



A.V.A.C. Newsletter

*News and notes from the Association of Veterinary Acupuncturists of Canada
December 2017* *Volume 20, Issue 1*

President's Messages

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Outgoing President's Message:

Warm wishes to all our AVAC members. There is change in the air and it is all positive!

This is my last message as your outgoing president. It has been an honour and privilege to have represented all of you these past 3 years. You will be in excellent hands with the new executive, recently voted and installed at the November AGM. They are already making future plans....they are a bunch of go-getters, let me tell you!

I am very happy to announce my retirement from Veterinary Medicine as of December 31, 2017 and will be packing up my acupuncture needles and riding off into the sunset, but not before I finally get to work this winter on helping to update those pesky AVAC bylaws.

With the increased interest of acupuncture in veterinary medicine, our AVAC community will hopefully become stronger and grow with new members.

I wish every one of you all the best for success, happiness and balance in your home and work lives, now and forever in your future.

Cheers,
Linda Hamilton

Incoming President's Message:

Greetings. I am pleased to be serving as your president for the upcoming year. I have a firm belief in the importance of a national voice to represent certified Veterinary Acupuncturists to the public and the rest of our profession.

Linda has worked diligently during her tenure to build the structure and stability of our organization. I hope that with this strong base to build on we will spend the next couple of years building a sense of community with open communication of members across the country.

I am so gratified that we were able to welcome three new members to the executive at this year's AGM. The community building is already starting.

Allyson MacDonald

Newsletter: what's new?

A new simpler format, which will "hopefully" be much easier read online. No more double, triple and quadruple columns that you have to scroll up and down as you read an article. This new format (after we learn how to use it...steep learning curve!) will also be easier for our new Newsletter editor Tracy Radcliffe to compile, manage and edit with the help of AVAC Administrative Assistant Marie-Eve for future editions. (See more of what Marie-Eve does for AVAC later in this issue). Gone (for now) are extra borders and clip-art images, which may or may not make reappearances in future editions. Feedback, suggestions and constructive criticisms are always welcome and appreciated.

AVAC Board of Directors 2017-2018

<p><u>President:</u> Allyson MacDonald DVM MacDonald Mobile Veterinary Service 464430 Rivers Rd, RR 5 Ingersoll, On N5C 3J8 (519) 532-5376 allyson@macdonaldmvs.ca</p> <p><u>Vice-President:</u> Jennifer Jobin DVM Hôpital Vétérinaire des Trois Lacs 23 Saint Michel Vaudreuil-Dorion, J7V-1E9 Tel 450-424-2424 jenniferjobin@hotmail.com</p> <p><u>Education Coordinator:</u> Rona Sherebrin DVM Secord Animal Hospital 3271 Yonge St. Toronto, ON M4N 2L8 (416) 486 1700 Dr.Sherebrin@myTCMvet.com</p>	<p><u>Member at Large:</u> Myriam Audet DVM 2850 St-Roch Sud Shebrooke, QC. J1N 2T3 (819) 864-692 Fax: (819) 864-7418 myriam.audet@hotmail.com</p> <p><u>Member at Large:</u> Susan Nadeau DVM Hoof and Paw Veterinary Acupuncture Services 108 View Ridge Place Cochrane Alberta T4C 1B7 (403) 540 5520 hoofandpawacupuncture@gmail.com</p> <p><u>Member at Large:</u> Tracey Henderson DVM Canmore, Alberta (403) 678 8532 theacuvet@gmail.com</p>
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Administrative tasks:

<p><u>Administrative Assistant/Publication Coordinator:</u> Marie-Ève Brunet A.V.A.C. PO Box 32497 Vaudreuil-Dorion, QC J7V 9V2 (450) 200-0782 office_avac@videotron.ca (note underscore "office_avac")</p>	<p><u>In charge of Accounting (Treasurer):</u> Allyson Macdonald DVM See above for contact details</p> <p><u>Newsletter Editor (as of spring 2018):</u> Tracy Radcliffe DVM Brandon Animal Clinic 2015-A Brandon Ave. Brandon, MB R7B 4E5 204-728-9140 drtradcliffe@hotmail.com</p>
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AGM Minutes, November 4, 2017, Toronto

The meeting was called to order at 1:15 pm. Fourteen members were in attendance.

A motion to accept the AGM Order of Business was made by Rob Butler and seconded by Myriam Audet. Passed unanimously.

The minutes of the 2016 AGM were read by Myriam Audet. Michelle Kinoshita moved they be accepted as read, seconded by Jennifer Jobin and passed unanimously.

The Board of Directors report was read by Rona Sherebrin. The original of report is attached. Areas emphasized included: organization and cancellation of the basic course; refining the job description of administrative assistant Marie-Eve Brunet; initiation of Facebook group and the job openings available on the executive. Tracey Henderson moved it be accepted as read and seconded by Jennifer Jobin. Passed unanimously.

The treasurer's report was presented by Allyson MacDonald. The current value in bank account is \$65,457.32 and the value of GIC is \$39,143.29 for a total value of \$104,290.61. Net Income November 1, 2016 - November 1, 2017 is a loss of \$2,500. The loss was caused by the expenses associated with advertising expenses for the proposed basic course. We discussed how other countries are managing online and hybrid courses. Are there benefits to IVAS hosting events vs for profit organizations? Should Canada, as a smaller group, target more intensive advanced courses such as food therapy. The report was moved to be accepted by Rona Sherebrin and seconded by Michelle Kinoshita, passed unanimously.

