

Winter 2021

MEDICINAL ROOTS 智慧 MAGAZINE

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A Practitioner's Perspective

Year of the Metal Ox

by Christian Saint-Pierre, R.Ac.

For over 5,000 years, some version of the Chinese calendar has been used to track and analyze the effects of time on climate, health and behaviour. In the millennia since then, many different methods of analysis have been developed.

Each method places emphasis on different aspects or effects of heavenly Qi (timing), however all methods have their foundation in the Ba Zi (eight characters): the four pairs of heavenly stems and earthly branches that make up the actual calendar date and are derived from the sexagenary stem-branch cycle. [*See the winter 2020 issue of Medicinal Roots Magazine for more info.*](#)

Ba Zi analysis can take on many forms and has many uses. Applied to the time of someone's birth, it is used in the form of a natal chart to determine his or her prenatal heavenly Qi. By comparing a person's natal chart with the calendrical Qi of current and future dates, it can be used to determine the auspiciousness or inauspiciousness of particular activities—such as buying a house, traveling, asking for a raise or getting married—at a particular date or time.

When used as an almanac, it can also give insight into climate and health. The Huang Di Nei Jing Su Wen, one of Chinese medicine's classic texts, goes into great detail about how the stem and branch of

a particular year affect what are called the Wu Yun Liu Qi (five movements and six Qi), which determine both the qualities of elemental and climactic Qi for the year as a whole, as well as the qualities of Qi from month to month and season to season.

February 12th, 2021 marks the beginning of the yin metal ox year. By examining the qualities of the yin metal stem, the qualities of the Ox related branch, and the almanac derived from the Wu Yun Liu Qi theories of the Nei Jing Su Wen; we can analyze and forecast the general effects of the yin metal ox on health, climate and behaviour.

THE OX BRANCH

The Ox is associated with Chou, the second branch of the twelve branches. Known for its perseverance and its ability to plow perfectly straight furrows in the fields, the ox is a conservative, orthodox, unimaginative, yet willful animal.

The main element associated with the Ox is yin earth, which is strongly associated with the central direction, the last 18 days of each season, and dampness. From a five-element perspective, it corresponds to the spleen, the muscles and flesh, digestive fluids, taste and touch. Behaviourally, it is

Year	辛 xin (yin metal) 丑 chou (ox)													
Months	Month Stem	Month Branch	5 element Host	5 element Guest	6 Qi Host	6 Qi Guest	Year Stem	Year Branch	Annual 5 Element Quality	Annual 6 Qi Quality	2020 6 Qi Influence			
February 庚寅	+ metal	+ wood	Deficient Wood	Deficient Water	Wind	Wind	- metal	- earth	Deficient Water	Damp	Dry			
March 辛卯	- metal	- wood			Fire									
April 壬辰	+ water	+ earth	Deficient Earth	Deficient Fire										
May 癸巳	- water	+ fire	Excess Fire	Excess Wood	Heat	Damp	- metal 金剋木	- earth 冲刑						
June 甲午	+ wood	- fire												
July 乙未	- wood	- earth	Deficient Earth	Deficient Fire	Damp	Heat	- metal 金剋木	- earth 冲刑						
August 丙申	丙辛合水 + water	+ metal	Excess Metal	Excess Earth			丙辛合水 + water	- earth						
September 丁酉	- fire	- metal			Dry	Cold	- metal 火剋金	酉丑合金 - metal						
October 戊戌	+ earth	+ earth	Deficient Earth	Deficient Fire			- metal	- earth 刑						
November 己亥	- earth	+ water	Deficient Water	Deficient Metal				- metal				- earth		
December 庚子	+ metal	- water												
January 2022 辛丑	- metal	- earth	Deficient Earth	Deficient Fire	Wind	Damp								
Legend														
木 = wood 火 = fire 土 = earth 金 = metal 水 = water				“+” = yang “-” = yin 合 (He) = stems or branches harmonizing to transform into an element 剋 (Ke) = the element of one stem restraining the element of another stem 冲 (Chong) = clash/conflict between branches 刑 (Xing) = punishment/oppression between branches										

TABLE: Provided by Christian Saint-Pierre

associated with nourishment, thought, stability, and forming alliances. Yin earth branch years bring all of these correspondences to the forefront.

