



The Theme for the AcNZ conference this year is Yi 易, a concept that encompasses various meanings such as simplicity, change, transformation, but also constancy. The three fundamental tenets of Yi 易, when applied to our profession, revolve around: Simplicity (簡易 - jianyi), Change (變易 - bianyi), and Constancy (不易 - buyi).

## Presentation Abstracts

### Assoc Prof Dr Mike Armour

#### **How can we produce conducive Chinese herbal medicine case reports to inform the community?**

CHM case reports have high historical and contemporary value for Traditional East Asian Medicine (TEAM) practitioners. Case reports accompany us through our undergraduate years and follow us as seasoned practitioners. Case reports also play a role on the evidence-based pyramid. They are classified below randomised clinical trials which is (or was) considered the gold standard in evidence-based practice. However, in the past few decades, case reports have had a comeback in biomedicine. This time is perfect to introduce you into how a systematic, comprehensive case reports is compiled and the best thing about it? You can do it too.

This presentation draws from the work of Brigitte Linder and my work with NICM Health Research Institute (WSU Sydney). The research project produced an easy-to-follow checklist and CHM case report guideline so every practitioner can take on the role of the clinician-researcher and through their expertise and insights in their everyday practices, add to the body of knowledge with sharing their case reports with the wider community.

### Matthew Bauer

#### **A Tale of Two Campaigns – Peripheral Neuropathy and Problems with Acupuncture Research**

Research carried out over the last 20 years has been quietly suggesting that acupuncture may well be the best treatment for peripheral neuropathy (PN) and able to do what no other treatment can reliably do; regenerate the damaged sensory nerves PN causes.

In this talk Matthew Bauer, President of the Acupuncture Now Foundation (ANF), will detail the PN Campaign the ANF has launched and discuss its progress thus far. The goal of the PN Campaign is to get acupuncture recognized as the “treatment of choice” for stocking and glove peripheral neuropathy. This type of PN afflicts tens of millions of people around the world including 50% of diabetics over 65 years of age, a high percentage of chemotherapy and HIV/AIDS patients, and millions of older adults for unknown reasons (idiopathic PN).

A review of the research compiled by Matthew and the ANF’s V.P. of Research, John McDonald, will be presented including a section on the acupuncture points used in successful research.

Differences and similarities between the main types of peripheral neuropathy will be discussed as well as advice for successful treatment of PN patients.

Getting acupuncture recognized as the treatment of choice for such a widespread and incurable condition as PN has the potential to elevate the entire acupuncture profession while helping tens of millions of people. This talk will explore this potential and offer advice on how to make this happen.

In addition to the PN Campaign, Matthew and the Acupuncture Now Foundation is launching another campaign to raise awareness of problems with acupuncture research that is harming the growth of acupuncture.

This brief presentation will focus on how poor clinical quality standards in acupuncture research produces false negative, lowers its perceived effectiveness rates, and is slowing acupuncture's acceptance. Suggestions for addressing these issues will also be discussed.

### **Dr Chris Bowden**

#### **Trauma Informed Care**

Traumatic events including complex and interpersonal trauma can have significant acute and ongoing effects on people's health, well-being, and functioning. Trauma can be held in the body and impact cellular structure, brain chemistry, lead to illnesses and immune deficiencies and mental health issues including anxiety, depression and PTSD. Trauma can exacerbate medical conditions like chronic pain and headaches, change the relationship people have with their body, and can lead to a disconnect between external sensations and internal felt sense. Until trauma survivors feel safe and can process their trauma their nervous system can keep them in a state of stress, hyper arousal and survival activation. Alternatively, it may activate hypo arousal and encourage the use of defensive mechanisms like dissociation, numbing out, or immobilization. As trauma awareness has grown more people are seeking help and mind-body therapies for problems/issues that have their roots in adverse childhood experiences and trauma. It is important that those working with trauma survivors understand the principles of trauma-informed care and work in trauma-informed ways.

In this presentation Chris will (i) define trauma and describe some different types, (ii) describe some key signs of traumatic stress and explain how trauma influences mind, body and behaviour, (iii) outline the key principles of trauma-informed care/practice, and trauma-specific practice, and (iv) share some practical and evidence-based strategies for working safely with clients affected by trauma.

### **Jolie Davis and Vanessa Eldridge**

#### **Presentation: Ūtaina Ōmahu**

It is our privileged to have (presenters) provide an in-depth look at community practice from a Te Ao Māori perspective. Vanessa Eldridge presented on her communities moving experience post cyclone Gabrielle at the ACC Rongoā conference and what took place when Jolie from Manawa Ora arrived to provide Romi romi and Miri Miri. The experience has been outlined integrating the Ngāruroro framework for understanding Māori well being. Vanessa will be sharing this presentation and woven into this korero is the practitioner's perspective as Jolie, a respected practitioner and tikiako of Romi romi speaks to the values, practices, and tikanga. This is a rich opportunity to deepen cultural understanding and practice when we as practitioners share our mahi to support community wellbeing.

### **Dr Richard Everts**

#### **To be confirmed**

### **Nicola Douglas**

#### **Cultivating Purpose & Supporting Transformation During Menopause**

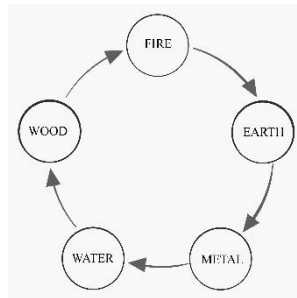
Menopause will affect us all in some way. If not personally, then someone we love. All too often, the symptoms are swept under the carpet, many women suffer in silence wondering if they are going crazy. Our medicine has so much to offer when it comes to perimenopause and menopause. As acupuncturists and herbalists, our treatments shine. Why? Because our diagnosis and treatments are individualised, and every aspect of health and wellbeing is carefully considered in our initial consultation. We will explore the concept of Yi: The Spirit of Earth.

How midlife affects not only our clients, but us as practitioners. We will learn how to navigate our own way and support women on this transformational journey. I will share what works for me in clinic when working with women in midlife, blending together both my traditional and modern knowledge which will include the Classical treatment of Luo channels. Our menopausal clients are overwhelmed, anxious and fearful by the time they land on our tables. Using the Luo channels have brought so much to my practice and I am constantly amazed by this simple, effective method to help release distressing emotions. You will be able to take this tool into your clinic right away and help women to move out of overwhelm and find ease and purpose in this new phase of life.

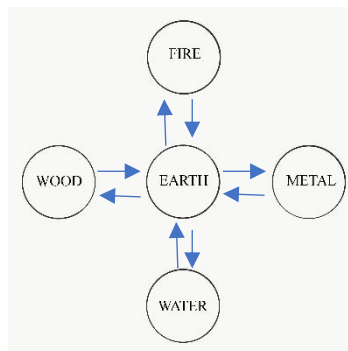
## David Hartmann

### Presentation 1: The Yi Fills the Middle

When we think about the Five Elements, does the following image pop into your head?



Obviously, this is an important image in Five Element theory, but it's not very helpful when we want to target the Earth Element and the associated spirit, the *Yi*. In this instance, I prefer the following image:



The image above, with Earth and *Yi* in the middle, will be the bedrock of this workshop. With this image we can see a more direct connection between the elements. With Earth *Yi* in the middle, it is a little piece of every other element and every other spirit, within the Five Spirits (*Wǔ Shén*). Further, it is the middle of two Axis: The Wood-Metal Axis and Fire-Water Axis.

All these connections will be discussed, along with acupuncture point combinations (treatments) offered to balance the middle to harmonise the rest. There will also be time allocated at the end for participant practical, with one treatment provided that can easily be replicated in the workshop.

Join me on a theory and practical journey into the Middle, where the Earth Element and *Yi* Spirit reside.

### Presentation 2: Using Tuning Forks in a Chinese Medicine Clinic

What exactly are tuning forks, and can they realistically be used in a Chinese medicine clinic? These are two fascinating questions that will be answered during this short theory, and practical, workshop.

But these are just two of many, interesting questions that we will explore, including the most common questions surrounding tuning forks:

- What they are
- How they work
- What they are used for
- The difference between weighted and unweighted forks

- The difference between short and long forks
- What are the different frequencies or Hertz (Hz) of tuning forks?
- How do you strike a tuning fork? Is it different depending on whether the fork is weighted or unweighted?
- Why is the pitch/tone different with the various tuning forks?
- Should you use one, or more, tuning forks at the same time?
- Can tuning forks be used on the body?
- Can tuning forks be used independently of acupuncture needles? Or could they be used together in the same treatment?

We will then break into a practical session where participants can experiment with the various tuning forks by listening to them, learning how to strike them correctly, as well as activating them on various acupuncture points on the body.

Ultimately, the workshop goal is to show you that it is possible to use tuning forks in a Chinese medicine clinic. In fact, in really exciting news, they can be used in many different healing medical clinics.

### **Huanlin Lynn Huang**

**The application of ear seeds in relieving anxiety. (Full abstract coming soon)**



### **Dawson Guangyi Huang**

**The connection between Yi Jing(I-Ching) and Chinese Medicine**

The Yi Jing is one of the classic texts of ancient Chinese philosophy and stands at the forefront of Chinese literature. There exists a profound philosophical, theoretical, and practical connection between the Yi Jing and TCM. The ideas from the Yi Jing serve as important theoretical foundations and treatment insights for TCM. Its concepts encompass ideas such as Yin-Yang, the Five Elements, and change, which have had profound influences on the theoretical framework of Traditional Chinese Medicine (TCM). It underscores the continuous and perpetual nature of change, positing that all things are in a state of flux. Similarly, TCM views diseases as changes arising from imbalances in the internal and external environments and Yin-Yang, emphasizing the adjustment of Yin-Yang balance for treatment. The Yi Jing's system of "Bagua" and "64 Hexagrams" provides a method for analyzing and interpreting changes in phenomena. Similarly, TCM's approach to dialectical treatment is based on observing and analyzing changes in the patient's condition and proposing corresponding treatment methods.

### **Heiko Lade**

**Introduction to Tung Style Acupuncture**

Tung Style Acupuncture is becoming more and more known in the West. There have been a number of workshops and seminars teaching the system in Australia, Canada and the USA but is relatively new in

New Zealand. This one hour introductory talk will open with a brief history of Master Tung and his clinic history in Taiwan. It will then discuss his various students and how the lineage was passed on. There will be an overview of the system and how points are selected. It will be seen that this method is quite different to the TCM system. Examples of Tung points will be presented in charts as well as small videos demonstrating the needling of those points. Finally, there will be some examples of case histories.

### **Peter Larking**

#### **Pathophysiology and Clinical Process for Long COVID including a Demonstration on Vagus nerve stimulation techniques.**

In the wake of the global pandemic, Long COVID has emerged as a formidable challenge, affecting 10 to 14% of individuals recovering from SARS-CoV-2. Characterized by over 200 symptoms and impacting multiple organ systems, this condition has touched the lives of an estimated 65 million people worldwide. The biomedical community has made significant strides in understanding the pathophysiological shifts, risk factors, and clinical presentations of Long COVID, drawing parallels with other post-viral syndromes such as myalgic encephalomyelitis/chronic fatigue syndrome and postural orthostatic tachycardia syndrome.

Long COVID is characterized by lingering symptoms long after the acute phase of the infection has passed, baffling scientists and healthcare professionals. Leading theories suggest immune dysregulation, microbiota disruptions, autoimmunity, clotting and endothelial abnormalities, dysfunctional neurological signalling, and re-emergence of latent viruses like Epstein-Barr and human herpesvirus. These complex mechanisms underline the need for a multifaceted approach to understanding and treating Long COVID. In addressing Long COVID, innovative diagnostic and therapeutic approaches are essential. Neuropuncture, particularly Vagus Nerve Stimulation (VNS), offers promising potential.

The vagus nerve, integral to the parasympathetic nervous system, regulates heart rate, digestive functions, immune response, and mood. By targeting this nerve, Neuropuncture aims to restore balance to the immune and autonomic nervous systems, offering relief from the myriad symptoms associated with Long COVID and dysautonomia. This non-invasive technique merges neuroscience and acupuncture, providing a holistic approach to healing.

This presentation will explore the complexities of Long COVID, highlighting the latest diagnostic advancements and therapeutic interventions. A practical demonstration of Vagus Nerve Stimulation techniques will be included, showcasing the innovative potential of Neuropuncture in transforming the lives of those affected by Long COVID and related conditions. Through targeted stimulation of the Vagus nerve, we aim to rekindle the body's innate capacity for balance and harmony, marking a significant step forward in integrative medicine.

### **Thomas Lin**

#### **Clinical management experience, personal insights**

With nearly three decades of practice as a Chinese Medicine practitioner in New Zealand, this presentation offers a comprehensive exploration of the clinical insights and experiences gained through the operation of my clinic. Drawing upon a wealth of practical knowledge and patient interactions, this presentation delves into the multifaceted aspects of clinic management, patient care, and therapeutic interventions within the context of traditional Chinese medicine (TCM).

Through a retrospective analysis of case studies, treatment protocols, and clinical outcomes, attendees will gain valuable insights into the intricacies of diagnosing and treating a diverse range of health conditions using acupuncture, herbal medicine, dietary therapy, and lifestyle recommendations. Furthermore, this presentation addresses the challenges and opportunities encountered in establishing and sustaining a successful clinic, including effective patient communication, practice marketing, professional development, and collaboration with other healthcare providers. By sharing personal anecdotes, clinical pearls, and practical strategies, this presentation aims to inspire and empower fellow practitioners in their clinical endeavours, fostering a community of excellence and innovation in the field of acupuncture and Chinese Medicine in New Zealand.

## **John Kenedy**

### **The Jing and Stem Cell Connection**

Bringing together the ancient theory and concept of Jing and the recent modern discovery of adult stem cells. In this presentation you will discover how the wisdom of the Su Wen is right at home in the most modern stem cell clinics around the world. We will be looking to discover if adult stem cells are the physical manifestation of Jing itself! By looking at Jing in a new light you will see that supporting Jing, now becomes relevant for every patient you see. We will see how Chinese herbal medicine and acupuncture have a direct impact on the body's own stem cell physiology, and a look as to the actual healing mechanism in the body. As the world moves ever closer to a reductionist view of the body, it is enlightening to see how the wisdom of traditional Chinese medicine and information from the ancient world make TCM more relevant than ever in today's modern clinical setting than ever before.

## **Vicki Martin Mackay**

### **Rescuing the Human Gut Ecosystem: Therapeutic Strategies for the Restoration of Gut Microbial Health in Gastro-Intestinal Disease**

Full abstract here: <https://www.mdpi.com/1770582>

The presentation will also include references to the following TCM texts:

- Welcoming Food, Diet as Medicine for Home Cooks and other Healers. Book 1 Energetics of Food and Healing. Andrew Serman 2020
- Live Well, Live Long, Teachings from the Nourishment of Life Tradition. Peter Deadman 2016
- Nourishing Life, the Yang Shen Way, Nutrition and Lifestyle Advice from Chinese Medicine. Deirdre Courtney 2019

## **Dr Evan Rabinowitz**

### **Tongue Diagnosis for Common and Complex Gynecological Disorders: Findings for Fibroids, Cysts, Breast Diseases and Gynecological Cancer**

Tongue diagnosis is one of the pillars of Chinese medicine. It is a crucial skill in these times that require flexibility in clinical practice. Tongue Diagnosis provides us clear, tangible, objective information about our patients' health. Findings on the tongue are easily trackable overtime, providing an excellent feedback tool to assess treatment efficacy and progression of disease. Dr. Rabinowitz has spent many years documenting and studying alternative diagnostic models and microsystems on the tongue. In this lecture, he will share some of his findings in gynecology and oncology. Tongue images of fibroids, cysts, endometriosis, PCOS and several gynecological surgeries will be displayed. Dr. Rabinowitz will also share tongue images documenting various stages of breast cancer.

## **Dr Kate Roberts (CMCNZ Professional Advisor)**

### **Regulatory Remedies: Ensuring Lawful and Ethical Advertising of Chinese Medicine in NZ**

In the current digital era, online advertising, has become an essential tool for reaching potential clients by Chinese Medicine (CM) practitioners in New Zealand. Protecting the public, however, from false, misleading, and deceptive advertising is a practitioner's ethical and legal duty.

This presentation focuses on the relevance of truthful, accurate, and ethical promotion of health-related products and services, including compliance with the Chinese Medicine Council's Advertising Standards and Guidance documents and New Zealand advertising laws for CM practitioners.

Common advertising mistakes made will be outlined and discussed, highlighted by case studies on issues such as spreading inaccurate information; the provision of inappropriate or unnecessary services; and the creation of unrealistic treatment expectations. Addressing these issues will enhance public trust and ensure that advertising practices do not compromise patient safety or impact on the integrity of the Chinese Medicine profession.

This presentation will offer some practical solutions and real-life examples, both nationally and internationally, with the intention of enhancing the quality and integrity of CM services advertised to the public.

## **Ada Sobieszczuk**

### **An introduction to the Divergent Channels 粗之所易, 上之所难**

Have you ever wondered about the Divergent channels and their practical applications in your practice? Did you know that the Huang Di Nei Jing refers to these as the Major channels of the body? Did you know that Divergent channels manifest only when they're needed to redirect pathology away from organs? Are you interested in understanding the theory of latency, otherwise known as Disease Nemesis Theory, and how the body stores pathogenic factors within joint capsules and other spaces of the body with the help of Wei Qi? Would you like to understand why when Wei Qi flares up in places it doesn't normally inhabit, we observe signs and symptoms commonly seen in autoimmune conditions? "The Dao of Heaven is the blueprint of each individual being. The Divergent channels appear, courtesy of the Divine, to move pathology away, in order to protect the Heart and maintain its rank as 'Sovereign Ruler'." - Ann Cecil-Sterman on Chapter 11 of the Ling Shu.

In this workshop, we will embark on a journey to explore how the body utilizes the Divergent channels and disease progression through the six Divergent confluences. We will also review the Antique points on the Primary channel as a triage system for pathology. We will discuss how to support the body with simple dietary prescriptions to provide ample resources for building mediumship to bolster the Divergent channels. Participants will have the opportunity to volunteer for a treatment experience, allowing us to understand first-hand how these channels can be integrated into our clinics.

## **Ben Tameifuna and Max Tuipulotu (Le Va)**

### **Engaging Pasifika: Pasifika Cultural Competency**

An Introduction to Le Va's work and to their Engaging Pasifika cultural competency training programme. The Le Va Engaging Pasifika cultural competency training programme is evidence-informed and equips health and disability services to connect culture and care. Through a blended learning approach, participants learn the foundational attitudes, knowledge, and skills to safely engage with, and effectively deliver, quality services for Pasifika people and their families.

<https://www.youtube.com/watch?v=OJU1yvpdIYs>

## **Peifeng Alice Xian**

### **The relationship between Qi gong Tai chi and the principles of Yi**

This presentation focuses on the relationship between Qigong, Tai Chi and the principles of Yi, highlighting the dynamic changes and unchanging concentration in their practice. It explores how Qi gong and Tai Chi embodies the spirit of Yi, emphasising "change without departing from its essence".