Rebecca Briley of RLM Accounting was nominated as our accountant of record. Nominated by Myriam Audet and seconded by Jennifer Jobin, passed unanimously.

The attending members extended their thanks to Corinne Chapman, Janet Knowlton and Linda Hamilton for their years of service to AVAC as members of the board. Members were nominated for service in various positions on the board. As there was no conflict for any position the following positions were acclaimed:

Allyson MacDonald (Ontario): President / Treasurer

Rona Sherebrin (Ontario): Scientific Co-ordinator

Myriam Audet (Quebec): Member-at-large

Tracey Henderson (Alberta): Incoming Member-at-large

Tracey has suggested that AVAC might want to consider instigating a process of creating a national alternative medicine group possibly including chiropractic, herbal etc.

Jennifer Jobin (Quebec): Incoming Vice President

Jennifer envisions a quarterly group where members of AVAC are offered the chance to participate in an online / skype type forum. This would build a community atmosphere and encourage attendance at meetings.

Susan Lewis-Nadeau (Alberta): Incoming member at large

Not present at AGM but volunteered via previous email discussion.

An active and interactive discussion was held on how to build active membership. Rob Butler suggested a more active outreach to Chi members. The Facebook group needs more active participation. An active outreach to the regional delegates which would lead to them making an active outreach to membership would be helpful.

2018 AGM - The group agreed that a meeting in Banff next year was a good idea. Are Thorensen has a meeting scheduled for Oct 30 - Nov 2. Rather than hosting the AGM as part of his meeting we could hold a meeting either before or after but people could register for both or one of the other. Rona Sherebrin and Corinne Chapman will work together to form an AVAC meeting.

Janet Shelton moved the meeting be closed at 2 pm, seconded by Jennifer Jobin, passed unanimously.

Minutes taken by Morag McMurray / Allyson MacDonald

Board of Directors Report for AVAC AGM November 4, 2017

1. Board meetings: Total of four meetings via conference calls:
November 16, 2016; January 11, 2017; September 13, 27, 2017
Multiple e-mails for discussions and votes
2. AVAC Policy and Procedure manual continues to be updated.
3. One newsletter sent out to membership Dec 2016 via e-mail; is also posted on the website. Next newsletter is currently being put together, should be sent to membership in late November, early December 2017.
4. Website updates: ongoing
5. Planned for Basic Acupuncture Certification Course to be held in Toronto fall and winter 2017-2018. This takes a huge amount of work, time and effort with virtually all the work being done by Drs. Rona Sherebrin and Allyson MacDonald. We needed a minimum of 25 for the class size to "break even" and not have any financial losses. Unfortunately by July 31, 2017 we had 15 students sign up and only 11 had paid deposits. We had to make the agonizing decision to postpone the course for at least one year. E-mails sent to all students and teachers. Refunds were issued.
6. IVAS annual affiliate report written and presented at IVAS Congress in Cairns, Australia in August 2017
7. New advertising guidelines for members and non-members are now in place and published in the newsletter and also on the website. New website page for "Classifieds".
8. Conference call meeting September 25, 2017 with AVAC Admin. assistant to clear up some communication problems we have been having with the AVAC membership. We now have some new protocols in place for answering telephone and e-mail queries, and for sending out yearly membership invoices and certificates.
9. Planned & advertised a C.E. event with Dr. Steve Marsden for November 4 & 5, 2017.
10. Planned for AGM
11. Discussed succession planning for Board members in the near future. Many thanks to outgoing board members Corinne Chapman and Janet Knowlton. Corinne has agreed to still be in charge of the AVAC Facebook forum. Janet has been a long-time (perhaps longest serving?) board member and long-time newsletter editor. Current President Linda Hamilton is retiring from Veterinary Medicine in December 2017 and is resigning as President as of today. She has agreed to stay on as an advisor to the board and will work on a major revision of AVAC by-laws in early 2018. She will also be newsletter editor for the Dec. 2017 edition.
12. Letter written and distributed via e-mail to AVAC membership asking for members to step forward to help contribute to and volunteer for OUR organization. We need some new board members ("Members-at Large"); a new newsletter editor; contributors for writing newsletter articles; help with adding to our website content; help with future C.E. events (ideas AND organizing them).
13. Clothing with AVAC logo: agreement in place with London, Ontario company "Positive Identity". See article in upcoming newsletter and will be included on AVAC website.

14. Early stages of planning for a C.E. event in Banff for fall 2018

Dr. Linda Hamilton BSc DVM CVA
 AVAC President
 November 4, 2017

Meet Your New AVAC Board of Directors and Admin Staff!

President **Allyson MacDonald**

"Hello Members, Let me take this opportunity to introduce myself. I am pleased to have been on the AVAC executive for 4 years and very pleased to recently have taken on the role of president. I spent the first 20 years of my practice in rural mixed animal practice. My favourite part of being so long in a single practice was the long term relationship I was able to develop with clients and patients. In 2007 I took the IVAS certification course and my career path changed. Acupuncture allows me to develop even deeper connection with my patients and treat them as individuals. The very process of making a TCM diagnosis bonds me with the owners and patients. I look forward to Canadian Veterinary Acupuncturists coming together as a group so that we can educate the entire profession to respect our position in the treatment strategy."



