

Spring 2023

# MEDICINAL ROOTS 智慧 MAGAZINE

*Ancient Wisdom - Modern Healthcare*



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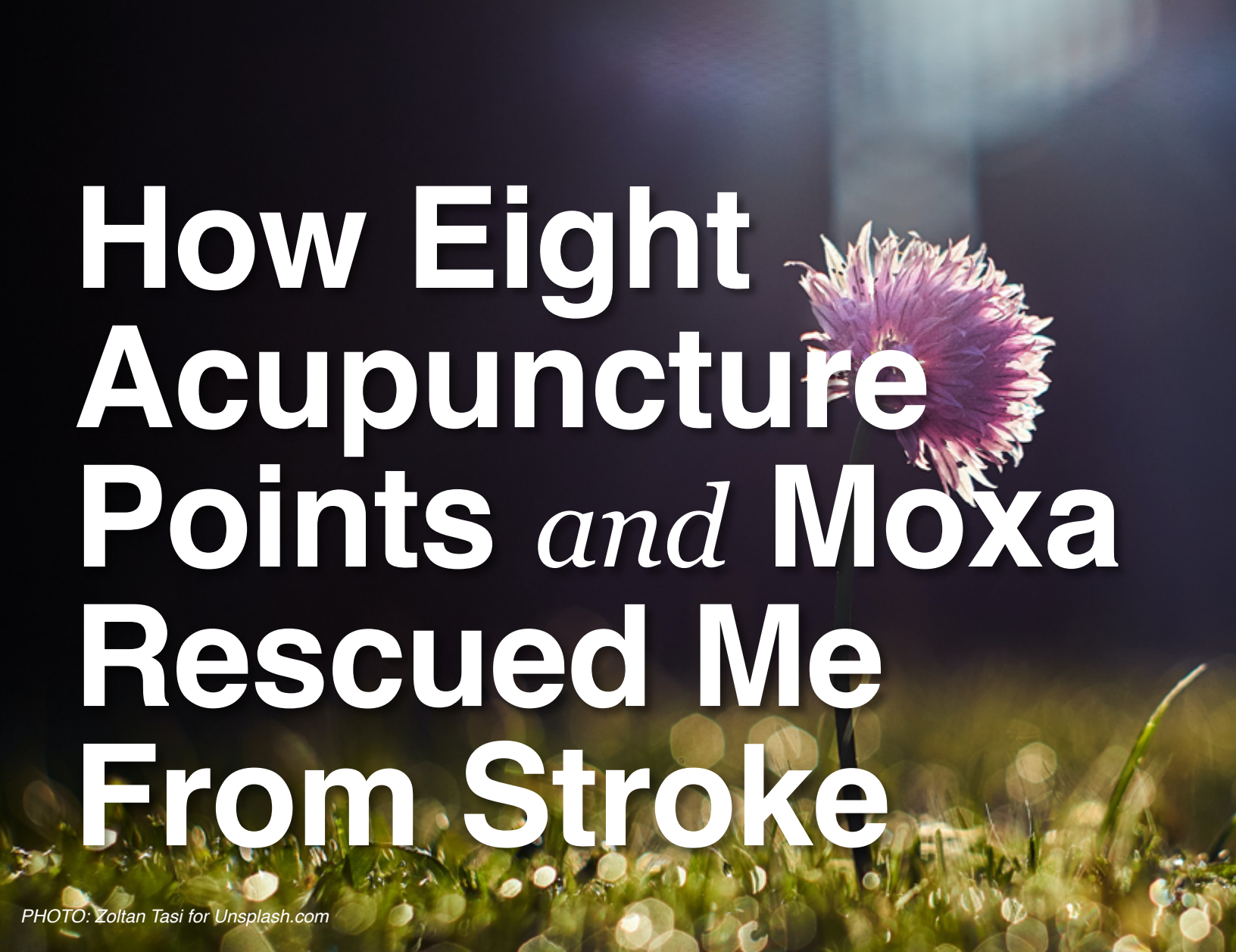
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# How Eight Acupuncture Points *and* Moxa Rescued Me From Stroke

PHOTO: Zoltan Tasi for Unsplash.com

The following article is an account of one practitioner's personal experience using acupuncture and moxibustion on herself to treat symptoms of stroke.

We would like to remind our readers that stroke and TIA's are medical emergencies. We do not present this anecdotal experience as medical advice for any member of the public or profession. Nor do we advise anyone to seek help from an acupuncturist or TCM practitioner as a first line of treatment in the event of stroke or suspected stroke, but rather to seek emergency medical attention immediately.

by **Heather Fischbuch, RP, RMT, RA, R.Ac**

---

*Do you know the feeling of being so tired the first day you return to work after being away, it's like having a holiday hangover? A few weeks ago, it happened to me after returning home from a vacation to Mexico.*

Continued...

I thought that I was just feeling sluggish about returning to winter with the -38-wind chill that greeted me at the airport; my tan had a layer of goose bumps on it!

*As background, I am an active 61-year-old that enjoys my work at a wholistic health clinic, as well as seasonal sports of hiking, biking, skating, skiing and kayaking.*

For almost 10 years, I have struggled with the menopause symptoms of hot flashes, muscle cramps, and sleep challenges, despite doing acupuncture and TCM herbs for them. All of which increase when I exert myself too many days in a row, or when my stress is high.

When I went on holiday, I averaged about 15 km of walking per day. Though fun at the time, I knew that the Kidney and Liver yin deficiencies from which I suffered, were going to need support when I got home. Even though holidays and travel for me are “good stress”, my body still registers it as “stress” typically exacerbating the deficiencies.

Back to day 1 of being home and the ‘holiday hangover’ I was experiencing. I was working my way through the first patients of the day, performing acupuncture and massage. I noticed that my left hand was clumsier than usual and was cramping more easily. I became worried that a pinched nerve I had experienced previously, had returned. Frustration increased when I dropped a few acupuncture needles outside of my disposal bin. My left hand too had become too stiff to type any of my health records. I decided at that point to cancel the remainder of the day’s patients and go home to rest. I felt I needed a holiday from my holiday.

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Once home, I made myself some soup. As I rinsed out some dishes, I found that I could not feel the temperature of the water with my left hand. It registered then that I may be experiencing symptoms of a stroke, and not just a pinched nerve and fatigue! I called a friend to come over to assist me with a drive to hospital.

I live about 30 minutes from the nearest hospital and knowing it would take my friend, or an ambulance at least 30 minutes to arrive at my place, I thought that while I waited, I could at least do a few acupuncture points that I knew from previous experience with patients, to be helpful. Looking in the mirror, I had the classic eyelid drop, relaxed nasal and smile lines, and most alarming, an almost 1 cm drop of the left side of my mouth. I couldn't smile or grimace! I grabbed some needles and put them into my (now) lopsided face.

The points I chose were: Du 20, Du 26, St 5/6, GB 14, Jia Cheng Jiang, St 3 on left side, and to get things moving, GB 20 and LI4 on both hands. I also swirled a lit moxa tube around each point and along the meridians of my left arm. As I could not feel temperature on my face, or arm, I continuously moved the moxa for fear of burning myself.

*I knew that because of my pre-existing yin deficiencies (Liver, Kidney and Heart), wind-cold was the likely cause of the stroke symptoms I was experiencing.*

The cold that I had experienced the previous day when returning home, was enough to give me the shivers a day and half later, so I felt that the moxa would be helpful in addressing any cold stagnant blood that may be in my head or neck. It did get things moving and when I took the needles out the sensation on my face had shifted from being totally numb and sagging, to tingling with visibly less sag around my mouth. Moving my eyebrow and left hand was now possible too. By this time, my friend arrived and took me directly to the medical centre.

