Qigong with Bill Helm and Robert Nations

SPECIAL GUEST AND KEYNOTE SPEAKER
Paul Chek, Founder of the C.H.E.K. Institute

UP TO 59 CEUs POSSIBLE

SPEAKERS

Ted Kaptchuk
Kiiko Matsumoto
Whitfield Reaves
Peter Deadman
Subhuti Dharmananda
Misha Cohen
Felice Dunas
Andrew Nugent-Head
JulieAnn Nugent-Head
Andy Ellis
Andrew Gaeddert

Holly Guzman
Roger Jahnke
East Haradin
Drew Pierson
David Bomzon
Avi Amir
Chad Conner
Sarica Cernohous
Guohui Liu
Mark Kastner
Z’ev Rosenberg

PRE-SYMPHOSIUM WORKSHOPS
Paul Chek Oct. 23-24
Andrew Nugent-Head Oct. 23-24

POST-SYMPHOSIUM WORKSHOPS
Kiiko Matsumoto Oct. 29
Whitfield Reaves Oct. 29-30
## 2018 Schedule at a Glance

### Tuesday/Wednesday 10/23-10/24

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>7:00am-7:30am</td>
<td>Early Morning Qigong · (1 CEU per session - NCCAOM limits Qigong PDAs to 4 CEUs)</td>
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| 7:30am-9:00am | CHEK Life Alchemy - 4 Health and Performance: Getting to the Root Cause of Your Patients’ Problems

### Thursday 10/25

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<tr>
<th>Time</th>
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<tr>
<td>9:00am-5:00pm</td>
<td>General Sessions · (1 CEU per speaker/3 per morning)</td>
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<tr>
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<td>Two-Day Sessions: 14 CEUs</td>
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<td>9:00am-5:00pm</td>
<td>Nine Essential Needling Techniques to Increase Clinical Efficacy</td>
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<tr>
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### Friday 10/26

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### 59 CEUs/PDAs

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### Earn Your Doctorate

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<tr>
<td>5:00pm-7:00pm</td>
<td>PCOM Doctorate Info Session</td>
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<tr>
<td>7:30pm-9:00pm</td>
<td>PCOM Alumni and Faculty Reunion 6:00pm-7:00pm</td>
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## Symposium Party

**KEYNOTE ADDRESS**

- **Peak Health & Performance: the 4-Doctor Approach**
  - Paul Chek

- **Symposium Party**
Greetings!

As part of our 30th anniversary celebration of Pacific Symposium, we want to take Chinese medicine continuing education one step further. In addition to speakers who will address the treatment of commonly, and uncommonly seen disorders, we have asked many of our presenters to tackle the challenge of “peak performance,” i.e., how Chinese medicine can help healthy patients achieve lofty goals, athletic performance, and ensure optimal health and extended “health span”. After all, the best medicine prevents illness and helps patients (should we call them patients if they’re not sick?) get the most from their precious lifetime. We hope you enjoy such topics as The Golden Elixir of Longevity and Immortality; Herbs and Nutrients for Athletic Performance; Wu Wei Zi: Fruit for Peak Performance; Creating Exceptional Treatment Experiences; Yangsheng Teachings on Living Longer, Healthier, Happier, and Wiser; and Combining Ancient Wisdom and Modern Neuroscience for Peak States, along with many other lectures and workshops.

Chinese medicine luminaries who were at the first Symposium in 1989—Ted Kaptchuk, Kiiko Matsumoto, Subhuti Dharmananda, Whitfield Reaves, and Misha Cohen—will be there. They’ll be joined by our newest generation of brilliant presenters: Drew Pierson, Sarica Cernohous, David Bomzon, Chad Conner, Guohui Liu, and Andrew and JulieAnn Nugent-Head. Rounding out this stellar faculty will be ten other perennial favorites. Our keynote presenter is Paul Chek, founder of the C.H.E.K Institute and an embodiment of our peak performance theme. Chek is the author of an amazing array of 60 DVDs and 17 advanced-level home study courses designed for the fitness and clinical professional. He will also present an in-depth two-day, pre-symposium workshop. Whether you join us for a day or the whole week, we look forward to celebrating our 30th anniversary with you.

Sincerely,

Jack Miller, LAc, MA
President

A LEGACY ROOTED IN COMMUNITY

We would like to take some time to express our gratitude and appreciation to the faithful and dedicated Symposium family, without whom this event could not have grown into what it is today: our visitors, speakers, exhibitors, faculty, students, and of course the team of volunteers and staff, who every year have worked tirelessly, placing their personal lives on hold, to put this event together. We feel honored and inspired by your contribution, and hope to enjoy your continued sharing of your passion for many years to come.

THE SYMPOSIUM THROUGH THE YEARS

SAVE THE DATE

PACIFIC SYMPOSIUM 2019
OCT. 29—NOV. 5

The annual Pacific Symposium is an opportunity to experience a community of healers while learning from innovators in the field.

Here’s a preview of the inspiring 2019 speaker line-up. In addition to presenting general topics, we will offer two specialized tracks: Yang Sheng, and Advanced Pain Management.

Jeffrey Yuen · Matt Callison · Dustin Dillber · Lillian Bridges
Jill Blakeway · Stephen Cowan · Claudia Citkovitz · Bill Helm
Amy Albright · Kiiko Matsumoto · Deirdre Courtney... and more!