Vice President **Jennifer Jobin**

"I practice outside of Montreal offering acupuncture and osteopathy services to small animals and horses. After my internship in equine medicine, lameness and surgery at a large practice in the US, I had the pleasure of treating both horses and small animals in general practice. I received my acupuncture training with IVAS and later became a Certified Veterinary Acupuncturist. I has been both a practice owner and an employee and recently completed a two-year course in veterinary osteopathy through IMAOV. My family includes two rescue dogs, a horse, my husband and two children. I am excited to be joining AVAC and be a part of a team that connects veterinarians across Canada!"

Dre Jobin possède plus de 10 ans d'expérience en médecine des petits animaux et des chevaux. Elle est une acupunctrice certifiée avec IVAS et a suivi une formation complète en ostéopathie vétérinaire avec IMAOV. Elle est passionnée de médecine intégrative. Elle cherche toujours à améliorer la qualité de vie de ses petits patients et elle a une passion pour les chevaux et les sports équestres.

Elle passe son temps libre avec son conjoint, ses deux enfants, ses deux chiens adoptés et sa jument, Sophie qui reste très en forme à 26 ans. C'est avec enthousiasme qu'elle joint l'équipe de AVAC!



Education Coordinator **Rona Sherebrin**



"I always knew that I wanted to be a veterinarian from the time that I was little, fostering orphaned wild rabbits and having a variety of pets in my house. I grew up with the tradition of European herbalism, with teas and infusions regularly used by my mother to support our family's health. My mother's knowledge was passed down to her and then to me, by my grandmother, who was a pharmacist in the days when herbs and plant materials were the majority of medicines used. My interest in all things Asian began in my early teens when I became a vegetarian, with cooking experiments that the rest of my family didn't always appreciate! I achieved my dream of being a vet when I graduated from the Ontario Veterinary College in Guelph, in 1991. I started my professional life practicing the conventional veterinary medicine I had been trained in, but embraced more holistic health care for myself and my family, including nutrition, Tai Chi exercise and Qi Gong meditation. After ten years in practice the frustration of seeing so many chronic diseases in my patients led me to seek integration of my own health care beliefs with my patient care. I began studying Traditional Chinese Veterinary Medicine (TCVM) at the Chi Institute with Dr. Xie and became a CVA in 2005, promptly joining AVAC when I finished my course. I have

continued my education with advanced training in Tui-Na bodywork and Herbal Medicine. I offer integrative health care to my patients, combining herbal medicine, acupuncture, nutrition, and body work with conventional approaches where indicated. I lecture to both veterinarians and lay groups, and frequently mentor other veterinarians completing their veterinary acupuncture certification clinical hours (both IVAS and Chi graduates). Besides being on the AVAC board, and by extension on the International Education Committee for IVAS, I am an active member in the American Holistic Veterinary Medical Association, and have recently joined the board of directors of the Veterinary Botanical Medicine Association. When I need a break I head into nature and walk on uneven ground, especially in interesting mountainous places."



Member at Large **Myriam Audet**

Dr. Myriam Audet, originally from Sherbrooke, graduate in 1998 from Ross University, St. Kitts in the Caribbean. She completed her final year in clinical medicine at Purdue University in Lafayette, Indiana, and further pursued her studies in 1999 by completing a one-year internship in general medicine and surgery at the Animal Medical Center in Manhattan, New York. She continued to work in New York from 2000-2003 at the West Side Veterinary Center.

Dr. Audet returned to Quebec in 2003 to join the team at the Clinique Veterinaire du Vieux Village in Sherbrooke and in November 2013 became the owner of the clinic which, in addition to traditional medicine, also provides an integrative and global care based approach.

Dr. Myriam Audet completed special training in veterinary acupuncture in 2005 and completed training in herbal medicine in the spring of 2010. She is an active member of the International Veterinary Acupuncture Society (IVAS) and is past president and member-at-large as well as the regional officer for the Association of Veterinary Acupuncturists of Canada (AVAC). She also is an active Board member of the new Quebec Alternative Medicine Association AVMAC (Association des Veterinaires en Medicine Alternative et Complementaire). She lives in Austin, in the beautiful Eastern Townships region of Quebec. Her family includes her spouse Stephane, their two sons Eloi and Ulysse, and her two grey cats Steve and Simone. She enjoys traveling, spending time with her family, cinema, swimming at the lake and walking in the woody mountains.

Member at Large **Susan Nadeau**

"I graduated from OVC in 2002 and came out to Alberta after graduation for an internship at Moore and Co Equine Clinic. While I was there one of the veterinarians recommended that I take an acupuncture course and luckily for me there was one held in Alberta at that time. I took the course and was hooked! Shortly after completing the course, I took a veterinary chiropractic course in Texas and then started an Equine osteopathy course soon after. I did not finish this two year course as my son was born shortly before the last module. Fast forward 7 years after being home with my three kids and I was ready to start being a vet again, but it was TCVM that called. I started on my Master's Degree through the Chi Institute and am about halfway through now. It is an amazing course and I am learning so much. Earlier this year I started my own mobile TCVM practice in Cochrane, Alberta called Hoof and Paw Veterinary Acupuncture Services and I absolutely love it! I am slowly building my clientele, which is giving me just enough time to spend with my family and complete my Master's Degree. I am excited to be part of the board of the AVCA moving forward and getting acquainted with like-minded veterinarians across Canada!"



