levels of dopamine in the brain leading to depression and increased addictive or compulsive behavior and possibly Parkinson's and other neurological disorders.

7. Decreases levels of 5-HT (serotonin) which may lead to depression and anxiety.

8. Reduces the levels of acetylcholine which may lead to neurological and neuromuscular disorders.

9. Is a constant 'subliminal stress' which can increase the levels of cortisol. Excessive cortisol is often seen in obesity.

Although this a short list of the known and studied effects of long term or high level exposure to non-native microwave radiation, it gives a very clear picture of how many of our patients may indeed be affected by everyday exposures in the home, work or school environments. We would do well to investigate the possibility that these exposures have either been a direct or partial cause or have exacerbated our patients' presenting health issues and concerns. It is important to note that non-native microwave radiation has been officially labeled a Class 2B Carcinogen or 'possible carcinogen' by the World Health Organization (WHO).



Blue Poppy

THE CHOICE OF PRACTITIONERS SINCE 1982

bluepoppy.com
800.487.9296

Steps can be taken to educate ourselves and our patients in order to more fully understand the effects of this overlooked environmental toxin.

1. Limit exposure to Wi-Fi, cellphones, and other wireless technologies by turning devices off or keep them in 'airplane mode' when they are not in use. Keep a safe distance from stronger signals to reduce the impact of exposure.
2. Remove all wireless devices and transmissions from the sleeping area at night.
3. Be sure to have enough exposure to native radiation from the sun and from spending time in nature (grounding), away from electronics and wireless technology. Sunlight's natural violet and red light wavelengths are proving to be very helpful in balancing the excessive 'blue light' exposures from screens, LED lights and non-native microwave radiation.
4. Use appropriate shielding materials (paints, fabrics, films, etc.) to block or reduce

radiation exposure from high level or direct / close proximity emissions.

5. Consume high quality, nutrient dense foods with plenty of healthy lipids, antioxidants, vitamins, minerals and take appropriate herbal preparations to strengthen the body's immune system.

There is a vast amount of information that we can acquire in order to further educate ourselves and our patients. This extra step may save many lives, including our own.

For more information, you may want to research the following studies and publications:

Evidence that Electromagnetic Radiation is Genotoxic: The Implications for the Epidemiology of Cancer and Cardiac, Neurological and Reproductive Effects by Dr. Neil Cherry, 2000.

<http://www.whale.to/b/cherry6.html>

The BioInitiative Report 2012:

<http://www.bioinitiative.org/>

Nitric Oxide and Peroxynitrite in Health and Disease:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2248324/>

The Pulse, the Electronic Age and Radiation: Early Detection by Dr. Leon Hammer, 2009:

<https://wellspringofhealth.com/pulse-the-electronic-age-and-radiation-early-detection/>

About the Author

Kathy Veon, DOM, AP, CCN graduated from the Florida College of Integrative Medicine in Orlando, Florida. She is a board certified Licensed Acupuncturist and Clinical Nutritionist. She practices in Lake Mary, Florida at Central Florida Preventive Medicine and is currently serving on the Florida Board of Acupuncture. Kathy can be contacted via the info below.

<http://www.cfpreventivemedicine.com/>

1540 International Pkwy., #2000

Lake Mary, FL 32746

407-328-6711

Book Review :

"Handbook of Formulas in Chinese Medicine"

by Volker Scheid and Andrew Ellis

Reviewed by Robert Linde, AP, RH

I enjoy the growing collection of TCM herbal books that continue to be published. I find each author creates a unique approach, trying to improve on the classical presentation of herbs and formulas. I was pleased to be given the opportunity to provide a review of "Handbook of Formulas in Chinese Medicine", by Volker Scheid and Andrew Ellis.

It is important to know that this is only a book of formulas, and as clearly stated in the introduction is a clinical guide and not designed to be a student/teaching guide. The two well-known authors have created a quick reference guide, which allows the reader/practitioner to quickly compare related formulas. I particularly like their color coding to explore both taste and temperature of the herbs in each formula. This color coding allows

you to quickly understand the overall temperature of each formula. They also provide a graphic of what a typical patient might look like, along with a few of the most critical symptoms for each formula.

I always look to new herbal books to explore the author's personal clinical experience with herbs and formulas. Although there are clinical notes for each formula, I would have liked to see the author's personal thoughts on each formula.

One of the other positive surprises is the introduction. Although most herb/formula books provide a quick explanation about how formulas are put together, safety of herbs etc., these authors take it further. Besides doing a good job of creating

Hawthorn



梅桂仙楂

Berry

All Natural • Healthy Ingredients

According to ancient Chinese *Compendium of Materia Medica*, Hawthorn berries improve food digestion and promote bowel movement in your digestive tract. Combined with cinnamon, plum and sugar to stimulate healthy saliva production and increase appetite and help to relieve symptoms of nausea and vomiting.

New Packaging



Active Ingredients:
Hawthorn Berries,
Cinnamon, Plum,
and Sugar

Available Package:

- One Bottle only
- One Bag
25 Travel Packs (1g each)
- One Box
6 Bottles (10g each)



Professional's Choice
Since 1948

QualiHerb
Transparency of Nature and Science

☎ 562.802.0035
☎ 562.802.0625

order@qualiherb.com
www.Qualiherb.com



13639 Bentley Place, Century, CA 90703, USA

qualiherb.com

Fall 2017

accurate yet concise reviews of formula and herb issues, they provide a phenomenal chart on Pao Zhi (herbal preparation/treatment).

I don't often find a new book that I can use in my clinical practice, but this one will have well-thumbed pages. Anyone who has a good grasp of formulas will enjoy this quick guide, to help differentiate between similar formulas.

**Support Your
Profession,
Join or Renew
your FSOMA
Membership
Today!**

About the Author

Bob Linde is an Acupuncture Physician, Registered Herbalist. He is the owner of Acupuncture & Herbal Therapies in St. Petersburg Florida and the Co-director of Traditions School of Herbal Studies. He also consults as a product developer for various national herbal product companies. He serves on the board of directors for the Florida State Oriental Medicine Association (FSOMA). Bob currently stars in the hit cable tv show in South America called Sanaciones Con Bob and explores Ecuador's healers and traditions. He has worked as a wilderness counselor for teenagers, treasure hunter, commercial fisherman and is a Desert Storm infantry veteran. He enjoys working on his teaching garden, growing over 150 medicinal plants from around the world. To learn more about Bob visit www.acuherbals.com or www.traditionsherbschool.com

2017 FSOMA Conference in Review

by Suzy West, L.Ac. AP

Having been in Florida less than a year, this was my first FSOMA Conference and I was only able to attend on Sunday. Having said that, I have attended many other conferences in other states and so have some experience with which to compare.

The three classes I participated in were fun, informative, and useful. Yes, the classrooms were too cold - but I have yet to attend a function at a hotel where the temperature didn't feel like the inside of a refrigerator! After a while, you learn to bring warm layers.

For me, attending a conference is more than learning from presenters and browsing the vendors. It's about meeting new people and rubbing elbows with those who love what they do as much as I do. It's about finding out what other people are thinking, feeling, and experiencing in their practices – swapping

stories, treatment gems, and helpful business ideas.

As you'll see from the survey results below, the feedback was overwhelmingly positive. Like me, I hope you were able to share in all that the Conference had to offer and are looking forward to doing it again next year!

FSOMA wants to thank everyone who made the 2017 Conference a huge success! We appreciate all those who attended, presented, organized, helped and contributed in any other way. We also want to thank all the vendors who participated this year. Thank you too for responding to our survey, as we want our yearly Conference to be as fun and valuable as possible. Without your feedback, we can't improve the Conference experience.

We would like to share with you the survey results, for your information. Please know that we have read all the responses and will take every suggestion into account in planning next year's Conference!

If you have any other feedback regarding the Conference, please send it via email to director@fsoma.org.

Thanks again for making the 2017 FSOMA Conference a huge success!

SURVEY RESULTS

95.7% of those surveyed responded.

1. The 2017 FSOMA Conference met my expectations.

63.8% - Strongly Agree

30.4% - Agree

2.9% - Neutral

2.9% - Disagree

0 – Strongly Disagree

2. I can put what I learned to immediate use.

52.2% - Strongly Agree

36.2% - Agree

8.7% - Neutral

2.9% - Disagree

0 – Strongly Disagree

DONATE TO THE LEGAL DEFENSE FUND



WE ARE CONTINUING TO MONITOR & CHALLENGE THE PHYSICAL THERAPISTS' ENCROACHMENT ATTEMPTS WITH DRY NEEDLING. AFTER A BUSY (& SUCCESSFUL!) LEGISLATIVE SESSION, WE NEED TO RE-BUILD FUNDS. CURRENTLY WE HAVE \$6,200 IN OUR LEGAL DEFENSE FUND (LDF), AND WE HAVE ALREADY SPENT \$3,100 OF THE ESTIMATED \$50,000 NEEDED THIS YEAR TO FIGHT & PROTECT OUR FIELD. THE FIGHT WILL CONTINUE, AND THE STRONGER WE ARE POLITICALLY, THE BETTER ABLE TO PROTECT OUR PROFESSION FROM ENCROACHMENT.
PLEASE DONATE BY CLICKING HERE TODAY!



KEEP IN TOUCH !

Nutrition Service Research
2700 N Miami Avenue, suite 609
Miami, FL 33127

+1 (877) 438 5702/ contact@getmynutri.com/http://www.getmynutri.com/



-ABOUT ACTIVA THE MICROGRANULE COMPANY-

These innovative supplements are formulate to crea a synergy between active ingredients (plants and trace elements) and optimize their targeted delivery. A sophisticated blending protocol is develop for each product, guaranteed bioavailability and biocompatibility. ActiVa's multidisciplinary tems is working along these lines in collaboration with healthcare professionals : In order to contribute to advances in cellular nutrition

OUR MAIN ADVANTAGES ARE BASED : ACTIVA PROVIDES :

- 1 to 2 capsule a day
- Fast acting
- Increased efficiency
- No cellular stress
- No side effects
- Specific formulation for a synergic action



- Balance
- Harmony
- Efficiency
- Respectful of the body



3. Please let us know why you disagreed that you could put what you learned to immediate use.

Several general comments came in associated with this question. They ranged from the courses being too basic to a few requiring additional training to be useful. It was suggested that perhaps each course be given a basic/intermediate/advanced rating to help attendees better choose which courses to take.