In hindsight, my stroke addled brain may have opted for a friend to bring me to a hospital rather than an ambulance, but I remained calm with my friend and continued to do self-treatments of acupressure and reiki along the way.

When I next looked at myself in a mirror, I was very thrilled to see the facial sagging I had previously seen, was gone. The face staring back at me looked familiar, if a little worried. A sensation similar to dental freezing coming out was still affecting my face and hand, so I was curious to what the MD would suggest. The intern at the medical centre was unaware that acupuncture could treat stroke and suggested that what I had experienced was a TIA, as I had recovered so well. I did not have any pictures to show him as I had been busy "being in the moment" and hadn't thought to capture photographic evidence. Because I had some nerve involvement, I was referred to the TIA clinic in Cranbrook, BC. There, I was told to take baby aspirin, and that they would contact me within 72 hours for a CT scan. Then I was released. I went home to rest and recover.



PHOTO: Aaron Burden for Unsplash.com



## *The next morning, I was able to get in to see a DTCM in my community.*

She did more acupuncture that included back Shu points for Heart, Liver, Kidney, as well as scalp points with mild electric current. I also went home with the herbal formula Shen Song Yang Xin, to be taken twice daily as granules in water for the first 3 weeks, then as capsules for the next 2 weeks (3 capsules twice a day).

By the end of the first whole day after the event, feeling had returned to my hand, and my arm was functioning well enough to go to work the next day. I guess I believed the doctor that I had seen then that I had probably experienced a TIA and was very glad to have recovered so quickly.

I worked the Wednesday and Thursday and was very tired at the end of each day. On Friday there was a whole day of medical tests at the regional hospital including CT scan, EKG, blood tests, and echocardiogram. Following these, I met with the stroke specialist who confirmed that the event I had experienced had been a stroke, not a TIA, including

the size and location of it. The specialist then also gave me the good and the bad news. The good news was that my veins and arteries had no visible plaque buildup. The bad news was that my heart was beating far too fast (tachycardia) and erratically (Atrial fibrillation). She was pleased, albeit surprised, that I had regained sensation and motor function so quickly and encouraged me to keep receiving acupuncture treatment. She also advised me to meet with my family doctor who would prescribe medications for the heart issues.

Now, 3 weeks following this potentially life changing event, I am gathering a health support team that includes: a trusted TCM teacher, a naturopathic doctor, who is also a pharmacist, a family practice MD who is learning about alternate options for stroke recovery, a wonderful local DTCM for weekly acupuncture treatments (in addition to my own self-treatment of acupuncture), a craniosacral practitioner, and a reiki master. I have been referred to a cardiologist and await contact from their office. I am monitoring my heart rate and am resting more than I am used to and doing gentle Qigong. I have continued to work with a reduced schedule in my health enhancing clinic.

What would you like to see featured? Send us an email, or connect with us on Facebook and Twitter to let us know!



PHOTO: Mak UUmKahgqBSg for Unsplash.com

I am still celebrating the reality that my left arm and face are working very well! Many strokes of the size I experienced are career ending events. I would like to make it known that using acupuncture or even acupressure to these select points as soon as possible, may be an extremely helpful adjuvants for a more complete and quicker recovery.

*We have all seen the Public Service Announcement (PSA) about how to recognize the signs of a stroke. I would like to share my story as an extension of that PSA, that acupressure points to press on your way to the emergency department can be a life saver – or in my case a left hand and face saver at least!*

It is my hope that through this, there could be more folks out there have outcomes like mine, rather than the career and life altering ones so many suffer.

I am very grateful that I used those 8 points along with moxa, and that they worked so wonderfully to move the blockage, leaving only a scar on my brain, visible only to a CT scan, and not to the world in my smile.

I am hopeful for a full recovery of energy and a clean bill of health within a few months.

Sincerely and with gratitude, for all I that I have learned from this fabulous medicine.

*- Heather Fischbuch*



## ABOUT THE AUTHOR

**Heather Fischbuch, RP, RMT, RA, R.Ac**

Heather has been a health care practitioner for the past 40 years. She has a background in rehabilitation, recreation therapy, massage therapy, aromatherapy and most recently TCM/Acupuncture. She lives, works and plays in the East Kootenays of BC, where she has a thriving holistic health clinic.

Heather's credentials are as follows:

Rehabilitation Practitioner/ Recreation Therapist

Registered Massage Therapist

Registered Aromatherapist/Distiller

Registered Acupuncturist (R. Ac)



PHOTO: J Lee for Unsplash.com



# Needle Packaging Waste and the Challenge for Our Profession

PHOTO: Matthew Hernandez for Unsplash.com

by Dr. John D. Stan, Dr.TCM

*As a dedicated practitioner of Acupuncture and Traditional Chinese Medicine, I was always upset at the end of my clinic day with the amount of needle packaging waste.*

The experience only compounded itself over the 30 years of my practice and I always have vowed to myself to somehow make a change that would solve this problem.

Now, ... I was in a particularly unique place to actually make this change as my career over the years diverged into two directions. As mentioned, I was a practitioner, but also in the early part of my career, I became focused on supplying our profession with quality needles, herbs, and clinic supplies. Reason being? No one I could trust was looking out for us. At that time, needles and herbs were a bit of a wild, wild west with quality of needles and herbs ranging from great to embarrassing. Many of the old timers

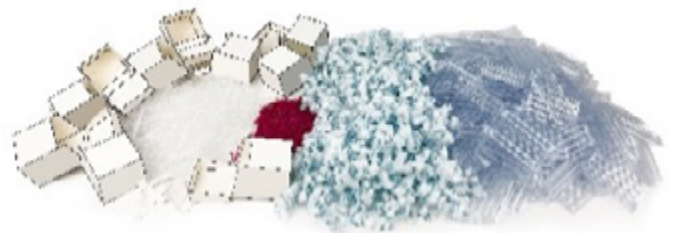


IMAGE: Provided by John Stan



will remember practitioners discovering a little black mark when pulling out needles or seeing tarnished handles and poor-quality packaging. That was on the needle side of things, herbs were also a challenge as prepared herbal formulas at that time were suspect also. There were cases of herbs spiked with western medications without full disclosure. At that time (and still to date), I was very passionate about



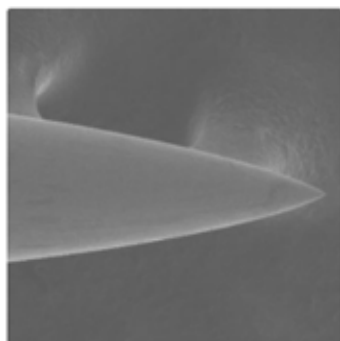
IMAGE: Provided by John Stan

protecting my patient's wellbeing and preserving our professional reputation in the health industry. I then started diving into learning about acupuncture needle and herb quality. That was how Eastern Currents Ltd was born, a practitioner lead company focused quality, service, and learning. Over the years, I learned a lot about the ins and outs of these industries. I learned the international standards for medical devices ISO 13485 and GMP standards for herbal manufacturing. As this article focused

on needle packaging waste, I will not delve into the drama of TCM herbs and Health Canada's ongoing constraining of this major aspect the TCM industry. Needles, we all use them and to make a long story short over the years, I have learned a lot about needle manufacturing, met and visited several manufacturers and thus was in a unique position to change things up regarding my dislike for all the needle packaging waste I witnessed over the years.

