

University of California, Irvine School of Medicine, Susan Samueli Institute for Integrative Medicine
University of Chicago, Pritzker School of Medicine, Tang Center for Herbal Medicine
Peer•Point Medical Education Institute, LLC **peerpoint**
Academy of Pain Research
International Society for Professional Education
present

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COMPREHENSIVE TRAINING COURSE ON ACUPUNCTURE FOR PHYSICIANS SINCE 1979

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COMPREHENSIVE TRAINING COURSE ON HERBAL MEDICINE FOR PHYSICIANS SINCE 2003

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- INNOVATIVE THERAPEUTIC APPROACHES TO CHRONIC DISEASES
- INTEGRATION OF TRADITIONAL CHINESE MEDICINE AND MODERN MEDICINE
- ACUPUNCTURE ECONOMICS

with a combination of:

- INTENSIVE HANDS-ON TRAINING
- HANDS-ON WORKSHOPS
- HOME STUDY PROGRAM
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- EXPERT DEMONSTRATIONS
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- Learning on the go: Save precious professional time while learning with your mobile device.

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EXPAND PROFESSIONAL KNOWLEDGE ON:

- PRACTICE AND THEORIES OF TRADITIONAL CHINESE MEDICINE
- HEALTH-PROMOTING PROPERTIES OF OVER 120 SINGLE HERBS
- COMMONLY USED HERBAL FORMULAE
- ALGORITHMS FOR HERBAL PRESCRIPTIONS
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- TRADITIONAL AND CONTEMPORARY HERBAL PREPARATIONS
- CURRENT RESEARCH
- HERBAL ECONOMICS

with unique learning tools:

- CLINICAL RUNS
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- HERBAL LAB
- INTERACTIVE DISCUSSIONS
- MULTIMEDIA HOME STUDY PROGRAM
- DEMONSTRATIONS
- HANDS-ON WORKSHOPS
- HERBS PREPARATION

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ACUPUNCTURE COURSE

UNIQUE FEATURES OF THIS COURSE

Face-to-face Training accompanied by Online Home-Study Program

Highest Rating by Graduates: This program's quality has been consistently validated by its graduates. For the past seventeenth consecutive years, **over 98%** of our graduates stated that they would recommend this course to their colleagues.

Well-established Teaching Format Since 1979: The program format was first conceived and established by the Academy of Pain Research in 1979 as the **first AMA PRA Category 1 Credits™ CME program: comprehensive acupuncture training course for physicians in North America.**

Quality and Diversity of Faculty: The faculty is composed of leading experts in their respective fields. Most of them hold professorships at prominent medical schools or are affiliated with prestigious academic institutions. The diversity of their specialized knowledge makes this program unique. The preceptors for the hands-on sessions are experienced clinicians, many of whom hold faculty positions in well-recognized academic institutions.

Balanced Curricula and Diversified Clinical Approach: Both modern medical science and traditional Chinese medicine concepts are extensively examined with a guided effort to integrate the two. A wide range of techniques including traditional acupuncture, ear acupuncture, scalp acupuncture, trigger point injections, ultra low dose steroid injections, moxibustion, and needles modalities, etc. will be covered.

Fully Integrated Approach: The most distinguished feature of this course is its ability to fully integrate the East and West, the modern and traditional by applying modern scientific medical knowledge to interpret the principles of Traditional Chinese Medicine (TCM).

Comprehensive and Extensive Scope: The various components of the program allow participants to earn up to **330 credits** in the **core curriculum**, covering various subjects including pain management, internal medicine, family practice, obstetrics and gynecology, psychiatry, orthopedics, emergency medicine, physiatry, and more.

Educational Merit: The program has been approved for **AMA PRA Category 1 Credits™**.

Flexibility: The program is suitable for **physicians with no prior experience** in acupuncture but with a desire to incorporate this modality of treatment into their practices, as well as **experienced practitioners** who wish to hone their skills and learn new techniques from leading experts.

Equal Emphasis on Theories and Practice: Integration of theories and practice improves the overall efficacy of acupuncture in a modern medical practice. **Ample hands-on training** is an integral component of the course.

Convenience: **The combination of face-to-face training and at-home study makes it possible to complete this entire intensive program in fifteen months. The program structure allows participants to minimize the amount of time away from patient care to approximately five business days.**

Learn Online Go Mobile Save Time on Learning

WHO SHOULD TAKE THE COURSE

This course is recommended for physicians with little or no experience in acupuncture, who want to incorporate acupuncture into their practice. The study can be completed in about fifteen months. A wide variety of techniques will be taught by different experts.

This training program presents a variety of new concepts to vastly simplify the TCM teachings. Even moderately experienced practitioners of acupuncture have successfully used these educational activities as a refresher course, with minimal overlap with their previous training, to gain new insight and learn new clinical approaches, in addition to acquiring new skills and knowledge of innovative therapeutics.

Focus Seminars

A variety of online focus seminars (mini-courses) that emphasize on different aspects of acupuncture will soon be available. Please check our website (www.acupuncturecourse.org) for details.

FACULTY

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Course Chairman
Tsun-Nin Lee, M.D.

