

# To The Point

## The Acupuncture Medical and Research Centre

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### Acupuncture Regulations in the U.S.

Two national organizations are responsible for certifying practitioners and ensuring that acupuncture training and practice meet minimum standards for safety.

The National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) developed a national certification process to ensure safety and competency in practicing acupuncture. The following requirements must be met before non-physicians may become nationally board-certified in acupuncture:

\* Graduation from a full-time acupuncture program (minimum 1,725 hours entry-level education, with at least 1,000 didactic hours and 500 clinical hours).

\* Successful completion of NCCAOM-approved clean needle technique course.

\* Passing score on both written and practical licensing exams.

The Accreditation Commission of Acupuncture and Oriental Medicine (ACAOM) is recognized by the U.S. Department of Education and the Council on Higher Education Accreditation to accredit professional acupuncture programs. Thirty-four U.S. programs are candidates for accreditation.

In the United States, regulation of physician acupuncture practice varies among states. Although some states require certification or licensure, many states do not have such requirements for physicians. In most states, health care professionals holding a license in an established medical field may complete an acupuncture training course and apply to their professional board for recognition of this therapy within their scope of practice.\*

Licensure In Texas: Applicants for licensure must be of good moral character, must be at least 21 years of age, must be a graduate of a school in candidate status or accredited by ACAOM, and must pass the acupuncture, herbal, point location and clean needle technique course and examination by the NCCAOM.\*\*

Please support your local acupuncturist who has studied acupuncture exclusively for a minimum of three to four years. Although medical doctors often have excellent physical medicine training, they typically only have limited acupuncture training.

\*Alternative Medicine Alert Vol. 5 #4 April 2002

\*\*www.aoma.edu

### 2001-2002 Donations

Dee Ann and the Acupuncture Medical and Research Centre continue to provide items for silent auctions in the name of charitable causes. Among those fund-raisers she donated services to this past year are:

Project Transitions--Holiday Swing & Texas Swing  
Leander Independant School District-Charlotte Ann Cox Elementary  
Faubion Elementary School  
Lycee Francais d'Austin  
The Wright House Wellness Center  
AGLIFF 2002-A Night at the Oscars  
Waterloo Counseling Center-Chocolate Fantasy  
River Oaks Elementary  
Austin-Oita Sister City Committee  
Down Home Ranch  
TARAL-PAC  
Sharir+Bustamante Danceworks  
Austin Montessori School  
The Clean Water Fund

If you are organizing a fund-raiser with a silent auction, we will be happy to donate acupuncture services for the purposes of raising money for your school or organization. All you need to do is send a letter to AM & RC, Inc. Attention: Laine Downing 1600 West 38th Street, Suite 402 Austin, Tx 78731-6407. Please allow at least two (2) weeks to make the certificates.

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# In the News

## Hawaii Hospital First in State to Add Alternative Health Care Providers

Maui Memorial Medical Center (MMMC) has become the first medical facility in Hawaii to add complementary and alternative health care specialists to its staff. After an extensive screening process, four new practitioners have been added to MMMC's Allied Health staff, including three acupuncturists: Kabba Anand (chair of the National Certification Commission for Acupuncture and Oriental Medicine and a distinguished columnist with *Acupuncture Today*), Shirley Frank-Hall and David Kern. Kern, who is also a naturopathic physician, called the move "progressive" and said he looked forward to seeing Western medicine open its doors and learn about the benefits alternative care has to offer.

"In the past, there has been a division [between traditional and non-traditional practitioners], so this is a way of breaking down the walls that will allow us to work together for the benefit of the patient," he said.

"It's pretty exciting," added Dr. George Talbot, Maui Memorial's chief of staff. "I think the hospital is reaching out to the community and adding services that patients have already been using to complement what we've already done." *Acupuncture Today*

## Acupuncture Helps Tennis Star

After a disappointing 2001 season in which she failed to win a Grand Slam tournament for the second consecutive year, tennis sensation Martina Hingis has returned to the form that made her one of the most dominating players of the last half-decade. In the first two months of the 2002 season, she won two of the first three tournaments she entered, reached the semifinals of a fourth tournament, and made it all the way to the finals of the Australian Open before losing a grueling three-set match to Jennifer Capriati.