Member at Large **Tracey Henderson**

"An OVC 96 grad, I received my CVA from IVAS in 2009, my Advanced Certificate of Veterinary Chinese Herbal Medicine from CIVT in 2010 and completed the Advanced Acupuncture Techniques course at the Chi Institute in 2012. I practice one day a week at a conventional clinic and also have a small Holistic house call practice in Canmore Alberta (which I manage to do largely by bicycle!). I fill my spare time with mountain biking, skiing, hiking, yoga, playing guitar, cycle touring in obscure places around the world, and singing in the local choir."



Newsletter Editor (as of Spring 2018) **Tracy Radcliffe**

I graduated from the WCVM in Saskatoon, SK in 1999. I worked in a rural mixed animal practice for one year and then moved to the Brandon Animal Clinic, a small animal practice where I have worked for almost 18 years. I became certified in Veterinary Acupuncture (CVA) in 2006 through IVAS, and became certified in Veterinary Spinal Manipulative Therapy (Animal Chiropractic) in 2014 through the Veterinary Chiropractic Learning Centre in Ontario. I also attained a Graduate Diploma in Veterinary Chinese Herbal Medicine in 2014 through the College of Integrative Veterinary Therapies (CIVT) in Australia. I live with my husband on a farm outside Brandon, MB, and we share our home with 5 dogs and 11 cats.

When I am not working I enjoy travelling (difficult to do with so many pets), reading, music, and walking with the dogs (which they wish I would do more often).

Administrative Assistant / Publication Coordinator **Marie-Eve Brunet**

"My name is Marie-Ève and I live with my husband, Justin, our two sons, Jake, 8 and half years old and Evan, six and half years old and our cat, Guizmo, in a small town name Les Cèdres, in Quebec. I started working for A.V.A.C. over five years ago as the office and publication coordinator for the Association, part time, which gave me the opportunity to stay home with my kids and work as well. Years have passed and since my kids are at school now, I am working full time as an administrative assistant. I enjoy reading, camping and skiing."



Demystifying Electro-acupuncture

Steve Marsden, Toronto, Sunday November 5th 2017

Review by Myriam Audet

Who would have thought that of a couple of hours with Dr. Marsden discussing how he uses acupuncture could be beneficial and would help me revamp my techniques? I sure didn't. Electro-acupuncture (EA) is not about sending an electrical current from one needle to the next. It is a depolarization and repolarization process at one site and an oscillating current. He discussed the importance and success of an EA acupuncture treatment relies on the Frequency you use, not so the amplitude nor the time frame. High frequencies (above 60Hz) will cause a sedating effect as opposed to lower Frequencies (Less than 20Hz) which are tonifying. The more sedation, the more decongestion to an acupuncture site there is (e.g. Dachshund with acute painful backs).

Here are the myths:

- ~ Contra-indicated on weak patients *Wrong*
- ~ Do not cross the Heart *Wrong*
 - The amperage used is too low to risk of causing any damage
- ~ Do not use with Neoplasia *Wrong*
 - It regulates and alters vasotone, it does not stir up circulation, nor alters vessel permeability
- ~ Seirin Needles do not conduct *Wrong*
 - Steve's advice is to clip your device to the hair just adjacent, in order to avoid slipping

Here are some reality checks:

- ~ Using a tonifying Frequency next to a tumor may foster its growth
- ~ If there are uncertainties as to what Frequency to use, *then do not use EA*
- ~ EA is never too intense for a patient, use it as long as the patient needs it
- ~ Always check the pulse when choosing and setting up a Frequency
- ~ Fine-tuning the Frequency gets achieved by feeling the pulse
- ~ As batteries get weaker, there might be a need to increase the amplitude
- ~ Not necessary for the patient to feel the "twitching", keep it where the patient is comfortable

I think I speak for everybody that was present that day, his lecture was quite informative. Although for some it might have been a review, I do think that everybody was able to take home a few new pointers. As for myself, Steve definitely brought Electro-acupuncture to a different level!

IVAS Congress 2017

By Allyson Macdonald

I was surprised and disappointed to find myself the only Canadian in Cairns this August. Cairns was an amazing location for the meeting as there were so many unique, Australian, day trips available as well as the conference. Depending on schedules, attendees took advantage of these opportunities either as an official event or as informal groupings. Some of the most enjoyed were: snorkelling on the Great Barrier Reef; gondola rides to Kuranda National Forest; walking in the Daintree Rain Forest or guided tours of Cairns 300 acre Botanical Garden.

The organizers chose to arrange the meetings into unique morning and afternoon sessions which made each day very interesting and kept it moving. Each morning session was an in depth look at acupuncture theory and new ways to apply acupuncture within your practice. The afternoon sessions were broken up into 1 hour lectures given by practitioners explaining techniques and combinations of points that are working for them in clinical practice.

There was lots of time for meeting fellow practitioners. The opening night cocktail hour included demonstrations of local culture dance from the aboriginal and Chinese communities. At each of the breaks there was a chance to get ideas from fellow practitioners while enjoying the excellent hospitality offers of the Cairns Hilton.