Honorary Course Co-Chairmen
Shaista Malik, M.D., Ph.D. **Chun-Su Yuan, M.D., Ph.D.** **Kenneth Barnes, M.D.**

Audun Aune, M.D. Assistant Professor of Health Sciences Molde College, Norway	Elisabeth Lachmann, M.D. Assistant Professor of Rehabilitation Medicine Cornell Medical College	Elisa Song, M.D. Whole Family Wellness Belmont
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Pao-Tsai Cheng, M.D. Lecturer Chang Kung University Taiwan	Tsun-Nin Lee, M.D. Director Academy of Pain Research	Taras Usichenko, M.D. Research Fellow Anesthesiology and Intensive Care Medicine Department Ernst-Moritz-Arndt University of Griefswald Germany
Zang-Hee Cho, Ph.D. Professor Dept. of Radiological Sciences UC Irvine College of Medicine	Peng Li, M.D. Former Professor and Head Department of Physiology Shanghai Medical School China	DaGang Wang, DAOM, Dipl.O.M., L.Ac. Acupuncture & Chinese Herbs San Francisco
Andrew Fitzcharles, L.Ac Professor Former Chair of Acupuncture Department and Dean of the Masters Program American College of Traditional Chinese Medicine San Francisco	John C. Longhurst, M.D., Ph.D. Professor Emeritus, Medicine University of California, Irvine	Alice MK Wong, M.D. Professor of Physical Rehabilitation Chang Gung University Taipei, Taiwan
Mary Lou Galantino, Ph.D. Assistant Clinical Professor University of Medicine and Dentistry of New Jersey	Tom Lue, M.D. Professor and Vice Chair of Urology UCSF	Edward K Wong Jr., M.D. Associate Professor of Ophthalmology UC Irvine School of Medicine
Chang-Zern Hong, M.D. Professor of Rehabilitation Medicine UC Irvine College of Medicine	Jeffrey Ngeow, M.D. Clinical Associate Professor, Dept. of Anesthesiology Cornell Medical College	Chun-Su Yuan, M.D., Ph.D. Director, Tang Center for Herbal Medicine Research Pritzker School of Medicine, University of Chicago
Daniel Jiao, L.Ac, Dipl.Ac Former Chairman of the Board of NCCAOM Professor, American College of Traditional Chinese Medicine San Francisco	Hideko Pelzer, DAIM, L.Ac. Professor Acupuncture and Integrative Medicine College Berkeley	Harald Zeisler, M.D. Professor of Obstetrics and Gynecology University of Vienna, Austria

Some faculty members will be in the multimedia program.

STATEMENT OF NEED

Acupuncture has enjoyed ever increasing popularity among a vast segment of the patient population. A significant and growing body of evidence substantiates its efficacy for a wide variety of clinical conditions. Acupuncture is now, in many cases, considered a physician-reimbursable procedure by third-party payers, thus reflecting its being accepted as good medical practice. It is therefore imperative that more physicians actively learn and practice these techniques since they represent the class of health care professionals best positioned to deliver this care synergistically alongside "modern" or "Western" medical interventions. The necessity of this course, as well as the enthusiasm with which it is received annually by its participants, is well documented (http://www.acupuncturecourse.org/a_comments.php).

HERBAL MEDICINE COURSE

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Kelvin K.C. Chan, Ph.D., DSc. Director, Research and Development Division Chair Professor of Biomedical Science School of Chinese Medicine Hong Kong Baptist University	Tsun-Nin Lee, M.D. Director, Academy of Pain Research	Jason Su, L.Ac, Ph.D., OMD Professor, American College of Traditional Chinese Medicine Former Dean of Meiji College of Oriental Medicine Berkeley
Ellen Hughes, M.D., Ph.D. Director of Education, Osher Center for Integrative Medicine University of California, San Francisco School of Medicine	Tom Lue, M.D. Professor, Department of Urology University of California, San Francisco School of Medicine	Takahisa Ushiroyama, M.D., Ph.D. Department of Obstetrics and Gynecology Osaka Medical College, Osaka, Japan
Daniel Jiao, L.Ac, Dipl.Ac Former Chairman of the Board of NCCAOM Professor, American College of Traditional Chinese Medicine San Francisco	Ikuro Maruyama, M.D., Ph.D. Associate Professor of Laboratory and Molecular Medicine Kagoshima University School of Medicine Japan	Mary Wayne, Ph.D. Director, Croucher Laboratory in Human Genomics Chinese University of Hong Kong
Mosaburo Kainuma, M.D., Ph.D. Assistant Professor Department of Japanese Oriental Medicine Toyama Medical and Pharmaceutical University Japan	Yoshiharu Motoo, M.D., Ph.D. Associate Professor of Medicine Kanazawa University Hospital and Cancer Research Institute Japan	Jyh-Sheng You, M.D., Ph.D. Associate Professor, School of Traditional Chinese Medicine Chang Gung University Taiwan
Tetsuya Konishi, Ph.D. Professor Niigata University of Pharmacology & Applied Life Science, (NUPALS) Japan	David Sadava, Ph.D. Professor The Claremont Colleges Visiting Professor California Institute of Technology Japan	Chun-Su Yuan, M.D., Ph.D. Professor Tang Center for Herbal Medicine Research Pritzker School of Medicine, University of Chicago

Some faculty members will be in the multimedia program.