Most recently, Hingis participated in the Pacific Life Open in Indian Wells, California. After missing a tournament in Arizona due to tendonitis in her right wrist, Hingis

had also considered skipping the event until her personal physician, Heinz Buhlmann, was brought in for a quick acupuncture session before the first round of play. "I flew my doctor in from Switzerland, and that was a big help," Hingis explained. "I'm very thankful, otherwise I don't think I would have been able to play here."

After receiving treatment on her wrist and ankle, Hingis said that her wrist felt "almost perfect." She showed just how well her wrist felt by dominating the rest of the field at Indian Wells, going through the first six matches of the tournament without losing a set before falling to Daniela Hantuchova in the finals. Although Hantuchova kept Hingis from winning her third title of the year, she appeared more than happy with her performance. "I feel great considering last week I wasn't quite sure if I was going to be able to play here," she said.

Hingis isn't the only high-profile athlete Buhlmann has treated. An experienced surgeon, many soccer and hockey players throughout Europe seek him out for care. He also operated on Hingis' ankle last October when she damaged it in a match against Lindsay Davenport.

"He's the top of the top of these things," Hingis enthused. "All the top teams go to him. He's been doing a great job with me." *Acupuncture Today*



## Motion Sickness on Summer Vacations?

An uncomfortable and often inconvenient condition to experience is motion sickness. It can strike while riding an amusement park ride, traveling in a plane or on a boat or even when reading in a moving car. Acupuncture is very effective in treating the symptoms of motion sickness. The treatment is very easy and often Dee Ann will show you how to treat it on your own. If you suffer from this condition, schedule an appointment with Dee Ann before you go on that summer trip to Europe or out on the boat this summer. You will be glad you did! Many clients have reported excellent results. There is no reason why you can't get on that roller coaster at Six Flags unless, of course, it's just too scary. However, Dee Ann can also treat anxiety, so that might help too! Have a terrific summer.



# Announcements

Dee Ann will be out of the office July 4th and 5th in celebration of Independence Day.

On July 19th she will be out of the office to attend a Texas Board of Acupuncture Examiners board meeting for which she is a member.

In August Dee Ann will close the office August 29 and 30th to celebrate her birthday.

The office will also be closed September 2nd in observance of Labor Day.

## Patience Appreciated at AM&RC

Thank you to all our clients who demonstrated great patience during the closure of the restrooms next to our office. We are pleased to announce that the renovations have been completed. The restrooms have been given a nice looking "facelift" and are once again open.

## Comments or Questions?

If you have a story you would like to share about your experience with acupuncture, please send an email to the editor at [AMRCeditor@austin.rr.com](mailto:AMRCeditor@austin.rr.com) or mail to the address at the top of the front page. You can also send questions for the Ask Dee Ann section. Dee Ann posts two Q/A each newsletter. Please list [Newsletter Question] or [Acupuncture Story] in the subject line of your email. Attachments will NOT be opened so please include all correspondence as text within your email. Some stories may be edited for content. Please include a phone number with all stories or testimonials, so that we can contact you before publishing.



## Acupuncture and Tennis Elbow

Lateral elbow pain or tennis elbow, is a common condition causing pain in the elbow and forearm and lack of strength and function of the elbow and wrist. Acupuncture has long been used to treat lateral elbow pain in China. In Western countries, practitioners and consumers are increasingly exploring acupuncture as a first-line treatment for musculoskeletal disorders. *Alternative Medicine Alert* Along with acupuncture and heat therapy, Dee Ann may also use magnet wraps to help with pain relief and to increase circulation. Before you hit the tennis court or golf course this summer, talk to Dee Ann about possible preventative measures. If you already experience pain in your elbow, come see us. We can help.