Looking forward to seeing you again!
For information and registration, please contact:
email: Symposium@PacificCollege.edu, or call: 619.574.6909
PacificSymposium.org
GENERAL INFORMATION

This section will help you get the most out of your conference experience. If you have any questions, please do not hesitate to ask a Symposium team member. We are here to help make sure this event is memorable for everyone. Happy anniversary—let the fun begin!

BADGES
In order to receive PDAs/CEUs, you MUST wear and have your badge scanned. Attendance is tracked via badge scans. You must get scanned for each lecture or workshop by the door monitor. Door monitors, designated by orange vests, are available 15 minutes before and after each course.

You must get scanned in and out of each course you attend. Morning lectures are scanned going in at 9am and out at 12:05pm. You must remain in the Aviary Ballroom for all three lectures. If you leave a lecture or workshop early or do not get scanned, you will not receive credit for that course.

LECTURES AND WORKSHOPS
All events are available on a first come, first serve basis. Arrive early to see your favorite speaker or topic. Space in some workshops may be limited by the room size or the hands-on nature of the presentation. If you encounter a “Workshop Closed” sign, please move on to your next choice. This policy helps to make everyone’s experience more enjoyable by avoiding overcrowded workshops.

If you missed a lecture, the Thursday—Sunday conference audio is available for purchase for $99, see additional details in this program.

CEU/PDA AUDIT FORMS
You will find an attendance verification form in your attendee envelope: NCCAOM and CAB. Please legibly complete (Name, Address, Phone, Email, License #) the audit form(s) for which you need CEUs/PDAs for. Your signature is required on each line. Please add up your total hours. You will not receive a certificate without turning this form in. Each lecture or workshop you attend must be signed, calculated, and turned in to the CEU/PDA box at the end of your registered time. Look for the Audit Form boxes by the registration desk.

CERTIFICATES
Certificates will only be emailed to attendees who paid for CEUs/PDAs by registering as a “Professional” attendee.

SURVEY
This form is located in your registration packet. Please submit it before you leave. Your feedback is very important to us for determining the future direction of this event. If you suggest speakers, please provide their contact information. Look for the Survey box by the registration desk.

EVALUATIONS
These forms are located in your registration packet and are required for each course taken. See the registration desk if you need additional forms. Look for the Evaluation box by the registration desk.

TEA + COFFEE BREAK
Tea and coffee served each day in both the Foyer and the Rousseau Exhibit Hall, mornings and afternoons, from 10:45am to 11:10am and 3:30pm to 3:45pm.

LUNCH BREAK
1:05pm to 2:00pm

CONFERENCE RECORDINGS
Available for purchase at the conference recording service table. Full conference audio available for $99.

NOTE: Please respect the intellectual property of our speakers and symposium by refraining from audio or video recording of any part of the Symposium. Recordings from previous years are also available for purchase. Conference audio price of $99, is a limited time offer, and is available only at the Symposium.

Thank you for attending this year’s Pacific Symposium. We hope you have a truly enjoyable and enlightening experience!

Sincerely,
Jack Miller, LAc, MA, President
Candace Unger, Pacific Symposium Coordinator

REGISTRATION DESK HOURS
Thursday: 7am-12pm, 1pm-5pm
Friday-Sunday: 8am-12pm, 1pm-5pm

EXHIBIT HALL HOURS
Friday: 10:30am-2:15pm
4:45-7:00pm
Saturday: 10:30am-2:15pm
4:45-7:00pm
Sunday: 8:30am-1pm

EVENING EVENTS
Thursday, 7:30-9pm
Returning to the Source: A Discussion on the Past, Present and Future of Chinese Medicine by Z’ev Rosenberg
Friday, 7:30-9pm
Keynote: Peak Health and Performance: the 4-Doctor Approach by Paul Chek
Saturday, 7:00-10pm
Pacific Symposium Party
In the interest of environmental friendliness and to facilitate guest convenience, slides from our Pacific Symposium speakers can be found online.

Please visit PacificSymposium.org/handouts

Password: 

Handouts are available as PDFs to view or download and will remain on the Pacific Symposium site for 1 week after the conference. Speaker slides are organized by day. Please note: the presentations for the 2018 Pacific Symposium will not be printed as hand-outs.

CONFERENCE DETAILS

HOTEL ACCOMMODATIONS
The Catamaran Resort and Spa
3999 Mission Blvd., San Diego, CA 92109
RING: 1-800-422-8386
https://www.catamaranresort.com/groups/PCOM2018

MEETING SPACE AND SEATING
All seating is “first come, first served”. All meeting spaces are locked while not in session and no items can be left in rooms to reserve a seat. For the afternoon workshops, the doors will open and seats become available 15 minutes prior to the start of the workshop start time. Plan accordingly and arrive early to lectures and workshops to secure a seat. Once a room is full and there are no seats remaining, please plan to go to another workshop location. No refunds will be granted for a lack of seating available to one’s preferred courses.

PARKING
Please note the following rates if you are planning to park at the Catamaran Resort and Spa.
Hotel Guest: $17, $22 Valet
Non-Catamaran Hotel Guest: $8 for the first hour, $1.50 each additional hour, Day Maximum $25.
Hotel Parking validation stickers; all day parking for non-Catamaran guests, are available at the Symposium Registration desk, after 11am. The rate is $17/day.
Street parking is available. Please note the street sweeping signs posted in the Pacific Beach area.

