

# 8



Brian Sandoval, Governor



Maggie Tracey, O.M.D., President  
Vince Link, O.M.D., Vice President  
Lisa Mathews, O.M.D., Secretary/Treasurer  
Fely Quitevis, Member  
Abraham Jim Nagy, MD, Member  
Merle Lok, Executive Director

**NEVADA STATE BOARD OF ORIENTAL MEDICINE**  
**APPLICATION FOR CREDIT APPROVAL OF CONTINUING EDUCATION**  
**Pursuant to NAC 634A.137**

Name of Applicant or Entity: Krista Italiano  
Address: 890 Mill St, Ste 303, Reno, NV 89502  
Phone Number: (775) 386-2890 Email: renoacupuncture@gmail.com

I. Location and Address of the continuing education program: ProD Seminars  
prodseminars.net

II. Please fill out below:

Name of Instructor(s)	Degree of Instructor(s)	Date	Time:		CE Hours	Title of Course
			From	To		
Amy Seaver	A.S., Dipl. O.M.	12/26/17			3	Adaptogens - Modern Biomedical Understanding of Ancient Herbs
Michael Garta	Master's in Acupuncture	12/26/17			8	Treating the Thyroid + Adrenal Glands for Better Clinical Outcomes

- III. One application per course must be submitted for review and approval.
- IV. Supporting documentation must include: all material relating to the course, including, without limitation, written material to be provided to a licensee attending the course; and
- V. The fee required pursuant to NAC 634A.165 of \$100 (per course).
- VI. The Board recommends including also a syllabus for the course in addition to a curriculum vitae for the instructor(s).
- VII. If the Board approves a course of continuing education pursuant to NAC 634A.137, the Board will determine the number of hours of continuing education that a licensee may receive for attending the course.

I swear that the above statement is nothing but true.

Signature of the Applicant or Representative of Entity: Krista Italiano  
Date: 12/27/17 Name: Krista Italiano



Professional Development  
for Health Care Practitioners

## Adaptogens - Modern Biomedical Understanding of Ancient Herbs

Amy Sear

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Krista Italiano

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has completed the Distance continuing education course  
"Adaptogens - Modern Biomedical Understanding of Ancient Herbs" with Amy Sear  
on December 26, 2017  
for a total of 3 continuing education credits.

*Lorne Brown*

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Provider/Organizer

Dr. Lorne Brown Dr. TCM

NCCAOM 553-363; 3 PDA AOM-BIO - Massachusetts; 3 CEU  
CTCMA; 3 CEU, Category B3 - Alberta CAAA; 3 CEU - NZRA; 3 CEU  
Texas Provider CAE00011; 3 CAE - Illinois (225.000020) 3 CEU  
California 3.0 CEU Category 1 - Florida 50-8743; 20-545004, 3 BIO



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10360 Odlin Road  
Richmond, British Columbia V6X1E2  
778-861-3826

### Certificate of Completion

This verifies that

***Krista Italiano***

Acupuncture License #: NV 2001

***is awarded 3 PDA Points***

For completing the Distance Learning/Online Program

***Adaptogens - Modern Biomedical Understanding of Ancient Herbs***

***December 26, 2017***

NCCAOM® Program Approval Dates: 03-16-2016 through 03-16-2019

**PDA Points / NCCAOM® Recertification Categories:**

- 3.00  Core Knowledge, Skill, Ability
- Safety
- Ethics
- CPR
- Adjunctive Therapy/Continuing
- Biomedicine
- Injection Therapy
- Practice Enhancement

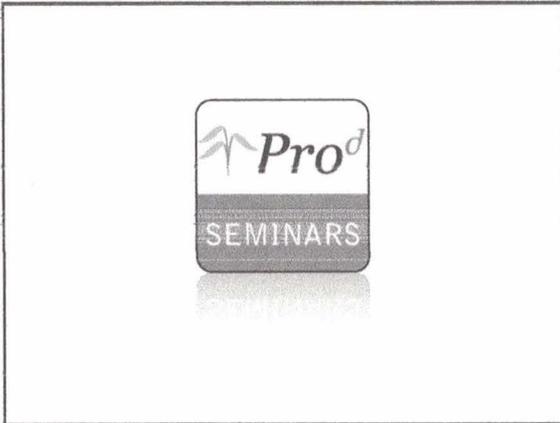


*Lorne Brown*

Lorne Brown  
Director

NCCAOM 553-363; 3 PDA AOM-BIO - Massachusetts; 3 CEU  
OTCMA; 3 CEU, Category B3 - Alberta CAAA; 3 CEU - NZRA; 3 CEU  
Texas Provider CAE00011; 3 CAE - Illinois (225.000020) 3 CEU  
California 3.0 CEU Category 1 - Florida 50-8743; 20-545004, 3 BIO

For NCCAOM® recertification, this document should be retained for a minimum of four years.  
Diplomates are advised to check with their state Acupuncture Board for re-licensing requirements.



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**ADAPTOGENS**

*Modern Biomedical  
Understanding of Ancient Herbs*



*Amy Sear, AP, Dipl OM*

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**Disclaimer**

This course and handouts contain general information about medical conditions and treatments. The information is not advice, and should not be treated as such.