# AVAILABLE Now

Juice Plus +® is the newest addition to the AM&RC, Inc. pharmacy. Medical Science reminds us every day that good nutrition and good health go hand in hand - especially when it comes to the health benefits of eating fresh, raw fruits and vegetables. Researchers continue to find elements in fruits and vegetables that strengthen our immune systems, impede the development of degenerative diseases like cancer and heart disease, and contribute to good health in many other ways. Unfortunately, most people don't eat nearly enough fruits and vegetables, especially not everyday. Those we do eat tend to be over processed, overcooked, or too far removed from the field, and thus lack much of the nutrition provided by fresh, raw fruits and vegetables.

Juice Plus +® is the convenient and inexpensive way to add more nutrition from fresh, raw fruits and vegetables to your diet, every day! Juice Plus +® is a whole food supplement, made from a variety of nutritious fruits and vegetables, not a highly processed, highly-fragmented vitamin or mineral supplement. Juice Plus +® has the Vitamin C of 4 oranges, the Beta Carotene of 3 raw carrots, more Vitamin E than several 1 cup servings of spinach and broccoli, plus other vitamins and minerals and phytochemicals and antioxidants found in the fruits and vegetables it's made from.

Juice Plus +® is made from the freshest, highest quality fruits and vegetables to be found and then carefully tested every step of the way to ensure no pesticides or other contaminants affect the natural purity of the product. These fruits and vegetables are juiced to extract their nutritional essence, then reduced to powder using a proprietary process. We carefully monitor this process to ensure that our all-natural ingredients are never exposed to the high temperatures that destroy so much of the nutritional value of fruits and vegetables (like when we cook them). Most of the active plant food enzymes and other vital nutrients found in the fresh, raw fruits and vegetables thus remain intact, making Juice Plus +® the next best thing to actually eating fresh, raw fruits and vegetables. Juice Plus +® does have one advantage over eating those fresh, raw fruits and vegetables: most of the salt, sugar and calories are eliminated reducing the juice to powder.

Website: <http://www.juiceplus.com/+ld93222>

# Ask Dee Ann

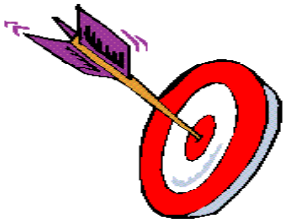


## **Q: How can I find an acupuncturist that works where I live?**

**A:** Finding an expert in the field of acupuncture can be a bit bewildering. The first suggestion I have is to call the Acupuncture Board in your state. For example, the Texas State Board of Acupuncture Examiners (512-305-7010). If your state has a board that governs acupuncturists, this is the best place to start. They will be able to tell you the name and credentials of your local acupuncturists. You can inquire if any complaints, resolved or outstanding, have been filed and if any restrictions have been mandated by the Board. To be sure you are getting the best the field has to offer, seek out a Texas state licensed acupuncturist. For your protection and for the best results. If your local Chiropractor, Internist, General Practitioner or Medical Doctor says they can perform acupuncture ask to see their Texas acupuncture license number. You can also search the internet. WWW.Acupuncture.com has an extensive list of practitioners that are members of a professional organization. Most professional organizations require their members to be certified or licensed to gain membership. In addition, Acupuncture.com typically only lists those providers that support Traditional Chinese or Oriental Medicine as opposed to “Medical Acupuncture” which may focus on the Western biomedical model to treat people with needles.

## **Q: I’ve heard that herbs can be useful for treating various issues. Do you offer herbs at your office?**

**A:** I do have a variety of herbs and supplements available for you at my office. I carry herbs from Golden Flower Chinese Herbs made with the strictest and finest standards available. In addition, I offer many magnet products ranging from wrist wraps to mattress “blankets” for your bed. I also carry paraffin units, ear candles, tiger balm, cupping sets and detox teas. Feel free to stop by my pharmacy and check it out.



AcupunctureAustin.com

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