

# POINTS East

"East West College of Natural Medicine"

February 2021 \*\*\*\* Issue #1



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

## Introducing our 2021 Class Reps

EWCNM would like to take a moment to introduce our 2021 Class Reps. These are your classmates that will serve as a voice, a bridge between the students and the administration. They will also serve as mentors to students who need assistance in classes or just need someone to talk to.

Class 60: Larissa Smith

Class 65: Deanna Newlin

Class 61: Sheri Kulak

Class 66: Lora Johnson

Class 62: Laura Denovi

Class 67: Brooke Moore

Class 63: Leonardo Gallego

Class 68: Charles Anderson

Class 64: Amy Carpenter

Class 69: Kama Beasley

Briana Egger

## Clinic Corner

### "Why You Should Recommend a B-12 Injection to your Patient"

\*Improves Energy

\*Helps with red blood cell formation and anemia prevention

\*Supports Bone Health and prevents osteoporosis  
\*Reduces the risk of macular degeneration

\*Improves mood and symptoms of depression

\*Benefits brain health, prevents brain atrophy and memory loss

\*May prevent major birth defects

\*May reduce heart disease risk

\*Supports healthy hair, skin and nails

\*Improves neurological function



## 'Fortune Cookie Quotes'



## "Faculty of the Month"

Congratulations to **Dr. Stephen Roensch**, recently promoted to Clinic Director, and also to **Dr. Ricardo Morales**, recently promoted to Dept Head: Herbal Sciences at EWCNM. We wish to congratulate them on their efforts and hard work in contributing to the education and success of our students.



## "The Doctor is In"

### The Physician's Workshop

(Part 1 of an ongoing series)

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!

There is no charge for EWCNM students. Sign up today with Dr. Roensch or email to reserve your space.

See you there!

Saturday, March 6, 2021

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

11am to 11:30 short break

11:30 to 1:30: Ortho Eval & Diagnostics (Dr. Roensch)

## "School Pride"



Many of the students have approached us and wanted to take part in a "***School Beautification***" project. This would mean, cleaning up outside, painting rooms, maybe planting an "herb garden", etc.

Some already were here recently on their Friday off, and cleaned up the perimeter, and did some general cleaning. We thank you for that!

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!!

## "Newsletter Staff"

\*Contributing Editor / Publisher: Sherry Ingbritsen

### \*Contributing Staff and Faculty

\*Dr. Steven Roensch

\*Dr. Yosef Feleke

\*Dr. Hailin Wu

\*Carol Evans

\*Deb Cogan

\*\*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.

## "Calendar of Events"

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

Feb 22 - 25, 2021: Mid-Terms

March 6, 2021: 10am to 2pm "Hands-On Reviews" (with Dr. Feleke, Dr. Wu and Dr. Roensch)

March 10, 2021: 1:00pm "Lab Coat Fittings" for Class #60

April 9, 2021: Observer to Intern Exam

April 12-15, 2021: Finals

April 16, 2021: Comp Exams

April 17, 2021: Class 60 Graduation Weekend

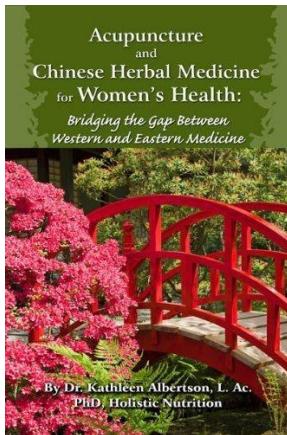
April 18, 2021: Winter Term Ends

April 28, 2021: New Student Orientation

May 3, 2021: New Semester begins

## *"The Book Nook" (A Book Review)*

Albertson, K. (2009). *Acupuncture and Chinese Herbal medicine for Women's Health: Bridging the Gap Between Western and Eastern Medicine*. Kathleen Albertson. Call Number: WB 70.8 .A434a 2009