I discussed with my wife and Co-Owner of Eastern Currents Kelly Kitchen, the situation of dreaded packaging waste. We discussed the changes we would make. I also shared some new ideas I had to control an open pack of needles. I found myself at that time frustrated with the 10 needle and 1 tube multipack needle option available at the time. I found that the open blister tray of needles tended to spill, I was presented with unwanted tubes and still in my mind there was a lot of extra packaging. I knew if I had issues then other practitioners would too. So, I came up with new solutions to these nagging problems.

Our challenge then was to find a state-of-the-art Needle manufacturer that could work with us to make a new brand according to our packaging design. We were blessed to find such a sub-contracting Needle manufacturer in the later part of 2018. This Korean manufacturer worked closely with us to produce the world's first eco-conscious acupuncture needle brand which we trademarked Acufast the Earth Friendly Needle. We reduced packaging size by



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IMAGES: Provided by John Stan

90% compared to single tubed needles and around 60% for multi-needle packaged brands. We used re-purposed sugarcane fiber called bagasse to make the outer box, we made tubes an a-la-carte option. (We learned in our research that 30% of practitioners free hand needles and all those tubes

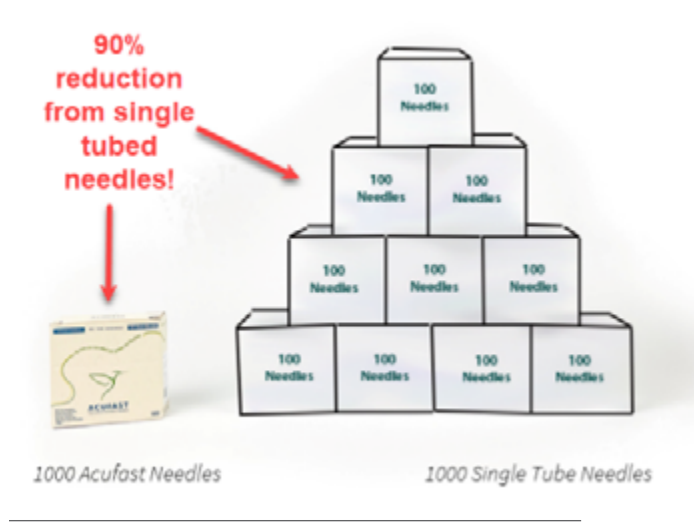


IMAGE: Provided by John Stan

were immediate waste). These, and several of our industry first changes, along with new accessories, were introduced. We even introduced a “give back to nature tree planting program” to make our efforts a complete 360-degree solution... “take from nature and give back to nature”. You can learn more about our tree planting program by checking out our Acufast website [www.acufastneedles.com](http://www.acufastneedles.com)

Now that we had a better option, the next challenge was to introduce a new packaging system to our profession when people were already ensconced with their current brand. With the environment screaming for help, we felt the solutions we created could in fact help our profession be an active part of the healing of our planet’s crisis.

*Was I dreaming though?  
Can our acupuncture  
profession make a  
difference in balancing the  
global ecosystem?*



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I contemplated that the Environmental burden (Eb) of my daily waste production was like the weight of a feather pressing down on the environment. The Eb of one feather is indeed inconsequential for sure. But what about tens of thousands of feathers accumulating daily? The needle packaging waste that a practitioner generates in a day, like the feather may seem negligible in the greater scheme of things. But when contemplated on a global scale with 10's of thousands of practitioners producing packaging waste that is neither biodegradable, contains excess plastics and packaging, one can quickly see how our profession is in fact generating a load on the planet's sustainability that is increasingly concerning over time. I decided to try and quantify that by creating a predictive excel model that analyzed the Environmental burden (Eb) of the needling profession along with calculating the amount of waste generated over time globally.

I was lucky to have a neighbour/friend who was a Multi-layered Modeling expert at UBC Sauder School of Business. We discussed my ideas for a "Waste Calculator model" and concluded that the predictive model would have to have two layers. A background and a foreground. The background layer would

be analyzing the Eb of the needle manufacturing processes. This included aspects like needle handle type, type of sterilization, packaging style (single or multi-needle), inclusion of tubes, external packaging etc.

The foreground part of the model would look at the number of practitioners in different global regions, the types of packaging that are most popular in these regions, the type of needle and estimate the number of treatments a practitioner would do a day. The two outputs from these respective layers combined would provide a total qualitative value for Eb and produce a value for accumulated waste. See the diagram for the overview of the multi-layer model.

To gather the data for input into the model I purchased 24 different popular brands of acupuncture needles with 5 sizes for each brand. These were grouped into single tubed needles in boxes of 100, 500 needles 5 in one tube packaging style, and 1000 needle boxes with the one tube and 10 needles packaging types. I measured each of the boxes and recorded the volumes for each group ending up with data for 106 distinct box types and needle types. Wow! What a difference I could see from doing that exercise. The

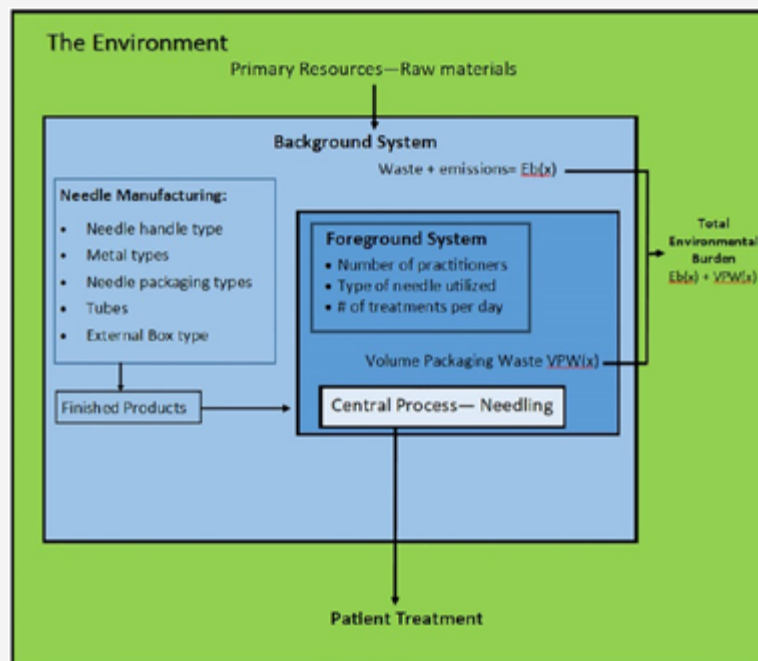


DIAGRAM: Provided by John Stan

variety of different types of boxes, sizes and types of packaging validated my suspicions aside from one brand that used recycled plastics for their handles, no consideration for the environment was involved in the making of these brands. I also measured for a reference point; the volume of waste generated by the new Earth friendly brand we created.

I then gathered more acupuncture industry data through Google with searches limited to the date ranges from 2015-2022. I was able with these searches to determine with good confidence the number of practitioners operating in 5 regions of the globe: Canada, USA, Europe, Brazil, and Australia/New Zealand.

My final source of data was acquired by interviewing distributors in these regions to determine the most popular packaging types used by practitioners in each of these zones.

Now it was time to put all the data together. Using a series of validated calculations along with assumptions on general needle use<sup>1</sup>, I was able to determine the number of practitioners in each of the regions and the popularity of each packaging style. I also entered a column into the data for the new brand of needles that we created. As a demonstrative model, I included the new brand with the purpose of seeing how much of an impact our profession could make by switching to a reduced volume packaging system like ours.

---

<sup>1</sup> For a full detailed review of this waste calculator model, feel free to email me, [jstan@easterncurrents.ca](mailto:jstan@easterncurrents.ca) for an article describing it in detail. I wrote this article for the German Medical Acupuncture Journal, and it was peer reviewed and published February 2023

With information obtained from the distributors in each of the regions, I learned that single tubed needles and multi-needle packs with 1 tube and 10 needles shared the same popularity of 45%. Next was the 5 needles in one tube at 8% and we pegged the popularity of our brand at 2% (while this is a larger number than the current reality was, I used this value for demonstrative purposes.)