OVERVIEW

Importance of Herbal Medicine: Parallel to the phenomenal growth of the complementary and alternative medicine movement, botanical agents have found their way into all kinds of nutritional supplements and herbal formulae, many of which are derived from traditional Chinese herbal medicine (TCM). More importantly, patients who take multiple herbs do not always share this information with their healthcare providers, who may at the same time find their formal medical education in this area to be lacking. Potential toxicities, drug-herb interactions, and the therapeutic efficacy of herbal agents are of prime concern to many physicians. Although piecemeal information may be available from books, news media, and journal publications, there has been no formal educational forum to convey such vital information to the medical profession, let alone an effective educational program to enable healthcare professionals to acquire the knowledge necessary to properly incorporate herbal medicine into their practices, or to pursue research in this field. This course is specifically created to fill that void. **Currently, this course is in its twentieth successful year, and it is the only course of its kind.**

Comprehensive Coverage: The combination of a multimedia home-study program, seminars, hands-on workshops and laboratories, herbal tour, clinical runs with actual case analyses, etc. allows the participants to obtain up to **280 hours** of intensive training in the span of about 6 months, encompassing key areas essential in acquiring a sound knowledge base of Chinese herbal medicine.

Practical Applications: Throughout the course, many practical skills and knowhow will be taught. Preparation from raw herbs, hands-on TCM diagnostic techniques, economical aspects of herbal medicine, clinical runs, herbal lab, herbal tour, herbal formulae design, and TCM therapeutic approach to common medical problems will be covered.

Integration of Theory and Practice: Herbal medicine will be examined not only in terms of the tenets and principles of the time-tested discipline of traditional Chinese medicine, but also on the basis of modern medical science. Important topics in modern scientific research and evidence-based practice will also be presented.

Unique Features: This educational program is unique in many ways. TCM, the venerated science of healing, is approached with a modern theoretical framework. Special teaching tools are employed to facilitate learning. Much of the information contained in this course is not available from other sources.

ACUPUNCTURE COURSE

Educational Objectives

- At the end of this activity, participants will be able to:
1. Update information about the recent advances in scientific and clinical research on acupuncture.
 2. Review the theories and practice of acupuncture from the modern scientific viewpoint as well as the viewpoint of Traditional Chinese Medicine.
 3. Apply clinical approaches that optimize the use of various commonly employed techniques in acupuncture therapeutics.
 4. Incorporate acupuncture as a treatment modality in their practice for painful and nonpainful conditions as clinically indicated.
 5. Integrate modern medical science and acupuncture diagnostics and therapeutics to improve patient care and patient satisfaction.

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PHASE 1: ESSENTIALS OF ACUPUNCTURE

May 20 to August 22, 2022

- **Basics of Acupuncture:** Anatomy and physiology of acupuncture points, the basics of running an acupuncture practice, and useful information for patients.
- **Acupuncture Theories:** Knowledge of Traditional Chinese Medicine (TCM), the very foundation of successful practice of acupuncture, encompasses many seemingly abstruse concepts such as Yin and Yang, Qi, Five Elements, Meridians, Convergence Points, Remote Actions of Acupuncture Points, Tonification vs. Sedation, Eight Categories, Six Excesses, Organ Phenomena, etc. These concepts will be presented in easy-to-understand modern scientific terms.
- **Acupuncture Diagnostics:** Instruction on diagnostic methodology in accordance with TCM principles to enhance successful therapeutic outcomes, such as pulse diagnosis, tongue diagnosis, diagnosis by palpation, diagnosis by history and observation.
- **Demonstration of Acupuncture Techniques on Actual Patients.**

PHASE 2: PRACTICAL CLINICAL AND HANDS-ON TRAINING

July 23 to July 28, 2023 (6 days)

- **Acupuncture Techniques:** Painful and non-painful medical conditions may vary in their responses to different acupuncture modalities, hence a range of important techniques: traditional body acupuncture, ear acupuncture, scalp acupuncture, hand acupuncture, needleless techniques such as moxibustion, cupping and electrical stimulation will be taught and demonstrated in this face-to-face training session. Participants will also have the opportunity to practice various modalities under the supervision of a faculty of experts.
- **Therapeutic Approach:** Instruction in both the formula approach, based on empirical efficacy, and the analytical approach, based on theoretical reasoning, and their application to a spectrum of common medical conditions will enable participants to more effectively apply their clinical knowledge.
- **Practical Experience:** Face-to-face clinical instruction sessions, with ample opportunities for hands-on training in acupuncture point locating, needling techniques for body and ear acupuncture, pulse and tongue diagnoses, among other training exercises.