In this book, Albertson offers an integrated East-West approach to women's health problems. The author's goal is to empower women with the knowledge of the potential benefits of TCM. This work broadens the understanding of how TCM and western medicine differ in diagnosis and treatment while also offering advice on how they can be used together to successfully treat a myriad of women's health conditions. The first section of the book discusses the differences in East/West protocols, diagnosis, risks, and practitioner training. This is followed by a section that helps readers acquire a basic understanding of TCM - what it is and how it works - as well as its benefits, risks and potential for treatment. The rest of the book is devoted to a discussion of specific health conditions that affect women. Each of these sections includes both the Western and Eastern perspectives, suggestions for foods and

supplements and a summary of relevant studies. The author explains how acupuncture systems work in easy-to-understand language. Practical tools such as a personal symptoms checklist and a TCM food and thermal temperature chart are included. Nutritional and lifestyle factors and tips are offered. A wide range of conditions are included such as: PMS, painful, heavy, irregular menstruation, PCOS, infertility, and pregnancy-related issues, insomnia, incontinence, vaginal itching, heart disease, and headaches.

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**

### **Welcome Cohort #69" (Don't we look GREAT in our New Scrubs?)**

This is the first day our January 2021 Students got to wear their scrubs. They say "Now they finally belong and are so excited to be here". Let's give a warm welcome to (from left) Gabriella Rogers, Briana Egger, Kyla Caricato, Samantha Hernandez, Daniel Adriance, Angela Hickerson, Kaytee Chincarini, Lyndsey Dixon, Kama Beasley, Barbara Keogh and Kathleen Richard.



## "On the Money": The 1098-E

- \*If a borrower made federal student loan payments in 2020, they may be eligible to deduct a portion of the interest paid on their 2020 federal tax return.
- \*As required by the IRS, federal loan servicers must report payments on IRS form 1098-E by Jan 31, 2021 if the interest received from the borrower in the tax year was \$600 or more.
- \*If less than \$600, the borrower may contact his or her servicer for the exact amount of interest paid during the year and to request a 1098-E.
- \*Most borrowers who paid \$600 or more during 2020 will receive one 1098-E. Those who had multiple servicers may receive 2 or more 1098-E's.

**\*Scenario 1:** Borrowers Current Servicer was the only one: The federal loan servicer will provide the borrower with a copy of their 1098-E IF the interest was more than \$600.00

**\*Scenario 2:** With Multiple Servicers:

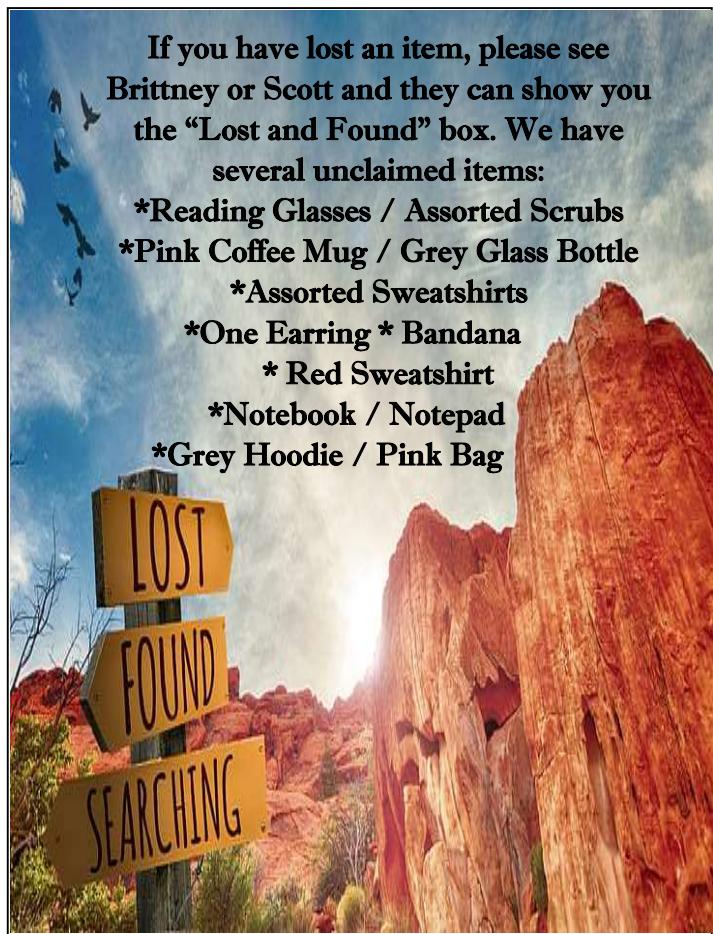
Each servicer will provide will provide the borrower a copy of their 1098-E if over \$600.00. If interest paid to each servicer is less than \$600, but totals \$600 or more across servicers, they may request a 1098E from each servicer.