CEU/PDA HOURS
Pacific Symposium provides up to 59 Continuing Education hours total (NCCAOM and CAB).
You must pay the professional rate to receive CEU credit. Pacific College of Oriental Medicine Alumni receive 10% off the professional rate.

Schedule is subject to change without notice. Any changes made to the CEU/PDA totals will be updated on the website.

RECORDING
By registering for the Symposium, you understand that lectures and presentations held within the Symposium venues may be video and/or audio recorded for internal, broadcast, non-broadcast and promotional purposes. As an audience member, some of these recordings may contain your likeness and/or your voice. By your registration, you grant Pacific Symposium and its affiliates the irrevocable right to record and use any recordings containing your likeness and/or your voice for internal, broadcast, non-broadcast, and promotional purposes by Pacific Symposium.

No personal audio or video recording will be permitted. Dismissal from the conference will be enforced. High quality CD recordings will be made of most sessions and available for purchase during and after the Symposium.

Pacific College’s transitional DAc/DACM is:
- 100% online
- Less than $10K
- Can be completed in as few as two terms
- Integrative medicine focused
- Designed to work with your busy schedule

CONTACT/RSVP:
Visit booth #31 in KonTiki
CALL: 1.866.276.0717 or EMAIL: Admissions-DACM@PacificCollege.edu

PacificCollege.edu
A needle is not meant to be inserted into a point, but to manipulate the qi of a patient. The point is only a location, and its actions only happen reliably with correct manipulation of the needle. Understanding how to change the motion and intensity of our needling and supporting hands as well as our body weight is critical to moving beyond insertion and hoped-for results. To reliably create warming, cooling, channel traveling, gathering, spreading, filling, or emptying sensations in our patients requires knowing how to tangibly manipulate the needle. In this seminar, Andrew walks through the physical mechanics of each technique as well as demonstrates them on volunteers from the audience to keep the presentation practical. The Nine Essential Needling Techniques covered are Burning Mountain 烏山山火法, Cooling Sky 透天涼法, Channel Traveling 行行行經透絡法, Softening/Spreading 散法, Gathering/Consolidating 聚法, Sparrow Pecking 雀啄法, Pulling Out 提 氣法, Pinning In 扣 氣法, and Awakening the Yuan 醒元法.

Chinese medicine, like alchemy, emerged from observations of the principles and functions of nature. Chek Life Process Alchemy (CLPA) is the product of 32 years of clinical experience and research into body-motion-mind-soul interrelationships. CLPA will aid acupuncturists and healthcare professionals in understanding key physiological regulatory systems, and how the psyche and body of a patient respond to and mirror each other. Using key principles of alchemy as expressed via physiological regulatory systems, Jungian principles of depth psychology and the four functions of consciousness, and assessment of an individual’s life story, CLPA provides an efficient means of identifying the etiology behind patient symptoms. Students of CLPA will learn a structured system of patient assessment progression, awareness training and behavioral change that is highly complementary to acupuncture theory and practice. You will learn to use CLPA in combination with acupuncture to resolve root causes of psychophysical challenges and facilitate the patient’s ability to accomplish their stated dream, goal, or objective for healing and life.
At Kan, Quality is a Way of Life.

Our Extensive Chinese Herbal Formula Line Includes:
- Kan Herbals
- Kan Traditionalals
- Kan Essentials
- Chinese Modular Solutions
- Gentle Warriors
- Sage Solutions
- Jade Woman/Jade Man Herbals
- MycoHerb
- Alembic Herbals
- Kan Singles

Kan Herb
COMPANY
Chinese Herbal Products You Can Trust
380 Encinal Street, Suite 100 • Santa Cruz, CA 95060
800.543.5233 • customer@kanherb.com • www.kanherb.com

Scientifically Assured Quality, Consistency, Potency and Purity.

- All formulas are manufactured and tested exclusively in the USA from imported Chinese herbs.
- Only the freshest and highest quality herbs are procured, many of them organic when possible.
- Identity testing is performed to ensure that the right herb is being used every time.
- Quality control tests and examinations are performed on all incoming ingredients.
- Quality control tests and examinations are performed at every stage of production.
- Because we manufacture our products from beginning to end at our state of the art facility in California, we ensure that the quality of our products is guaranteed every time.

Creating Exceptional Treatment Experiences, Part 1 by East Haradin

Thursday, October 25, 9:00-9:50am • Aviary Ballroom • CAB Category: 1

Instead of providing everyday, ordinary treatments you can create exceptional treatment experiences for your patients. By doing so, you have an opportunity to enjoy your work more fully and make your treatments more effective and valuable. Join Dr. East for this introductory discussion on the difference between an ordinary treatment and an extraordinary treatment experience. She will share with you a few simple, and highly effective, tools, techniques and modalities you can incorporate into your practice right away to begin to create exceptional treatment experiences for your patients. In addition, she will explain why they have been clinically proven to increase patient satisfaction and treatment outcomes.

Creating Exceptional Treatment Experiences, Part 2 by Dr. East

Thursday, October 25, 9:55-10:45am • Aviary Ballroom • CAB Category: 1

Join Dr. East for this introductory discussion on the difference between an ordinary treatment and an extraordinary treatment experience. She will share with you a few simple, and highly effective, tools, techniques and modalities you can incorporate into your practice right away to begin to create exceptional treatment experiences for your patients. In addition, she will explain why they have been clinically proven to increase patient satisfaction and treatment outcomes.