*The outputs of the system were the following: In 2022, the amount of acupuncture needle packaging waste generated in the 5 regions was 19,894 cubic meters of waste.*

That is the equivalent of 4,420.85 4.5 cubic meter waste bins filled with acupuncture needle packaging waste!



---

IMAGE: Provided by John Stan, with permission from [www.waster.com.au](http://www.waster.com.au)

The excel model also provide an output a qualitative number for Eb. It was 649,296,637 units of downward pressure! Remember, this concept of Environmental burden (Eb) used the feather concept previously



PHOTO: Mark Tegethoff for Unsplash.com



mentioned. Because the number of variables for calculating environmental impact are too many to create an algorithm producing a validated number, I opted for a different approach. We created the concept of a theoretical unit of downward pressure on the environment, an Eb unit. We proposed that every aspect of needle manufacturing has a greater or lesser number of Eb units. Each Eb unit acting as a downward force on the planet's eco-system. Needle manufacturers that use plastics for handles, harsh chemicals, toxic gases or first use materials all have a greater downward pressure on nature and have more Eb units attributed to them in our model. Companies that use re-purposed materials, reduced chemicals, and less plastics during manufacturing create less of a downward pressure resulting in fewer Eb units allocated. The reality of the situation is that any type of needle manufacturing will have some sort of burden on the planet. But by creating this hypothetical Eb unit of downward pressure, we are now able to conceptualize how different activities, such as manufacturing methods or practitioners and their needle choice, all together produce an effect on the sum total of the Eb value and hence a greater or lesser effect on our eco-system. The large Eb number generated by the multi-layer model I mentioned above, represents the cumulative "units of downward pressure" of all the aspects of needle manufacturing and practitioner needle usage, for the zones we had available data on. Once generated, we can use this number a reference point for when we generate another number that reflects changes in both manufacturing methods and practitioner's

choices in needle packaging style usage. We can calculate the impact of our profession changing to more environmentally conscious products.

These outputs from the excel model were calculated for the year 2022. But what is our profession's effect on the environment in the years to come? Our model was designed to generate predictive waste output and Eb units generated by our acupuncture profession over time. We entered a yearly growth



IMAGE: Provided by John Stan, with permission from [www.waster.com.au](http://www.waster.com.au)

rate of 6% for practitioners using needles in the 5 regions. Our charted results showed that over 8 years we would have accumulated 229,024.22 cubic meters of waste in our landfill, or to conceptualize that 50,894 4.5 m3 disposal bins. The Eb value after 8 years grew into the trillion mark at 1,035903,598 units of downward pressure!

With these figures now calculated. It is possible to see what happens when a change in our profession occurs. This change would be from practitioners switching from their regular brand to the eco-friendly brands (when more come into the market). In our model we had one table that listed the Needle Packaging Popularity and the % of Practitioners using these brands in each of the 5 regions. I shifted

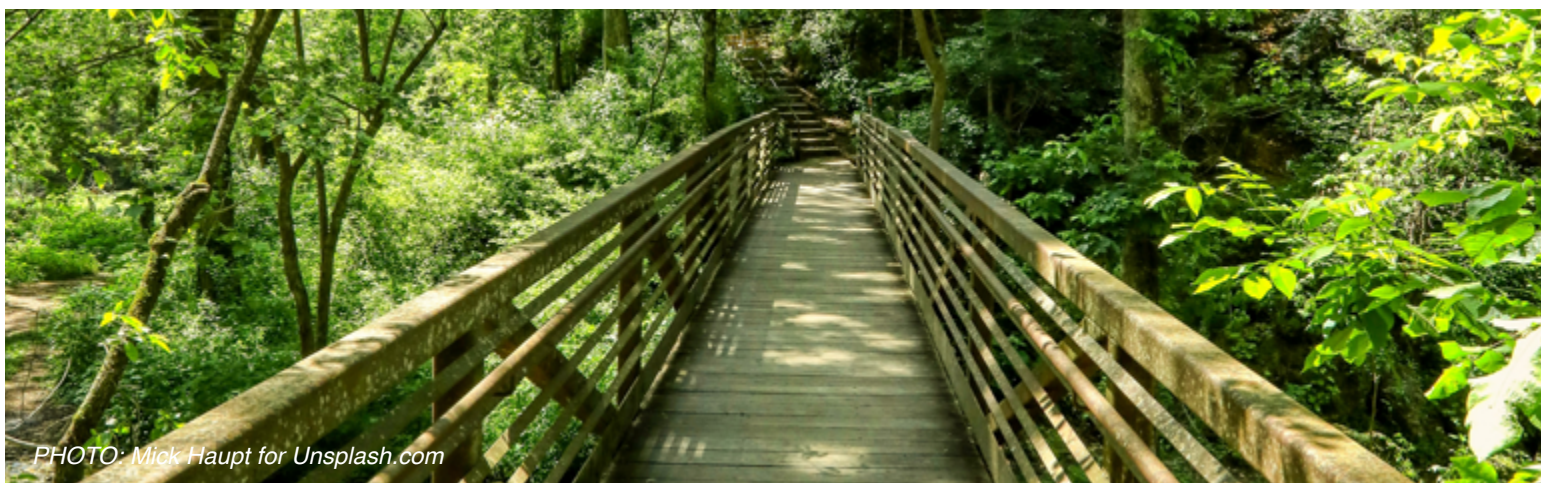


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those numbers and moved 20% of the number of practitioners using single tubed needles (PP1 in the table), and 20% of the practitioners using 10 needles and 1 tube in the blister tray style (PP3 in the table) over into the category of the eco-friendly brand (PP4).

The outputs of the model now showed a significant reduction in physical waste by 35%, and reduction in Eb values by 40%. You can see in the table below the column “6% growth 1” lists values at the current popularity of packaging over 8 years. The section with the title “6% growth 2” column represents the new values generated by switching practitioners into the eco-friendly brand section as mentioned above. As you can see the changes are very real and very exciting.

Needle Packaging Popularity	Percent of practitioners using this style	Needle Packaging Popularity	Percent of practitioners using this style
PP1	0.45	PP1	0.25
PP2	0.08	PP2	0.08
PP3	0.45	PP3	0.25
PP4	0.02	PP4	0.42

We reduced the number of practitioners using two currently popular styles of packaging PP1 and PP3 by 44% each and moved them over to the newer more eco-friendly style of packaging

IMAGE: Provided by John Stan

*The excel model I created shows that with no change to needling behavior, a vast amount needle packaging waste will be generated along with an ever-increasing downward pressure on our planet.*

One should note that our model was limited to only 5 regions of the planet. The values presented therefore are only a fraction of the actual Eb and volume of needle waste generated, which makes the results of our projection even more concerning. Our Needle Waste Projection Model also demonstrates that if practitioners invest time to learn about new packaging systems with reduced eco-footprint and integrated these environmentally friendly packaging systems into their practice, a significant reduction in waste and planetary burden would occur.

