



New Journey for our New Students

Ten people from different walks of life have found one thing in common: they all aspire to be an acupuncturist.

Believe it or not, our Year one students come from diverse backgrounds. Starting from the front row from the left is Lisa Bu who was a business manager; Lisa Li was a high school graduate and Bonnie Yang was a well-trained beautician.

In the middle from the left is Mason Joe who was a business student from Waikato University, Neihana Pickering was a builder, Noona Rautiainen transferred her study from Wellpark and Iris Zhang was a nurse in Wellington.

Standing at the back starting from the left is Kunpeng Wang who was in IT, Jaslyn McQueen is a mother of four children and Ben Park runs a Korea Judo School in Tauranga.

Despite their previous experience, they enjoy studying in our School.

Neihana said, "Teachers are so much fun. All vibrant, full of extensive in the field knowledge, going beyond their requirements and teaching us deeply. Thank you, teachers! Big shout out to our office administrators also handling much more than they have to. Wonderful school. Full of good vibes and wealthy knowledge."

Lisa Bu added, "I enjoy the learning process though it is a big challenge as I have never been exposed to TCM before."

Welcome back Vesna, our beloved teacher in Western Medicine!



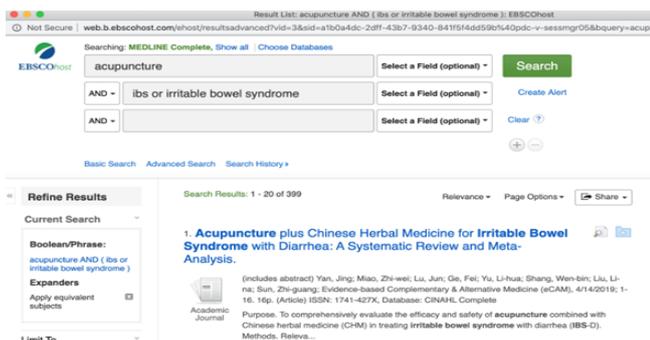
Dr Vesna Zdravkovic started lecturing at NZSATCM on western medicine subjects ranging from anatomy, microbiology, pathology to clinic management as early as 2007! After leaving the school for two years, Vesna decided to come back this year. Her commitment to the students won her many praise and respect from the students.

Born and raised in Serbia in Europe, Vesna considered herself a “kiwi” and called Auckland home after staying in this beautiful country for 20 years. She spent her past 30 years in medical study, tutoring general practice doctors, nutritionists, and Su Jok practitioners. When asked about her mission with NZSATCM, Vesna said, “To provide students with the best scientific medical background to support their TCM skills.”

Besides teaching, Vesna had a passion for natural lifestyle, especially healthy food. “I enjoy working in my organic garden where I produce various fruit and vegetables. With beekeepers in my family, I'm a big fan of bee products and how bees and apitherapy can be part of us living healthy,” she said.

Vesna is very active in various organisations related to alternative and natural therapies. She has been the Executive board member of the New Zealand Natural Medicine Association and founder of Su Jok Onnuri New Zealand in the past decade.

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Thinking of a Career in the Healthcare Profession?

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P: 09 630 3546; E: admin@nzsao.com

Acupuncture for Hay Fever

Nearly one out of five people in New Zealand suffer from hay fever. It is a type of inflammation in the nose when the immune system overreacts to allergens in the air, resulting in sneezing, water nasal discharge, nasal congestion, watery eyes and so on.

Previous research indicated that acupuncture treatment was effective and safe in treating hay fever but falling short of a common treatment method, including acupoint selection, needle sensation, dosage and duration. This prompted Winnie He to devote her Master of Health Science (Chinese Medicine) thesis into finding the recommended treatment in 2018.

In traditional Chinese Medicine, hay fever is believed to be caused by insufficient yang-qi in the lung, spleen and kidney, weakening the defensive energy (weiqi). The invasion of pathogenic wind and cold air into the nose leads to the stagnation of phlegmatic dampness in the lung. And lung qi deficiency is the most common pattern in hay fever.

But New Zealand acupuncturists rely on their personal knowledge and experience in actual practice. In order to identify the most suitable therapy, Winnie conducted anonymous surveys among 40 registered acupuncturists who have treated 10 to 29 patients annually.



Winnie He, 2019 graduate of Master of Health Science (Chinese Medicine)

After three rounds of Delphi research, a consensus was reached on the set of acupoints used for treatment, including: six major acupoints, two supplementary acupoints for lung qi deficiency, three supplementary acupoints for lung with phlegm-dampness, and four supplementary acupoints for lung and spleen qi deficiency. Moxibustion is also used for better result.

In terms of needle sensation, dosage and duration, practitioners perform equally in 'de qi' needling sensation and needling retention and provide treatment twice a week.

According to the acupuncturists, two-thirds of their patients found acupuncture treatment 'very effective', making it a better alternative to western medication. But the long-term effectiveness has yet to be explored further.



Want to strengthen your knowledge in Chinese Medicine?

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Chiu Wing: Graduate back as Clinical Supervisor

Born as the eldest son of a TCM family in Hong Kong, Chiu Wing was designated to be the inheritor of his father's clinic when he was young. Not only did Wing find TCM interesting, he began practising Qigong and Chinese martial arts at an early age.

After settling down in New Zealand, Wing opened his TCM clinic in 1999. Though he became a registered member of Acupuncture NZ in 2002, he chose to complete his second degree in our School and graduated by 2010.

Despite his 30 years of experience practising in TCM, Wing still found Chinese Medicine very challenging and intriguing. "Our diagnosis is largely based on checking the pulse, inspecting the tongue and so on. It requires much critical thinking in analysing even conflicting observations."

He saw clinical practice as a good opportunity for students to learn to communicate with patients and gaining trust from them.

Regarding techniques, Wing said, "Keep

practising no matter you are in school or at home which is the only way to improve your skills in acupuncture."

Sitting on the board of the Register of New Zealand Traditional Chinese Medicine Practitioners, Wing is actively involved in lobbying the government on legislation regulating TCM and acupuncture practitioners which will be enacted in the near future.



Front row: Chiu Wing (L), Robin Kerr (R), President of Acupuncture NZ, and other practitioners visited the Ministry of Health in Wellington last September.

Supervised Acupuncture Clinics

Year 3 and 4 students are under the supervision of registered acupuncturists to provide consultation and treatment services to patients. \$12 per treatment or \$60 for 6 treatments. Please book via ezybook, call 09 630 3546 or email to admin@nzsao.com.

Lunchtime Forum: Tuina and Palpation



Tyrone Penning who has been running his clinic since 2015 demonstrated useful Tuina techniques to students. They are looking forward to the next forum.