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Treatment of Interstitial Cystitis According to Qi Transformation Theory in the Shang Han Lun by Guohui Liu

Thursday, October 25, 11:15am-12:05pm • Aviary Ballroom • CAB Category: 1

Interstitial cystitis is a common yet difficult disease for middle-aged women. It is easily confused with urinary tract infection and treated as damp-heat alone in clinic. After studying the Shang Han Lun for more than four decades, Guohui Liu has found that the qi transformation theory related to the tai yang, tai yin, and jue yin diseases are quite useful in dealing with this disease. Based on analysis of a couple of his own case studies, the speaker will lay out the strategies and formulas to treat this disease.

Accessible Medical Qigong for Patients and Clinicians by Roger Jahnke

Thursday, October 25, 2:00-5:00pm • Cockatoo Room • CAB Category: 1

Long before acupuncture, and as a part of the methods for discovering herbal medicine and acupuncture, there was self-observation and self-cultivation: qigong. The insight and awareness cultivated by ancient sages created Chinese medicine. Clinical practitioners of Chinese medicine can cultivate the wisdom and insight of the ancients through the practice of qigong in modern times. Dr. Jahnke, with the experience accumulated through ten trips to China and 35 years of clinical practice, will support participants in learning and practicing an accessible form of medical qigong: Bu Zheng Qigong. The foundations for this class are the classical Chinese Three Treasures body-jing, heartmind-qi, spirit-shen, and the four baskets of practice: body practice, breath practice, mind practice, and self-applied massage. A key seminar theme is the idea that teaching people to help heal themselves is in accord with the Huang Di Nei Jing theme is the idea that teaching people to help heal themselves is in accord with the Huang Di Nei Jing
Combining Ancient Wisdom and Modern Neuroscience for the Implementation and Assessment of Peak States by Drew Pierson

This course will focus on the neuroscience of peak states and inherent trait changes, including what happens on a neurophysiological level while in peak states. We will also cover EEG assisted meditation, attention and state awareness, where “state” refers to the cognitive, sensory integration and self referential aspects that can arise during a peak experience, and Taoist wandering and the free mind: the loss of self-consciousness and how it is essential for states of flow. Learn about tools for assessment, training, and state attainment such as neurofeedback, heart rate variability, TCM, and new neurostimulation technologies; pulsed electromagnetic fields, transcranial direct current, and cryotherapy.

Creating Exceptional Treatment Experiences, Part 2 by East Haradin

Join Dr. East Haradin for this fun and interactive workshop which will explore specific ways you can take your treatments to the next level by providing exceptional treatment experiences rather than just plain treatments. By doing so, you will not only improve patient satisfaction and treatment outcomes, you will have the potential to increase the value, and price, of your treatments. Dr. East will share with you the key components of an exceptional treatment experience, including: (1) A prepared practitioner: ways you can practice mindfulness, prevent burn out and work from your highest potential. (2) Tools, techniques, and adjunctive modalities you can include in your treatments to make them extraordinary. (3) The use of objective measurements. (4) A collective and mindful approach to patient care. Woven into the workshop will be hands-on-practice and experience of many of the tools, techniques, and modalities explored.

Classification and Clinical Application for Tai Yin Disease in Shang Han Lun by Guohui Liu

Tai yin disease in the Shang Han Lun is related to digestive disorders, for practitioners in clinic. As early as the 3rd century, Zhang Ji recorded many diagnostic skills and formulas to treat tai yin disease in his work based on his clinical practice. Nowadays, clinical practice has proven these skills and formulas are quite useful for us to deal with digestive disorders in our daily practice. This speech will classify all information about tai yin disease in the Shang Han Lun into two categories: disorders completely belonging to tai yin disease and disorders partially belonging to tai yin disease. We will also discuss how to identify them according to the speaker’s experience and analyze the formulas related in details. Some case studies will be used to demonstrate how to manage these diagnostic skills and treatment approaches in clinical practice.

Traditional Nutrition Considerations for the Modern Patient by Sarica Cernohous

Is nutritional guidance part of your care for your patients? It is as it is a powerful way to help your patients help themselves, and support the good you do for them in the treatment room. However, have you found that the standard suggestions to eat whole, organic foods, to read labels, or maybe to avoid gluten, or work within paleo principles...maybe that isn’t enough? And how is it that legumes, grains, and dairy have been a common component of the human diet, but are now “off-limits” for many? If you are ready to deepen your support for your patients around nutrition (and benefit yourself in the process), this class is for you. Learn about the important methods of predigestion through traditional food preparation techniques and how they are a missing link in the modern picture of health!

Returning to the Source: A Discussion on the Past, Present & Future of Chinese Medicine by Z’ev Rosenberg

Chinese medicine constantly refers back to its sources in order to initiate the new. Its source code is in the Han dynasty medical classics. In this lecture, Z’ev Rosenberg shares the knowledge from his study of these texts, explaining how these inform his methodology of diagnosis and treatment. He advises how biomedical disorders can be retranslated into sophisticated Chinese medical diagnoses, address the great clinical challenges of our time, and rebalance the body/mind landscape and circadian rhythms that are so essential to health.
Herbs and Nutrients for Athletic Performance and Recovery, Part I by Andrew Gaeddert

Whether your clients are weekend warriors, amateurs, or professionals, we will discuss nutritional needs, eating plans, and mind-body approaches for athletes based on the latest research. Learn about alternatives to performance-enhancing drugs and pain pills. Protocols for anxiety, altitude sickness, anemia, blood sugar balance, injury prevention, muscle soreness, digestive health, sleep disorders, and overtraining will be presented. Discover how constitutional TCM herbs and formulas can maximize recovery and performance. We will look at methods for obtaining the best results from ginseng, schizandra, astragalus, cordyceps, curcumin, and pomegranate. Best practices for herbal dispensing and communications strategies will also be discussed.