People born in Ox years often value tradition. They make good labourers, bureaucrats and caretakers. An appropriate proverb for the Ox is “if it ain’t broken, don’t fix it: but if it’s broken, then just make it work as best you can”. Oxen are generally responsible and financially successful due to the profits of consistent hard work, but stubbornly shy away from innovation, creativity, and critical thinking.

THE YIN METAL STEM

Like the Yang metal stem of 2020, the Yin metal stem of 2021 is strongly associated with the West, autumn, and sunset, however instead of corresponding to dryness it corresponds to coolness.

Physiologically, yin metal corresponds to the lungs in Chinese medicine, especially the physical aspect of the lungs. When the Qi of yin metal is present, it reduces symptoms of lung deficiency such as shortness of breath, asthma, and the frequent catching of colds.

Behaviourally, Yin metal corresponds to precision, refinement, maturity and acquisition. Yin metal years bring all of these aspects to the forefront as well.

COMBINED EFFECTS

People born in metal ox years are said to be strong and reliable, but over-promising. They are calm, conservative, and prone to mild illnesses. When looking at the larger, socio-economic effects of the metal ox, we should not expect any major social progress this year, such as changes in policy or governance, other than a restoration and renewal of old policies. No matter what promises get made,

most governments and organizations will feel that it is not the time for innovation, preferring instead to restore the socio-economic status quo with alliances, agreements and other familiar strategies, even though they may be flawed. The global theme of 2021 will be “righting the ship” rather than “charting a new course”.

CLIMATE

When looking at climate, it is important to take the Wu Yun Liu Qi of the Nei Jing Su Wen into account. Whereas each season will have its regular climate, the metal ox year as a whole will be one of heat, drought, dust and smoke.

This is because the metal ox year is also known as a “dried up flow” year and is considered to be a year of both deficient water and excess dampness.

We should expect unseasonably warm, muggy weather from March to August, with even Northern regions being susceptible to drought, fires and violent dust storms, including tornadoes.

COMBINED HEALTH

Health is likewise best interpreted by combining the stem and branch qualities with Wu Yun Liu Qi theory.

The deficient water of the year puts constitutions that have weak water at greater risk of experiencing significant Kidney deficiency patterns, including back pain, fatigue, and asthma.

Furthermore, the excess dampness, coupled with the lack of cold water Qi, is likely to cause significant

amounts of damp heat or even phlegm, increasing the risk of metabolic and cardiovascular diseases, certain cancers, and mental illness, especially in strong earth constitutions.

COMBINED BEHAVIOUR

This year, the earth aspect of the ox branch will reduce the tendency of weak earth constitutions to feel unstable and accident prone, however strong earth constitutions may suffer from overthinking and a lack of motivation. The yin metal aspect will improve the maturity and attention to detail in weak metal constitutions, but it may trigger materialistic greed and stinginess in strong metal constitutions. In weak water constitutions, the deficient water quality is likely to cause symptoms of fearfulness, lack of willpower, lack of stamina, and lack of awareness. The excess earth and dampness, which controls water in the five-element cycle, will exacerbate these symptoms. In strong earth constitutions, the excess earth and unrestrained fire creates a high likelihood of damp heat and phlegm affecting the mind, leading to deluded thoughts, muddled ideas, and a lack of critical thinking.

The additional energy of the ox may cause the backfire effect - the stubborn refusal to acknowledge flawed thinking even when faced with evidence of the flaw.

EVENTFUL MONTHS

Each year, there are three months that, by virtue of their branches conflicting with the branch of the year, prove more difficult than the rest.

