



Massachusetts ME/CFS & FM

ASSOCIATION

EDUCATION, SUPPORT & ADVOCACY SINCE 1985

***“How Those Living with Long COVID and ME/CFS
Can Enhance Their Quality of Life by Integrating
Traditional Chinese Medicine Into Their
Healthcare Plan”***



Sunday Conversations

with MassME



September 18, 2022

Housekeeping

- ❖ We respect your privacy
- ❖ Please stay muted
- ❖ Put questions/comments in the chat
- ❖ A recording of the main presentation and Q&A will be posted

We cannot answer questions related to your personal or any specific, medical condition.

The information in this presentation is for educational purposes only. Please consult with your physician or other healthcare provider in matters pertaining to your medical care.

The presenters remarks are their own opinion, and do not represent the views or opinions of Massachusetts ME/CFS & FM Association.





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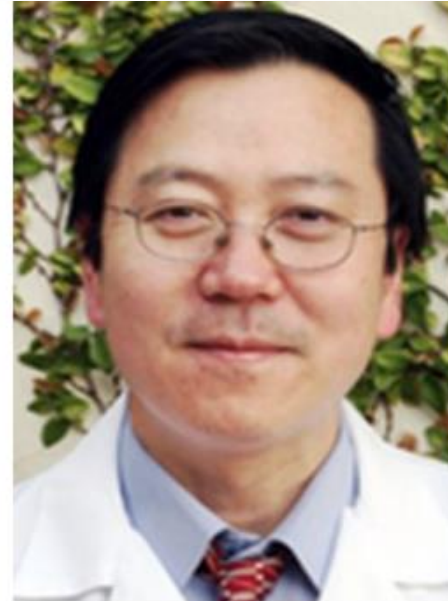
Featured Speakers



Christi Mendoza
L.Ac., Dipl.OM.
(NCCAOM), MTOM



Dr. Misha Ruth Cohen
OMD, L.Ac.



Dr. Hua-Bing Wen
L.Ac., B.Med., MS



Amy Mager
DACM, MS, L.Ac.,
Dipl.OM. (NCCAOM)



Host and Panel Curator: Christi Mendoza L.Ac



Christi Mendoza
L.Ac., Dipl.OM.
(NCCAOM),
MTOM

Christi Mendoza is a California Licensed Herbalist, Acupuncturist, and Tui-Na (Chinese Medical Massage) practitioner and National Board Certified Diplomate of Oriental Medicine (NCCAOM). She owns South Bay Total Health in Los Angeles County and serves a diverse population of patients throughout California.

Her expertise includes chronic, complex health conditions, gastrointestinal disorders, multisystemic illnesses, chronic fatigue, endocrine dysfunction, acute and latent infections, and immune disorders. She has also helped hundreds of acute and long covid patients recover.

Ms. Mendoza is a passionate advocate, educator and speaker who integrates Traditional Chinese Medicine, Functional Medicine, Indigenous Traditional Wisdom, Soul Mind Body Medicine, and current scientific research to provide comprehensive and effective healthcare. Her combination of experience, therapies, compassion, and human connection has improved the quality of life and restored health for those living with various chronic illnesses.

South Bay Total Health

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Featured Speaker: Amy Mager, Doctor of Chinese Medicine, L.Ac



Amy Mager
DACM, MS, L.Ac.,
Dipl. OM. (NCCAOM)

Amy Mager DACM, Lic.Ac., NBCA has been licensed to practice Acupuncture and Traditional Chinese Medicine since 1990. She is also a Birth and End of Life Doula, which enhances her skills working with patients with invisible illness. She serves as the Vice Chair of Public Policy of the ASA and as Co-Chair of the Legislative Committee of the Acupuncture Society of Massachusetts. She serves on the ASA & NCCAOM Medicare Leadership Team.

Amy has been published on Acupuncture Today and in the books "Parenting from the Heart" and "Round the Circle". She had a radio show called "Healing Outside the Box, Inside the Heart" for 8 years with Bob Flaherty.

Wellness House Northampton

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Featured Speaker: Dr. Hua-Bing Wen, OMD, L.Ac



Dr. Hua-Bing Wen
L.Ac., B.Med., MS

Dr. Hua-Bing Wen has been practicing Traditional Chinese Medicine for over 35 years and helps patients with a wide array of illnesses. His expertise includes chemo and radiation therapy and infertility. Most recently, he has had the privilege of supporting hundreds of acute-COVID and long-COVID patients.

With a prestigious educational background from Beijing University of Chinese Medicine, he has published multiple scientific articles, was a physician in charge at the emergency department of Dong-Zhi hospital, and has developed a passion for mentorship to pass on his knowledge.

Currently, he teaches in both Master and Doctorate programs at Yo San University, Emperor's College, and multiple CEU courses.

Acupuncture Center

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Follow Hua Bing Wen Acupuncture Center on Facebook!



Featured Speaker: Dr. Misha Ruth Cohen, OMD, L.Ac



Dr. Misha Ruth Cohen
OMD, L.Ac.

Misha Ruth Cohen, a Doctor of Oriental Medicine and Licensed Acupuncturist, has practiced traditional Asian medicine and Integrated Chinese Medicine for the past 47 years. She is the Clinical Director of Chicken Soup Chinese Medicine, Executive Director of the Misha Ruth Cohen Education Foundation, and past Research Specialist of Integrative Medicine at the University of California, all in San Francisco. She is an active member of the Society for Integrative Oncology.

Misha is internationally renowned as a senior teacher, mentor and leading expert in Integrated Chinese Medicine. Dr. Cohen has created Integrated Chinese Medicine treatment protocols that are used by many practitioners of Asian medicine. Herbal formulas she has designed are popular among people with HIV, hepatitis C, chronic viral illness, cancer diagnoses, fibromyalgia, CFS and the common cold.

