

# P O I N T S *East*

*"East West College of Natural Medicine"*

*April 2021\*\*\*\*Issue #2*



3808 N. Tamiami Trail...Sarasota, Florida 34234 941-355-9080 [www.ewcollege.edu](http://www.ewcollege.edu)

## Class Rep Information

The Class Rep meetings are coming up at the end of March. If you have anything you would like your Rep to bring up at the meeting, feel free to reach out to them. Several topics will be discussed and as always, its an Open Forum for any topic.

<u>Class 60:</u> Larissa Smith	<u>Class 65:</u> Danielle Leithead Allyson White
<u>Class 61:</u> Sheri Kulak	<u>Class 66:</u> Lora Johnson
<u>Class 62:</u> Laura Denovi	<u>Class 67:</u> Brooke Moore
<u>Class 63:</u> Leonardo Gallego	<u>Class 68:</u> Charles Anderson
<u>Class 64:</u> Amy Carpenter	<u>Class 69:</u> Kama Beasley Briana Egger

## *' Fortune Cookie Quotes'*



## "Faculty of the Month"

**Dr. Daniele Saint-Cyr** is the most "veteran" teacher / instructor on campus and is celebrating her 18<sup>th</sup> year at EWC in April. She is Board Certified Acupuncture Physician and Dr. of Oriental Medicine with a diploma in Acupuncture and Oriental Medicine from the Academy Of Chinese Healing Arts (now EWCNM). She holds certificates in professional massage therapy, therapy for clinical practitioners, oriental pediatric medicine, pain relief by restoring myofascial dysfunction, facial acupuncture, and scalp acupuncture for stroke and neurological disorders. Dr. Saint-Cyr also has a daily health chronicle on the radio called: *living au natural with Dr. Daniele.*



## "The Doctor is In"

### The Physician's Workshop

*(Part 2 of an ongoing series)*

\*The 1<sup>st</sup> session went over so well, and the feedback was invaluable, so we will be continuing the Program.\*

Plan now to attend this invaluable workshop designed to greatly improve your knowledge of western medical diagnostics skills and techniques. If you feel you are lacking in the fundamental skills of observation, palpation, auscultation, percussion and orthopedic evaluation, then this workshop is a must for you!

See you there!

Next Session Date : Saturday, May 22, 2021

9am to 11am: The Physical Exam (Dr.'s Wu & Feleke)

11am to 11:30 short break

11:30 to 1:30: Point Location Review (Dr. Roensch)

## "Newsletter Staff"

\*Contributing Editor / Publisher: Sherry Ingbritsen

### \*Contributing Staff and Faculty

\*Dr. Steven Roensch

\*Dr. Yoseph Feleke

\*Dr. Hailin Wu

\*Carol Evans

\*Deb Cogan

\*Laura Denovi

**\*\*If you would like to be part of a future newsletter, please submit your ideas / articles by the 15<sup>th</sup> of the month to [singbritsen@ewcollege.org](mailto:singbritsen@ewcollege.org). We do reserve the right to edit for content / space, grammar and spelling.**

**\*All information contained in the newsletter are copyrighted by the school, and cannot be published in outside journals without permission.**

## "School Pride"



Time now to take part in helping with our **"School Beautification"** project. This would mean, cleaning up outside, painting rooms, maybe planting an "herb garden", etc.

**Now that the allergy season is coming to a close, and hopefully the big rains are gone, we will be starting up our clean-up sessions again.**

This can be used towards your **Community Service** hours, "while we are still in Covid-19". After all, our school is part of the community and we should all take pride in it's appearance.

If you want to be part of this fun group, and make our campus shine, reach out to Dr. Roensch and let him know! Thanks in Advance!!

## "Calendar of Events"

**Keep your eyes on the Dashboard and the monthly newsletter for any changes, updates or additions to the calendar.**

**April 9, 2021:** Observer to Intern Exam

**April 12-15, 2021:** Finals

**April 16, 2021:** Comp Exams

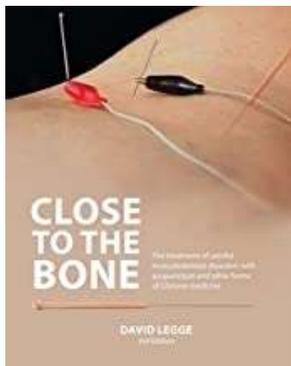
**April 17, 2021:** Class 60 Graduation Weekend