JUNE (HORSE MONTH)

June 2021 is known as a harm month. This month will be marked by delays and missed deadlines. "Too little, too late" is the theme of this month. People born in horse years may experience this effect all year round.

JULY (GOAT MONTH)

July 2021 is a critical month, because not only is there a double conflict between the branches representing ox year and the goat month, but there is also a conflict between the yin metal stem of the year and the yin wood stem of the month. This month will be marked by the conflict of ideas, with the conventional, stubborn thoughts of the ox's earth Qi being challenged by the unconventional yet just as stubborn thinking of the goat's earth Qi. Yin Metal attacking yin Wood suggests that this conflict may manifest externally, with those on the side of the ox suppressing those on the side of the goat. There is also a high likelihood of the all of the health patterns mentioned above becoming severe. People born in goat years may experience these effects throughout the whole year.

OCTOBER (DOG MONTH)

October 2021 is known as a bullying month. The earth Qi of the Ox will firmly assert itself against

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what it sees as the loud earth opinions of the dog. An exacerbation of damp symptoms and mental illness is likely in people with excessive earth constitutions. People born in dog years may feel this bullying effect until 2022.

HARMONIZING WITH THE METAL OX

Although there are general recommendations to harmonize and balance the Qi of the metal ox, each individual is unique.

For more specific, personalized strategies, it is recommended that you consult a Ba Zi practitioner or study Ba Zi with an experienced teacher.

GENERAL RECOMMENDATIONS

The principal balancing strategy is to amplify water and its correspondences through Yang Sheng Fa, Feng Shui and Chinese medicine.

- Eat naturally salty foods that have a neutral or cold temperature on a daily basis such as miso, millet and seaweed. Drink plenty of water.
- Amplify water Qi in your environment by adding water features, such as fountains and aquariums, to your home and office.
- Spend more time in the Northern parts of your home and more time in the shade. Do not overheat.
- Do not stay up too late. Get plenty of restful sleep.
- Practice mindfulness, awareness and stillness meditation.
- Strengthen the kidneys and bladder, clear heat, eliminate dampness and transform phlegm through Chinese medicine and QiGong.

By doing so, the innate risks posed by the Qi of the metal ox can be greatly minimized, allowing you to enjoy a much smoother, healthier and successful year.

No matter what, remember that when times are tough, they won't always be tough; and when times are good, they won't always be good. So be grateful for the good times, and be grateful that the tough times don't last.

Best of luck to you all in the metal ox year!

- Christian Saint-Pierre



ABOUT THE AUTHOR

Christian Saint-Pierre, R.Ac

Christian is a partner and Acupuncturist at Access Acupuncture in Halifax, Nova Scotia and teaches Ba Zi for The Academy of Acupuncture in San Diego. While studying acupuncture, Bazi, Feng Shui, and Qi Gong with the late Dr. Richard Tan, Christian began to develop and integrate classical and cutting-edge concepts into his practice, including chrono-acupuncture, I Ching and Shen therapy.

He has continued his deep interest and development of these areas, offering a truly holistic and well-rounded treatment approach to his patients, and is actively developing an I Ching Ba Zi Balance Acupuncture technique. Christian received his certification from the Academy of Classical Oriental Sciences in Nelson, British Columbia.

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The Master Within

by Matt O'Meara, R.Ac.

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Rain drips slowly off the glass enclosure that covers the table I'm at and the entrance to my new college; I have decided to settle in Victoria, BC for a couple of years to learn acupuncture from the esteemed teachers at Pacific Rim College.

Although my mind is overwhelmed by the possibilities of this medicine and the seemingly vast gap between my current comprehension and where I want to be, I vow to bridge it step by step.