**Limitation of warranties**

The medical information in this course and handouts is provided "as is" without any representations or warranties, express or implied. Meddoggy / pro d seminars / healthy seminars inc makes no representations or warranties in relation to the medical information on this website.

Without prejudice to the generality of the foregoing paragraph, pro d seminars/ healthy seminars inc does not warrant that:

- The medical information in this course will be constantly available, or available at all; or
- The medical information in this course is complete, true, accurate, up-to-date, or non-misleading.

**Professional assistance**

You must not rely on the information in this course as an alternative to medical advice from your doctor or other professional healthcare provider.  
If you have any specific questions about any medical matter you should consult your doctor or other professional healthcare provider.  
If you think you may be suffering from any medical condition you should seek immediate medical attention.  
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**ADAPTOGENS**

*Modern Biomedical  
Understanding of Ancient Herbs*



*Amy Sear, AP, Dipl OM*

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**INTRODUCTION**

- Florida License Since 1997
- Private Practice - Hollywood and  
Pembroke Pines, FL
- Memorial Hospital Systems
- 2 Breast Cancer Centers

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**INTRODUCTION**

- Teach at Two FL Schools
  - ATOM in Ft Lauderdale
  - AFEA in Gainesville
- CEU Provider (FL)
- PDA Provider (NCCAOM)
- FSOMA President 2004 to 2010

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## CONTACT INFORMATION

- Sear-Enity Natural Medicine, Inc.
- Sear-Enity-Seminars

- [www.Sear-Enity.com](http://www.Sear-Enity.com)
- [www.Sear-Enity-Seminars.com](http://www.Sear-Enity-Seminars.com)

- 305-751-4964
- [sear\\_enity\\_seminars@me.com](mailto:sear_enity_seminars@me.com)



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## GOALS OF THE COURSE

- What Does “Adaptogen” Mean?
- Medical Actions They Possess
- When to Use Them
- How to Use Them
- Several Key Adaptogens
- Where to Learn More

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## WHAT

- Term and Classification coined by Dr. Nikolai Lazarev and Israel Brekhman, Russian Scientists, starting in the 40's and progressing in to the 60's and beyond

- 1
- 2
- 3



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## WHAT

- Not a Definitive Definition
- More Like a Classification
- Independent of TCM Category or Action
- Closest to Tonics or Rasayanas
- Lots of Diversity

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## WHAT

- Main Focus on
  - \*
  - \*
  - \*

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## WHAT

- Russia:
  - Hundreds of Scientists
  - Thousands of Studies
  - Thousands of Species
  - Olympic Athletes, Cosmonauts, Military
  - Over Many Years, Ending in the 80's

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## MEDICAL ACTIONS

- Enhance Adaptation - without side effects
- Build Vital Energy, Enhance Vitality
- Reinforce Equilibrium
- Normalize Homeostasis
- Increase Physical and Mental Clarity
- Reduce Fatigue
- Improve Resistance to Disease
- Revitalize Exhausted Organ Systems

from "Adaptogenic Formulas: The Way to Vitality" by Donald R Yance, CN, MB, AHG, and Dr Ben Tabachnik

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## MEDICAL ACTIONS

- Enhance Cellular Energy Processes
- Restore Mitochondrial Function and Repair
- Protect the Body
- Improve Reproductive Health
- Enhance Anabolic Metabolism
- Aid Immune System
- Promote Life Extension

from "Adaptogenic Formulas: The Way to Vitality" by Donald R Yance, CN, MB, AHG, and Dr Ben Tabachnik

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## MEDICAL ACTIONS

- Normalize Metabolism
- Faster Recovery
- Increased Endurance
- Greater Mental Alertness
- More Restful Sleep
- Aid Blood Sugar Metabolism
- ~~Super~~ (Support) :- Proper Circadian Rhythms

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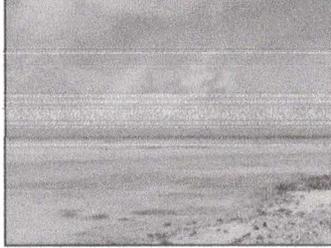
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## MOST KNOWN FOR



Enhance Responsiveness to Stress

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## THE STRESS RESPONSE

• Dr. Hans Selye (1930's)

1. \*
2. \*
3. \*

• Adaptogens Key in This

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## THE STRESS RESPONSE

• All Types of Stressors:

- Not Just Worry and Hurry, Thinking, Doing
- Trauma, Lack of Sleep, Depression, Anxiety, Temperature, Psychological, Environmental, Infections, Medications, Processed Food, Excess Exercise, Etc.

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Professional Development  
for Health Care Practitioners

## Treating the Thyroid and Adrenal Glands for Better Clinical Outcomes

Michael Gaeta

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Krista Italiano

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has completed the Live Webinar continuing education course  
"Treating the Thyroid and Adrenal Glands for Better Clinical Outcomes" with Michael Gaeta  
on January 25, 2014  
for a total of 8 continuing education credits.