The highlight of Congress is always the closing banquet. We were conveniently bussed to the local aboriginal cultural centre where we were greeted at the door by aboriginal hosts who applied facial art to attendees using traditional patterns and materials. After being greeted with complimentary Champagne and a campfire we were taken on a spirit walk and ceremony to celebrate the gift of fire. Dinner was a buffet with something for everyone. The meal was created to celebrate local traditions and foods so there was a variety of seafood, crocodile and kangaroo available. There was also chicken and pork for the less adventurous and a large variety of salads and vegan options. After dinner there was highly skilled and entertaining aboriginal dance as well as the annual awards ceremony. An evening of enthusiastic dancing by the IVAS members ensued with a DJ who knew how to keep everyone on the floor.

The Australian organizers are to be complimented on this well organized and enjoyable event. I learned a lot of new techniques I plan to implement in my practice. A special shout out goes to Debbie Prevratil and her husband Sean who manned the front desk and continued to deal with the conference while their home and pets were in the direct line of Hurricane Harvey.

Of course I was not able to attend all the lectures as most of the time there was 2 running consecutively but what follows is a taste of the information received from those I attended. More detailed information can be gleaned by obtaining a copy of the proceedings. I recommend the IVAS congress as a great continuing education opportunity to expose yourself to a great variety of techniques, taught by many different masters in a short period of time. Hope to see you all at next year's congress at the Beaver Run Resort, in Breckenridge, Colorado, USA, September 5-8, 2018.



IVAS Congress 2017, Cairns, Australia, Review of Speakers

by Dr. Allyson MacDonald (*Ed. note: Many thanks to Allyson who wrote ALL the reviews but neglected to review herself, as she was one of the selected speakers at Congress. Congratulations Allyson!*)

THE LIQUID CRYSTALLINE COLLAGEN CONTINUUM THEORY OF ACUPUNCTURE: Allen Schoen

This was the keynote lecture series for the conference. It was an interesting integration of previous lectures on quantum biology (Kim Henneman, 2015) with TCM theory of Five Elements and Eight Principles. Details on collagen, fascia and the water system of the body will continue to explain the actual mechanism of acupuncture. Understanding the science of acupuncture allows us to move to the next level. Dr Schoen believes this theory explains how the body retains memory of trauma and even the basis of generational (or genetic) memory. It was interesting when he showed us new literature from western human medical journals indicating the abdominal mesentery should be recognized as an organ in and of itself. This is very compatible with TCM principles. Dr Schoen has recently started working with the Heart Math Institute which is researching how the attitude of humans affects the emotions of animals and people around them. The reciprocal is that we can use our own strength to give our patients more healing energy. The principle that space is not empty but that we fill the space around us will give us more incentive to leave our own emotions and turmoil at the door and give ourselves to our patients when we are with them. In his final lectures Dr Schoen put forward his dream for the future. He would love to see us build healing environments where both animals and their owners could be healed in the same space. As we all know people like Steve Marsden have been doing this for decades but perhaps more of us will move this way.

HOW TO FELL QI: Kim Lim

Kim presented a very practical lecture on how to incorporate the palpation of Qi into our exam. As Kim pointed out when we go back to traditional TCM principles they felt Qi flowed through the body, much like the vascular system. If this is true then we should be able to take the pulse of Qi, just like vascular pulse. It is hard to quickly summarize this lecture, Kim's notes in proceedings are excellent. But you can start to understand the principles by putting your hands softly onto the animal, imagine the animal as coated in tight saran wrap. Can you feel areas where there are bulges(excess), rock hard(deficient), knots(stagnation)? Can you feel one area pulling on the area next to it? This idea of the fascia as contiguous body wrap blended well with Dr Schoen's keynote lecture. While your hands are on the body feel for active points (as per Steve Marsden). Also you can put one hand on the back and one on the chest, is the Qi sinking or rising. Kim was such an enthusiastic lecturer I think everyone left feeling they could try to apply this new idea into practice.

EQUINE NATURAL CROOKEDNESS: Iris Ege

This lecture was a mixture of abstract theory and basic treatment strategies. The idea that horses are either left or right side dominant has been expounded by both allopathic and TCM veterinarians. There is great debate about whether this natural tendency leads to chronic lameness. Iris discussed gait analysis, hoof wear and hoof shape as information that can be used to judge limb dominance and therefore be used to prevent or treat lameness. Iris's lecture also included a practical discussion of laminitis, Cushings and navicular disease. In a short lecture she explored the various TCM principles and her favorite acupuncture points for these diseases. It was very practical and interesting.

FRACTAL ACUPUNCTURE AND THE FOUR FORCES OF THE UNIVERSE: Garry Bright

Dr Bright's lecture was one of those lectures that you can follow at the time but is hard to grasp afterwards. Garry gave us an in depth exposure to current understanding of the physical universe. Taking a basis of his theory that the parameters which affect the world around us on a large scale; time, matter, energy and space will lead us to an understanding of our world at a microscopic world. The theory being that the more we understand the physics of the natural world the more accurately we can influence the health of our patients. In this theory of medicine disease occurs when the components of the body are not in a balanced state of attraction and repelling. Often the body is trying to repel some toxin; drug, vaccine, food or chemical. If the practitioner can change this repulsion to attraction the body can absorb and deal with the insult. Gary achieves this through acupuncture of the appropriate channel while playing musical recordings he has made of the electromagnetic resonance of individual substances. His recordings are available as an app from iTunes. I have been using Garry's recordings since returning from the conference and have seen some interesting results. In certain cases, I assume where I have selected the correct recording, the animal's response can be profound. As with Dr Schoen's lectures the concept of the healer and the owner as a part of the healing circle was emphasized. In a 6 dimensional universe that was discussed much of the healing comes from our intention.