Maintaining Metabolic Balance with Integrated Chinese Medicine by Misha Cohen

The number of people in our society who suffer from type 2 diabetes, essential hypertension, elevated cholesterol, high BMI, abdominal fat, and fat in the liver is increasing exponentially. This is often characterized in Western medicine as “metabolic syndrome”. Chinese medicine, along with other natural approaches, can help prevent the development of metabolic syndrome as well as reverse the effects of metabolic syndrome once it has become entrenched. In this lecture, metabolic syndrome and Chinese medicine pattern differentiation will be identified. Practices will be recommended that can help prevent the development of the various components of metabolic syndrome as well as treat aspects of metabolic syndrome once it has developed.

Introduction to Cannabis Medicine from a TCM Perspective by Chad Conner

This lecture will introduce the history of Cannabis use in China. The major therapeutic directions of the plant correlated with TCM patterns will be discussed. The endocannabinoid system will be explained followed by a discussion of the known contraindications of Cannabis will be presented. The lecture will finish with a discussion of extraction methods, quality assurance testing, and legal issues in the United States and worldwide.

Wellness vs. Disease: Clinical Application of the Shen Nong Ben Cao (SNBC) by JulieAnn Nugent-Head

Qing Dynasty practitioner Chen Xiuyuan said that the study of Chinese medicine was actually quite easy. Yet today, herbal medicine is seen as either incredibly academic or encourages the use of set formulas without modification. In this short program, JulieAnn Nugent-Head outlines how the Shen Nong Ben Cao provides clear guidance to application of herbs for longevity, mild symptoms and disease. By its tripartite organization, the SNBC clarifies herb dosage and appropriate length of treatment. Discussing specific herbs from each category as well as clinical case examples, participants will come away from this lecture with a clear and applicable grasp on how to apply herbs for wellness and disease.

Fatty Liver: An Integrated Chinese Medicine Approach to a Growing Global Epidemic by Misha Cohen

Chances are good that you are treating people with chronic liver disease, including fatty liver, but may not know it. Chronic liver disease affects more than 50 million people worldwide, yet the vast majority of people with liver disease have not been diagnosed and often feel well until the last stages of disease. The fastest growing chronic liver disease is fatty liver disease and, very soon, will become the primary reason for liver transplant in the developed world. People with liver disease need to be identified, receive a Western diagnostic workup, and can benefit from using Chinese medicine, nutritional support and other non-pharmaceutical treatments. This course will explore the theory and practice of integrated Chinese medicine for chronic liver disease, especially fatty liver disease in conjunction with metabolic syndrome. Supportive and safe Chinese herbal medicine and acupuncture will be explored. Case studies and open discussion will round out the seminar.
### Personalizing Cannabis Medicine from a TCM Perspective by Chad Conner

This workshop will cover the challenges of integrating Cannabis into the practice of TCM. It begins with a review of the TCM actions of cannabis flowers in the traditional materia medica literature. The physiological effects of cannabis will be discussed, with an emphasis on the importance of Cannabinoid ratios and Terpene profiles in personalized Cannabis medicine. A framework for personalized Cannabis medicine based on the classification of Cannabis cultivars on a Yin/Yang continuum will be presented. Lastly, this course will present case studies to illustrate the personalization of Cannabis medicine from a TCM perspective.

Whether your clients are weekend warriors, amateurs, or professionals, we will discuss nutritional needs, eating plans, and mind-body approaches for athletes based on the latest research. Alternatives to performance-enhancing drugs and pain pills, as well as protocols for anxiety, altitude sickness, anemia, blood sugar balance, injury prevention, muscle soreness, digestive health, sleep disorders, and overtraining will be presented. Learn how constitutional TCM herbs and formulas can maximize recovery and performance. We will look at methods for obtaining the best results from ginseng, schizandra, astragalus, cordyceps, curcumin, and pomegranate. Best practices for herbal dispensing and communications strategies will be discussed.

### Herbs and Nutrients for Athletic Performance and Recovery, Part 2 by Andrew Gaeddert

Whether your clients are weekend warriors, amateurs, or professionals, we will discuss nutritional needs, eating plans, and mind-body approaches for athletes based on the latest research. Alternatives to performance-enhancing drugs and pain pills, as well as protocols for anxiety, altitude sickness, anemia, blood sugar balance, injury prevention, muscle soreness, digestive health, sleep disorders, and overtraining will be presented. Learn how constitutional TCM herbs and formulas can maximize recovery and performance. We will look at methods for obtaining the best results from ginseng, schizandra, astragalus, cordyceps, curcumin, and pomegranate. Best practices for herbal dispensing and communications strategies will be discussed.