In addition, with the give back to nature program we have in place, our profession could be planting millions of trees over the next 8 years by making this change! In our two short years since launching, we

6% growth 1		6% growth 2, with 20% users from two sizes adaptation to eco-friendly packaging			
Year	Waste cubic M	Year	Waste cubic M	Reduction amount	Percent reduction
2023	41,023.53	2023	26,650.69	14,372.84	35%
2024	63,421.00	2024	41,159.87	22,261.12	35%
2025	87,162.31	2025	56,539.60	30,622.71	35%
2026	112,328.10	2026	72,842.11	39,485.99	35%
2027	139,003.84	2027	90,122.77	48,881.07	35%
2028	167,280.13	2028	108,440.28	58,839.85	35%
2029	197,252.99	2029	127,856.83	69,396.16	35%
2030	229,024.22	2030	148,438.37	80,585.85	35%
Year	Eb on planet	Year	Eb on planet	Reduction amount	Percent reduction
2023	688,935,057	2023	413,166,240	275,768,808	40%
2024	730,271,160	2024	437,956,224	292,314,937	40%
2025	774,087,430	2025	464,233,597	309,853,833	40%
2026	820,532,676	2026	492,087,613	328,445,063	40%
2027	869,764,636	2027	521,612,869	348,151,767	40%
2028	921,950,514	2028	552,909,642	369,040,873	40%
2029	977,267,545	2029	586,084,220	391,183,325	40%
2030	1,035,903,598	2030	621,249,273	414,654,325	40%

have just started this process and to date we have planted 18 thousand trees in 12 different regions of the globe.

The choice is ours, and the data is clear, our challenge as a health professional involves the breaking of old patterns of behavior in favor of newer, more environmentally friendlier ones. I hope that by sharing our story of our Canadian designed Eco-friendly needle and by presenting this data that our excel model generated, excites, and encourages you to explore our eco-friendly needle<sup>2</sup>. If you are already on board and using Acufast, we thank you and our planet thanks you!

- John Stan

<sup>2</sup> There may be some readers who think that we are encouraging people to switch to our new brand for monetary reasons and that this article was written for that purpose. That is not the case here. We want to let you know on the business side, selling 10 boxes of 100 needles in each box generates more profit for a



distributor like us than selling 1 box of 1000 needles in the box. As a company and a practitioner, this new passion project of ours is about “less is more” because the “less” in this case less damage to the environment. That is more of win for us even if it is less dollars!



## ABOUT THE AUTHOR

**Dr. John D. Stan, Dr.TCM**

President

Eastern Currents Ltd.

[www.easterncurrents.ca](http://www.easterncurrents.ca)

[www.acufastneedles.com](http://www.acufastneedles.com)

John Stan graduated from the Canadian College of Traditional Chinese Medicine in Victoria, BC in 1988 and earned his license as a Doctor of Traditional Chinese Medicine (DrTCM). While growing his private practice over the years, he has actively participated with professional acupuncture and TCM organizations which contributed to the recognition of TCM (Traditional Chinese Medicine) and acupuncture as a health profession within British Columbia in 1996. Since the regulation of TCM/Acupuncture in BC, he continues to remain active in regulatory affairs with Health Canada regarding Natural Health Products and Medical Devices.

In addition to his regulatory contributions, Dr. Stan has a patent

on a dual tubed acupuncture needle delivery system now in use throughout the world. In 2019, He and his partner developed the world's first Eco-friendly acupuncture needle. Using repurposed materials, and reduced packaging strategies, they were able to reduce needle waste from 60 to 90% depending on the brand being compared. In addition they created industry first accessories to maintain a clean field around an open multi-needle package such that the needles remained aseptic for hours after opening. To further enable practitioners to easily work with multi-needle packaging they developed an anchoring system to reduce needle spillage and control the active insertion tube location when switching needle sizes.





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# ATCMA Spring Update

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by Suzanne Williams,  
Executive Director, ATCMA

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*As we move through the second half of Spring, the wood energy of the season is spurring the ATCMA board and staff on as we work through the many projects we have on the go.*

Our eight-person board includes returning and new members whose passion and dedication is shining through this year. Here are just some of the programs and projects we have underway:

## CONTINUING EDUCATION

- Live education seminars are back! We are re-introducing in-person education to ensure that members and colleagues can get those ever-important CTCMA Category A hours. It also provides members a chance to reconnect and network.
- We will continue to offer webinars for the foreseeable future so that members outside of the Lower Mainland can access free continuing education that is included in their membership fee.
- We are actively recruiting speakers and instructors for educational seminars that not only fulfill CEU requirements, but help members grow their business with new techniques or business management skills. If you have a suggestion for a speaker or topic you would like us to cover, let us know!

Continued...

## MEMBERSHIP SERVICES

- This spring and summer we will conduct a profession-wide survey to help us understand the state of the acupuncture and TCM industry in BC. The information will be used to help us develop programs that will maximize benefits to members. It will also provide us with aggregated data that will give us leverage when dealing with insurers, regulators, government organizations and other stakeholders.
- Stay tuned for a new fee structure that allows practitioners to graduate into full ATCMA membership status over the course of two years as they establish their practice after finishing their education and licensing exams.
- Our refer-a friend-deal is back for 2023! In the face of rising costs, we are doing everything we possibly can to control membership fees and add even more value to members. Current members who refer a colleague or friend will receive a \$30 credit that can be used for live seminars or renewal fees. The new member will also receive \$30 off their first year membership fee!
- Members have told us that they often wish they had an easy and budget friendly way to access legal advice that is specific to their situation (not just general legal advice). We are working to address this and will have good news for members soon.

- Our website is becoming more dynamic and user friendly, especially with the upcoming addition of member-only resources that provide guidance on many topics of interest to practitioners, including (but not limited to):
  - Extended insurance billing practices and policies
  - ICBC procedures and treatment plans
  - Practice management
  - Regulatory issues
- We have a new and improved extended health benefits plan on offer to members, and we are continually seeking even better coverage for self-employed members.

## INSURANCE

- Our main priority on the insurance front is to continue working with ICBC to ensure that claim and recovery specialists are educated on the benefits and evidence for acupuncture so that they are evaluating acupuncturists' treatment plans correctly.
- We are the only association that has direct access to ICBC when an acupuncturist has questions or concerns about a patient's ICBC case. Members can continue to email their questions to us ([info@atcma.org](mailto:info@atcma.org)) and we will discuss the specifics with our ICBC relationship manager during one of our weekly meetings.



PHOTO: Jeremy Bishop for Unsplash.com



## GOVERNMENT AND REGULATOR RELATIONS

- As the implementation of the HPOA and amalgamation loom on the horizon, we are using our position within the Coalition of Health Professional Associations to ensure that the concerns of our members are heard by the Ministry of Health. Along with representatives from other regulated and unregulated health professions, we meet regularly with Ministry staff to discuss areas of shared concern. A Coalition website will be launched soon.
- We continue to press for the Minister of Health to sign an Order submitted by the CTCMA to regulate PIT. While the response has been minimal, we are persisting on behalf of the thousands of patients left without this option for care by highly trained acupuncturists.

## OUTREACH AND SPECIAL PROJECTS

- Our long term goal is to see the integration of acupuncture and TCM into the public health care system. We are working on a number of special projects that support this aim, and it requires patience and persistence. Two areas of interest that we will focus on are Mental Health and Substance Use, as well as Indigenous healing and health.
- We are working on developing research projects on Long COVID as well as MVA related neck and back pain in conjunction with trusted partners. ATCMA members will have the first right of refusal on participation in any research projects we support.
- The ATCMA believes that collaboration is the best path to success for our profession, so we have begun working with other educational associations, such as the Home of TCM Society, to participate in community events that promote our medicine.



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## MARKETING AND COMMUNICATIONS

- Planning for seminars and information sessions to students around the province is underway, starting with Vancouver Island and the Lower Mainland. Students are our future, and we are aiming to engage as many as possible while they are still students.
- We are working on digital marketing materials that our members can use to free up their admin time and help save

These are just some of the benefits we are working on to support acupuncturists and TCM practitioners in BC. While most of our programs benefit our entire profession, we could do so much more with an expanded membership base! The ATCMA is a true guild - a professional platform that advocates for the profession. We need all BC registrants, no matter where they were educated or what style of acupuncture or form of Chinese herbal medicine they practice to join us and amplify our voice.