THE COMPONENTS OF PULSE CONTROLLED LASER ACUPUNCTURE: Uwe Petermman

Uwe continues to refine his laser based diagnosis and treatment system for the use of 904 nm laser therapy in Traditional Chinese Medicine. His lectures showed us refined techniques of how to map out the points on the ear to diagnose areas of disturbance in the body. Maps of the auricular points are available at www.akupunkturtierarzt.de. Uwe also uses the Vascular Autonomic Sign to assess if there is an area of excess or deficiency. This can be monitored on the patient or a surrogate during the laser exam. A newer theory discussed in his lecture is that by using the laser on body points while monitoring the pulse you can diagnose organ systems that are not functioning properly. For example if you place the laser at SP 5 and the pulse changes this would indicate an ovary issue. Uwe also feels that we often miss disturbing foci around the teeth which present as clinical issues elsewhere in the body. His notes in the proceedings are very complete, along with charts of the various laser frequencies and what they are best used for. To institute this therapy correctly would require attending one of his in depth meetings.

ENTHESIAL STRAIN OF THE SHOULDER, BACK AND PELVIC REGION OF HORSES: Ian Bidstrup

The enthesis is the site of attachment of muscle, tendon or ligament to bone is an often undiagnosed source of pain. These areas are often damaged either by trauma or repetitive strain and once healed have only 50 to 70% of their original strength so are susceptible to reinjury. Weakness at the enthesis of a muscle will often cause the formation of a trigger point within the muscle therefore when you find trigger points use your knowledge of anatomy to follow that muscle to it's insertion to look for a primary foci of inflammation. A common area of enthesial strain in horses is the dorsal sacroiliac ligament. An in depth knowledge of the anatomy of the pelvis of the horse, including the relative location of acupuncture points (reactive points to look for include YanChi, BI 26/40, GB 29, KID 11) and the normal texture of this ligament allow a correct diagnosis. Ian discussed the advantages of prolotherapy for this condition. During his lecture Ian explained how these treatment principles apply to many other parts of the equine athlete; shoulder, pol, lumbar. It was a very interesting lecture with many applications in practice.

Ian also gave an interesting lecture on natural asymmetry in horses. His theory is that this asymmetry starts at birth due to changes in the pelvis occurring during the birthing process. He advocates chiropractic adjustments during the first week of life to get horses off on the right "hoof".

ACUPUNCTURE, HERBAL MEDICINE AND REHABILITATION –WORKS PERFECTLY TOGETHER IN NEUROMUSCULAR AND MUSCULOSKELETAL DISEASES: Birgitte Langvad

One of the great benefits of a conference where the attendees and speakers are international is the wide range of practice experience brought to the room. Although we are all aware of the use of these three modalities to control pain and return to function Birgitte was able to bring some “new to me” things to the table. In particular the herbal formulas for Bi syndromes that she uses are not the ones I have most commonly used. I am very glad to find some alternative formulas I can use to expand and improve my practice.

MOXIBUSTION RECONSIDERED–WHERE ACUPUNCTURE AND HERBAL MEDICINE MEET: Barbara Fougere

Barbara gave a very interesting lecture on the use of moxibustion. Acupuncture practitioners vary in their use of this modality. Barb emphasized that this is essentially an herbal therapy. Also she illustrated that it has three effects; yang nourishing, dredging and melting. For these reasons it can be used to resolve damp and dissolve phlegm as well as the more common use of adding yang energy to the system. She reminded us that moxa can be applied in many ways including treatment of a point by holding the moxa approximate to the point without an actual needle in place. This methodology can be used to allow owners to treat their dog between practitioner visits and speed healing. A final thought was the use of moxa at CV 8 for preventative good health, for the practitioner that is!

HOW TO TRANSLATE WESTERN MEDICAL DIAGNOSES IN FELINE PATIENTS INTO TRADITIONAL CHINESE MEDICAL DIAGNOSES: Kati Van den Bosch

As many of you will know Kati is the daughter of two of IVAS’ longest standing acupuncturists and teachers. It is not surprising then that she has an excellent grasp of traditional Chinese medicine and its application to western medicine. This was a very practical lecture addressing commonly treated feline conditions, how their blood work can be extrapolated to TCM and how to use this information to formulate a treatment plan. Using a case study lecture technique Kati kept the lecture interesting and informative. Her notes would make good reading. I especially liked her differentiation between excess and deficient kidney disease and how to treat it.



Pet Tao Food By Susan Nadeau



"The reason that I am writing this article is to see what sort of interest my fellow Canadian TCVM practitioners have in being able to prescribe these diets and treats for their patients. I may be in a position to become a distributor for these products, if sufficient demand is there. If any of you are interested and feel that this is something that you would recommend to your clients, please contact me and let me know. For any specific inquiries about the product, please contact the company directly, as they have excellent customer support. You can reach me by e-mail at hoofandpawacupuncture@gmail.com. I am located in the Calgary area, but would look into distributing Canada-wide."

One of the biggest challenges being a TCVM practitioner can be getting our patients onto a proper diet.