### Wu Wei Zi: Fruit for Peak Performance—Modern Discoveries by Subhuti Dharmananda

The original applications of Wu Wei Zi, as recorded in ancient texts, mostly point to its inclusion as a minor ingredient in formulas for lung diseases and for astringent effects. This early work led to Wu Wei Zi as a frequently used herb, but one which did not generate much interest in further development. Perhaps the most important ancient use came with the formula Sheng Mai San, the pulse-generating powder that has become an important base for modern prescriptions. During the post-revolutionary period in China, research into Wu Wei Zi’s effects on the brain and the immune system became a new area of interest,stimulated by research done outside of China. Most practitioners of Chinese medicine tend to use Wu Wei Zi according to its more limited ancient applications, so this presentation will broaden the understanding of its clinical use and particularly for enhancing performance.
Sleep: Ancient Teachings and Modern Research by Felice Dunas

Saturday, October 27, 9:55am-10:45am

Aviary Room  CAB Category: 1

Sleep serves many purposes according to TCM, yet modern science is still discovering new facts that practitioners should know, some of which confirm what TCM has been espousing for generations. Learn how to merge TCM’s philosophical and physiological understanding of sleep with the newest research, with emphasis on practical strategies for enhancing patient care. Dr. Dunas will address the role of sleep, how much is needed, and how it affects peak performance and recovery.

The Fantastic Three: Yamamoto New Scalp Acupuncture, Physical Therapy, and Guided Imagery in Stroke Patients by David Bomzon and Avi Amir

Saturday, October 27, 11:15am-12:05pm

Aviary Room  CAB Category: 1

The current therapy for stroke patients is repeated stimulation to damaged neurons, and the extent of recovery is linked to the frequency of these stimulations. Over the years, knowledge of brain structure, development, and function has dramatically increased. This new knowledge has led to proposals that new neuronal connections can be forged within brain tissue damaged by cerebrovascular accidents (CVA) or trauma. This session will describe the combined use of three rehabilitative therapies for stroke patients: Yamamoto New Scalp Acupuncture (YNSA), physical therapy, and guided imagery. Bomzon and Amir will also cover the outcome of this combined therapy in patients who have experienced a CVA or who suffer from chronic pain.

Psyche, Breath, and Sex: Exercises to Optimize Treatment Outcomes by Felice Dunas

Saturday, October 27, 2:00-5:00pm

William D. Evans  CAB Category: 1

This workshop will include discussion of the behavioral symptoms of illness, psychology as expressions of energetic syndromes, and the TCM view of sexual energy and breath healing techniques, or qigong. Dunas will also cover exercises for in-office treatments or take-home protocols for patients. Familiarity with this material broadens treatment room conversations to include emotion and behavior as viewed from a TCM perspective, which helps patients understand how the condition of their qi is responsible for their behavior, interpersonal interaction patterns, and love relationships, as well as physical health.

Getting Back in the Game: Strategies for Recovery from Injury, Surgery, and Other Damage by Subhuti Dharmamanda

Saturday, October 27, 2:00-5:00pm

Macaw Room  CAB Category: 1

Treatment of injury is one of the foundations of acupuncture practice, but the herbal component of therapy is often given little attention, relying primarily on a single therapeutic principle—vitalizing blood—and use of some well known topical oils, liniments, and plasters. However, TCM has a richly developed field of traumatology that includes consideration of injury in stages—initial, intermediate, and chronic—with different herbal therapeutics based on not only stage but location of injury, depth, and assessment of progress. The experience with traumatic injuries can be applied as well to the effects of surgery, radiation therapy, localized infection and inflammation, and childbirth.

Things My Teachers Said: Passing the Torch by Andy Ellis

Saturday, October 27, 2:00-5:00pm

Cockatoo Room  CAB Category: 1

Andy Ellis has had the great fortune in the last 40 years to study with excellent practitioners of Chinese medicine. His goal for this workshop is to pass on some of the techniques, formulas, and life advice he has received from his teachers. He will select noteworthy lessons, particularly effective treatments, and sage advice to pass on to upcoming generations. Attendees will learn clinically applicable treatments for various disorders, including unique uses and external applications of herbs and self-massage techniques.
Cultivating the Mind and Emotions for Health and Wellbeing by Peter Deadman

In many cases, mental and emotional states play a greater role in health and wellbeing than any other factor, because without a level of emotional integration, it is impossible to truly care for ourselves. This workshop will delve into the harm caused by unregulated emotions and explain, using both yangsheng (nourishment of life) teachings and modern research, how practitioners and patients can transform them into positive mental states. It will then offer simple, practical ways to cultivate calmer, more centered, more connected, and more compassionate states.

A Clinical Perspective on Human Performance by Whitfield Reaves

The skilful use of acupuncture, Chinese herbs, and nutrition provides benefits to athletes at a time when they are searching for any and all means of performance enhancement. What has been learned from this specialized application of Chinese medicine can be applied to anyone seeking optimal performance to achieve their personal goals. This lecture will focus on enhancing human performance beyond the sporting world. Whitfield Reaves will discuss his favorite techniques, formulas, and acupuncture points, used in the athletic community since before the 1984 Olympics in Los Angeles, where Reaves supported American athletes. Included will be the importance of proper zang fu diagnosis, mental preparation, and postural stability. Attendees will gain new skills and confidence in the care of the athlete and the active patient.

Yamamoto New Scalp Acupuncture for Neurological Diseases, Chronic and Acute Pain by David Bomzon and Avi Amir

Yamamoto New Scalp Acupuncture (YNSA) is named after the Japanese physician, Dr. Toshikatsu Yamamoto, who developed this acupuncture system in 1973. YNSA is used to treat neurological conditions, and is effective in stroke patients with pain and/or restricted mobility. YNSA is comprised of basic acupuncture points (somatopes), mainly on the scalp. In addition to providing symptomatic relief, YNSA is sometimes curative. Attendees will learn background of YNSA, and how to use it to treat patients with acute or chronic pain and neurological diseases, including the needling points of YNSA, its diagnostic area, and how to use them to select the correct needling point; how YNSA is applied to a patient with neurological disease and pain, how to apply it to treat any energy imbalance in the body, and how to combine YNSA with any TCM treatment.