*A unified voice gives us the leverage we need to protect the interests of our profession, ensure that our rights are respected, continue to evolve our tools to help our patients and create profitable thriving businesses for all practitioners.*

If you are in BC, join us today! If you are elsewhere in Canada, join your local association and make a positive impact in your area.

- Suzanne Williams



## ABOUT THE AUTHOR

**Suzanne Williams,**  
R.TCM.P, BA, APMCP, MBA

Suzanne is the Executive Director of the BC Association of TCM and Acupuncture Practitioners (ATCMA). She is an active practising Acupuncturist and TCM Practitioner in Vancouver, B.C. Suzanne graduated from TCICTCM and was in the first Cohort of Balance System Acupuncture students at Langara College. Suzanne shares her love of Balance System Acupuncture with practitioners as a certified Instructor with the Tan Academy of Balance. Having studied and worked in Taiwan, Hong Kong, and mainland China for over 12 years, Suzanne speaks and reads Mandarin Chinese. She draws on her career in business market research and consulting in China and Canada to advocate for the TCM and Acupuncture profession in British Columbia.



PHOTO: Daria Nepriakhina for Unsplash.com



# Gardening *with* Traditional Chinese Medicinal Plants

PHOTO: Getty Images for Unsplash.com

by **Christiaan Spangenberg**

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## INTRODUCTION

Join us in a Chinese medicinal herb garden, the living preface to pharmacy, where the medicinal materials and products so familiar to us in their dried and processed state appear in their most vital form. Freshly prepared planters await tender transplants of annual Chinese motherwort (*Leonurus japonicus*) and Japanese catnip (*Schizonepeta tenuifolia*), and goji berry shrubs (*Lycium barbarum*) require a hard pruning in the fall to curb any further spread. The ornamental border at the front of the property is alive with the low thrum of pollinators: mingling between veronica and irises are the purple spikes of Korean mint (*Agastache rugosa*) and the orange flowers of leopard lily (*Iris domestica*), all host to a swarm of bees. Meanwhile, you notice

the creeping carpet of self-heal (*Prunella vulgaris*) threatening to take over a whole container, and it might be time to harvest and cut back to give space to all the other herbs.

This is not just a description of the TCM herb learning garden at Loutet Farm in North Vancouver, but also a sensory and task-oriented invitation to the actuality of gardening with Chinese medicinal herbs. This article marks the beginning of a regular collective gardening column for *Medicinal Roots Magazine*. The hopes for this column are simple: that it might foster dialogue and bring people together who have any interest at all in growing, or gardening with, medicinal herbs used in the Chinese materia medica. Given how the majority of our medicinal therapies and pharmacy in Traditional Chinese Medicine are plants or plant-based, it should come as little surprise that Asian medicinal plants have a rich history in horticulture, and that gardening with Asian medicinal plants holds vast and multifaceted



potential. It is our hope to foreground the traditional uses, cultural histories, and practical pleasures of these plants in gardening.

The main purposes of this column are to promote gardening with Asian medicinal herbs, to provide a public forum for the cultivation of Asian medicinal herbs within North-America, and to grow community and learning initiatives around these topics. As a core planning group of TCM practitioners and myself are developing this TCM herb learning garden at Loutet Farm, and promoting other such gardens in Vancouver, we invite you to join us on our learning journey of cultivating plants and community, to share similar such garden projects in your region, and details of what herbs you are growing, under what conditions, and what kind of education or workshops you are doing.

More generally, this column will work to foreground the multifaceted and holistic character of Traditional Chinese Medicine in the fields and communities of horticulture and agriculture, as well as showcase the practical and cultural horizons of Traditional Chinese Medicine. Recent years have seen increasing local and international interest in the cultivation of Asian medicinal herbs, especially in the context of establishing regional markets for organic and locally grown Asian medicinal herbs. This gardening column will also make visible and amplify these regional movements and currents, whose leaders and members have done much already to promote this topic in the form of public education, outreach, and writing books—such as Peg Schafer’s excellent manual *The Chinese Medicinal Herb Farm*.

Though this gardening column will focus on learning gardens or private garden settings, there will be plentiful opportunities to discuss herb cultivation on larger production scales. Whether practitioner or student-enthusiast, farmer or gardener, there will hopefully be something for everyone’s interest and taste, and we happily welcome contributors who wish to share their own experience growing Asian medicinal herbs and their herb gardens.

## INTRODUCTORY STEPS TO GARDENING WITH MEDICINAL PLANTS

These are field notes from a horticultural convert, someone who was absolutely convinced for years that the mythological green thumb was a hereditary trait, and that it had had never found its way into my family lines. Since my anxious first days of agonizing over precise seeding depths and watering regimes, I have found that gardening is rather a life-long journey of patient learning and immense joy, one where, despite having gained a modicum of expertise and skill, I am also still getting my bearings. For the very beginners and novices, there is the necessity of getting acquainted with the basics of growing plants, as well as the delights of innumerable ‘firsts’ of many gardening tasks and aha-s. Based on my own experiences and readings, I have here summarized the practical process of starting a garden with medicinal herbs during the spring into 5 over-arching steps for new gardeners, before demonstrating these steps in a suggested plant species.

These steps might seem excessively basic or superfluously self-evident, but by discussing these rudiments of garden planning, I hope to make this as accessible as possible to new gardeners. There are indeed many more aspects and activities to consider both in the garden and the spring season, and I strongly recommend you do further reading and consult other resources to complement these basic suggestions. Peg Schafer’s *The Chinese Medicinal Herb Farm* is the definitive guide for growing Chinese medicinal herbs in North America. If you can find it, *55 Chinese Herbs to Cultivate in the Pacific West* by Prasert Ngamsiripol and Mercy Yule is also valuable, as is Thomas Garran’s *Daodi Practices for Growing and Processing Chinese Herbs* (though his work focuses on large-scale agricultural production). *The Organic Medicinal Herb Farmer* by Jeff and Melanie Carpenter is a good general guide.

## 1: SITE ANALYSIS AND GARDEN PLANNING

Consider first your site. The site conditions and environmental factors of your garden space will set the tone for what can possibly be grown in your garden. Your regional climate and winter hardiness zone will determine the range of plants that can grow in your area—and whether they can be grown as annuals (a single growing season) or perennials (multiple growing seasons) outdoors. Light levels, topography, and soil type and pH are other significant factors specific to your garden. You will want to note down levels of light exposure around the garden; most plants require between full to part sunlight for growth and flowering, though there are a diversity of plants that tolerate or even prefer full shade. The soil type and pH are important to know to determine the ability of the site to support plant species: different soils and pH can support different plant species, though it is possible (and frequently recommended) to amend your soil to improve fertility, drainage, or

water-retention. The topography of the garden is noteworthy: what is the shape and aspect of your garden, are there any hills or sloping? Begin by listing all these conditions in your garden and drawing up a map. This information will be foundational as a reference during later research into plant species and their growing conditions.



*PHOTO: Provided by Christiaan Spangenberg. Agastache in the nursery trade, to showcase ornamental varieties. Photo taken at Het Hessenhof nursery in the Netherlands.*



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Growing plants for medicine is much less resource-intensive than vegetable cultivation.

*Whereas vegetables require heavier additional inputs of nutrients and water, medicinal herbs actually benefit from a semi-stressful environment—such as leaner soils, some pest pressure, and uneven watering schedules—in order to amplify production of medicinal compounds.*

This is one reason why wild-harvested medicinal herbs are considered top quality and simulating the growing conditions of medicinal herb species in their natural environments and ecological habitats (wild-simulated cultivation) is a common method in the field of medicinal herb production. Practically speaking,

this means that marginal areas suddenly open new horizons for cultivating species of medicinal plants, whether for use or aesthetics.

After evaluating your site, you will want to consider what you want from your garden. Is it your desire to create spectacular ornamental borders or to establish a productive kitchen garden? Are you mainly concerned with supporting wildlife in the form of pollinator gardens, or are you hoping to grow medicinal herbs in a *physic* garden for personal or community use? There is room for all the above, if you have sufficient space or creativity—and clarifying your intentions beforehand will provide direction and structure for your plans. Many Chinese medicinal herbs are curiously multi-purpose: some are edible and can be used in cooking, others are beautiful as cut flowers or good as herbal teas, and there are some that straddle all these uses. This leads us into directly into our next step.

## 2. SPECIES RESEARCH AND SELECTION

Once you have determined what you want from your garden, it's time to research and reflect on what medicinal plant species you want to grow that align with your garden plan. This step can also



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PHOTO: Gabor Juhasz for Unsplash.com

be contemporaneous with plant or seed sourcing: catalogues and websites of specialized plant nurseries or seed firms in your region can be good sources of information, and I usually begin the season by browsing nursery and seed firm websites for what is locally available.

*In the context of a community garden or public planting, I generally abide by these key criteria in selecting medicinal plant species: safety, non-invasiveness, and ease of cultivation.*

Safety is paramount: there are a handful of medicinal plant species that are highly toxic if touched, or ingested in small amounts, and that you might want

to avoid growing if you have children or pets in the garden (e.g., aconite, deadly nightshade). There are also numerous medicinal plant species that are invasive, or have aggressive spreading tendencies under certain climactic conditions, and should be avoided or carefully monitored (e.g., kudzu). Make sure the plants you wish to grow are not on your regional invasive species list, or if they have invasive tendencies, to monitor and contain them by hardscaping, regular pruning, or growing them in a container. Lastly, for new gardeners, it is advisable to start with plant species with easier propagation and care requirements to build confidence.

The philosophy of *right plant, right place* has guided me in my garden journey, working with nature and the ecological character of the plants. This means being mindful of site-suitability and matching the cultural requirements of plant species to local site conditions. Some plants will naturally spread and move around the garden as well to where they are happiest. Whatever plants you are thinking about growing, I recommend polycultural plantings over mass-plantings of one species, both for simulating wild conditions of ecological plant communities, and seasonal interest.

### 3. PLANT AND SEED SOURCING

With a list of plant species in hand, you are now ready to look for places where you can source plants or propagules (seed, bulbs, cuttings). Alternatively, you can start with browsing the medicinal plant section of seed or nursery websites to see what is locally available. Herbaceous plants are easy to start from seed, while it can be preferable to source woody perennial plants, such as shrubs or vines, from plant nurseries, for ease and a head-start. In British Columbia, [Salt Spring Seeds](#) is a fantastic seed firm based out of Vancouver Island that sells organic seeds for a variety of Chinese medicinal herbs. [Ravensong Seeds and Herbals](#) is another seed firm based out of Vancouver Island with a focus on medicinal plants and offers a



PHOTO: Provided by Christiaan Spangenberg. Leopard lily (*Iris domestica*) at the Japan exhibition at Floriade 2022, Netherlands.



species of Chinese medicinal herbs. **Richters** is a specialized seed firm based out of Ontario with the most extensive range of Asian medicinal herb seeds I have seen in Canada. From the United States, **Strictly Medicinal Seeds**, based out of Oregon, is an invaluable resource for sourcing rare and unusual species of Chinese medicinal herbs. When it comes to nurseries, within British Columbia, I recommend **Tree Eater Nursery** and **Twining Vine Garden** as places to source some woody species of Asian medicinal plants.

*Be careful when it comes to sourcing medicinal plants from commercial nurseries. If you want to grow plants for their medicinal properties, you want plants or propagules that are either unselected, or have their genetic traits selected for medicinal use.*

There are a cornucopia of garden-worthy medicinal plant species available through commercial plant nurseries or seed firms which have been developed as ornamental varieties, selecting for aesthetic traits such as diversity of flower color, vigor, or height. These ornamental varieties are easily identified by their cultivar name that appears in single quotation marks (e.g., *Akebia quinata* var. 'Silver Bells'). Since the majority of these varieties are bred for decorative purposes, do not assume that they have medicinal efficacy or safety of use. The best approach for sourcing medicinal plants and propagules is to look for specialized vendors or check out 'medicinal herb' sections of regular vendors. The seed firms and nurseries I have recommended above all either specialize in, or have well-curated sections for, medicinal herbs.

#### 4. BED PREPARATION

Preparing the ground before planting out is fundamental, whether seedling or shrub, herbaceous annual or woody perennial, and there are varying approaches to bed preparation and soil amendment. What you want is a relatively weed-free area, and a biologically healthy soil with stable nutritional availability and good structure. My approach here is very general. Start by demarcating the bed or border with twine and then weed out all the plants you do not want growing there. Make sure you dig up the roots of unwanted plants, as some weeds can grow back from their root systems. Dig deeply and till the first few inches of soil, working it loose, before spreading a layer of compost (decomposed organic material) between half an inch to an inch, and working that into the soil. You can optionally add a sprinkling of lime to increase the soil pH if your soil pH is too alkaline.



PHOTO: Provided by Christiaan Spangenberg.  
*Agastache*. Photo taken at Het Hessenhof nursery  
in the Netherlands.

It is a good idea to prepare the bed the year before planting out: that way you can grow a green manure cover crop (plants intended to ‘cover’ the soil and improve soil health) to loosen compacted soils and increase soil nutritional levels. Grow the cover crop up to or before maturity, then cut it down, and till it back and incorporate it into the soil, before giving the soil two to three weeks to break down the cover crops before planting.

When transplanting perennials, adding additional fertilizers such as bonemeal can help to promote root growth. After planting out, spreading a layer of organic mulch—such as wood-chip—around the base of plants will help to keep down weeds and retain moisture.

## 5. SEED SOWING AND TRANSPLANTING

Starting plants from seed is both easy and rewarding. I prefer starting seed indoors as opposed to direct-sowing outdoors, to ensure better germination and growing conditions for seedlings. For indoors seed starting, access to a greenhouse facility is ideal, but starting seed under grow lights, or besides a window, are also good options. I prefer to start the bulk of my seeds in early to mid-April for planting out in May or June, but have found that late March to mid-May is a suitable window for starting most seeds if desiring to transplant them in the summer.

I start my seed in plastic seeding flats with individual cells and all-purpose potting soil mix has thus far worked well for me, mixed in with a little sand for improved drainage. Rule of thumb advises that

roughly twice the seed diameter is an appropriate depth for sowing seed. Prick little depth-appropriate holes in the soil of each cell, place one or two seeds inside, and lightly cover the seeds with some soil before gently watering. Some gardeners recommend bottom-watering—which is where you soak the seeding flats in a shallow container of water—which helps to prevent the water from washing away loose seeds. Some seeds require light to germinate, and those can just be sown on the surface—usually the seed package will let you know when this is the case. On a plastic label, write out information (the scientific or common name, and date sowed), and stick them upright in the flat. Making a note of how much seed you have started, and keeping track of their germination rates and dates, is helpful as well.