4. I plan to attend next year's 2018 FSOMA Conference in August 10-12, 2018 at the same hotel – Wyndham Grand Hotel at Bonnet Creek.

75.4% - Yes

1.4% - No

23.2% - Don't Know

5. The General Assembly and keynote speaker were relevant and useful.

59.4% - Strongly Agree

20.3% - Agree

17.2% - Neutral

1.6% - Disagree

1.6% - Strongly Disagree

6. What could be done to improve your overall Conference experience?

Most of the comments here regarded the Conference schedule, communication, food and classroom comfort. Suggestions were made for shortening breaks and moving the main talks away from Friday night. Many suggested fewer emails leading up to the Conference to consolidate important information and ensure everyone was well informed. Detailed descriptions of each class making it easier to decide which ones to attend. Better communication regarding meals and availability of food during the Conference. MANY comments about the classrooms being too cold. Future speakers were suggested, and the possibility of videotaping for live feed and/or purchase.

7. Overall, the hotel accommodation and services met my expectations.

46.4% - Strongly Agree
33.3% - Agree
14.5% - Neutral
2.9% - Disagree
2.9% - Strongly Disagree

8. What could be done to improve the Wyndham Hotel accommodation and services?

There were several comments regarding the quality and availability of food during the Conference. Also, parking and parking fees seemed to be an issue.

9. Overall the speakers were knowledgeable and dynamic.

40% - Strongly Agree
38.3% - Agree
20% - Neutral
0% - Disagree
1.7% - Strongly Disagree

10. Rate your overall satisfaction with the speakers and classes.

44.4% - Very Satisfied
33.3% - Satisfied
22.2% - Neutral

11. Were there speakers you heard that you want us to ask back next year? If so, list them here (or the class they taught) and a few words as to why you liked them.

The responses to this question were overwhelming! So nice to see how many attendees really enjoyed the speakers and information provided! So many were requested back, and the top 3 were Bob Linde, Lorne Brown and Michael Taromina.

12. Were there speakers you heard that you specifically don't want to hear again? If so, list them here (or the class they taught) and give us a few words as to why. We had some feedback here around a few courses not being what was hoped.

Local FSOMA Chapters are springing up everywhere!

Chapters provide CEUs and networking for local APs, do general outreach, fundraising and more.

Contact YOUR local chapter:

Central FL:

harmoniasanare@gmail.com

Tampa Bay: kerrykott@gmail.com

Treasure Coast: herbalstuart@gmail.com

Sarasota/Manatee: DrCynthia@LongevityWC.com

build an acupuncture community



**Start a local
FSOMA Chapter**

***easy starter kit online
Click Here**

A Guide to creating your own local chapter:

A FSOMA local chapter is an opportunity for members and non-members to form a community strengthen the profession, foster mentorship, create continuing education offerings, collaborate on public outreach events, organize grass roots legislative lobbying efforts & so much more!

Each chapter defines its own interests and goals.

Basic requirements:

1. First check with FSOMA office to see if current local chapter in your area
2. Enlist a current sitting FSOMA board member to sponsor your chapter
3. Organize an initial meeting of local Acupuncture Physicians and AOM students

Don't see your area listed? Start your own Local FSOMA Chapter!

It's easy and we will help.

FSOMA Journal Submission Guidelines

Considering writing an article for the FSOMA Membership?

We WELCOME your submissions! We are actively seeking articles of interest about anything in our Florida scope practice (nutrition, homeopathy, acupuncture, injection therapy, herbal medicine, *gua sha*, *tui na* massage, *tai ch'i/qi gong* etc.). We also welcome practice management articles, clinical case studies, original translations, news of our profession on the state or national level, AOM student-oriented articles or School news and original research reports.

Original articles or reader feedback (short notes, comments on previous articles). Articles that have been previously published in other venues need to include publication information, and we request that the writer obtain reprinting permission.

300-1000 words in length



Must be oriented towards a professional AP/AOM student readership, not towards the public.

Authors must include a **short byline** (2 to 3 lines) with contact information. All non-original material must be properly **referenced**, with both in-text citations and list of references.

Illustrations should be enclosed as a separate file.

Submitted articles will be reviewed and chosen by The **FSOMA Journal Committee** and may be edited to provide optimal grammar and flow.

Articles may not directly promote a specific product. However, articles submitted by someone related to a specific company may include a short byline at the end of the article that tells readers about the author and the company.

Please send your articles to Suzy West, FSOMA Journal Editor (suzy@fsoma.org).

FSOMA Journal Editorial Advisory Group:

Saima Bhatti, Bob Linde, Ellen Teeter, Suzy West