Traditional Chinese Medicine and Human Performance by Whitfield Reaves

The skilful use of acupuncture, Chinese herbs, and nutrition provides benefits to athletes at a time when they are searching for any and all means of performance enhancement. What has been learned from this specialized application of Chinese medicine can be applied to anyone seeking optimal performance to achieve their personal goals. This lecture will focus on enhancing human performance beyond the sporting world. Reaves will discuss the integration of acupuncture and the principles of Chinese medicine used in sports medicine, both for the athlete and the active person.

Yangsheng Teachings on Living Longer, Healthier, Happier, and Wiser by Peter Deadman

Gain inspiration from a broad overview of the 2500-year-old yangsheng (nourishment of life) teachings on how to live longer and be healthier, happier, and wiser in doing so. Attendees will learn how to best to care for their own wellbeing and serve as models and teachers for their patients.

The Ladder of the Soul in Chinese Medicine by Ted Kaptchuk

This presentation will describe the nature of the “soul” (jiing-hun) in Chinese medicine. Far from being marginal, it is central to the Nei Jing and many other early Chinese medical texts. The talk will review the five components of the soul—hun, po, yi, zhi and shen—on existential, moral, and spiritual levels, and their intrinsic relationship to the physical body. After describing these five components, the unifying foundational Chinese medicine concept of “the ladder of the soul” will be examined. Examples of relevance to herbal and acupuncture practice will be presented.
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Felice Dunas · Z’ev Rosenberg
Roger Jahnke · Andrew Gaeddert
Andrew Nugent-Head · Paul Chek
East Haradin · Drew Pierson
David Bomzon and Avi Amir · Guohui Liu
Sarica Cernohous · Chad Conner
Speaker list subject to change.

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We look forward to reminiscing, relaxing, and toasting to you!

Musings on Pacific Symposium’s 30 Year Anniversary

As the varnish dries on the Pacific Symposium 30th Anniversary art piece, I contemplate the deeper meaning of this mark in time. It turns out that 30 years is a significant cycle in time, a gathering of essence, of rhythmic fluctuations, and cyclical occurrences.

The 30 year mark represents the reaching of physical and mental maturity, along with the capacity to handle greater responsibilities. It symbolizes a dedication to a calling and represents the ‘maturity of a crop’.

As I ponder this, it occurs to me that our medicine here in the West—which clearly stands on the shoulders of those in the East, the many who have gone before us for thousands of years—has reached a maturing point in the journey worthy of celebration. Worthy of honor. Worthy of next cycle determination and up-leveling. Whether you’re decades into Chinese medicine, or newly in, I believe we are each called to it, and perhaps now we’re being called to yet greater expansion. Isn’t that the nature of growth cycles?

Each of us is a steward of this medicine, this healing art that works at depths and breadths sometimes hard to fathom. My research on the Chinese character for ‘mature’ and ‘maturity’ was fascinating. There are nine different symbols or characters to represent this experience. The character I chose for us, for this 30 year celebration, is a version of ‘mature’ that denotes evolution and progress.

My inquiry for myself and you is: how shall we use this more mature qi to further our medicine? What are some next steps for this furthering? How can we continue to evolve alongside, not in competition with, but alongside conventional medicine?

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Laurie Morse, LAc, MTOM
Featured Artist

PEARL ANNIVERSARY ARTWORK
“Maturity”, mixed media collage mounted on canvas.

The artwork for the theme of this year’s symposium was created by Laurie Morse, LAc, MTOM, a graduate of Pacific College. Ms. Morse serves as the Director of Holistic Health Services in San Diego, California, a private practice dedicated to supporting optimal health through natural medicine for the past 20 years. Laurie’s artwork, which represents ancient Chinese characters and elements of Chinese medicine, is intended to inspire and awaken love and healing.

LaurieMorse.com/asian-art/
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SATURDAY: 10:30am - 2:15pm & 4:45 - 7:00pm
SUNDAY: 8:30am - 1:00pm