For decades pet owners have been taught that kibble is a well-balanced and nutritious way to feed their pets and to feed anything else is doing an injustice to them. As TCVM practitioners, we are aware that the dry, hot nature of kibble is actually damaging to our patients and can lead to many long term health problems.

In an ideal world, all pets would be fed a home-made, balanced diet for their lifetime. In reality, this rarely happens. Sometimes even when owners realize that kibble may not be the best food for their pets, the sheer convenience of it trumps their desire to do the best for their pets. Many are busy with children and careers and just can't imagine finding the time to cook for their pets.

Raw food that is commercially prepared fills this void somewhat, but we know that a raw diet is not for all and its Cold nature can be damaging to the Spleen. Many of these foods, raw and kibble included use a variety of ingredients, including different proteins, that contradict each other in thermal quality so don't offer any advantage to an animal with a Hot or Cold pattern.

PET | TAO Holistic Pet Products and its creators is a company that is trying to provide an alternative prepared food, based on TCVM principles, to help clients who don't have the time to cook for their pets, but want to do the best for them. Not only do they produce canned dog and cat food based on TCVM principles, they provide quality education for clients in many forms, including recipes for home cooked diets.

It is currently only available in the United States and is only lacking a distributor in Canada to bring their product across the border.

The following information has been provided by the company itself.

PET | TAO Holistic Pet Products, located in Fairview, TN, is a media and pet food company launched by Dr. Damron, of White Oak Animal Hospital in Fairview, TN, and Dr. Marc Smith, of Natchez Trace Veterinary Services in Nashville, TN.

After completing training in Traditional Chinese Veterinary Medicine and conducting extensive research, the veterinarians founded PET | TAO Holistic Pet Products to provide their clients with a convenient, all-natural nutritional product that contributes to better health and longer life.

"With PET | TAO Holistic Pet Products, we are combining the strengths of Western nutritional science and the time-proven theories of Eastern Medicine, primarily Eastern Food Therapy," according to Dr. Marc Smith.

PET | TAO is recommended by veterinarians and retailers across the country – all because of the unique approach, trusted ingredients, and exceptional formulas.

PET | TAO offers six varieties of canned dog food and three varieties of canned cat food.

The HARMONY canine formulas are suggested for the maintenance of the body in a harmonious state.

- Harmony Beef Formula and Harmony Turkey Formula are suggested for the maintenance of the body in a harmonious state.
- Harmony Limited Ingredient Formula are created with foods specifically chosen to be energetically balancing according to the principles of Eastern Food Therapy.

PET | TAO suggests one of the SOLUTIONS diets to return your pet's health to a state of harmony.

- Solutions Chill Formula is made with cooling ingredients to counteract the effects of excess heat.
- Solutions Blaze Formula is made with warming ingredients to help balance the cold and sluggish.
- Solutions Zing Formula is suggested as an aid in helping blood and energy flow throughout.

The HARMONY feline formulas are suggested for the maintenance of the body in a harmonious state.

- Feline Harmony Chicken Formula encourages and supports energetic warming.
- Feline Harmony Turkey Formula encourages and supports energetic cooling.

PET | TAO also offers freeze-dried, single ingredient treats, based on the Yin & Yang and The Five-Element Theory. In Traditional Chinese Veterinary Medicine, the Five-Element Theory explains the relationship between the five naturally occurring elements in the environment.

According to the Five-Element Theory, consuming specific foods promotes the function of one or more of the five major organs in the body. For example, a dog with heart disease needs to strengthen the heart. Strengthening the heart can be accomplished by consuming heart.

From a Western nutritional standpoint, the treats are high in protein, low in fat, and contain only one ingredient: freeze-dried organ meat!

PET | TAO offers six varieties of freeze-dried treats:

- Beef Heart ideally helps balance your pet's mood and relieves their anxiety.
- Beef Kidney ideally helps alleviate the symptoms of incontinence.
- Beef Liver ideally help strengthen the torn cruciate ligament.
- Beef Spleen ideally helps improve pets' energy and prevent muscle loss.
- Pork Lung ideally helps alleviate the symptoms of skin allergies.
- Wild Salmon ideal for dogs in the wintertime, or for those dogs or cats that live in cooler climates.

PET | TAO also offers education for pet parents, including podcasts, blogs, ebooks, courses and more.

On the PET | TAO podcast, Dr. Smith provides a simple mix of art and science as it relates to pet food. On the FARM | TAO podcast, Dr. Damron offers a simple mix of art and science as it relates to the care of farm animals.

PET | TAO's website offers new blog posts delivered daily on topics ranging from holistic cat and dog health, to pet behavior and farm animal nutrition.

PET | TAO also currently offers 10 free ebooks on topics ranging from cat allergies to dog arthritis.

PET | TAO's courses encourage, educate, and empower pet parents in all aspects of holistic pet care.

Pet parents can learn to cook for their pets at home with PET | TAO’s free Eastern Food Therapy slowcooker pet food recipes. The PET | TAO website also includes resources for finding TCVM veterinarians in your area.



Now you can wear the AVAC team colours

In 2011 AVAC introduced custom clothing products. They were a big hit with members of the 2011 Basic Course (students, teachers and AVAC executive) and we would like to extend their availability to the whole organization.

In order to facilitate this process we will be opening a new page on our website in the very near future where you can order directly from the supplier, at our group rate and have the clothing shipped directly to you. Each clothing item has been chosen for professional appearance and wash-ability. We have selected a variety of options for you to choose from.