**April 18, 2021:** Winter Term Ends

**April 28, 2021:** New Student Orientation

**May 3, 2021:** New Semester begins

its third edition, this popular text covers the acupuncture treatment of musculoskeletal disorders. Its aim is to enable the acupuncture practitioner to diagnose musculoskeletal disorders from both a Chinese medicine and an anatomical perspective and to combine these insights into an effective treatment. This new edition is a comprehensive revision. It contains a substantial amount of new material, an increased emphasis on diagnosis and updated treatment recommendations. The first section covers TCM physiology, pathology and etiology of musculoskeletal disorders, with TCM diagnosis and treatment modalities and point selections, and includes an exposition of the jingjin, the muscle meridians in Chinese medicine. The second section surveys the pathoanatomical framework of the tissues, the muscles, and the skeletal system and their specific disorders and treatment. The third section, the major part of the book, is a regional survey with illustrations of all the articular areas. Each is explained from both Western and TCM viewpoints. The relevant acupuncture points are also discussed. The method of examination of the area, and its disorders and their treatment, are described in detail. The author has been a practicing osteopath and acupuncturist for more than thirty years, specializing in the treatment of painful musculoskeletal disorders.



**Graduating students must return all library materials by Monday April 5<sup>th</sup>. Students returning next semester may borrow library materials over spring break.**

**Please send comments and suggestions to: [dcogan@myewcnm.org](mailto:dcogan@myewcnm.org) Library Hours: 8:30 AM – 10:00 PM, Mon – Thurs. 9:00 – 5:00 Friday...Campus Librarian Hours": 11:30 – 4:30, Mon – Wed.....When the Librarian is not available, please see Sherry Ingbritsen**

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Please visit Larissa Smith's Etsy shop, where she sells acupuncture and natural medicine themed t-shirts and tote bags that I have designed. Here is a link to see what I have: <https://www.etsy.com/shop/NaturalMedSwag>



**Spark a conversation about Acupuncture & Natural Medicine with uniquely designed T-shirts, tote bags & accessories! Etsy.com shop name: "NaturalMedSwag"**

## "On the Money": The FAFSA Forms

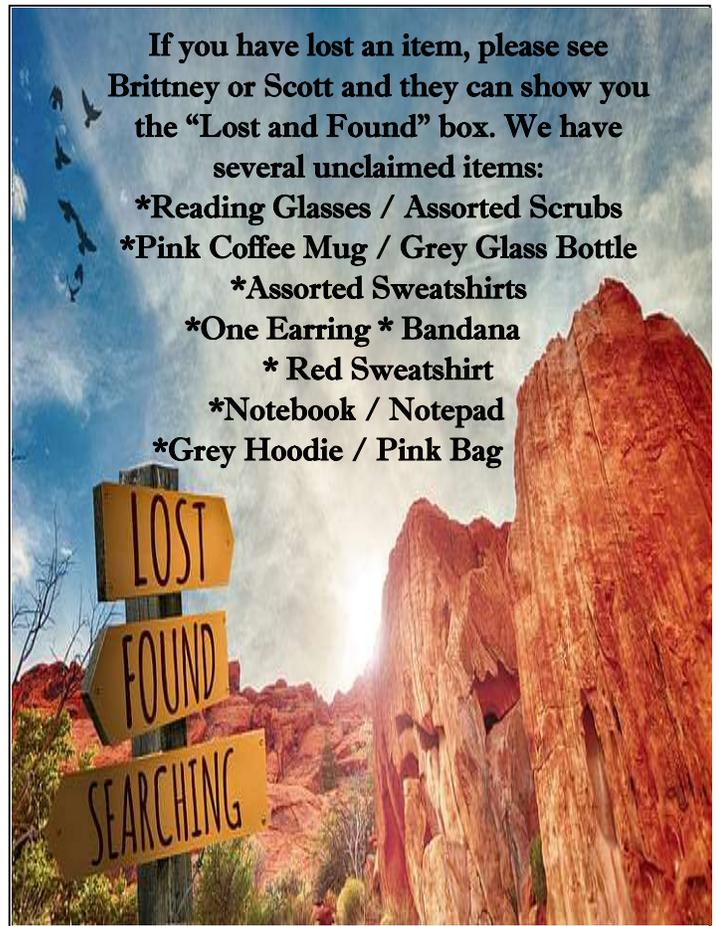
Notes from Carol Evans, our Director of Financial Aid:

Carol is currently working on repackaging the students for the remainder of this term, and prepping for the upcoming term for both current and new students.

She asks that as each of you begin to fill out your new FAFSA, to make sure you now use the 21-22 forms, and not the 20-21 forms. That will prevent your file from having to be resubmitted and thus extending the wait time for your next loan disbursement check.

Please keep in mind that once the checks do arrive on campus, it takes approximately 2 weeks for the checks to be formatted and prepared for you to receive them. Therefore, she asks your patience, and she will let you know when they are ready to be disbursed.

If you have any questions about this or any other financial aid question, please feel free to email her at [cevens@ewcollege.org](mailto:cevens@ewcollege.org). She will reply back to you as soon as possible. If its urgent, she can be reached at 941-355-9080 x 101.



If you have lost an item, please see Brittney or Scott and they can show you the "Lost and Found" box. We have several unclaimed items:

- \*Reading Glasses / Assorted Scrubs
- \*Pink Coffee Mug / Grey Glass Bottle
- \*Assorted Sweatshirts
- \*One Earring \* Bandana
- \* Red Sweatshirt
- \*Notebook / Notepad
- \*Grey Hoodie / Pink Bag

## "Did You Know..."

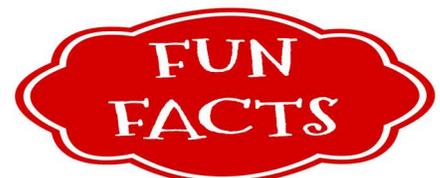
### Ten Fun Facts About You

- Your body is composed of 100 trillion cells, each with enough information to fill 1000 books with 600 pages in each one.
- You have 47 miles of nerves.
- You have 67, 000 miles of vessels
- Your heart will beat 2 ½ billion times if you live to be 80 years old.
- You will walk around the Earth approximately 2 ½ times in your lifetime.
- If you could uncoil your DNA it would stretch from Earth to Pluto and back again
- You will spend 8,000 hours staring at some kind of screen in your lifetime.
- You will spend 10,000 hours sitting down.
- You will consume about 100 tons of food.
- You will drink 25,000 gallons of water.

## "Clinic Corner"

### "Benefits of Cold Laser Therapy"

- 1: Stimulates microvascularization
- 2: Increases cell proliferation.
- 3: Bone and tissue regeneration
- 4: Improves ATP (cell food) production
- 5: Reduces inflammation.
- 6: Increases blood supply through vasodilation
- 7: Improves oxygen saturation
- 8: Stimulates immunological function
- 9: Reduces inflammation
- 10: Speeds up the healing of wound and fractures as much as 60%



You're Off to *Great Places!* Today is *Your Day!*



*As we prepare to end this semester and begin a new one in just a few short weeks, we are reminded of change. So much has happened in this last year. Just one year ago this month, Dr. Yoseph Feleke and Dr. Hailin Wu purchased our school and became our new owners. Not only that, but they also became our Campus President / CEO and Academic Dean / Vice President, respectively. They brought with them their knowledge and expertise in Acupuncture and Herbs in the hopes of taking our campus to the next level. Little did they or we know that within a few short weeks, a world- wide pandemic, the likes we haven't seen in close to a century, would affect each and every one of us. We worked, schooled and lived our lives online and in our homes. We have witnessed a new U.S. President come into power. The seasons of our sports teams have all been put on hold. The summer Olympics that were to be held in China, have been pushed off for another year or more. So much history has been made this past year, some good, and some bad enough to cause portions of the population as a whole to become fractured. While we as a school, must remain in a state of neutrality, we all feel the pain of what has happened and vow to do all we can to ensure our faculty, staff and students are all treated with respect and kindness. We care about everyone here and feel for the pain so many are going through right now. We are here to listen and lend a shoulder where needed. Our school is here to do one thing: to educate our students in Acupuncture and the Herbal Sciences and make sure they are all prepared to graduate, pass their boards and go on to be successes in their own careers. We want everyone to feel safe, healthy and secure while they are here, and know they are in a safe, trusting and non- confrontational environment. Each and every one of you matter, NEVER doubt that!!*

*With that said, we will all be back on campus come May 3<sup>rd</sup>. All students and faculty will be here together and there will be no more online classes. So, we will be asking you all to continue wearing your masks every day, and to continue with temperature taking as you enter the building and washing and sanitizing your hands. We will continue to take every precaution and clean the school nightly and the instructors will wipe down classrooms after each session. Remember, everyone must return to campus for the next semester, so please plan for any issues such as daycare, schools, family member care, etc., so you will be able to fully focus once you are back.*

### *"For Your Health and Safety"*

As we near the 1 year mark of Covid-19, we all need gentle reminders that we are still in the pandemic phase, and we need to follow all CDC and Campus guidelines when it comes to our health and safety precautions.

*Please remember to wear your mask at all times inside the building.*

If you are in the classroom at a safe distance and it's approved, you may pull the mask down to breathe. This is for everyone's safety and we must all abide by it.

*Thank you in advance!*

\*\*\*\*Happy Easter\*\*\*\*

April 4, 2021



## “Spotlight on herbs/Herb of the Month”

Written by Laura DeNovi (Class #62)

Spring is here, the flowers are in bloom, the birds are chirping and if you have allergies you are not happy. This time of the year is not fun for those that suffer allergies. The nose starts dripping/running, the eyes get red and irritated, and the throat gets the tickle. Well not to fear! TCM is here!