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<table>
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<tr>
<th>Company Name</th>
<th>Description</th>
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<tbody>
<tr>
<td>Acu-Market</td>
<td>Established in 2000. One of the largest suppliers of acupuncture, herbal, homeopathic, &amp; supplements in the United States. Our products are sold exclusively by and through licensed healthcare practitioners &amp; students. We do not sell to the public.</td>
</tr>
<tr>
<td>Acutonics Institute of Integrative Medicine, LLC</td>
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<td>ActiveHerb Technology Inc.</td>
<td>Leading US provider of premium Chinese medicine. Their ActiveHerb and Guang Ci Tang products are guaranteed to be 5:1 concentrated, potent, and safe.</td>
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<tr>
<td>Abacus Health Products</td>
<td>Skincare produces - Beauty oils, Hydrolats, Mask, Cleanser, Balm</td>
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<tr>
<td>Allergy Research Group</td>
<td>Offers a comprehensive range of Acupuncture and Herbal Supplies from one source; eco-friendly needle production and packaging; Three Treasures herbal line by Giovanni Maciocia.</td>
</tr>
<tr>
<td>American Acupuncture Council</td>
<td>The leader in providing professional liability insurance to Acupuncturists. AAC provides affordable, reliable malpractice insurance and is a proud supporter of PCOM.</td>
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<tr>
<td>American Healing Technologies</td>
<td>Markets, distributes, and formulates high-quality TCM herbal formulas, Including 36 classical Tanglong Brand formulas, color-coded to the Five Element Theory.</td>
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<tr>
<td>Ancient Roots Nutrition</td>
<td>Providing high quality videos that teach your patients the basics of East Asian medicinal food therapy and acupuncture 101.</td>
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<tr>
<td>Blue Poppy Enterprises</td>
<td>World leader in translated Chinese medicine information and Distance Learning education for practitioners of Chinese medicine</td>
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<tr>
<td>C. A. I. Corporation</td>
<td>An advocate for the acupuncture profession for over 30 years, with members from licensed practitioners and teachers to students, suppliers, and educational institutions.</td>
</tr>
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<td>CALPro</td>
<td>Full-service malpractice insurance agency specializing in servicing healthcare professionals in California since 1988.</td>
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<td>Canada RNA Biochemical, Inc.</td>
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<td>E-Fang Herbs, Inc.</td>
<td>Their high-concentrate granulated TCM products are manufactured by Yifang Pharmaceutical Corporation in China and are specially packaged for distribution to licensed practitioners within the US.</td>
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<tr>
<td>Ear Seeds Inc.</td>
<td>Creates unique resale-ready auriculotherapy products for clinical use, including Swarovski crystal ear pellets, essential oil infused ear seeds, and condition-specific ear chart kits.</td>
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<tr>
<td>Eastland Press</td>
<td>Publishers of textbooks on Chinese medicine, osteopathy, and bodywork.</td>
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<tr>
<td>Essential Medicina</td>
<td>Essential Medicina offers a selection of Tonic Latte blends, formulated by Dr. Eric Baumgartner L.Ac. using organic and wildcrafted adaptogens from Chinese, Ayurvedic, North and South American, and Western herbal traditions.</td>
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<td>Essential Oil Acupuncture</td>
<td>Apply essential oils directly on acupuncture points for enhanced therapeutic effect, with or without needles.</td>
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<td>Evergreen Herbs and Medical Supplies</td>
<td>To serve the healthcare profession through quality herbal extracts and expert advice.</td>
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<td>Five Flavors Herbs, Inc.</td>
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<td>Golden Flower Chinese Herbs</td>
<td>Golden Flower Chinese Herbs has been providing practitioners with high-quality traditional and innovative herbal formulas since 1990. We also carry a complete line of acupuncture needles and supplies.</td>
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<td>Golden Sunshine USA, Inc.</td>
<td>Provides natural herbal pain management, skin care, and nutritional support products based on Traditional Chinese Medicine.</td>
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<tr>
<td>Griffo Botanicals</td>
<td>Handcrafted, locally-produced liquid herbal extracts using the finest herbs available. Quality, effectiveness, and convenience.</td>
</tr>
<tr>
<td>Health Concerns</td>
<td>Manufactures Chinese herbs for practitioners, bringing centuries of tradition to the west.</td>
</tr>
<tr>
<td>Helio Medical Supplies</td>
<td>Manufacturer and supplier of quality acupuncture needles such as AucGlide, AucMaster, Vinco, Viva and C&amp;G brands.</td>
</tr>
<tr>
<td>Holistic Billing</td>
<td>We are a healthcare consulting firm focused on servicing integrative medicine practitioners through a secure online portal. We offer acupuncture billing services and connect you with all major medical insurance companies.</td>
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<table>
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<th>Event Space</th>
<th>Size (x ft)</th>
<th>Square Ft.</th>
<th>Height</th>
<th>Recpt.</th>
<th>Banquet</th>
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<td>40</td>
<td>12</td>
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<td>20</td>
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<tr>
<td>East &amp; West</td>
<td>28 x 40</td>
<td>1064</td>
<td>10</td>
<td>80</td>
<td>70</td>
<td>90</td>
<td>48</td>
<td>40</td>
<td>34</td>
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<tr>
<td>Marquesas Suite</td>
<td>29 x 19</td>
<td>551</td>
<td>9</td>
<td>50</td>
<td>30</td>
<td>40</td>
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<tr>
<td>Sternwheelers</td>
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**Sternwheelers**
- William D. Evans
  - William D. Evans #1 36 x 40 1400
  - William D. Evans #2 36 x 50 1800
- Bahia Belle
  - Bahia Belle (Entire Boat) --- --- 175
  - Bahia Belle (Level One) 22 x 43 946
  - Bahia Belle (Level Two) 23 x 39 897
- East & West
  - East 22 x 43 946
  - West 22 x 40 864

**Outdoor Lawns**
- Beach North --- --- 1000
- Beach South --- --- 200

**Take your guests away from the ordinary!** Step aboard our nineteenth-century-style paddle wheelers reminiscent of the great vessels that once ruled America's waterways.

We offer specialized catering or theme packages to complete your function and create an unforgettable experience for everyone on board. With full-film viewing and the latest audio/visual equipment, we can change a routinely ordinary meeting into a truly unique event.
Sugar Control Herb Pack™

- Helps you maintain healthy blood sugar levels
- Improves blood insulin control and release
- Helps your body healthy blood sugar levels already in the normal range.
- Cinnamon to work with your natural blood glucose levels.
- Herbal support in easy to use granules, with NO unnecessary fillers.