Week by week, acupuncture points and TCM foundations become more familiar and I begin to use my newfound vocabulary to talk about Qi and meridians regularly. Daily perusing of the ever expanding bookstore that surrounds the entrance to the college allows my mind to drift into the future; will I practice Balance method, five element acupuncture, or become a master of palpating the channels and pulse to determine the correct diagnosis? Only time will tell.

One book, or rather a series of books, constantly grabs my attention and gives me an excuse to linger between breaks. Close to the Bone, Anatomy Trains,

and The Acupuncture Handbook of Sports Injuries and Pain are flipped through daily as I decide whether to splurge with my limited resources as a student. Attempting to be frugal, I debate whether buying texts outside of my current class requirements is frivolous at this stage. Wise teachers concur that it is better to focus on the basics at this point, and that Deadman and Macioca have already made a considerable dent in my budget and backpack space.

Fortunately, rational reasoning has its limitations. A few months into school I am the proud owner of a new Whitfield Reaves book, The Acupuncture Handbook of Sports Injuries and Pain. Over my years at Pacific Rim College, I refer to it regularly.

My passion for sports medicine grows as I continue to grow my knowledge of TCM; I find the blend of Eastern and Western medicine in the text reassuring as it represents how I plan to practice as a professional.

After graduation and a patience-filled year of waiting to write exams and then receive grades, it serves as a reminder that the years of diligence as a student will pay dividends to the future.

My first year into practice is filled with more learning experiences than I thought possible; complex cases resolved sometimes with a single treatment, and simple cases never resolved or worsened over the course of many treatments. Each patient, each day brings a greater understanding of how powerful this medicine is and how much further I have to go to wield the power intelligently. As both my TCM diagnostic skills and my orthopedic assessment skills increase, I am fortunate to learn novel skills like intramuscular stimulation from colleagues. My knowledge from years of study begins to translate into coherent protocols for nutrition, movement, and lifestyle recommendations. A key moment in the first year occurs where I start to feel confident assessing and treating new clients with complex conditions, knowing that this medicine will be a key tool in their recovery.

As my practice style develops, I continue to focus on the foundations of health. I learn to emphasize the basics of proper hydration, nutrition, and movement to the majority of my clients as key pillars to their recovery. The majority of my clients see improvement, but I feel like an element to their recovery is absent. Many clients plateau, especially clients with pain. A decrease in pain is achieved with each treatment, but truly resolving the pain seems out of my ability.



PHOTO: Ian Schneider for Unsplash.com

In a serendipitous occurrence, I am researching the supraspinatus muscle for new treatment ideas and come upon the website for Whitfield Reaves. His text is still prominent on my office desk, but it had never occurred to me to look up his website. Delighted to do something other than the work that was pressing, I started to scroll through his site. Within minutes I latched onto something I did not know existed; an apprenticeship program with Whitfield himself.

There is something beautiful about the way you feel when you are on a path you align with; a deep sense of realization, or satisfaction, about the moment you have arrived at.

As I read more about the apprenticeship program and request more information, I knew I had already committed pending acceptance. I was elated when I was accepted into the next year's apprenticeship program just outside San Francisco in Alameda, California.

The apprenticeship program will remain a highlight and a point in my career when I was able to notably increase my proficiency with both traditional and orthopedic acupuncture, which Whitfield blends seamlessly. His relaxed nature, dry sense of humour, and direct approach to teaching conveys his decades of experience in the field. He emphasized the simple approach, relying on diagnostic skill to achieve positive treatment results over blunt force. His choice of needle, a .18 x 40, was able to treat ankle strains, compartment syndromes, and supraspinatus tendinopathies with a few skillfully placed needles.

The greatest gift that came from my time with Whitfield in Alameda was simply the chance to observe him in practice; to have him talk through his diagnostic approach to an injury, needling technique, and then to observe the technique and practice it with guidance. The discussion and hands on instruction around feeling a needle through the tip, not the handle, remains an invaluable lesson to



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this day. Sometimes just to witness someone treat at the highest level of our profession reminds us of what this medicine is capable of.