**Cang Er Zi (Fructus Zanthii):** is a great herb to assist with allergies. Its main action is to open nasal passages and relieve pain. This herb will assist with sinus disorders with a headache. This herb is commonly used to treat “sinusitis, sinus headaches, nasal blockage, loss of smell, turbid discharge, and rhinitis”. (**Chen and Chen, 63.**)

**Xin Yi Hua (Flos Magnoliae):** This herb has two main functions: 1) to dispel wind-cold and 2) to open nasal orifices. Xin Yi Hua is most effective for opening nasal obstruction and draining the nose from obstruction caused by wind-cold (**Chen and Chen, 65.**)

Some great patent formulas that can assist with relief from allergies are:

**Cang Er Zi San** (Xanthium powder), **Xin Yi Wan** (Magnolia Flower Pills), **Bi Min Gan Wan**, and **Bi Yan Pian** (Nasal inflammation tablet.) (**Fratkin, 24-30.**)

As always, consult with a licensed practitioner to determine what formula is the correct one for you.

### Resources:

\***Chen, J.K and Chen, T.T & Crampton, L.** (2012) Chinese Medical Herbology and Pharmacology. City of Industry, CA: Art of Medicine pres.

\***Fratkin, J.** (2014.) Essential Chinese Formulas: 225 classical and modern prescriptions organized by clinical category. Boulder, CO: Shya Publication

Pictures of herbs:

### 1) Cang Er Zi (Fructus Xanthii)



### 2) Xin Ye Hua: (Flos Magnolia)



## *“Stress Causes Disease”*

*By Dr. Steven Roensch*

Following an acute episode of stress, it takes humans as much as 60 minutes for the body's physiology to return to normal pre-arousal levels. As long as we remain in a state of stress, cortisol is released leading to de-regulation of genes causing a loss of homeostasis. This affects 3 systems primarily: Nervous, endocrine and immune system which collectively makes us more susceptible to disease. This is called *allostatic overload* which puts excessive wear and tear on the body, raising blood pressure, altering immunological function and causing behavioral changes. Because humans have the largest neo-cortex, we can turn on the stress response just by thinking about stressful things. The stresses of modern life can easily become chronic and keep our body in emergency mode, similar to the *Fight or Flight Response* first identified by the American physiologist William B. Cannon in 1895. More commonly today, this is referred to as the Human Stress Response.

So how can we deal with stressful situations more effectively? It helps if we identify those situations as to what they really are. For example, if the cause of stress is imminent physical danger then it is practically impossible to “turn off” or ignore the stress response. However, if we understand that the situation is **not actually life threatening**, but rather just a stress inducing situation that requires our attention, we can alter the change in our physiology. Let's say we are preparing a presentation, prepping for boards or interviewing for big job, then we can actually lower our stress levels by recognizing it as a non-life threatening situation thus changing our mental-emotional content and changing our body chemistry.

Other ways to avoid chronic stress is by practicing positive auto suggestions, living in the present moment, avoiding negative-feedback loops and most important, by controlling our breathing. Also, regular exercise, sufficient sleep and sensible nutrition play an important role as healthier individuals tend to handle stress better than those with less than healthy lifestyles. Oh, and don't forget about acupuncture!



***"Where do I go if I have Questions"?***

We are getting closer to some normalcy in life and bringing everyone back on campus, including brand new students. We have also had some changes in staff and faculty, so you may wonder who to go to with your questions and concerns. \*Naturally, we ALL have Open Door Policies and are here for you anytime you need.

Our goal is to make sure you have everything you need to be successful and if we can assist in any small way, we are happy to do it! Hopefully, this will help just a little.

**\*\*\*Dr. Yoseph Feleke: President / CEO**  
**(any student / faculty concerns)**

**\*\*\*Dr. Hailin Wu: Vice President / Academic Dean**  
**(all academic questions, technology issues and schedule change requests)**

**\*\*\*Dr. Steven Roensch: Clinic Director**  
**(all questions related to the clinic, externships, supplies and clinic schedules)**

**\*\*\*Dr. Ricardo Morales: Dept Head: Herbal Sciences**  
**(all herbal studies needs)**

**\*\*\*Russ Battiata: Compliance Officer / Operations**

**\*\*\*Dr. Nick Kealoha: Campus Director**

**\*\*\*Sherry Ingbritsen: Director of Admissions / Career Services**  
**(New student information, job placement, graduation, scrubs and newsletter)**

**\*\*\*Carol Evans: Director of Financial Aid**  
**(all financial aid questions books, loan information)**

**\*\*\*Deb Cogan: Campus Librarian**  
**(books and other media / library needs)**

**\*\*\*Registrar**  
**(transcripts, attendance questions)**

**\*\*\*Kelli Gosnell: Clinic Reception**  
**(patient scheduling, supplies)**

**\*\*\*Eric Cangelosi: Clinic Reception**  
**(patient scheduling)**

**\*\*\*Administrative Assistant**  
**(computer sign outs, scheduling appointments with Dr.'s Feleke and Wu)**