PHASE 3: ENHANCEMENT OF CLINICAL EXPERIENCE

August 23 to December 31, 2022

- **Research:** Presentation on historically important clinical and basic scientific research on acupuncture.
- **Additional Acupuncture Modalities:** Instruction in trigger point and acupuncture point injection techniques, using local anesthetics, normal saline, and ultra-low-dose steroids.
- **Clinical Cases Presentation:** In-depth discussion on actual clinical cases to illustrate the principles of diagnosis and formulation of treatment protocols.
- **Clinical Runs** consisting of detailed analysis of diagnostic findings and therapeutic interventions relating to actual patients.
- **Contemporary Explanation of TCM Syndromes:** Lectures on the common pathways of the symptom complexes of diverse medical conditions and how such concepts can be used to simplify and facilitate therapeutic approaches.

TOPICS TO BE COVERED IN THE CORE CURRICULUM

This course will cover the practical aspects in the management of painful as well as non-painful conditions and include a minimum of 100 clinical hours

1. **Pain Management:** Migraine headaches, low-back pain, sciatica, arthritis, TMJ syndrome, carpal tunnel syndrome, complex regional pain syndrome (RSD), post-herpetic neuralgia, and other conditions.
2. **Medical Conditions:** GERDS, irritable bowel syndrome, hay fever, asthma, hypertension, chronic fatigue syndrome, and other conditions.
3. **Women's Health:** PMS, menstrual irregularity, menorrhagia, amenorrhea, yeast infections, menopausal syndrome, post-partum depression, genital herpes, peripartum care, obstetrical analgesia, and other conditions.
4. **Geriatrics:** Sexual dysfunctions, urinary and bowel dysfunctions, recurrent urinary tract infections, memory problems, and other conditions.
5. **Psychiatry:** Insomnia, depression, panic disorders, drug withdrawals, smoking cessation, anxiety disorders.
6. **Emergency Medicine:** Acute trauma including automobile accidents, sports injuries, falls, and other conditions.
7. **Basic Herbal Treatments** in Traditional Chinese Medicine.

Hands-on experience will be emphasized in the face-to-face sessions.

REGISTER EARLY!

About Cost

Our acupuncture course, which charges only \$26.66 per CME category I credit hour, includes many hours of hands-on training. Unlike other courses that charge as much as 50 percent more as well as require multiple out-of-town trips, our program requires a single six-day trip to our highly desirable conference destination. We can offer this high-quality course at a low price for three reasons: First, the cosponsorship of the International Society for Professional Education (a nonprofit organization) supports our efforts. Therefore, we can achieve our mission to maximize the dissemination of knowledge without regard to commercial success. Second, as the oldest acupuncture training course for physicians which began in 1979, we have built up through the years an extensive library of educational materials, thereby significantly reducing the cost of the course infrastructure. Third, our extensive experience and successful track record has enabled us to secure favorable terms from our suppliers and vendors, allowing us to pass on the savings directly to our participants.

Select your program below by checking the appropriate boxes. Circle the amount(s) in the applicable date column and figure the total amount. **Be sure to check the refundable deposit box (a registration requirement), credit transaction fees and discount box, if applicable.** Only registrations accompanied by full payment will be processed. Postmark or time of electronic registration shall determine the date of registration. Please attach a copy of your current medical license. A photocopy or faxed copy of this form is acceptable, but signature must be included. Fees include certain supplies and instructional materials. **Please keep a copy for your records.**

ACUPUNCTURE COURSE	Before 3/15	Before 4/15	After 4/15
<input type="checkbox"/> Core Curriculum: Phase 1, Phase 2, Phase 3 330 hours	\$ 8,800	\$ 9,100	\$ 9,500
<input type="checkbox"/> *Refundable deposit for registrants staying at the conference hotel throughout Stage 2 (6 days), non-refundable for those who do not use the sleeping room block*	\$ 360	\$ 360	\$ 360
<input type="checkbox"/> Credit transaction fees (not applicable if paid by check)	\$ 180	\$ 180	\$ 180
HERBAL MEDICINE COURSE	Before 3/15	Before 4/15	After 4/15
<input type="checkbox"/> Full Course: Stage A, B, C 280 hours	\$ 5,500	\$ 5,800	\$ 6,200
<input type="checkbox"/> Herbal Medicine Course discount for former or current participants of Acupuncture Course	(\$ 400)	(\$ 400)	(\$ 400)
<input type="checkbox"/> *Refundable deposit for registrants staying at the conference hotel throughout Stage B (3 days), non-refundable for those who do not use the sleeping room block*	\$ 180	\$ 180	\$ 180
<input type="checkbox"/> Credit transaction fees (not applicable if paid by check)	\$ 120	\$ 120	\$ 120
<input type="checkbox"/> Acupuncture Course frangible certificate**	\$ 70	\$ 70	\$ 70
<input type="checkbox"/> Herbal Medicine Course frangible certificate**	\$ 70	\$ 70	\$ 70

Total

*There will be a facility charge (Hilton Hotel San Francisco Airport Bayfront: <http://www.hiltonso.com>) of \$60 per day per registrant for those who elects not to stay at the conference hotel utilizing Academy of Pain Research's room-blocks or share room with another registrant during Acupuncture Course Phase 2 (7/22 - 7/28/23) or Herbal Course Stage B (7/22 - 7/25/23).