Keep the soil moist but not soggy, and germination should occur between a few days to a few weeks, depending on the species. Following germination, thin the seedlings if you have more than one per cell. After the second set of leaves emerge, seedlings can be carefully up-potted into slightly larger pots (2 to 4-inch size) to continue growing, making sure to water. After the last frost date, and once your seedlings have grown large enough, they are ready to transplant outside. They will first need to be hardened off, or acclimatized, to outside conditions, and you can do this by moving the seedlings outside during periods of mild weather for a few hours, bringing them back in the night. After a week of this process, they should be ready to transplant in the beds.



PHOTO: James Wainscoat for Unsplash.com





PHOTO: Provided by Christiaan Spangenberg. Planter pot with marshmallow (*Althea officinalis*) in the foreground and Korean mint in the background at Loutet Farm

## KOREAN MINT (AGASTACHE RUGOSA), TU HUO XIANG (藿香)

Korean Mint is a resilient and bushy herbaceous perennial (in Zone 6 or warmer, and an annual in colder climates) native to east Asia, growing up to 5 feet tall in a given year, with anise-scented square stems, and terminal flower spikes in hazy purple-blue hues that attract a range of pollinators. It is one of my favourite Chinese medicinal herbs to cultivate, for its beauty, fragrance, medicinal use, and ease of cultivation. It is remarkably easy to grow from seed, and surprisingly resilient to summer drought and winter frost alike, unlike some ornamental cultivars of *Agastache* I have grown in my garden. Korean Mint is related to Anise Hyssop (*Agastache foeniculum*), which is native to North America, and both species have some medicinal properties in common, such as their ability to relieve nausea.

Through the next sections, I will run you through the process of gardening with Korean Mint.

### 1. SITE ANALYSIS AND GARDEN PLANNING

Grow this sturdy and highly decorative plant in full sun in an average loam soil with average soil fertility. Bestow unto this plant a place with maximum sun exposure for best growth.

*I have seen Korean Mint grow under a range of different soil fertilities, though it grew best and tallest (up to 4-5 ft) when I had good quality and nutritious compost mixed in the soil.*

In poor soils with less sunlight, it tends not to grow very tall, maybe a foot and a half. Korean Mint has near-limitless potential in your garden as a versatile and multi-functional plant. Its purple-blue flowering spikes accentuate ornamental borders with grandiose stature of height—plant them in groups of uneven numbers 3 or 5 for aesthetic effect. Korean Mint fits nicely in your kitchen garden too as a culinary herb in Korean cuisine. And just like its relative anise hyssop, Korean mint is a beloved pollinator plant as well.

### 2. SPECIES RESEARCH AND SELECTION

Having already selected our species, we need not cover much here. I would like to point out, however, that Korean mint checks all my criteria in selecting species for public plantings: it is generally non-toxic or safe for consumption, not invasive, and laughably easy to start from seed.

### 3. SEED/ PLANT SOURCING

This plant is a perfect example of how widespread and hybridized species of Chinese medicinal plants are in the nursery trade. Nurseries have a myriad of *Agastache rugosa* hybrids and varieties on the market, such as ‘Golden Jubilee’, or the cross ‘Blue Fortune’, which are gorgeous in their own right, but have unknown or no medicinal efficacy. Why not grow the medicinal *A. rugosa*, equally as spectacular in the border, but retaining its medicinal virtues? Within Canada, you can purchase seeds from [Salt Spring Seeds](#) and [Richters](#), while from the United States, you can buy seed from [Strictly Medicinal Seeds](#).

### 4. BED PREPARATION

I have no special method for preparing beds and soil for Korean mint. I start by clearing an area free from weeds (or weeding the bed). I dig and till the first few inches of soil and spread a layer of compost worked into the soil. A dusting of bonemeal when planting out helps to promote root growth. After transplanting, I spread a layer of woodchip mulch around the base of the plant to keep out weeds and to retain moisture.

### 5. SEED SOWING AND TRANSPLANTING

Start seed indoors, in a greenhouse, or under grow lights or besides a window. Spring or early summer are suitable times to transplant seedlings, which

means you would look at late March to early May for starting seeds. I use plastic seeding flats with cells and all-purpose potting soil mix, and usually mix in sand for good drainage. Prick little depth-appropriate holes (twice the diameter) in the soil of each cell, place one or two seeds inside, and lightly cover the seeds with some soil before gently watering. I always write out the common name and date sowed on a plastic label for reference, and track how much seed I started, their germination rates and dates. Keep the soil moist, and the seeds will germinate in a few days, and up to two weeks at most.

*I usually sow a single seed per cell, but if you sow multiple seeds per cell, you will likely have to thin extra seedlings.*

Following the second set of leaves, up-pot the seedlings into slightly larger pots to continue growing indoors. Seedlings of at least 10 weeks should be large enough to move outside. Acclimatize them to outside conditions by a week-long process of moving them outside during mild weather for a few hours, and bring them back in the evening, after which they can be transplanted in the beds. Make sure to water a moderate amount, especially in hot summers. Korean mint sets forth pairs of fragrant opposite leaves throughout the spring, and flowers around



PHOTO: Markus Spiske for Unsplash.com



mid-summer on terminal spikes, which will invite a menagerie of pollinators. If growing for decorative purposes, don't prune or dead-head the plants until late winter—the whole plant has a beautiful winter silhouette that can be admired during the fall and winter.

## 6. CULTURAL USE AND HARVESTING

In Traditional Chinese Medicine, the aerial part—the stem and leaves—of Korean mint are used as the medicinal material *tu huo xiang* to transform dampness and harmonize the stomach, and treat issues such as morning sickness, stomach flu, and nausea. Korean mint is also, as suggested by the name, a mainstay of Korean cuisine, where it is called *baechohyang* (배초향), and features in dishes such as *maeun-tang*, a spicy fish stew, or *buchimgae*, which are Korean pancakes. As a culinary herb, Korean Traditmint goes well in marinades for fish and chicken, and can also be used to substitute for mint in desserts like ice cream. The fresh or dried leaves, tasting of anise or licorice, can also be used to brew a wonderfully fragrant herbal tea.

The aerial portion of Korean mint (leaves, young flowers, and stems) are harvestable from June through August from the first year onwards.

- *Christiaan Spangenberg*

Link to Korean mint pancake recipes:

<https://veganuary.com/recipes/spicy-tofu-pancake-korean-mint-leaf/>

[https://youtu.be/zpq4\\_3eiFog](https://youtu.be/zpq4_3eiFog)



PHOTO: Julian Paolo for Unsplash.com



## ABOUT THE AUTHOR

### Christiaan Spangenberg

Christiaan Spangenberg is a gardener and medicinal herb grower of German-Chinese heritage based out of Vancouver, British Columbia. He is a recent graduate from the Global Resource Systems program at the University of British Columbia, where he studied ethnobotany and the cultivation of Asian medicinal plants, and is also a member of a working group of TCM practitioners, herb growers, and researchers in British Columbia that are working towards establishing a market for organic and locally-grown Asian medicinal herbs in the province. Christiaan is passionate about the cultivation and conservation of Asian medicinal herbs, and he is interested in exploring opportunities for dialogue between different fields that could lead to interdisciplinary collaboration. He is currently growing traditional Chinese medicinal plants at two community garden and farm sites in Vancouver to promote Asian herbal medicine and medicinal plant cultivation.

Contact: [hclspangenberg@gmail.com](mailto:hclspangenberg@gmail.com)



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# MEDICINAL ROOTS 相慧 MAGAZINE



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Medicinal Roots Magazine is a platform for Traditional Chinese Medicine (TCM) practitioners and Acupuncturists to present and share ideas, research and clinical experiences for the advancement of TCM.

Advertising in MRM means you have direct access to a readership of engaged and active TCM practitioners in a publication they trust.

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