*Lorne Brown*

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Provider/Organizer

Dr. Lorne Brown Dr. TCM

NCCAOM 553-231; 8 PDA (3 AC, 5 BIO) - California 591; 8 CEU, Category 1  
Texas Provider CAE00011; 8 CAE (3 CO, 5 BIO) - Illinois (225.000020) 8 CEU  
Alberta CAAA; 8 CEU - NZRA; 8 CEU - Massachusetts; 8 CEU  
CTCMA; 8 CEU, Category A2  
Florida 50-8743; 20-414931, 8 CEU (3 GEN, 5 BIO)  
AACMA: 8 AACMA CPD points allocated



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10360 Odlin Road  
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778-861-3826

### Certificate of Participation

This verifies that

***Krista Italiano***

Acupuncture License #: NV 2001

***is awarded 8 PDA Points***

For completing the Live Webinar

***Treating the Thyroid and Adrenal Glands for Better Clinical Outcomes***

***January 25, 2014***

NCCAOM® Program Approval Dates: 10-23-2013 to 10-23-2018

**PDA Points / NCCAOM® Recertification Categories:**

- 3.00  Core Knowledge, Skill, Ability
  - Safety
  - Ethics
  - CPR
  - Adjunctive Therapy/Continuing
- 5.00  Biomedicine
  - Injection Therapy
  - Practice Enhancement



*Lorne Brown*

Lorne Brown

Director

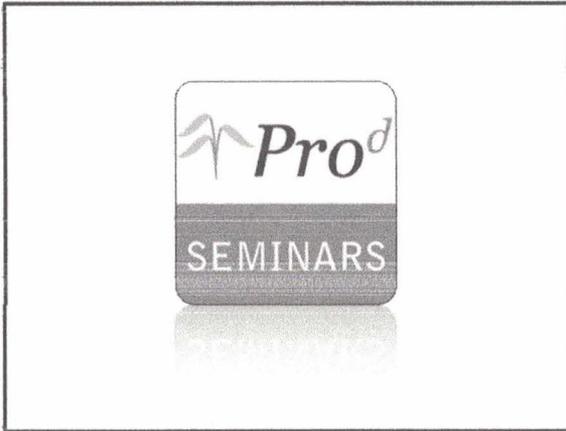
NCCAOM 553-231; 8 PDA (3 AC, 5 BIO) - California 591; 8 CEU, Category 1  
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Alberta CAAA; 8 CEU - NZRA; 8 CEU - Massachusetts; 8 CEU  
CTCMA; 8 CEU, Category A2  
Florida 50-8743; 20-414931, 8 CEU (3 GEN, 5 BIO)  
AACMA: 8 AACMA CPD points allocated

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Diplomates are advised to check with their state Acupuncture Board for re-licensing requirements.

# THYROID THIS SIDE

(Adrenal other side)

TREATING THE THYROID AND ADRENAL GLANDS FOR BETTER  
CLINICAL OUTCOMES - Mastering the Thyroid



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Inspired Seminars & Publications

**Improving Patient Care &  
Practice Success**

**Michael C Gaeta, DAc, MS, CDN**  
Dipl Ac & ABT (NCCAOM)  
Nutritionist  
Herbalist  
Acupuncturist



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## Why I Am Here Today with You

My Purpose & Passion

- *To create a world of resilient, vital people who are fulfilled because they make a difference through positive contribution/service*
- *To improve patient care & practice success*
- *To keep people out of the medical system*

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Caeta Seminars for Health Professionals



## Your Action List

**Goal:** Apply what you learn

**How:** On a separate sheet of paper, write down specific things you will do on your next office day

**Best practice:** write down specific family and patient names, with tests or protocols you will use to help them

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Caeta Seminars for Health Professionals

## Wholism & Reductionism

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TREATING THE THYROID AND ADRENAL GLANDS FOR BETTER  
CLINICAL OUTCOMES - Mastering the Thyroid



Quinto Seminars

### Perspective #1: Wholism

- **Principle:** The whole is greater than the sum of its parts
  
- **Basis:** Oneness, Innate Wholeness
  
- **Aim:** To join, to increase health, well-being, resilience & radiance  
To reveal one's innate wholeness and largeness in living
  
- Basis of all traditional medical systems

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Quinto Seminars

### Perspective #1: Wholism As Applied to Nutrition



- Retains the full spectrum of nutritional factors =  
**nutritional integrity:** the synergy of nutrients in a food, and of foods in a formula
  
- Practice is based on PRINCIPLES and clinical experience, informed by science
  
- Pioneered in the nutritional field by Drs. Royal Lee, Weston Price, Melvyn Page, Francis Pottenger and Harvey Wiley - see [seleneriverpress.com](http://seleneriverpress.com) Historical Archives

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Quinto Seminars

### Perspective #2: Reductionism

- **Principle:** Isolate and reduce each part to its smallest component
  
- **Basis:** separation, innate flaws
  
- **Aim:** to isolate and separate;  
to identify and attack what is wrong
  
- Basis of conventional Western medicine

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Gaeta Seminars

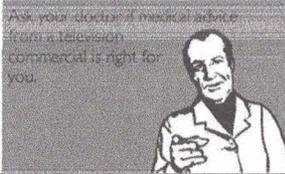
### What is a Drug?