Notes: Acupuncture Course Phase 1 online enduring material activity starts on 05/20/2022. Acupuncture Course Phase 2 live session – 07/23 through 07/28/2023. Herbal Medicine Course Stage A online enduring material activity starts on 05/20/2022. Herbal Medicine Course Stage B live session – 07/23 through 07/25/2023. 5% discount for group registrations of 10 or more. 5% discount for current resident or fellow with documentations. ** Standard CME certificate will be issued free of charge.

Name _____ Degree/Specialty _____
Last First Middle

Mailing Address _____
Number Street City State Zip

Office Phone _____ Home _____ Fax _____
(Area Code) (Area Code) (Area Code)

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Check enclosed payable to Academy of Pain Research, 1790 26th Ave, San Francisco, CA 94122
 Charge to my: V/S M/C A/E I agree to abide by all conference rules.

Billing Address _____ Credit Card Security Code _____

Acct# _____ Exp. Date _____ Signature _____

Please enclose a current medical license and sign registration form regardless of method of payment.

HERBAL MEDICINE COURSE

Educational Objectives

- At the end of this activity, participants will be able to:
1. Gain awareness of the current basic scientific research on some of the important herbal agents used in Traditional Chinese Medicine.
 2. Obtain information on commonly employed Chinese herbs.
 3. Acquire knowledge of popular herbal formulae and their general usage.
 4. Review the theories of Traditional Chinese Medicine on which the formulation of Chinese herbal treatment is based.
 5. Recognize the practical aspects of Chinese Herbal Medicine in the modern clinical setting.

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The Herbal Medicine Course (consists of 280 hours of learning): The comprehensive curriculum encompasses the essentials of Traditional Chinese Herbal Medicine to promote the fundamental understanding of how herbs may be used to benefit patients in a modern clinical practice.

This course is taught in three stages, required for all participants.

STAGE A: PREPARATORY PROGRAM

May 20 to August 22, 2022

During this initial stage, fundamental knowledge about individual herbs, herbal formulae, and the theoretical framework of **Traditional Chinese Medicine (TCM)** will be taught in order to optimize the educational experience of the participants during Stage B, the face-to-face practical sessions beginning on July 23, 2023. This segment will cover much more than cursory knowledge of Chinese herbal therapy and include the following topics:

1. **Theoretical Foundation:** Important concepts of TCM such as the **eight categories of illnesses; four methods of diagnosis; internal, and external, physical and emotional causes of diseases; and patterns of progression of pathological processes, etc.** will be presented in an online multimedia program and a specially designed course workbook. The principles of **TCM**, though seemingly foreign to modern physicians, will be logically explained in modern medical terms.
2. **Individual Herbs:** The properties, sources, therapeutic actions, potential adverse effects, scientific data, traditional usages, and modern clinical studies of over 120 herbal agents will be described.
3. **Herbal Formulae:** Herbal ingredients, relative dosages, therapeutic rationale, and traditional and contemporary explanations of the healing mechanisms of many well-known herbal formulae will be explored.
4. **Treatment Strategies:** Major TCM therapeutic methods such as tonification, dispersion, diaphoresis, emesis, catharsis, qi mobilization, and equilibration will be discussed.
5. **Classification of Herbs According to the Meridian System** and how such a concept may be extrapolated to understand pharmacological actions and side-effects of modern drugs.
6. **Yin and Yang and the Modern Clinical Experience:** How a basic TCM concept such as yin and yang may be used to interpret the findings of modern clinical trials and how this knowledge may be translated into actual benefits for patients.
7. **Algorithms in Designing Therapeutic Formulae:** How to select individual herbs according to their pharmacological properties, and combine them effectively to achieve a specific therapeutic goal, and balance the formula with additional agents to reduce its potential side-effects and enhance its overall efficacy.

Depending on the time of enrollment, the participants are expected to devote a minimum of 5 to 10 actual viewing or listening hours per week to the program, so that they will be adequately prepared to take full advantage of the learning experience in the practical sessions of Stage B.

STAGE B: PRACTICAL SESSIONS

July 23 (Sunday) to July 25 (Tuesday), 2023

This 3-day program is designed to consolidate the knowledge gained during Stage A, converting theoretical and factual knowledge into practical applications in day-to-day patient care. Various practical facets of herbal treatments will be covered:

1. **Herbs Recognition Laboratory:** Participants will be trained to recognize common herbs in the Chinese medicine formulary by examining actual samples generally found on the shelves of traditional herbal stores.
2. **Herbal Tour:** Visit the Chinese Herbal Garden at UC Berkeley and observe a large variety of herbs in a natural habitat.
3. **Traditional Herbs Preparation and Tasting:** The proper way of decocting herbs will be demonstrated, and participants will be able to sample various potions (formulae) to acquire firsthand knowledge of what it is like to take herbal medicine the traditional way.
4. **Contemporary Herbs Preparation:** Herbal extracts and concentrates derived from raw herbs with modern technology without significant loss of potency can take the forms of tablets, capsules, powder mixtures and elixirs.
5. **Hands-on Diagnostics Workshop:** Diagnostic methods of TCM such as inspection, questioning, and palpation will be taught, emphasizing tongue and pulse diagnoses and how to correlate findings with patient's symptoms to help formulate the therapeutic strategy.