\*A borrower can log in to their federal student aid account at <http://www.studentaid.gov> to identify their federal loan servicer.



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..."



Turn your clocks AHEAD 1 hour:

Sunday, March 14, 2021

\*\*\*\*\*

Wednesday, March 17, 2021

"Happy St. Paddy's Day"



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



We've all been through a major upheaval recently. It's been almost a year since the biggest pandemic since 1918. Covid-19 took us all by surprise and we are still reeling from its devastation. We have seen losses of friends / family, spent more alone time than we would ever want to do, learned to homeschool our kids, accepted the need to breath though masks and foggy glasses, bought water and toilet paper wherever we could find it, and taught ourselves how to "zoom" with others just to have face to face conversations. It's been a rough time and we are still dealing with it. But, in all this, we find strength and healing. We have seen people band together to help the sick and the lonely. We have seen people of every faith come together to help those in need. Our healthcare workers, first responders and military personnel have come to the aid of people worldwide. In this time of Covid, I look around me at the faculty and students here at EWCNM and I take pride in what I see. Students anxious to be on campus so they can learn more, because they want to graduate and be part of the healing process. Faculty working the clinic to take care of those patients who come in, because they know the acupuncture treatments they provide are what will keep people healthy and free of pain. I see a camaraderie like no other. The world outside our campus is going through turmoil, but inside our campus, its starting to come back to life. The classrooms are alive with students learning, even those joining in remotely. The clinic is getting busier as the weeks progress with patients new and old seeking treatment. Techniques are being taught, herbal remedies are being prescribed and skill levels of our students are being honed and strengthened. I personally witnessed a group of students truly showing care, concern and professionalism with a patient and wanting to aid with any method they could. This is what its all about. Yes, Covid is bad and it may be here for a while longer, but we are stronger than it is. We can work together to heal mind, body and spirit with what our students are learning. Our students, YOU, are what matter right now. You can take all you are learning, soak it all in, graduate and pass your boards. Then, the world is your oyster and YOU CAN MAKE A DIFFERENCE!! Be the Acupuncture Physician you have dreamed of becoming!!

## "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!***

## "Parking" (Just a friendly reminder)

The parking spaces against the curb, directly in front of the clinic are reserved for Clinic Patients Only. Many patients have difficulty walking distances or along uneven ground.

Please use the spots against the fence, or in the large lot behind the building. You can also park on the admin side, along the grassy median facing our neighbor, the locksmith.



# ***“Traditional Chinese Herbal Medicine & Natural Supplementation for Preventing and Treating Novel Coronavirus (COVID-19) Pneumonia”***

**By Dr. Hailin Wu PhD, MD, DOAM**

A new type of coronavirus was identified and named 2019 novel coronavirus (COVID-19) by the World Health Organization (WHO). It has been causing an increasing rate of pneumonia cases since late December 2019. The outbreak was declared a Public Health Emergency of International Concern by the WHO on 30 January 2020. COVID-19-infected pneumonia is characterized by flu-like symptoms including fever, cough, severe acute respiratory distress syndrome, and in some cases death. Human-to-human transmission has been confirmed for the virus, which is considered related to severe acute respiratory syndrome (SARS) and the Middle East respiratory syndrome (MERS). Like SARS-CoV and MERS-CoV, the COVID-19 is a serious threat to human health. Effective prevention and treatment are crucial in this situation.

## **Traditional Chinese herbal medicine therapy**

TCM herbal medicine is a mixture of Chinese herbs prescribed by Chinese herbalists depending on the differentiation of the patient's syndrome according to Chinese diagnostic patterns (inspection, listening, smelling, inquiry, and palpation). The use of traditional Chinese herbal medicine for treatment or prevention of these novel viral infections affecting the pneumonia will be discussed. Studies have reported that Chinese herbal formula, such as

### **The San Wu Huangqin Decoction (SWHD)**

The Chinese compound formula of SWHD is composed of Ku Shen, Huang Qin, and Sheng Di Huang. The traditional Chinese medicine formula is used to treat colds caused by exposure to wind-pathogen, hyperpyrexia, infectious diseases and cancer; moreover, it is used for detoxification. The individual herbs of SWHD, such as Ku Shen and Huang Qin, exhibit a wide spectrum of antiviral, anti-inflammatory, antibacterial, anticancer and other properties. However, the effect of SWHD on the influenza virus (IFV) and its mechanism remain unknown. The aim of this study was to evaluate, for the first time, whether SWHD could be used to treat influenza. The antiviral activity of SWHD may be related to its regulation ability on the immune system.

### **Lianhuaqingwen Capsule (LHQW)**

The Chinese compound formula of SWHD is composed of Lian Qiao, Jin Yin Hua, Ma Huang, Xin Ren, Shi Gao, Ban Lan Gen, Guan Zhong, Yu Xing Cao, Huo Xian, Da Huang, Hong Jing Tian, Bo he Nao, Gan Cao.

COVID-19 has led to a great case fatality. The discovery of potential effective drugs on the market becomes one of the principal means to develop antiviral drugs for COVID-19. The control and improvement of the present COVID-19 situation in China could not be separated from the extensive participation of TCM, which has been proven effective by the clinical studies in COVID-19 patients. LHQW is one of the TCM formulations that have been officially approved to treat COVID-19 patients, which may be due to its antiviral, lung protection, and regulation of inflammation response as well as immune regulation actions.

Recent clinical evidence also showed that LHQW in combination with western medicines, such as the other antiviral drugs, is better than that not using LHQW during COVID-19 treatment, suggesting it would be beneficial as a supplementary strategy for treating COVID-19. Furthermore, traditional Chinese herbal medicine combined with western medicine treatment regimen reduced adverse events and other complications induced by glucocorticoid, antibiotic, and antiviral treatments. The traditional Chinese herbal medicine treatment program and required local health and health committees to implement and strengthen the integration of traditional Chinese herbal medicine and western medicine. It will provide an overview of the application of traditional Chinese herbal medicine for preventing and treating COVID-19 patients and assess the strengths and limitations of available evidence.

## **Natural supplementation:**

**Vitamin C** is a potent antioxidant and contributes to the immune system by supporting epithelial barrier function against pathogens and decreasing oxidative stress. It helps with the cellular processes of chemotaxis and phagocytosis. Vitamin C assists in the transformation of T cells and production of interferon. It prevents and treats both respiratory and systemic infections

**Vitamin D** has several mechanisms that reduce risk of infection. It can lower viral replication rates, reduce inflammatory cytokines that cause damage to linings of the lungs, and increase anti-inflammatory cytokines. Some observational studies and clinical trials reported a decrease in influenza rates with Vitamin D supplementation.

**Zinc** is essential for development of cells mediating immunity such as neutrophils, NK cells, T and B cells. It is also an antioxidant like Vitamin C and has a role in the prevention of free radical injury to cell membranes. Cytokine production and phagocytosis are also affected by levels of zinc in the body. Zinc is involved in basic cellular functions such as DNA replications, RNA transcription, cell division and cell activation.

## *"What's happening in the field of Oriental Medicine"*

**Dr. Yoseph D. Feleke PhD, MD, DAOM**

Acupuncture and Chinese Medicine, which has been used for over 3000 years, is recognized by WHO as a viable medical protocol and is widely used in the United States, Europe and throughout Asia. 40 percent of European hospitals have an acupuncture clinic, and 50% of patients visiting TCM practitioners in the United States seek remediation of drug side effects, enhancement of the therapeutic effects of the western drugs and, fortification of the immune system.