We can combine the three characteristics of Yi to provide different guidance for various diseases and patients, thereby achieving therapeutic effects.

We will discuss common movements and routines formerly practiced in a set sequence but now adapting to different groups, disease and practitioners needs. We will delve into the modern clinical application of qigong Tai Chi, incorporating elements like educational theories and TCM knowledge. The core messages emphasize perseverance and dedication, both in practitioners' personal practice for physical and mental well being and in encouraging patients' consistent exercise for balanced Qi and blood, aiding recovery and treatment effectiveness.

## **Renjie Jay Xi**

### **An innovative approach for non-native speakers to learn Chinese Characters in TCM Classics**

The classic literature is the carrier of Traditional Chinese Medicine (TCM), embodying the wisdom and experience accumulated over thousands of years. Mastering the reading, translation, and proper application of TCM classics are essential skills for TCM. Given that most TCM classics are written in Classical Literary Chinese, a form of ancient Chinese, non-native speakers face a steep learning curve, encompassing pinyin, character recognition, basic modern Chinese grammar, basic literary Chinese and medical archaisms. Consequently, many learners opt for translations rather than the original texts.

This lecture introduces an innovative approach to Chinese language learning, tailored to the needs of learners. By using the original text of "Treatise on Cold Damage Disorders" (Shang Han Lun) as a textbook, it establishes a direct mapping between English and Classical Literary Chinese. This method enables learners to directly acquire the characters found in the Shan Han Lun thereby achieving the initial goal of Chinese language proficiency equivalent to Chinese students in Year 6-7.

### **Hong Yuan (Asian Family Services)**

#### **Fostering Holistic Wellbeing Through Collective Efforts: Exploring Collaborative Opportunities to Enhance the Wellbeing of the Asian Community by Acupuncturists**

With the Asian population in New Zealand projected to exceed 1 million by 2043, constituting 26 percent of the total population, the imperative to address the diverse needs of this rapidly growing ethnic group becomes increasingly apparent. This extended abstract delves deeper into the significance of culturally responsive approaches in effectively delivering wellbeing services to the Asian community. It underscores the necessity for holistic wellbeing strategies and examines the multi-layered influences, encompassing macrosystem, mesosystem, and microsystem, through the lens of the AFS Tree Model.

Central to Asian health values are the concepts of harmony and balance, deemed essential for the attainment of genuine wellbeing. Expanding on this, the abstract elaborates on the role of Asian Family Services in employing holistic methodologies tailored to the cultural context of clients, thereby promoting comprehensive wellbeing. Furthermore, it explores the potential synergies between acupuncturists and Asian Family Services, envisioning collective efforts to bolster the holistic support available to Asian communities. By pooling collective insights and interventions, these partnerships aspire to cultivate resilience and empowerment, thereby catalysing an overarching improvement in the wellbeing of individuals and families within the Asian community. In essence, this extended abstract provides a nuanced exploration of the imperative for culturally responsive approaches, the significance of holistic wellbeing, and the potential for collaborative endeavours to enhance the overall wellbeing of the Asian community in New Zealand.

### **Dr Vesna Zdravkovic, Carol Yang and Dr Kay Fielden**

#### **Safe Practice Education for Acupuncture in New Zealand**

Acupuncture has long been promoted as a safe health practice, however, especially when students are learning to be acupuncturists, adverse events happen. As a result of some adverse events in a school clinic, this research project has been set up to find out what safe practice for acupuncture means for multiple stakeholders including students, clinic supervisors, acupuncture teachers, school management, professional acupuncturists, and the public. Stakeholder-specific surveys will be sent via SurveyMonkey to gather data about what safe practice means to these multiple stakeholders. Results will be available for the conference. This multi-stakeholder study will contribute to the ongoing continuous improvement of educating acupuncturists in safe practice.