STAGE C: POST-CONFERENCE HOME STUDY PROGRAM

August 23 to November 30, 2022

Additional herbs, herbal formulae, case studies, dietary therapy according to TCM, and special interest topics will be covered in audio, video, and written media following the practical experience gained from attending the face-to-face session of Stage B, including the following:

1. **Setting Up an Office-Based Modern Herbal Pharmacy:** Ordering, stocking, organizing herbal supplies and inventory management in a physician's office will be discussed.
2. **Clinical Runs:** Demonstrations by faculty members on how to assess a patient's health status and to initiate a health maintenance plan using the herbal approach will be presented.
3. **Herbal Economics:** The proper and equitable way of generating revenue by maintaining in-house herbal supplies for the benefit and convenience of patients.

Major Clinical Applications of Herbal Therapy:

The following topics will be presented in Stage B and Stage C

1. **Herbal Management of the Climacteric:** The non-hormonal approach will focus on the TCM ways of using various traditional herbal formulae to treat the symptoms of menopause and peri-menopause.
2. **Women's Health from the TCM Point of View:** The understanding of the special physiological makeup of women from the standpoint of Traditional Chinese Medicine has provided diverse methods of treating acute as well as chronic gynecological problems such as dysmenorrhea, menorrhagia, pre-menstrual tension, etc.
3. **Pain Management:** The roles of herbal therapy in treating acute pain such as musculoskeletal conditions secondary to trauma and chronic pain including repetitive strain injuries, complex regional pain syndrome, arthritis, and fibromyalgia will be discussed.
4. **Emotional Disorders:** The origin of depression and anxiety is multifactorial according to TCM, so the treatment may involve different therapeutic strategies with a wide range of choices of herbal agents.
5. **Respiratory Disorders and Immune Dysfunctions:** How herbal medicine may modulate the immune response in various chronic pulmonary disorders, with special emphasis on asthmatic conditions.
6. **Herbs for the Guts:** Chronic gastrointestinal diseases affect a large segment of the industrialized population, yet available treatments are mostly palliative. The use of herbal remedies can be used to treat common problems such as GERD and irritable bowel syndrome.
7. **Mitigating the Side-Effects of Chemotherapy:** The herbal paradigm.

Comments on the Acupuncture Course by Graduates

(Note: TCM stands for Traditional Chinese Medicine)

Marc H. Applebaum, MD (*PM&R* IL) – An excellent course: Interesting, useful information and techniques that can have an immediate impact on my clinical practice.

Peter Baren, MD (*PM&R* AL) – Dr. Lee's book was clear, orderly instructions, witty, easy to follow. Audio was high quality, clear.

Daniel P. Bigley, DO (*PM-Ann* MD) – I am excited about continuing my training and becoming a proficient practitioner of TCM.

Dorothy Bradbury, MD (*Emergency Medicine* MT) – Through this course I have a much better concept of pain management and have many tools to use while caring for patients in an acute care setting.

James Bromberg, M.D., J.D. (*EM* NH) – This is the future of scientific medicine.

J. McCall Bundy, MD (*Family Practice* OK) – If I were a faculty physician at a family medicine program, I would send the residents to this course. Most rewarding CME experience of my career.

Naomi L. Burr, MD, MPH (*Family Practice* TX) – This is a long course, extending over several months, but has been the best investment and use of my time ever. I can say with confidence that it is life changing.

Rebecca Campos, MD (*FM* TX) – Hands-on sessions extremely useful opportunities to practice point identifications. Moxibustion lecture and demo extremely helpful. Qi-Gong exercises very educational and entertaining. Very competent teachers. One of the biggest strengths is the use of those that are actually practicing. Also the combo of L.A.C. (Licensed Acupuncturist) and MD presenters.

Ricky Chan, MD (*Hospitalist* AZ) – I feel Western medicine is insufficient to help patients, I yearn to learn more Eastern medicine so I can integrate it to help patients. I want to continue to learn more from Dr. Lee to spread the message and the knowledge to other medical professionals. I feel that is a greater purpose for me as a doctor & more fulfilling.

Jocelyn Craig, MD (*Orogyn* CA) – Hands-on sessions were most useful to actually try to find points and have instructors watch our work. Good to see demonstration of body acupuncture on actual person, visual learning better. Good scalp acupuncture handouts. Excellent practical tips.

Carlos Cruz, MD (*OB/GYN* TX) – Excellent program. I would recommend it highly to anyone interested in acupuncture or TCM. Very enlightening and has opened my mind to a different philosophy in the treatment of patients.

Lara C. DeLong, MD (*AN* NY) – Excellent! Awesome. I would recommend this course to those who are interested in TM & acupuncture.

Robin A. Edwards, MD (*Emergency Medicine* HI) – Most rewarding aspect: "Auricular electrical stimulation which I can use in ER for acute pain."

Mika Julia Fujii, MD (*Internal Medicine* IM) – We learn both theoretical and practical aspects of TCM – Acupuncture. The knowledge is distilled and condensed into very organized presentations. It convinces us that acupuncture is not a folk art, but it is a science!

Ashokkumar H. Gaba, MD (*IM* TN) – Kudos for conducting such a practical & comprehensive program in acupuncture. Each day of Phase II was a great learning experience & I feel very confident after attending it. God bless Dr. Lee and his excellent staff.