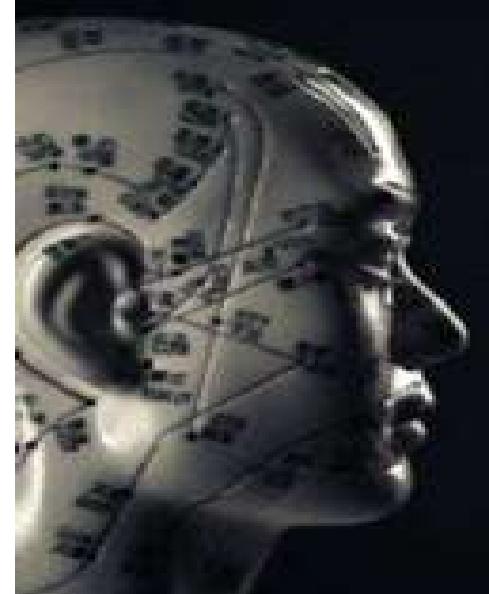
Chinese medicine is a complete organized medical system, the second largest in the world. Over 60 accredited colleges by commission and approved by U.S Secretary Education have conducted extensive scientific research with clinical trial and developed accepted protocols.

Chinese medicine has been found to significantly reduce both the side effects of the western medicine drugs and the symptoms of the disease as well as be ***economically feasible for many countries***. In the United States, effective protocols and methods have been developed to treat and augment the medical treatment of diseases with Chinese medicine.

Many USA practitioners have demonstrated their validity empirical based on long track recorder that demonstrates their effectiveness. ***Because so much remains to be understood about how to effectively treat major cases*** it is essential that conventional physicians who treat people with major diseases become familiar with these systems and work as partner with those patients who are beginning to explore these treatments. Also it is important that western physicians work directly with practitioner of alternative medicine, to determine how to integrate these approaches into a sensible and comprehensive treatment plan for a patient

Traditional Chinese medicine is a unique system for describing diagnosing and treating disease in the human body. Its approach is uniquely holistic and individualistic, treating a person for his/her distinctive manifestations of illness rather than a pre-defined set of signs and symptoms. This type of diagnosis is called personal pattern discrimination, and is the fundamental prescriptive method in TCM. It creates a very specific foundation from which treatment methods are chosen. Treatment methods in TCM are honed to precisely correct imbalances found in particular individual. In other words, TCM treatments are specifically crafted to match the needs of each person seeking treatment. Though diagnosis and treatment method, TCM is often effective when other treatments are not and rarely produces negative side effects. Today conventional western drug development has thus far did not answering all of the health issues and elicits major side effects this lead many well-known universities to focus and research on alternative medicine and be able to handle difficult cases more effectively by minimizing loss of time, money and many, many lives .improving quality of life and well-being

Alternative medicine regiments often cold complementary natural or holistic have been developed from a Varity of systems that address not only the physical but also mind and spirits aspect of individuals, in these modalities it is assumed that each individual has an innate healing capacity that can be reinforced and restored to balance. That has been tailored to the individual's specific constitution and condition.



## "Our Upcoming Graduating Class"

This is the final semester for Cohort #60. As they complete their last set of mid-terms, last set of finals, complete their last clinic shifts, hand in their final papers, we prepare them for their future as Acupuncture Physicians.

It's a long road traveled from the 1<sup>st</sup> interview to the day you will walk across the stage wearing your Cap and Gown. Now, filled with a mixture of emotions; joy, sadness, excitement and anxiousness, they will say goodbye to the campus they spent much of their life over the last 3 ½ years. They will say goodbye to the faculty who taught them all they know and the staff who was there to support them along the way. Now they prepare for their state boards and the beginning of a whole new chapter in their lives.

We are proud of our graduates and all they have accomplished, but also all they WILL accomplish in their careers as Acupuncture Physicians.

While they still have several weeks remaining here on campus, some of the most important weeks of all, we wanted to take this time to recognize them, and say Congratulations for all your hard work and efforts.

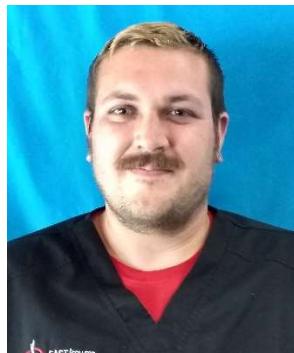


\*Jesse Brock-Shoemaker

\*Brittany Coblenz (Roemisch)

\*Morgan Keeling

\*Janelle Kubus



\*Genevieve Lane

\*Ryan Parr

\*Binh Pham

\*Angelina Pullen



\*Larissa Smith

\*Maria Trujillo

\*Audrey Tuman