A synthetic isolated chemical administered to mandate physiological change for the purpose of suppressing or managing a symptom

*Two Types:*

1. Pharmaceutical
2. Nutraceutical

Ask your doctor if each product from a television commercial is right for you.



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Gaeta Seminars

### Perspective #2: Reductionism As Applied to Medicine

- Led to the development of **pharmaceutical** and **nutraceutical drugs** out of plants and foods
- Single isolated interventions, drugs or nutrients that mandate a specific physical or biochemical change
- Practice is based mostly on **STUDIES** and research
- Disrupts the delicate biochemical balance of living systems; leads to unwanted or unexpected adverse effects on other areas

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Gaeta Seminars for Health Professionals

## Wholism & Reductionism

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#9

Brian Sandoval, Governor



Maggie Tracey, O.M.D., *President*  
Vince Link, O.M.D., *Vice President*  
Lisa Mathews, O.M.D., *Secretary/Treasurer*  
Fely Quitevis, *Member*  
Abraham Jim Nagy, MD, *Member*  
Merle Lok, *Executive Director*

**NEVADA STATE BOARD OF ORIENTAL MEDICINE**  
**APPLICATION FOR CREDIT APPROVAL OF CONTINUING EDUCATION**  
**Pursuant to NAC 634A.137**

Name of Applicant or Entity: Maureen R. Lamerdin  
Address: 512 N. Division St. Carson City, NV 89703  
Phone Number: 775-841-3336 Email: Sierracuupuncture@att.net

I. Location and Address of the continuing education program: Hilton, San Francisco, CA  
Sponsored by AUCCM

II. Please fill out below:

Name of Instructor(s)	Degree of Instructor(s)	Date	Time: From To	CE Hours	Title of Course
Jeffrey Yuen	88th generation Acupuncture Daoist priest Chinese Medical Doctor	11/18 - 11/20/17	9 - 5 <sup>30</sup> pm	22.5	Teachings from the Taoist Canon: Inner Alchemy

- III. One application per course must be submitted for review and approval.
- IV. Supporting documentation must include: all material relating to the course, including, without limitation, written material to be provided to a licensee attending the course; and
- V. The fee required pursuant to NAC 634A.165 of \$100 (per course).
- VI. The Board recommends including also a syllabus for the course in addition to a curriculum vitae for the instructor(s).
- VII. If the Board approves a course of continuing education pursuant to NAC 634A.137, the Board will determine the number of hours of continuing education that a licensee may receive for attending the course.

I swear that the above statement is nothing but true.

Signature of the Applicant or Representative of Entity: [Signature]  
Date: 12/15/17 Name: [Signature]

# CERTIFICATE OF COMPLETION

THIS IS TO CERTIFY THAT Maureen Lamordin, AC # \_\_\_\_\_, HAS SUCCESSFULLY COMPLETED 22.5 HOURS OF APPROVED CONTINUING EDUCATION IN CATEGORY 1

## Teachings From the Taoist Canon: Inner Alchemy

COURSE TITLE

JEFFREY C. YUEN

INSTRUCTOR

AMERICAN UNIVERSITY OF COMPLEMENTARY MEDICINE, CEP 306  
PROVIDER NAME AND NUMBER

November 20, 2017

COMPLETION DATE



San Francisco, CA

COURSE LOCATION

Jeffrey C. Yuen 11/20/17  
INSTRUCTOR'S SIGNATURE AND DATE

[Signature] 11/20/17  
PROVIDER'S SIGNATURE AND DATE

CALIFORNIA LICENSED ACUPUNCTURISTS ARE REQUIRED TO RETAIN THIS CERTIFICATE FOR AT LEAST FOUR YEARS FROM THE DATE OF COMPLETION OF THIS COURSE.

## About Dr. Jeffrey C. Yuen

Jeffrey C. Yuen is the 88th Generation Daoist Master of Yu Ching Huang Lao Pai (Jade Purity School), Yellow Emperor/Lao Tzu Sect, ordained by 87th Generation Daoist Master Yu Wen, Jeffrey's adoptive grandfather. Immersed in the practice and study of Daoism and the classics of Chinese medicine since early childhood, Mr. Yuen offers unparalleled knowledge of the rich, oral traditions that fully integrate physical, psychological, and spiritual facets of the medicine. Mr. Yuen is an esteemed faculty member of the American University of Complementary Medicine, Swedish Institute of Health Sciences, the New England School of Acupuncture, & Daoist Healing Arts, among other schools. He lectures internationally.

## TEACHINGS FROM THE TAOIST CANON: INNER ALCHEMY:

Taoism is integral to the foundations of Chinese medicine, and the earliest Chinese medical texts are part of the Taoist Canon. In the Shang Qing tradition, cultivation of the spirit (inner alchemy) is considered an essential part of understanding Chinese medicine. Much of the Taoist Canon contains techniques for deepening one's understanding of reality. In the last class, we began to explore one of the most important revelations of the Shangqing Daoist tradition called the Da Dong Zhen Jing (Realized Scripture of the Great Cavern/Grotto) in relationship to energetic perception of color. Dr. Yuen also introduced us to meditation techniques to enable us to perceive colors emitted by people that are otherwise imperceptible. We further began to explore the implications of various colors and appearances of colors in health and disease.

In this class we will review and continue our exploration of the Da Dong Zhen Jing, exploring the use of color on the residence of the "divine" energies located at acupuncture points. We will also explore how sounds are used to vibrate with the internal organs to invoke "divine" energies and how to channel these energies for healing.

Due to the nature of questions in previous classes, AUCM will be filtering questions to those directly pertinent to the material Jeffrey is presenting. This is so that Jeffrey will be able to transmit all of the material he has intended for this module and we will all receive the complete transmission of the material.

Some important notes:

1. This is a rare opportunity to learn this material from an authentic teacher. This series is the first time Jeffrey is embarking on teaching a more-than-cursory exploration of the Taoist Canon and its practices.

As such, he is only going to be giving these teachings through AUCM at this time. Therefore, if you are interested in these teachings with him, this opportunity may not arise again.

2. It is a belief in both Taoism and Buddhism that the ability to actualize the teachings in these types of texts comes from a lineage of oral transmission. In commenting on the Taoist Canon, Jeffrey once said "The Taoist canon is a compilation of thousands of years of insight into the exploration of the nature of reality and its transcendence. Taoist canons were meant to be orally transmitted or chanted for initiates. They were not meant for the public per se." Therefore, in giving these types of teachings, a teacher needs to have a specific intention to transmit the teaching to you (oral transmission). In other words, if you are interested in following traditional training, you should receive the instructions directly from Jeffrey and go through the meditations with him. As we do the meditations together, our energies can synchronize with his and learn how they are supposed to move. Reading them from notes or watching a recording is not believed to produce the same effect.

3. Finally, while Jeffrey is generously transmitting these practices authentically for the first time, this is with the understanding that the audience are medical professionals and are sufficiently versed in medicine and responsible enough not to injure themselves doing these practices. While Jeffrey has performed initiations into particular practices, Jeffrey is not inducting anyone into his tradition, nor is he taking personal responsibility for anyone's cultivation. He is, however, providing authentic tools and an authentic transmission for practices that have been used by some of the greatest Chinese medicine doctors and those that have achieved immortality. Jeffrey always does his best to answer questions, but a prerequisite for attending these teachings is a participant's understanding that s/he is accepting responsibility for her or himself.

4. Once again, AUCM has instituted a policy of only allowing questions directly pertaining to the material Jeffrey is presenting so that everyone can receive the complete transmission and teachings intended for this weekend together. Thank you for your understanding.

#10

Brian Sandoval, Governor



Maggie Tracey, O.M.D., President  
Vince Link, O.M.D., Vice President  
Lisa Mathews, O.M.D., Secretary/Treasurer  
Fely Quitevis, Member  
Abraham Jim Nagy, MD, Member  
Merle Lok, Executive Director

**NEVADA STATE BOARD OF ORIENTAL MEDICINE**  
**APPLICATION FOR CREDIT APPROVAL OF CONTINUING EDUCATION**  
**Pursuant to NAC 634A.137**

Name of Applicant or Entity: Alyssa Jenine Wampole  
Address: 10250 Spencer St #2002 Las Vegas, NV 89183  
Phone Number: 702-858-0623 Email: alyssa@lasvegasorientalmedical.com

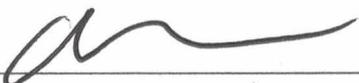
I. Location and Address of the continuing education program: eLotus Seminars  
https://www.elotus.org/product/infertility-older-women-aggressive-treatment-options-using-acupuncture-and-herbs

II. Please fill out below:

Name of Instructor(s)	Degree of Instructor(s)	Date	Time: From To	CE Hours	Title of Course
Michelle Meramour	Dipl.Ac.	originally recorded 9/9/2017	unknown (recorded webinar)	8 CEUs /PDAs	Infertility in Older Women: Aggressive Treatment Options Using Acupuncture and Herbs

- III. One application per course must be submitted for review and approval.
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I swear that the above statement is nothing but true.

Signature of the Applicant or Representative of Entity:   
Date: 1/2/18 Name: Alyssa Wampole



## Certificate of Completion

This verifies that

# Alyssa Wampole

Acupuncture License #: 1029

is awarded **8 CEU/PDA Points**

For completing the Distance Learning / Online Program

## Infertility in Older Women: Aggressive Treatment Options Using Acupuncture and Herbs

**January 02, 2018**

### Continuing Education Categories

- General
- Biomedical Sciences
- HIV / AIDS
- Medical Errors
- Laws and Rules

**Yuan Da Chen, President, Provider Designee**  
State of Florida #20-577126 (5 Biomed, 3 General)

This certificate must be retained by the licensee for a minimum of four years after course completion. Practitioners are advised to check with their Florida Board for re-licensing requirements.

*\* CEU approval application  
sent separately*



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Options Using Acupuncture and Herbs**

**January 02, 2018**

### Continuing Education Categories

- General
- Biomedical Sciences
- HIV / AIDS
- Medical Errors
- Laws and Rules

**Yuan Da Chen, President, Provider Designee**  
State of Florida #20-577126 (5 Biomed, 3 General)

### ONLINE VIDEO RECORDING



## Infertility in Older Women: Aggressive Treatment Options Using Acupuncture and Herbs

**\$99.95**  
Purchase

Username: \*

Password: \*

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**Michelle Meramour, Dipl.Ac.**

Course Level: Intermediate

Originally Aired: Sat, 09/09/2017

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**Units :**  
8 CEUs/PDAs  
CA (Category 1), NCCAOM (AOM-BIO), FL (General), FL (Biomedical Science), IL, TX (General), TX (Herbal), AHPRA, AFPA, BAacC, CAAA, CTCMA, IVAS, NZASA, NZRA

**CONTINUING EDUCATION CREDITS:**

8 CEU/PDA/CPD accepted by CA (Category 1), NCCAOM (AOM-BIO), FL (5 biomed, 3 general), IL, TX (6 general, 2 herbal), AHPRA, AFPA, BAacC, CAAA, CTCMA, IVAS, NZASA, NZRA

**COURSE TYPE:**

Distance Learning CEU Video (Online) - 4 months unlimited access

**COST:**

Regular: \$99.95 **For a limited time until 9/20/17, enjoy 10% off with coupon code: MMFW at checkout!**

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**COURSE DESCRIPTION:**

This course addresses women's race against the biological clock. It integrates classical acupuncture and Chinese herbs with modern supplements, Basal Body Temperature (BBT) charting, and hormone testing to create aggressive treatment options for women over 40 struggling to conceive. Join Michelle Buchanan, a seasoned acupuncturist with over 12 years of clinical experience specializing in fertility enhancement, pregnancy and postpartum care, and Japanese-style acupuncture, as she shares Body-Feedback protocols used to assess the endocrine system, make a TCM pattern diagnosis, and choose the appropriate acupuncture points, herbs, and supplements. Self-care routines and support for western Intrauterine insemination (IUI) and In Vitro Fertilization (IVF) treatments are covered.

*Upon completion of this course, practitioners will:*

- Understand the patho-physiology of advanced maternal age and how to assess ovarian reserve with hormone tests and BBT charting
- Understand how to boost the hypothalamus-pituitary-ovarian axis with a balanced treatment approach in older women and monitor treatments
- Use TCM pattern diagnosis with basic palpation techniques to choose herbs, point prescriptions, and *jing* supplements to boost fertility

**CANCELLATION POLICY:**

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Acupuncture Herbs Gynecology / Infertility Distance Learning - CEU Video Recording  
Michelle Meramour

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## Speakers



### Michelle Meramour (Buchanan), Dipl.Ac.

Michelle Meramour graduated in 2002 Magna Cum Laude with a Master of Science in Oriental Medicine from The Midwest College of Oriental Medicine. She is board certified by the Meramour Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). Ms. Buchanan is certified in Traditional Chinese Medicinal Gynecology by the Blue Poppy Institute and specializes in women's health, infertility, and pregnancy care.

Michelle Meramour developed the Body-Feedback style of acupuncture that uses palpation techniques combined with classical acupuncture point prescriptions, essential oils, Chinese herbs, and nutritional supplements to get to the root of people's health concerns. She is recognized as an innovator in the field of acupuncture for integrating functional medicine into her practice.

Michelle treats a wide range of issues and has specialized in male and female fertility enhancement since 2002. She has helped hundreds of women to have healthy pregnancies and babies and to conceive naturally - some even after failed IVFs. She integrates functional medicine to get to the root problems in difficult cases and offers several treatment options to allow people to choose the treatments they are most comfortable with.

#### Courses by Michelle Meramour (Buchanan), Dipl.Ac.

##### Course Type

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	<b>Functional Medicine Benefits in Complex Cases</b>	



## Infertility in Older Women: Aggressive Treatment Options Using Acupuncture and Herbs

Michelle Meramour (Buchanan), Dipl.Ac.

Course Level:  Beginner  Intermediate  Advanced

Originally Aired: Sat, 09/09/2017

### Units:

8 CEUs/PDAs

CA (Category 1), NCCAOM (AOM-BIO), FL (General), FL (Biomedical Science), IL, TX (General), TX (Herbal), AHPRA, AFPA, BAcC, CAAA, CTCMA, IVAS, NZASA, NZRA

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Lecture  
Notes:

- Lecture Notes - 6 Slides Per Page [28 pages]
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## Infertility in Older Women: Aggressive Treatment Options Using Acupuncture and Herbs

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Infertility in Older Women: Aggressive treatment options using acupuncture and herbs class overview

- Pathophysiology of "advanced maternal age"
- Understand the hypothalamus-pituitary-ovarian axis for balanced treatments
- TCM pattern diagnosis with Body-Feedback palpation for treatment options
- Create self-care routines at home
- Supporting IUI and IVF treatments

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## What is advanced maternal age

- Advanced maternal age
  - Defined as age 35 or 40 (depending on country or source) or older at delivery
  - Associated with adverse pregnancy outcomes
    - Low birth weight, pre-term birth, still birth, unexplained fetal death, and increased C-sections
  - Study shows increased risks of advanced maternal age begin at age 30<sup>1</sup>

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## Terms describing ovarian reserve (essence)

- Primordial follicles are the fixed amount of follicles a woman is born with
- Primordial follicles formed by the fourth month of gestation from and range in size (.03 - .05 mm)
- Primary follicles are .1 mm
- Secondary follicles are .2 mm
- Early antral follicle stages are .2mm to 5mm and the non-dominant follicles may progress past this stage up to 16 mm

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## Life cycle of an ovarian follicle

- Exact time a follicle remains in each stage is unknown and likely fluctuates
- Later stages of follicular development appear to take up to three months – as seen with higher success rates from Clomid and Letrozol at three months
- Earlier stages of follicular development appear to take up to six months – majority of fertility clients conceive after four to six months of treatment
- Very early stages of follicular development appear to take up to nine to twelve months – commonly seen with PCOS

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## Ovarian reserve

- Antral Follicle Count<sup>2</sup> (2 mm – 10 mm)
  - Measured by ultrasound in the follicular phase
  - Subject human interpretation and error
  - Larger follicles and the corpus luteum can distort the view
  - Less accurate measure of quality
  - **Normal range is six to fourteen**
    - (Indicates follicles that are maturing within this or the next cycle – MM)

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### Testing options for ovarian reserve

- Anti-Mullerian Hormone (AMH)
  - Commonly used today
- Follicle Stimulating Hormone (FSH)
  - No longer used in reproductive endocrinology
  - Clients can order this test without MD
- Estradiol (E2)
  - Required to properly assess FSH
- Antral follicle counts

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### Pathophysiology of Advanced Maternal Age

- Anti-Mullerian Hormone (AMH)<sup>3</sup>
  - High accuracy of predicting ovarian response to stimulating drugs and valid marker of ovarian age
  - Abnormally high in Poly-Cystic Ovaries (PCOS) and with ovarian tumors
  - Almost undetectable levels in menopause and very low before puberty
  - Highest levels occur in women between 23 and 25 during their most fertile years

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### Pathophysiology of Advanced Maternal Age

- Anti-Mullerian Hormone (AMH)<sup>3</sup> continued
  - Primordial follicles are recruited for development and they begin secreting AMH
  - Pre-antral and small antral follicles between two and eight millimeters (2-8mm) express the highest amount of AMH
  - Is relatively stable throughout the menstrual cycle except during the "late follicular stage" (days seven or eight through ovulation)

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### Pathophysiology of Advanced Maternal Age

- Anti-Mullerian Hormone (AMH)<sup>3</sup> continued
  - Normal levels for women age 25 – 40
    - 1.0 to 3.0 ng/mL is "normal"
    - 0.7 to 0.9 ng/mL is "low normal"
    - 0.3 to 0.6 ng/mL is "low"
    - less than 0.3 ng/mL is "very low"

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### Pathophysiology of Advanced Maternal Age

- Follicle Stimulating Hormone (FSH)
  - Evaluates the hypothalamic-pituitary-gonadal axis
  - Must be measured with estradiol (E2) and on day three of the menstrual cycle
  - Helpful with non-ovulation cycles and predicting menopause
  - **FSH normal range 7.0 to 8.5** with estradiol between 20 and 50.
  - Women with higher FSH respond better to TCM

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### AMH levels and oral contraceptive use

- Study shows "Preconception OC (oral contraceptive) use was identified as an independent predictor of a prolonged TTP (time to pregnancy), and the duration of OC use appeared to influence the delay in conception. Unexpectedly, TTP was shorter in the low z-AMH group"<sup>4</sup>

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## AMH levels and AF counts and age

- Study indicates that the frequent observation of patients with a poor response to COS in ART may not be due to an overrepresentation of women with an early depletion of the ovarian reserve [based on AMH and AF count] but rather a result of the expected age-related decline in fertility.<sup>5</sup>

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## Ovarian stem cells and IVF

- Study indicates that the cessation of oocyte and follicular renewal occurs at 38+/-2 years of age. In contrast, however, functional oocytes develop *de novo* from ovarian stem cells (OSC) in culture regardless of age. Therefore, they can be used for IVF in women exceeding 40 years of age without a risk of high failure rates and high fetal abnormalities. Human OSC are capable of differentiating into functional oocytes, as indicated by their ability to produce parthenogenetic embryos, including OSC from premature ovarian failure and postmenopausal ovaries.<sup>6</sup>

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## Michelle's approach to advanced maternal age

- Advise that these treatments cannot guarantee that your client will become pregnant. However, you can guarantee that if they follow your recommendations they will feel better and have a better quality of life.
- The majority of fertility clients conceive after four to six months of treatment and some up to twelve months
- With women over the age of 35, with low AMH, elevated FSH, or other indications of low ovarian reserve, an aggressive approach including weekly acupuncture, high quality supplements, and Chinese herbs is best

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## Michelle's approach to advanced maternal age

- If a client with advanced maternal age of premature ovarian failure would like to do IVF then I recommend three to four months of aggressive holistic care prior to and during the IVF retrieval cycle
- Recommend weekly acupuncture timed with cycle
  - Days 4 to 6 to support egg development
  - Days 11 to 14 to support LH surge for ovulation
  - Days 18 to 21 to support implantation
  - Days 25 to 28 to support progesterone and end of cycle

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## Cellular age and the ovaries

- Cellular age of the ovaries impacted by
  - Stress, stress, and stress
  - Blood flow to the ovaries
  - ATP production (fuel for the ovaries)
  - Immune system imbalances
  - Genetics or pre-birth factors

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## Cellular age and telomeres

- Cellular age and telomeres
  - Studies now measure telomeres for biological age
  - The outer part of chromosome that resembles the waxy end of shoelace
  - There is an ideal length telomeres should remain to ensure proper function of a cell
    - Each time a cell replicates it's telomere shortens slightly
    - Oxidative DNA damage also shortens telomeres
    - An enzyme called telomerase can lengthen the telomere
    - Telomerase is active in stem cells, embryonic cells, and lymphocytes.

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## Cellular age and telomeres

- **Acupuncture and telomeres**
  - No one knows exactly what triggers the body to generate new adult stem cells
  - Acupuncturists believe the meridian system influences adult stem cell production for cellular regeneration
  - Acupuncture increases hyaluronic acid in the lymph system that influences lymphocyte production
  - Blood testing available for clients to have telomeres analyzed

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## Cellular age and telomeres

- **Stress and cellular aging<sup>7</sup>**
  - Study suggest that work-related exhaustion is related to the acceleration of the rate of biological aging
  - After adjustment for age and sex, individuals with severe exhaustion had leukocyte telomeres on average 0.043 relative units shorter (standard error of the mean 0.016) than those with no exhaustion ( $p = 0.009$ ).

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## Cellular age and telomeres

- **Telomeres and infertility<sup>8</sup>**
  - Study suggests, "Telomere dysfunction resulting from oxidative stress, a DNA damage response or aberrant telomere recombination may contribute to reproductive aging-associated meiotic defects, miscarriage and infertility."

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## Stress and infertility

- **Stress and infertility study<sup>9</sup>**
  - Cognitive Behavior Therapy (CBT) improved the social concerns, sexual concerns, marital concerns, rejection of child-free lifestyle, and need for parenthood more than floxitine group. Thus, CBT was not only a reliable alternative to pharmacotherapy, but also superior to fluoxetine in resolving and reducing of infertility stress.
  - CBT included progressive relaxation training, restructuring, and eliminating of negative automatic thoughts and dysfunctional attitudes to infertility for 10 sessions.

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## Stress and infertility

- **Stress and implantation**
  - The heart meridian rules the receptor sites in the uterus to allow implantation to occur
  - Elevated cortisol levels disrupt the heart meridian and hinder the implantation process
  - Did the famous study that shows the pregnancy rate almost doubled with one acupuncture session 20 minutes before IVF and a second acupuncture session 20 minutes after IVF alleviate stress around the time of implantation?

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## Blood flow and egg quality

- **Blood flow to the ovaries impact egg quality**
  - Circulation to the ovaries can be thought of as a fifth (or sixth) extremity
  - Study shows that well-vascularized follicles yield high-quality oocytes and embryos, a well-vascularized endometrium, increased follicular fluid, and increased clinical pregnancy rates<sup>10</sup>
  - Acupuncture, massage, abdominal massage, blood moving herbs, fish oil, and exercise

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## Genetic factors and ovarian reserve

- Genetic factors influence ovarian reserve
  - Study looks at extended Tunisian family with premature ovarian insufficiency
  - “Our findings provide additional support to the view that minichromosome maintenance 8 gene (MCM8) mutations are involved in the primary ovarian insufficiency phenotype.”<sup>11</sup>

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## Genetic factors and ovarian reserve

- Ovarian health impacted by health of mother and during pregnancy
  - If a client age 34 or older has simple TCM patterns and is not conceiving within two or three months refer for AMH testing for diminished ovarian reserve
  - Possible empty follicle syndrome often seen when luteal phase defect that does not improve with treatments

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## The Endocrine System Funnel

Hypothalamus + Pituitary

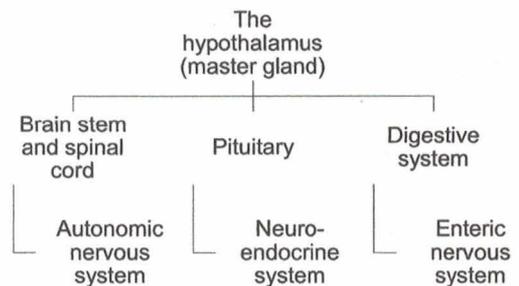
Adrenals

Thyroid

Ovaries

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## The Endocrine System with TCM



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## The Endocrine System with TCM

- The hypothalamus corresponds with
  - Governing vessel (Du Mai)
  - Urinary bladder meridian
  - Small intestine meridian

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## The Endocrine System with TCM

- The pituitary corresponds with
  - Conception vessel (Ren Mai)
  - Pericardium meridian
  - Heart meridian

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