

2024 Virtual Great River Symposium Agenda

Time	Speaker	Topic	Hours
Thursday, September 26, 2024			
9:00 AM 11:00 AM	Sine Smith	Culinary Medicine for Acupuncturists At the end of this presentation, you will be able to: 1. Discuss the importance of the microbiome, prebiotics, probiotics, synbiotics, and fiber 2. Counsel patients on the pros and cons of fad diets and intermittent fasting 3. Understand the pathological effects of artificial sweeteners on health and longevity 4. Link the five tastants with Five Element Theory 5. Use a flavor grid to create recipes, engage children in cooking, and develop weekly meal plans	2
11 - 11:10 am 10 min break			
11:10 AM 1:10 PM	Jessica Baker	Cannabis Aromatics While terpenes are gaining popularity because of cannabis, they have already been extensively studied for their aromatic and medicinal properties. A terpene like linalool is present in cannabis, lavender, and a multitude of other plants. This class will discuss the most common terpenes found in cannabis and explore how aroma can affect our limbic and endocannabinoid systems. Whether you want to learn about cannabis or other aromatic plants, this class will have something for everyone.	2
1:10 - 1:30 pm 20 min break			
1:30pm - 3:30 PM	Randal Lyons	Qi of Lies, Denial and Addiction Have you ever had a patient who was lying to themselves? Then wondered how much of their disharmony would be resolved if they were just truthful? In an addiction, lying is essential. It occurs during every phase of the cycle, whether it's in the planning, acquisition, using or covering up, one is constantly building one lie on top of another, and bridging them from one person to another. This is exhausting! So what happens to one's Qi during all of this? And what can we do to resolve this disharmony using our TCM tools?	2
3:30 - 3:40pm 10 min break			
3:40 PM 5:40pm	Josh Berka	Matter Provides the Structure: Energy Guides its Function (sponsored by NutriDyn) The fundamental aspect of all that is seen and unseen is rooted between the polarities of the physical world and the energetic fields that form and shape it. We will explore the relationship between material structure (Yin/molecular/form) and energetic function (Yang/flux/flow) through the lens of Chinese Medicine. Through form, fluid and flow, our tissues serve as a network, an interface between our biophysical structure and our biophysical being. This is where ancient wisdom meets modern science.	2
TOTAL HOURS FOR DAY			8

Friday, September 27, 2024			
9:00 AM 11:00 AM	Carmen Ramirez	East Asian Modalities for Birth Workers This is a course designed with birth workers in mind who seek holistic tools to support their patients and best prepare them for Labor & Delivery (L&D). This makes your job as a midwife or doula easier and allows you to better serve your community. What is acupressure? An ancient healing art and science based on Traditional Chinese Medicine (TCM). We acknowledge the evolution and contributions of additional East Asian techniques and refer to Traditional East Asian Medicine (TEAM). Acupressure consists of applying pressure on specific areas of the body to bring about relief. This is similar to acupuncture which typically involves the use of needles. However, in L&D there is ample literature to support the effectiveness of acupressure as equal, if not superior to that of conventional needle acupuncture. Join me and learn evidence based modalities already used in the international community to support positive birthing outcomes!	2
11 - 11:10 10 min break			
11:10 AM 1:10 PM	Randine Lewis	Birthing the Tao While most pregnancy support is geared toward alleviating the mother's symptoms, this webinar will cover the incarnating soul's development from pre-conception to birth. Dr. Lewis will highlight the dominant themes that establishes the curriculum and destiny for the child's upcoming life during each of the ten lunar months of pregnancy.	2

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1:10-1:30pm	20 min break		
1:30 PM 3:30 PM	Brian Grosam	<p>Anti-Aging and Chinese Medicine: A Lesson from the Nanjing</p> <p>It is evident we all possess a finite amount of life qi to support and maintain our existence. Some of us are naturally more inclined to living a longer life than others and is partially based on genetic factors, our individual pre-natal jing or essence. But that is only half of what defines the length of our individual lives. It is also necessary to take into account individual lifestyle choices, habits, and environmental factors that influence our post-natal jing or essence. These impacts speedup or slowdown, increase or decrease our wakeful years. The Difficult Issues (Nan Jing), a classical Chinese medicine text, provides an essential clue to longevity and explains how external and internal factors affect our kidneys and influence lifespan. It explains how if health is not properly maintained that the kidney will be cut off from receiving and exchanging qi from the other zangfu organs, leading to its depletion. This decline leads to inevitable yin-yangdisruption, directly affects the flow of qi and blood, and the eventual weakening of the zangfu organs and their ability to generate qi. Our lecture highlights key patho-mechanisms set into motion by this kidney disconnection and the foreseeable impact on the aging process. The prime aim of our discussion is to identify key clinical signs so practitioners are able to respond appropriately with acupuncture and herbal formulas, hopefully correcting patient imbalances, and supporting long life.</p>	2
3:30-3:40pm	10 min break		
3:40 PM 5:40pm	Chen Yen	<p>Leverage Your Time: How to Attract Patients and MD Referrals Virtually</p> <p>Do you love seeing patients, but your practice isn't consistent? Is what you're doing not working to bring enough patients in? One reason why patients aren't coming in is because they don't know about you and how you can help.</p> <p>Attend this presentation to learn one of the most effective ways to bring patients in the door without having to constantly post on social media.</p>	2
TOTAL HOURS FOR DAY			8

Saturday, September 28, 2024			
9:00 AM 11:00 AM	Matt Callison	<p>Acupuncture BIG Points for Myofascial Change</p> <p>This course presents acupuncture points that when treated, have consistent clinical changes in the myofascial channel(s). From 30+ years of experience, Matt Callison will discuss his "go to" points when desiring a myofascial change in a particular area, channel and/or to stimulate a particular organ.</p>	2
11-11:10am	10 min break		
11:10 AM 1:10 PM	Jenny Nieters	<p>Demystifying Lateral Hip Pain</p> <p>Learn key assessment tools and focal acupuncture treatments for the lateral hip pain patient.</p>	2
TOTAL HOURS FOR DAY			4
TOTAL HOURS FOR EVENT			20