

# AIAM HOLISTIC PULSE

October 2021



## FALL QUARTER CALENDAR

Quarter Begins.....Oct. 5<sup>th</sup>

Fall Add/Drop

Deadline.....Oct. 11<sup>th</sup>

Faculty Development Day  
(school closed).....Oct. 26<sup>th</sup>

Thanksgiving Day (school  
closed).....Nov. 25<sup>th</sup>

Quarter Ends.....Dec. 30<sup>th</sup>



## ACUPUNCTURE

This month's theme is all about Acupuncture! October 24<sup>th</sup> had been dedicated as Acupuncture and Oriental Medicine (AOM) Day by National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM).

### Choosing an Acupuncturist

Choosing an Acupuncturist is a personal decision. They will be asking you detailed, very personal questions about your health and lifestyle in order to determine the best course of treatment for you. Make sure when you meet them that they are someone that you are comfortable with discussing everything in great detail.

You can ask for referrals from your physician, friends, or family who have gone to an Acupuncturist.

Check their credentials. Every state has specific requirements for practicing acupuncture, so this will vary depending on where you live. Here in Ohio, acupuncturists are licensed through the State Medical Board, so you can look them up via their website.

Keep in mind, if you have never experienced acupuncture, that it is quite different from Western Medicine. They do not look at the body or diagnose the same way. Even their terminology varies, and you will hear terms that you may not be familiar with. For example, they may say you have yin deficiency. If you have only ever gone to Western Medicine practitioners, that term will make no sense. Ask your acupuncturist questions if you don't understand what they mean.

## WHAT IS ACUPUNCTURE?

Acupuncture is the insertion of thin needles at strategic points around the body. It is most commonly used for pain management but is being increasingly used for additional wellness and stress management.



Acupuncturists may also use moxibustion during your treatment, which is a technique that involves burning of mugwort leaves. It is not used in every treatment. Moxibustion is used to strengthen the blood, stimulate the flow of Qi (energy), and maintain good health (<https://www.webmd.com/balance/what-is-moxibustion>). There are a variety of techniques used with moxibustion. Some people do have a sensitivity or allergy to mugwort, so let your Acupuncturist know immediately if you do or if you start to experience allergy symptoms during your session.

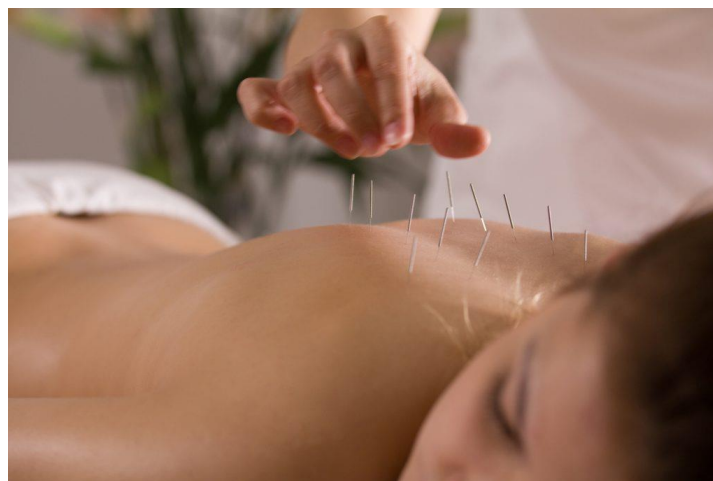
Cupping is another technique you may have heard about. During the Olympics you could see some of the athletes with marks on their body from their cupping treatments. Cupping is used often to treat back pain, neck pain, and headaches. It can leave bruise-looking marks on the body after the session due to the suction from the cups pulling blood to the surface. For more information on cupping, you can read this article from The Cleveland Clinic: [What is Cupping?](#)