She is currently part of an integrative medicine/acupuncture Covid-19 research group that has published its first peer-reviewed article. The group is applying for funding for ongoing research in acupuncture and herbs for both acute infection and long Covid.

Chicken Soup Chinese Medicine

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Traditional Chinese Medicine

- ❖ New Stone Age 10,000-4,000 years ago: Bian Stones for Acupuncture found in New Stone Age ruins
- ❖ Shang Dynasty 1600-1050 BCE During this period of philosophical thinking: TCM philosophy and theory are developed and recorded. Bronze medical needles are created
- ❖ 200 AD: Shang Han Lun- First medical text written about infectious illnesses and epidemics, includes theory and formulas for post-viral illnesses still used today



TCM “The Original Functional Medicine”

TCM views the individual as a multifaceted interconnected being that requires balance/ regulation for health and vitality.

Factors that influence health:

Internal Factors	External Factors
Physical “Constitution”	Climate / Weather
Organs, Organ Systems, Meridian	Pathogens, Virus, Bacteria, Mold
Zheng Qi - Internal Defenses / Immune System	Living Environment eg., Pollution
Body fluid, Blood and Qi Flow	Physical and Emotional Traumas
Emotions and Mental-Emotional State	Diet and Lifestyle



Five Core Treatment Modalities

Chinese Herbal Medicine

Acupuncture & Moxibustion

Nutrition

Tui-Na (Chinese Medical Massage)

**Qi Gong & Tai Chi - Energy Movement
and Cultivation Practices**



A superior doctor is able to gather all techniques and use them either together or separately to flexibly adapt to a changing environment, lifestyle, and geography and to consider many variables in the treatment of a condition.

– Huang Di Nei Jing 2600 BC (compiled 300 BC)



TCM Education and Licensure

NCCAOM Certification + State Licensure

National Certification Commission for Acupuncture and Oriental Medicine

Requirements: **Minimum 4-Year Master degree, 2625 Hours/ 146 Credits from an ACAOM (Accreditation Commission for Acupuncture and Medicine) accredited program**

California State Acupuncture Board

California does not recognize out-of-state licensing for practice in this state

Requirements: **Minimum 4-Year Master degree, ACAOM accredited school with at least 3000 hours includes 950 hours of supervised clinical training**



TCM Education and Licensure (Contd)

Titles and Credentials

Licensed Acupuncturist: L.Ac, Lic. AC, AP (Florida)

NCCAOM: “Dipl. OM”, “Dipl. AC”(Acu), and/or “Dipl. CH”(Herbs)

Doctorates: PhD/DAOM/OMD Highest Designation Post Graduate
Doctorate

Doctor of Oriental Medicine “DOM” “D.Ac.” “DACM” “DACTM”
indicates a first professional doctorate



TCM Specialties and Board Certification Titles

Cardiology	Ophthalmology and Otolaryngology (China)
Dermatology	Orthopedics (DNBAO) Traumatology (China)
Gynecology	Oncology
<i>Internal Medicine</i>	Pediatrics
Mental Emotional Health	Fertility/Reproductive Medicine (FABORM)



Insurance Coverage for Acupuncture in MA

- ❖ All Medicaid Plans in MA cover Acupuncture



Insurance Coverage for Acupuncture in MA

Not all commercial plans cover acupuncture in the Commonwealth. Some plans underwritten by the following plans do:

- ❖ Aetna
- ❖ BCBS
- ❖ Cigna (not many acupuncturists are in network with this plan due to policy issues)
- ❖ Harvard Pilgrim
- ❖ Tufts
- ❖ United Healthcare

Ask your provider if they take insurance.



How do MDs Know When to Refer for Acupuncture?

Here is a great resource to have to share with your MD and other medical

providers: [https://www.asacu.org/wp-content/uploads/2018/11/One-Page-](https://www.asacu.org/wp-content/uploads/2018/11/One-Page-Document-for-Medical-Professionals-October-2018.pdf)

[Document-for-Medical-Professionals-October-2018.pdf](https://www.asacu.org/wp-content/uploads/2018/11/One-Page-Document-for-Medical-Professionals-October-2018.pdf) This is a cited document

Here is A+ quality research on the efficacy of acupuncture for the treatment of

pain. <https://pubmed.ncbi.nlm.nih.gov/35380733/>



Questions to ask to see if your plan covers acupuncture:

1. Do I have acupuncture coverage?
2. For what diagnoses?
3. What is my co-pay?
4. Does a deductible come into play and if so, have I met it?



Please remember: our goal, as providers, is to support you

It is my hope to find the smallest interventions outside the office to affect the most meaningful change for you.

Self care supports you to manage your symptoms and be your best self in this moment.

More information available for free at WellnessHouseNorthampton.com under forms & downloads



The Right Remedy, at the Right Time, in the Right Context

Your individual and unique situation matters.

TCM and acupuncture treat by diagnosis and symptom sign pattern and your unique constitution.

One household, four different presentations of symptoms:

<https://tcmzone.com/2020/06/10/practitioner-corner-june-spotlight-amy-mager-dacm-l-ac-faborm-dipl-om/>

For more information please contact me at 413.222.8616 Or AmyMagerHealing@gmail.com





Please join us next month!

MassME Annual Meeting

Saturday, October 22, 2022, 1 – 3 p.m. ET



*“Emerging Similarities of ME/CFS
and Long COVID and Why It Matters”*

Keynote speaker: Dr. Anthony L. Komaroff





Sunday Conversations returns in November

We are only able to produce this speaker series through your membership and generous donations. Thank you!

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To join the Sunday Conversations team: volunteer@massmecfs.org