Max Haid, MD (*Hematology/Oncology* WI) – Exceeded my expectations. I enjoyed presentation of research studies.

Jahan Hashem, MD (*PM&R* PA) – I really enjoyed listening and following along with Dr. Lee's "General concepts of TCM and acupuncture" audio/book session. Very interesting and informative. We had plenty of time to work on point findings. Appreciated preceptor sharing knowledge and giving us his tips for points finding.

Gail Hovorka, MD (*FM* CA) – I really like the point location DVDs. I think I improved my point location techniques.

Maria Inger, MD (*Psychiatry* NY) – I'm glad I took this outstanding course. It is a great academic setting in which integrity, knowledge, wisdom and wit are wonderfully blended with closely supervised practicum.

Hassan A. Jafary, MD (*IM* WA) – Felt privileged and honored to learn from master. Dr. Lee's wisdom is master magnet. Hopefully one day I can be just as a wise magnet for the humanity. Thanks. You planted small tree of knowledge in one. One day you will be collecting fruits of your knowledge in many lives to come.

Hsiu-Hsien Ling, MD (*PM&R* CA) – Excellent. Everyone has a lot of experience to share & pearls of wisdom a very practical knowledge which I can apply immediately in my practice. I can't be happier to be here! **Viraj Master, MD, PhD.** (*Urology* GA) – Thank you all!!! For providing this valuable course.

Ashley A. McGuire, DNP (*GI* WI) – Can't wait to apply these concepts in practice. I've learned acupuncture can be useful with many more conditions I've ever imagined! A ton of information, multiple resources and formulas to reference back to.

Sandra P. Ogletree, MD (*GM* – Navy CA) – This program sets a great foundation and sets the practitioners up to be able to make diagnoses based on TCM principles with additional hands-on instructions. I will absolutely implement acupuncture into my practice.

David Otto, MD (*Ped* CA) – Most rewarding aspects: Pediatric acupuncture an hands-on body acupuncture. Enjoyed interactions with faculty and classmates. Also support team was responsive, kind and attentive.

Susan Pearson, DO (*Geriatrics* MD) – TCM is a natural extension of what I trained as a DO. Wish I'd taken the course sooner.

Raul Porro, MD (*Anesthesiology* PR) – The most comprehensive and broad-versed acupuncture and TCM course available for physicians with an excellent value/money ratio. Opens your eyes to a new world of knowledge and exploration leading to health promotion in you and your patients.

Jennifer S. Powell, MD (*FM* MO) – It amazes me that such a vast concept can be taught (and caught!) in such a short amount of time. Better than I originally expected.

Ben Reza, MD (*Orthopaedic Surgery* VA) – Excellent program and would recommend.

Christina Rho, MD (*Endocrinology* FL) – Dr. Lee is such a great lecturer! He is engaging, humorous and above all, so knowledgeable. Clearly he has a passion and commitment to share his knowledge and expertise to other physicians to enable us to help others.

Raquel M. Rosen, MD (*Nephrology* NY) – Excellent program, well presented, well organized; information is updated and very useful.

Doña Saaman, MD (*Internal Medicine* KY) – This entire program including Herbal Medicine is a life changing experience for me. I intend to practice both modalities in the future.

Leon Tan, MD (*Neurology* CA) – Opening up a new way of looking at disease process. Informative and excellent teaching.

Mark A. Vacker, MD (*Integrative Med* FL) – Well structured, organized and comprehensive. Everything that could be expected in a comprehensive course on acupuncture.

Jason M. Valadao, MD (*FM-US Navy* CA) – Exceeding of my expectations. I gained knowledge that I felt immediately comfortable using.

G. Wang, M.D., Ph.D. (*Geriatric* NJ) – This is a very well organized program that makes it possible for a busy practitioner to learn the important principles and practice of acupuncture and TCM in a period of a few months.

Mary Warfield, MD (*Internal Medicine* DC) – Learning a whole new area of medicine to enhance my current practice. When I look back to how far I have progressed in knowledge and confidence in placing needles, I realized how good it was.

Laurie A. Weisenste, MD (*Neurology* SD) – I am excited to add a new dimension to my pain practice and general neurology. Myself and my patients will benefit from additional therapies now available to them. The concept of integration medicine will likely become the "norm" in the future.

Valerie Willis, DO (*FM* TX) – The hands-on portions were helpful to get me used to and more confident in finding and using the treatment formulae. The lectures were all very useful and full of applicable acupuncture formulae and explanations to better understand why certain points can/should be used. All the staff and faculty were very helpful and the course is very well organized and executed.

Karen Young, MD (*Psychiatry* AR) – As a former college teacher and medical school associate professor, I certainly appreciate the extremely well presented and organized materials.

Additional information available at www.acupuncturecourse.org

Comments on the Herbal Medicine Course by Graduates

Georgette G. Alexis (*AN/Pain* NY) – It was a very good course. Hope more physicians will take advantage of this course.

Natalie Bornstein, MD (*Internal Medicine* TX) – I had no idea these "resources" were out there. A new science to offer my patients.