## FUN FACTS ABOUT ACUPUNCTURE

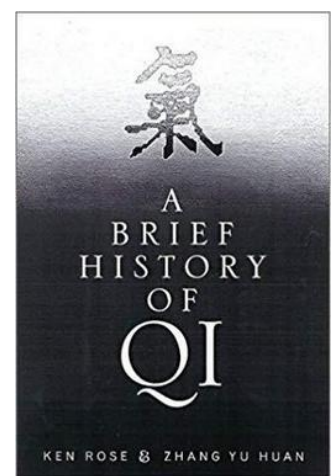
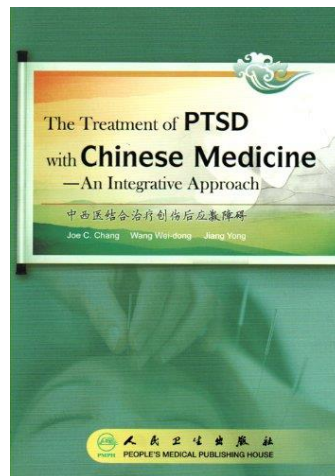
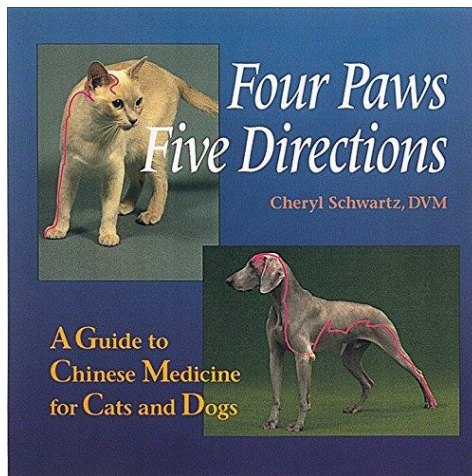
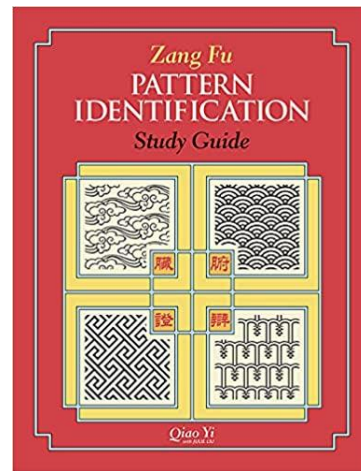
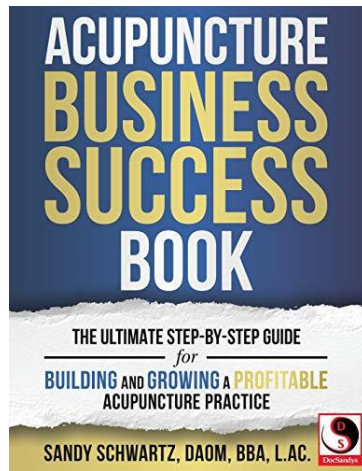
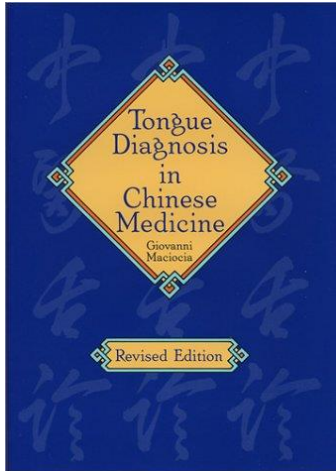
- Acupuncture has been around for over 3,500 years
- Acupunctre needles are extremely fine, so aside from an initial feeling on insertion, you won't feel the needles.
- There is a lot of research on the benefits of acupuncture. The National Institute of Health, World Health Organization, and many institutions around the world are studying it.
- In addition to pain treatment, acupuncture is often used to lessen chemotherapy side effects, autoimmune diseases, hormonal issues, insomnia, and more.
- Acupuncture has few to no side effects.
- Today's needles are made from stainless steel and disposed of after use. In the beginning they were made of bamboo, bone, and stone!
- Acupuncturists can tell a lot about what's going on in your body just by looking at your tongue
- Acupuncture gained notice in the USA around 1972 when then-President Nixon visited China with a reporter who ended up needing a treatment. The reporter was so amazed by the effectiveness that he wrote an article in the New York Times.

Fun Facts information pulled from: <https://www.swintegrativemedicine.com/blog/10-astounding-acupuncture-facts>  
<https://health.clevelandclinic.org/acupuncture-10-biggest-myths-and-facts-2/>





## Library Spotlight: Acupuncture Books in the AIAM Library



New process for checking out library books:

Click "Place a Hold" underneath the picture of the book on the Populi Library page. Ms. Fischer will email you when the book is available for pickup. Library books check out for 2 weeks.

Databases with Acupuncture Articles: Go to the Populi library page and click "Links". Use the login information to access the Alternative Therapies in Health and Medicine archives. For AltHealth Watch, just click the link.

If you need help locating articles, please email Ms. Fischer at [mfischer@aiam.edu](mailto:mfischer@aiam.edu)

ALTERNATIVE THERAPIES  
IN HEALTH AND MEDICINE



# AIAM IMPORTANT DATES AND OTHER INFO

**Fall Quarter Fire Drill: Thursday, October 14**

**Ohio Emergency Management's 2021 "ShakeOut" Earthquake Drill: Thursday, October 21, 10:21am**



The Fall 2021 Test-Taking Strategies Schedule is below. Ms. Fischer will be offering 3 sessions per week. **Just show up, no need to sign-up or email. Make sure you click the zoom for the exact day and time you will attend.**

**Tuesdays, 3:00-4:00pm from October 19-December 7 (no session on October 26)**

Join Zoom Meeting: <https://us02web.zoom.us/j/85129486143?pwd=RmZSNHdKOU1CaWdOSENzUmlzOTcrQT09>

**Fridays, 12:00-1:00pm from October 22-December 3 (no session on November 26)**

Join Zoom Meeting: <https://us02web.zoom.us/j/84563970977?pwd=ZndlNS9mTVVYNzNKaHhDRkkyMDYxdz09>

**Fridays, 4:00-5:00pm from October 22-December 3 (no session on November 26)**

Join Zoom Meeting: <https://us02web.zoom.us/j/89741424043?pwd=RGpidGhCU1M3aEJQb1ZNSVcoR2laQT09>

## **\*\*\* AIAM IMPORTANT REMINDERS \*\*\***

Masks are required for everyone on campus until further notice.

Check your AIAM email regularly for important communications from faculty and administration.

When coming on campus, DO NOT park in front of any space with a sign. You will be towed.

Students are responsible for communicating directly with the manufacturer on all warranty-related issues for the laptop computer. If the laptop computer is purchased through AIAM, students are responsible to replace the item(s) at full cost if lost, stolen, or damaged beyond repair or outside of the warranty.