*To witness a master
lends the confidence to
apprentices, or mentees,
that with an investment of
time and study we too can
attain the highest levels.*

In the years since my time with Whitfield, my patients and therefore practice have benefited tremendously from the treatment styles that I learned. He reminded me of the basics of the medicine; focus on the foundations and treat what needs to be treated. The privilege to learn from someone with a wealth of experience gives a young practitioner years of advancement from a single weekend; textbooks may contain knowledge, but experienced practitioners can contain the wisdom of how to implement it. The depth of Whitfield's wisdom continues to inspire my own practice every day; it also stokes a deep desire to continue learning so that I may be fortunate enough to one day mentor the next generation of acupuncture sports medicine practitioners.

- Matt O'Meara



ABOUT THE AUTHOR

Matt O'Meara, R.Ac.

Matt currently lives with his wife and two young boys on Vancouver Island in the Comox Valley.

When not taking advantage of the abundance of outdoor activities the valley has to offer, he practices at Origin Integrated Health with a focus on sports medicine and pain management.

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Dan Garcia
Executive Director, CARB-TCMPA

Winds of Change

Recent Changes to TCM in Canada

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As we enter 2021, we continue to see the TCM profession in Canada continue to evolve and grow. Some of the changes are, or appear to be, small while others are more significant and have a broader impact. Like in many professions and contexts, change happens slowly at first, then all at once.¹

Looking at TCM regulation in Alberta, the provincial government recently passed legislation transitioning the regulation of acupuncture to the *Health Professions Act*, effective December 30, 2020. The transition means the acupuncturist profession will be governed under the *Health Professions Act*, a more modern and patient-focused governance structure, in line with other regulated health professions in Alberta. Along with the transition, the College and

Association of Acupuncturists of Alberta (CAAA) will be required to meet the same transparency and accountability mechanisms as other regulated health professions under the HPA.

Paul Hu, Registrar and Executive Director of CAAA, said,

“As the regulatory body for the acupuncturist profession, we are committed to governing the profession in the best interest of the public. The

¹ Based on dialogue from Ernest Hemingway's 1926 novel *The Sun Also Rises*.

transition provides the necessary framework for efficient and effective governance of the profession by strengthening the connection between authorities and responsibilities.”

Although the effects of the transition to the HPA may not be immediately apparent, this change sets the path for the continued evolution of TCM regulation in Alberta.

At a national level, we are excited about the anticipated changes being introduced into the 2021 National Occupational Classifications (NOC) system maintained as part of a partnership between Statistics Canada and Employment and Social Development Canada. The NOC undergoes a significant revision process every ten years and the new version will be released in early 2021. In 2017, CARB-TCMPA applied to have TCM professionals separated from the 2016 NOC 3232 for Practitioners of natural healing—comprising acupuncturists, aromatherapists, ayurvedic practitioners, herbalists, homeopaths, reflexologists, and TCM practitioners. In December we were informed that TCM Practitioners,

Acupuncturists, and TCM Herbalists will be part of a standalone TCM classification.

The new NOC system will also move away from its current “skill level” structure in favour of a new categorization representing training, education, experience, and responsibilities required for an occupation. This is an important change for the TCM profession in Canada. The new NOC will enhance federal grant opportunities, support immigration and permanent residence applications, and strengthen the impact on our ability to influence federal policies—among some of its benefits. On a more immediate basis, the new classification recognizes the TCM profession as a distinct practice in Canada.

A special “thank you” to past CARB-TCMPA Board President Lowell Ask, current and past Board members, and Don Mayne for their contributions in supporting the NOC application.

Some changes require a significant investment of time and resources, like the legislative and classification changes previously mentioned. But



it is important to recognize that small changes can have a broad impact as well. For example, a TCM student recently raised a concern with a provincial regulator around non-inclusive language used in the Pan-Canadian Examinations Candidate Handbook. The term in question was the English translation of the pediatric condition Wu Chi Wu Ruan (五遲五軟).

CARB-TCMPA values diversity and inclusion in the TCM community. This is reflected in our approach to making the Pan-Canadian Examinations as accessible as possible—for everyone, not just those seeking accommodations, the way we interact with others, and in the language we use. Following consultations with members of the TCM community, we have updated the English translation to “Five intellectual and five physical development disability” as part of the December 2020 version of the Candidate Handbook.

We, as members of the TCM community, are part of the changes we see and strive for in the profession.

Whether you contribute as part of TCM regulation, as educators, practitioners, TCM associations in non-regulated jurisdictions, organizations supporting regulation activities—like CARB-TCMPA, or as a TCM student, we must be the change we wish to see in TCM.²

- Dan Garcia, Executive Director of CARB-TCMPA

² Adapted from a quote by Mahatma Gandhi



ABOUT CARB- TCMPA

The Canadian Alliance of Regulatory Bodies of Traditional Chinese Medicine Practitioners and Acupuncturists (CARB-TCMPA) is the national forum and voice of provincial regulatory authorities that are established by their respective provincial legislation. Through collaborative activities, CARB-TCMPA promotes quality practice and labour mobility across Canada. For more information about CARB-TCMPA, visit: carb-tcmpa.org



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What Did 2020 Teach You?

We invited our readers and followers to share how the year 2020 impacted their practice, for better or for worse, and what they learned.



medicinalrootsmagazine

...

PHOTO: Anders Jildan for Unsplash.com

Answer us
this...

What did 2020 teach you
about your practice?

MICHELLE GRASEK, MSAOM, L.AC.
NY, USA

202 has taught me that I'm ready to hire an associate and step behind the scenes of my practice. This year has been difficult, but has given me clarity and helped me realize how energized I feel when I focus on the marketing and growth side of my practice... I'm ready!

DR. TAMSIN LEE ,DAOM, AEMP
WA, USA

I no longer practice professionally since I do research but what I've learned from 2020 is that community is everything. As frustrated as I get with our profession sometimes, I find the community of acupuncturists—the clinicians and students on

the ground floor doing the daily work—a group of passionate, committed and dedicated folk that want to do better for themselves, and their patients. My hope is revived when a student DMs me with questions about cultural appropriation. I remain hopeful, optimistic, and practice kindness towards myself every time I go off.



drtamsinlee Oof! Way to put me on the spot @medicinalrootsmagazine 😂. I no longer practice professionally since I do research but what I've learned from 2020 is that community is everything. As frustrated as I get with our profession sometimes, I find the community of acupuncturists — the clinicians and students on the ground floor doing the daily work — a group of passionate, committed and dedicated folk that want to do better for themselves, and their patients. My hope is revived when a student DMs me with questions about cultural appropriation. I remain hopeful, optimistic, and practice kindness towards myself every time I go off. 😊



MARK T. BEINAON, DOM, L.AC. GA, USA

Every month I have been faced with big decisions. Decisions that often are, either to not be able to keep up with demand, or to jump "all in" and move a year or more forward on our business timeline. They have to be address right away as circumstances can change quickly. Making those quickly and decisively had been a game changer. We will likely be several years ahead in my the clinic and Evil Bone Water business. We are gonna keep that strategy. Decide quickly and invest in your future.



evilbonewater Every month I have been faced with big decisions. Decisions that often are, either to not be able to keep up with demand, or to jump "all in" and move a year or more forward on our business timeline. They have to be address right away as circumstances can change quickly. Making those quickly and decisively had been a game changer. We will likely be several years ahead in my the clinic and Evil Bone Water business. We are gonna keep that strategy. Decide quickly and invest in your future.



KELSEY JACKSON, R.AC. BC, CANADA

After 9 years of practicing in the Fraser Valley, and 3 years practicing again in Vancouver prior to that... we moved again! We moved back to the Cowichan Valley and I have had to re-build my practice. I was so busy at my old practice, I had time for hobbies and other activities. Now that I am in a position of 'starting over' I am learning about marketing and it is very humbling. Not only that, trying to build a practice in a pandemic!!!! Lol. A lot of my spare time is spent on trying to spread the word about who I am and what I do. What have I learnt? There is no such thing as shameless self promotion. Build yourself up, be proud of being good at your job. Confidence is attractive, and letting people know you love what you do and that you are damn good at is socially acceptable in 2020!

SONIA F. TAN, R.TCM.P, R.AC, DAOM BC, CANADA

Great question! After almost 15 years of practicing in Vancouver, (RAC and RTMCP), 2020 was a kick in the butt reminder that being flexible and adaptable is how we evolve and survive! We must be like water, find ways around, create a new balance, and learn how to ride the wave. In fact, it further reminds me of the Chinese character for 'crisis', that has also the ideogram 'opportunity' within the character. 2020 taught (or we could say also forced) opportunities to learn, change and grow. Stay open, flexible and strong everyone!



soniaftan @medicinalrootsmagazine Great question! After almost 15 years practicing in Vancouver, (RAC and RTMCP), 2020 was a kick in the butt reminder that being flexible and adaptable is how we evolve and survive! We must be like water, find ways around, create a new balance, and learn how to ride the wave. In fact, it further reminds me of the Chinese character for 'crisis', that has also the ideogram 'opportunity' within the character. 2020 taught (or we could say also forced) opportunities to learn, change and grow. 😊💪🌸 Stay open, flexible and strong everyone! ❤️



RUSSELL BROWN, L.AC, MTOM CA, USA

2020 revealed how much of my work—and the current wellness trend itself—is just enabling the culture and economics of productivity, hyperactivity, and optimization: the oppressive velocity of living that most of my patients are coming in seeking treatment for. I don't want to just bandaid up my patients and then send them back to the pain of capitalism. 2020 taught me that there must be more to healing than simply strategizing new means for maintaining the self-esteem and joy generated from how much we get done, how many people we see, how busy we are, how hard we work, and how much money we make.



pokeacupuncture 2020 revealed how much of my work- and the current wellness trend itself- is just enabling the culture and economics of productivity, hyperactivity, and optimiazation: the oppressive velocity of living that most of my patients are coming in seeking treatment for. I don't want to just bandaid up my patients and then send them back to the pain of capitalism. 2020 taught me that there must be more to healing than simply strategizing new means for maintaining the self-esteem and joy generated from how much we get done, how many people we see, how busy we are, how hard we work, and how much money we make.



COMMUNITY ACUPUNCTURE ON, CANADA

great question! We learned that we have to stay flexible, embrace change, and keep it simple! As well, 2020 seems to drive home a central principle of running a community acupuncture clinic: we need to consider the needs of the community over the needs of individuals. We also learned - again - that part of that means staying aware of our own capacity. You can only give what you have got.



tocacu great question! We learned that we have to stay flexible, embrace change, and keep it simple! As well, 2020 seems to drive home a central principle of running a community acupuncture clinic: we need to consider the needs of the community over the needs of individuals. We also learned - again - that part of that means staying aware of our own capacity. You can only give what you have got.



DR. PHIONA GITSHAM (CHINESE MEDICINE AUSTRALIA)

That I'm on track and loving my Chinese medicine work more than ever! My work is helping more people than ever even during tough times.



bio_herboloqi That I'm on track and loving my chinese medicine work more than ever! My work is Helping more people than ever even during tough times. 🙏❤️



SUZANNE WILLIAMS R.AC. BC, CANADA

Veeery good question!! I've been reminded of the value of resilience without rigidity, the need for preparedness with flexibility, and the power of expressing gratitude. These have kept me steady through the topsy-turvy world that (was) 2020!

- Medicinal Roots Magazine



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