James Bromberg, MD, Esq. (*AN/Pain* NM) – Learning objective fulfilled: Beyond expectation.

Kevin Chan, DO (*Preventive Medicine* AZ) – I started the course with minimal knowledge in TCM herbal medicine, and as I progressed through the course, I started applying TCM principles and concepts for many of my patients without any conscious effort, and I am already perceived and regarded as an expert in the community, especially for the ability to seamlessly integrate TCM with conventional western medicine.

David Conner, MD (*Family Medicine* ME) – Excellent course. I have been able to help patients who have seen a number of specialists and nothing was left to offer them with western medicine. The potential cost savings to health care from Chinese herbal medicine are limitless.

Diana Dang, MD (*Dermatology* CA) – Great introduction to the foundations of TCM. Learning all the uses of herbs that I never knew existed.

Douglas Decker, MD (*OB/GYN* TX) – Unbelievable amount of knowledge is well transmitted in an understandable and therefore clinically useful course. A must for any Western practitioner who would like to pursue TCM training.

S. Claudia Didia, MD (*IM* TX) – Speakers were all excellent. Amazing knowledge. Botanical garden trip! Wonderful!!!!

Dawn Flickema, MD (*Internal Medicine* SD) – This knowledge has rejuvenated my interest and passion in medicine. It has changed my practice for the better. I have also learned how to take care of myself and my family better.

James R. Granger III, MD (*GP* FL) – Being introduced to modular system. Great to have them while I developing more expertise.

R. Jan Gurley, MD (*IM* CA) – Highly qualified faculty. Most rewarding aspects: Overview of the thinking behind the TCM approach.

Dana Bianca Harbison, MD (*Psychiatry* FL) – More relevant to my practice than I expected!

Max Haid, MD (*Hematology/Oncology* WI) – This program has helped me become the healer I have always wanted to be.

Jennis Iruke, MD (*Hospitalist* IL) – Can't speak highly enough about all of the instructors. Not only were they all incredibly knowledgeable, but they were also amazing teachers (pleasant, professional and very approachable).

Lisa M. Jaeger, MD (*AN* TN) – Very concentrated in-person learning was very rewarding.

John H. Kim, MD (*OB/GYN* CA) – Learned a lot about Herbal Medicine. Good to have insight into TCM theory beyond what the usual courses and textbooks. Overall excellent quality. Very enthusiastic and helpful faculty.

John Kraus, MD (*PM&R* PA) – I was introduced to a field of medical care that had always been mysterious to me. It's no longer mysterious. Excellent program. I am only sorry I did not learn about it in the past and taken it sooner.

Derek M. Miletich, MD (*Navy* CA) – Great Course! Great location. One of the best courses I have been to. Dr. Lee's clinical pearls are great. Please include more of this component in the course.

Karen Munkacy, MD (*Pain Management* MA) – Learning new ways to treat medical pathologies not well addressed by western medicine.

Ghulam Murtaza, MD (*OB/GYN* TX) – Most rewarding aspects: Interaction with the speakers and learning from their experience.

Jichien Nguyen, MD, PhD (*Oncologist* CA) – Most rewarding: Practical aspects of the course in general - the nuts and bolts, so to speak. Thanks for doing this course.

Poonam Sehgal, MD (*AN* PA) – It was very helpful to hear the new (to me) TCM concepts explained in terms that were able to be incorporated into the western physicians' mind.

Kimberly Silvers, MD, PhD (*Dermatology* NY) – Very helpful to see and touch the herbs at the Herb Recognition Lab session.

Sangeeta Sinha, MD, PhD, MBA (*MHA* TX) – "Extra-Ordinary". "Guru Devo Bhava".

Donald T. Starzinski, MD, Ph.D. (*Neurology* MN) – Excellent information including TCM principles, single and combination herb information and strategies for herbal therapy within a TCM framework.

Robert C. Stough, MD (*Cardiology* PA) – Well organized; obviously a great deal of effort has been expended in the development and implementation of this course and related material.

Gino Tuter, MD (*OB/GYN* CA) – I enjoyed the entire course. The information was so valuable, and it helped me to expand my horizons!

Additional information available at www.acupuncturecourse.org

GENERAL INFORMATION

Acupuncture face-to-face session (Phase 2) Home Study Program	7/23 to 7/28/23 Starts 5/20/22	Hilton San Francisco Airport Bayfront www.hiltonso.com
Herbal Medicine face-to-face session (Stage B) Home Study Program	7/23 to 7/25/23 Starts 5/20/22	

Hotels: Exceptional convention rates \$189 single or double at Hilton San Francisco Airport Bayfront (600 Airport Blvd., Burlingame, CA 94010), book by 6/22/23. Contact Academy of Pain Research (415-731-1330), or call Hotel reservation (Hilton at 650-340-8500), or use the reservation links to be provided upon registration to secure these special rates. After the cutoff dates, rooms will be at market rate on a space available basis.

Fees: See details on registration form. Generally, the sooner you register and the more activities you participate in, the more savings you will be able to achieve (See "Register Early section"). **Please also read policy on withdrawal.**

Withdrawal: Only written notification of withdrawal is accepted. Postmarked before February 15, 2022: