The Importance of Knowing CPR, and a bit of a Refresher
Cass McLean, L.Ac., IAA Treasurer & Website Coordinator

I am currently in the process of re-credentialing with the NCCAOM. Every four years, in order to maintain my Diplomate of Acupuncture status, I must complete 60 continuing education credits and show that I am currently certified in CPR. Sixty credits break down to 15 per year, which is easy because it happens to be the same number of credits required in Idaho to renew your license annually. But the CPR class is always the last to get checked off the list.

In the last four years, since filling out my last NCCAOM re-credentialing application, I've developed a new appreciation for the CPR requirement. In 2013, my 12-year-old niece collapsed on the basketball court during a practice. Her heart stopped. Her coach administered CPR and used the AED device before the EMTs arrived and took her to the hospital. She was in a medically induced coma for 5 days. It was terrifying. Miraculously, she made a full recovery. She is now a spokesperson for the Children’s hospital and helps fundraise for schools in her city to buy AED machines. The care she received, from beginning to end, not only kept her alive, but allowed her to return to her normal, sometimes really silly, teenage life.

So, CPR.

The first few times I took the CPR/Basic Life Support class, the ratio for number of compressions to breaths changed. Now, I don't know about you, but having never administered CPR in real life, the idea of actually giving CPR scares the daylights out of me. This anxiety is compounded tenfold when the proper technique changes in between certifications. So, I was relieved to see, not much has changed in the last four years.

Here is the current breakdown for administering basic life support for an adult according to the American Heart Association's HeartCode BLS Course:

1 – Scene safety: Verify scene safety first.
2 – Check for responsiveness: Establish that the victim is unresponsive.
3 – Shout for nearby help and activate the emergency response system:
   (Call 911!!!!) Then get the AED and emergency equipment or send for someone to do so.
4 – Breathing and pulse check:
   Look for no breathing or only gasping, and check for a pulse. You can do this simultaneously.

The current compression-ventilation ratio for basic CPR is 30:2.

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The Importance of Knowing CPR, continued from page 1

Is the pulse definitely felt within 10 seconds?

- If there is normal breathing and a pulse: Monitor until emergency responders arrive.
- If there is no normal breathing, but the victim has a pulse: Provide rescue breathing by giving 1 breath every 5-6 seconds, or about 10-12 breaths per minute; check the pulse about every 2 minutes.
- If there is no breathing or only gasping, and no pulse: Begin CPR with cycles of 30 compressions and 2 breaths. Use the AED as soon as it is available.

The chest compressions should be administered at the rate of 100-120 per minute at the depth of about 2 inches. When giving breaths, check to make sure the chest rises with each breath and wait about one second between breaths.

I found my CPR class online. I Googled “CPR classes in Moscow, Idaho” and found that our local hospital provides online courses. After completing the course-work online, I will contact the Education Department Assistant and schedule the self-guided skills practice/test which uses voice-assisted manikins. The online course mixes Powerpoint-style slides, videos demonstrating different scenarios and techniques, and single-question quizzes to make sure you’re absorbing the material. Not so bad, huh? Entertaining and painless.

I am ever grateful for this training and for the countless people that have opted to educate and prepare themselves for these worst-case scenarios. I highly encourage all of you to get certified or recertify, regardless of your standing with the NCCAOM. Someone’s life may depend on it.

_________

Find a CPR course and get certified:
http://cpr.heart.org/AHAECC/CPRAndECC/FindACourse/UCM_473162_Find-A-Course.jsp

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Dr. Liu Dong: The Meaning of Life and Being an Ordinary Person
Nicolae Tanase on October 19, 2016
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Nicolae Tanase: Dr. Liu Dong, what is the meaning of life?

Dr. Liu Dong: Many students have asked me what is the meaning of life? I always answer with a smile, “Life is to have an ordinary life, be an ordinary person.” Not to be attached to the color of life or to the interference of your environment.

An ordinary person is like ordinary soil. The earth is simple yet contains and transforms all things. The earth has three functions: reception of all things, transformation of all things, and rehabilitation of all things. Only in this way can we transform emotions and diseases.

Every day I perform Misha Zen for 30 minutes, to clear my mind and achieve the four levels: stable, calm, emptiness, and inspiration.

Getting rid of the fogginess in a cloudy brain can show us true peace. The fogginess of a cloudy brain is like the moving wind, water, and turbulence in a lake. In the moment of clarifying the brain, we see the clean water of the lake thus we think clearly and we start to appreciate each moment of life.

Numerous neuroscience researches show that when people practice Misha Zen meditation, the brain waves move into the Gamma state. The Gamma wave facilitates the ability to create power, love, happiness, and simplicity. At this time, a positive attitude integrates into our daily mental behaviors and guides us to a higher and purer energy. The Gamma waves also stimulate the left frontal cortex, which then increases. The enlarged frontal cortex makes people calmer, happier, and at peace with themselves.

Dr. Liu Dong received his medical diploma in 1987 from the Chinese Faculty of Medicine in Beijing and has worked with experts from China, Japan, America and France in the study of Qigong.

Dr. Dong founded the Ling Gui Chinese Medicine School and opened a medical clinic, both in Paris. As a professor of Chinese Traditional Medicine, he teaches in the University de Babigny in Paris and also in the University of La Sapienza in Rome. He teaches currently at Medical Qigong workshops throughout the United States, the Ling Gui School based in the Pacific Northwest, and throughout Europe.

He is the author of Rejuvenation Through Vital Breathing, and many other publications focusing on the practice of Qigong. More information at: www.LingGui.org

Master Liu He: Living a Vibrant and Meaningful Life
Nicolae Tanase on October 10, 2016
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Nicolae Tanase: Master Liu, what is the meaning of life?

Master Liu He: The meaning of life is to never stop learning. It allows you to continue growing in the right direction for your life, other’s life, and nature’s life. With this concept, we become thankful for yesterday, appreciate today, and feel hope for tomorrow.

In Taoist/Chinese philosophy, there are three main suggestions to learn:

Learn from Nature: When you learn from nature, you connect with nature and the natural vibrations of the universe instead of connecting with the Internet all the time. When nature changes, as with the seasons, we reflect these change within ourselves. We learn to respect nature and do no harm to nature.

Learn philosophy: A philosophy class is best when introduced in middle school. When a teenager learns philosophy, this allows them to begin to focus on the internal, versus only paying attention to the external or superficial. When focusing on the external they never become satisfied with themselves. The thoughts start, thinking others are better, have more things to do, and become more materialistic. When they cannot get what they want, suffering and unhappiness begins. Philosophy will develop more wisdom for life, thus becoming a vital life skill.

Learn Qigong: Qigong, as a branch of Chinese medicine, has a 5000 year history. The practice is for self-development, self-healing, to help others and heal the world. The first two suggestions for learning are a part of Qigong study.

By learning the three steps above, you will build a strong foundation. You then discover and live a vibrant and meaningful life.

Master Liu He began her Taoist Medical training under the guidance of her grandfather. By age 14, she had attained the level of Qigong Master. Liu He has taught Qigong and healing techniques extensively throughout Europe and is an ongoing participant in World Qigong and Chinese Medicine Congresses.

She co-founded Ling Gui International Healing Qigong School in Paris, and opened Ling Gui International Healing Qigong School in the US. She is also on the faculty of the Oregon College of Oriental Medicine.

She is the author of Jade Woman Qigong, The Healing Power of Taoist Medicine for Every Woman and several other publications and has spoken at many national and international conferences. More information at: www.LingGui.org
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How to Make and Use Dit Da Jiao in a Modern Acupuncture Clinic Setting
Daniel Cashman, EAMP, NCCAOM Dipl. Acupuncture

In my clinic I regularly incorporate topical herb applications with my patients. Dit Da Jiao, or “Hit/Fall Wine” makes a regular appearance and is well suited to patients presenting with both acute or chronic Qi and Blood Stagnation, especially when due to trauma. As my clinic doubles as a kung fu school, I have lots of experience using this jiao on students. For those not familiar with this method of delivery, a jiao is simply an alcohol extraction of herbs.

The formula that I am presenting in this paper is a basic one. It is based on a formula from my Tuina teacher, Dr. Boonchai Apichai. There are lots of ways to modify it to meet the needs of your clinic, and it certainly is possible to have more than one version on hand.

A Brief History

Before getting into the nuts and bolts of how to make this, let’s begin with a brief introduction to where Jiaos fit into the history of Chinese herbal medicine.

The legendary Emperor Shen Nong (2737 – 2697 BCE) is credited with the creation of Chinese herbal medicine and is also thought to be the one to introduce the drinking of tea to China. He has a host of attributions but I mention him here only because of his traditional connection to herbs. Another important figure is the famous Emperor Huang Di (2696 - 2598 BCE). He unified the Warring States into what would later be known as China. He was a noted wrestler and military tactician, and is also credited with the first complete Chinese medicine book, the Huang Di Nei Jing, “The Yellow Emperor’s Classic on Internal Medicine”. In him you can begin to trace the connections between the martial arts and healing herbs.

There are numerous examples of famous martial artists in Chinese history who where also doctors, monks, herbalists, and scholars. One of the most famous, Wong-Fei Hung, has numerous movies and books based on his life (I highly recommend “Once Upon a Time in China”). There is also the reality of needing to know how to heal if you are in the business of war or training for war. In the same way that modern soldiers learn battlefield first aid, martial artists learn basic acupressure points, tuina, and herbs. It is common for martial arts schools to have their own version of this Dit Da Jiao formula on hand for their students. It is also a normal for Chinese martial arts to teach and incorporate healing practices along side the more combat oriented skills.

The long and tumultuous history of China is filled with periods of both war and peace. During periods of relative peace combat training was often a secondary consideration to those who practiced the martial arts. The real intent was often one of self cultivation and longevity using movement, plant-based medicine and breathing exercises.

An Interesting Study Using Dit Da Jiao

There are not many studies that aim to test the efficacy of Dit Da Jiao, but here is a summary of one (study posted here - http://www.ironpalm.com/thesisonjow2.pdf)

Use of acupressure with dit da jow will reduce the pain associated with acute injury in less time than with the use of acupressure alone or no treatment at all.

Use of acupressure with dit da jow will increase flexion active range of motion, limited during acute injury, in less time than with the use of acupressure alone or no treatment at all.

Use of acupressure with dit da jow will increase extension active range of motion, limited during acute injury, in less time than with the use of acupressure alone or no treatment at all.

Required Materials
Jar (about 1 quart size)
Alcohol (80 proof)
Label
Herbs: Chai hu 8g
Chi shao 4g
Chuan xiong 8g
Dang gui 10g
Gu sui bu 4g
Hong hua 3g
Huang qin 4g
Ru xiang 3g
San leng 3g
Xu duan 4g
Su mu 4g
Tao ren 4g
Wu ling zhi 4g

Use and Application

This jiao is for external use in the treatment of injury and trauma. It can relieve pain, expel pathogenic wind, eliminate stasis, alleviate swelling, stimulate blood circulation, relax muscles and tendons, and promote the circulation of Qi in the meridians.

It can be used in the treatment of pain, dislocations, swelling of the muscles and tendons, blood stasis and numbness in the extremities, and chronic pain from old injuries.

To use, apply the tincture to the affected area, two to three times per day. I recommend working it in with your hands until dry. It can also be applied with a cotton ball.

Cautions

Do not use on patients who have sensitivity to alcohol-based products. Do not take orally, avoid the eyes, and do not apply to open wounds. When using it on patients, be careful of using aggressive friction techniques (like Chafing) to work it in as it may break the skin. Techniques like Rubbing and Kneading work best. Also observe caution when applying heat to an area where the jiao has just been applied. It can be too much heat if not done properly.

continued on page 8
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lady, "mixing the bulk herbal formulas, keeping track of inventory, ordering herbs as needed, and helping people understand the uses of the herbs we sold.

Eventually, what with marriage and motherhood, I no longer had volunteer time, but I continued a working relationship with the Coop. To this day I send many of my clients to the Coop for items that will support their health and wellbeing. I continue to have discussions with Coop managers and employees about what the Coop can offer to my clients, and the Coop continues to send me business.

Now that I live in Lewiston I also frequent Huckleberry’s in the nearby Rosauers and send clients there, as well as to the local Winco. I talk to the produce people, the butchers, the shelf stockers and the checkout people about what I enjoy about the store and ask questions about items I can’t find or would like to find more consistently. These conversations are part of my present version of cooperation and I find the results satisfying.

I don’t stop at grocery stores. My local tire store also does mechanical work and I appreciate the promptness and cheerfulness of the employees and manager. I’m on a first name basis with several of them and they know that I appreciate their work. When I limped in last summer during a big family occasion that required my truck and trailer they fixed the lights in minutes and charged me for the bulbs.

Everyone we come in contact with can be considered part of our cooperative model. I don’t always feel like talking to the other people in line at the store but if I do, they are almost always friendly and pleased to communicate. One fun thing to do is to find a way to shift someone who claims to be “having a very bad day” into a person who is chuckling over one of life’s little jokes. The ripples matter!

I’m fortunate right now to have a great team in Lewiston, an incredible tui na practitioner and a massage therapist/communication expert. We work together on people with serious issues and all of us benefit in many ways. In my Moscow office I have a young woman dancer teacher who is fresh out of massage school and is beginning to work with me on some of my clients. I love the co-treatment mode! And I feel so fortunate when I find bright, young rising stars to nurture.

This phase of my life allows me a lot of freedom but I would like to posit this concept: my cooperative activities have paid off in many ways throughout my career. Community, friendship, integrative medicine, and constant growth are some of the benefits. In the words of John Donne: “No (wo)man is an island.” For the sake of your health and well-being: cooperate!

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How to Make and Use Dit Da Jiao, continued from page 6

applied.

**How to Make Your Jiao**

The process that is used to make jiao is one of the oldest and simplest methods for extracting the medicinal properties of herbs. It is done by simply soaking the plant materials in alcohol for some period of time. The minimum amount of time is usually considered to be three to six months, but longer is better.

Alcohol by itself is a medicinal herb, its therapeutic function is to Move Blood. I generally try to use 80 proof alcohols and I prefer gin because it is fairly cheap and the juniper berry used in the distillation process is also anti-inflammatory. Traditionally, Chinese jiaos were probably made more commonly with rice wine than other grain alcohols. In my experience, rice wines are a little more ‘sticky’ when used on patients than other grains and harder to work with while doing tuina.

To make your jiao – 1. Combine the alcohol and herbs in a sealable container. Glass canning jars work well. You want something that can make a pretty good seal. 2. Use enough alcohol to completely cover the herbs. You don’t want any plant material exposed to air at any point during this process. 3. Seal the jar and store it in a cool, dark place. 4. You will need to agitate the jar every day or so for the first 1-2 months. After this is done, you can more or less forget about the jar until you are ready to start using the jiao. When I make jiaos, I always make more than one at a time; if I’m out I may crack one of the jars open at about 3 months while letting the other(s) soak for as long as possible.

Daniel Cashman is the owner of Seattle Asian Medicine and Martial Arts in Seattle, WA where he practices acupuncture and teaches Kung Fu. He can be reached at 206-363-0471 or info@sam-ma.com.
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Cooperation
Karen Young, L.Ac., IAA President

Cooperation comes in many flavors: with our clients; with each other; with adjacent, similar interest practitioners, with strangers and businesses; and with our selves,

This article was inspired by a little meditation from Thich Nhat Hanh:

"Breathing in, I am aware of my heart.
Breathing out, I smile to my heart.
I vow to eat, drink and work in ways
That preserve my health and well-being."

It's important not to feel alone, to feel the support of other humans. Believe me, I'm more of a loner than most people. But I still feel the need to cooperate with others and I cherish the moments when I find myself working with one or more folks on a worthwhile project.

While in training as an acupuncturist I held a job coordinating the Moscow Food Coop. In those days I was the only employee. My job was to keep the Coop solvent (which it wasn't when I was hired), organize volunteers, work with the Board and deal with every aspect of running a downtown business. I was paid $3.00 per hour for 30 hours a week. Needless to say, an average work week was more like 80 hours but I was young and active.

In cooperation with a member of the City council we started the now famous Moscow Farmers’ Market and a community garden.

After I stopped working for the Coop I focused more on my studies and began practicing acupuncture. But I kept my finger in the Coop pie, so to speak. I volunteered for many years as the Coop "herb

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