NOTE: The company needs to set up the printer for specialty logo embroidering, so orders will be done in "batches". Deadline for our next order will be January 31, 2017. Clothing items will be embroidered and shipped AFTER this date. Depending on demand, we can offer orders several times a year.

Microfleece Jacket - This navy jacket has zippered pockets, long sleeves and a drawstring at the hem. The AVAC logo is embroidered in red, white and black.

Softshell Jacket - This jacket is made from polyester spandex bonded to polyester fleece. This results in a jacket with very clean lines but is easily machine washable. Mine is 5 years old and looks just like the day it came home. The logo is embroidered with red, silver and black.

Scrub Shirts - Perhaps the most client friendly item we have: high quality scrubs with the logo embroidered so clients will be aware of your extra training and registration as you are treating their pets.



The order page has JUST been added to the AVAC website (you may have to refresh your browser if you don't see it). You can now be on your way to proudly promoting your credentials and membership.

See next page for example of what the AVAC gear will look like



78048

Features & Benefits



703 Black
w/Yossil Grey



711 Midnight Navy
w/Yossil Grey



800 Lake Blue
w/Yossil Grey



889 Plum Rose
w/Yossil Grey



893 Lime Sherbert
w/Yossil Grey

LADIES' FULL ZIP MICROFLEECE JACKET

KEY FEATURES

- Ladies' microfleece jacket features a full zip closure and a fused stretch sleeve pocket
- Contrast underarm panels and inner collar
- Two front pockets with zipper tunnels
- Reverse coil zippers at center front and pockets
- Shock cord drawstring at hem
- Ladies' companion style #78048

BENEFITS AND VALUES

- Microfleece with anti-pill finish is lightweight, exceptionally soft, durable and breathable
- Anti-pill finish for exceptional durability
- Feminine silhouette and ladies' only colors add enhanced appeal to this style
- Available in 6 colors, 4 of which are crossovers

PRODUCT POSITIONING

- Multiple color selection and companion styling allows for comprehensive program positioning
- Suitable for corporate functions and special events
- Imported product

FABRIC

- 100% polyester microfleece, 6.3 oz./yd²/215 gsm, anti-pill.

GARMENT CARE INSTRUCTION

- Machine wash cool separately at gentle setting. Do not bleach. Do not use softeners. Remove promptly. Tumble dry low. Do not iron. Do not dry clean.

SIZES AVAILABLE

- XS S M L XL XXL 3X



MIDN NAVY
711
(XS-3XL)

What does the AVAC admin assistant do?

by Linda Hamilton

Marie-Eve Brunet is AVAC's Administrative Assistant and Publicity Coordinator. She is the voice you hear on the answering machine when you call the office number. She is the one who distributes information and newsletters via e-mail to our membership. And she is the one who sends out your yearly membership renewal and keeps track of your contact info changes and your yearly C.E. hours.

The AVAC "office" is actually a space in Marie-Eve's home. Marie-Eve does work full-time at another job. The AVAC position is a part-time evening and/or weekend job. The hours she works depends on the time of year and if there are any events being hosted by AVAC. Marie-Eve does monitor phone calls and e-mails at least once a week, sometimes more often, again depending on any upcoming C.E. events, membership renewals, etc.



She replies to as many inquires as she can, but often Marie-Eve must forward the request/question on to the Board members. All the board members are practicing veterinarians, many who have their own business and also have family commitments. Board members sometimes need to discuss an issue before an answer can be sent, and it can take several days to a week (sometimes even longer) before an issue is decided on.

One main role for Marie-Eve is to manage the AVAC membership and renewals. This makes for a very busy time between April and June every year. If you wonder why your membership cheque is not deposited immediately, or why it takes more than a month to receive your updated membership certificate there are a number of reasons. Marie-Eve lives in a small town in rural Quebec, and the bank has limited hours so it is difficult to make deposits. It has been difficult to get a bank deposit card for Marie-Eve (I know! In this day and age the banks are still not easy to work with...the AVAC board continues to work on this). The post office is in a different town, with limited hours, so it can be difficult to get to the post office to gather mail. Marie-Eve also does membership renewals in batches. In the past, she had been told by previous executive that she had to verify every C.E. event and each member's attendance at EACH event. This was a ridiculous amount of work for her, and the current Board members were unaware of this extra work she was doing until recently. Hence the sometimes long delay in processing membership renewals. The current board have worked with Marie-Eve to make things much easier for her so that the 2018 renewals will hopefully be much easier, much smoother and much quicker.

Another major job for Marie-Eve has been formatting the AVAC newsletter and working closely with the AVAC newsletter editor. The previous newsletter format was difficult to work with, and made for far too many "back-and-forth" e-mails before it was properly edited and ready for distribution. Beginning with this edition, the format has been changed to a simpler version which should be much easier to put together and edit for future editions.

We hope that by explaining what our AVAC Administrative Assistant does, and describing some of the challenges she has to do her job, our members will have more of an understanding as to how the AVAC office works, and perhaps be a bit more patient if/when delays arise.

What does the AVAC Webmaster do?

By Linda Hamilton

Contrary to popular belief, the webmaster does NOT write copy for the website. Our webmaster designs, adds pages and links, and puts on the website whatever the AVAC board members and Admin. Assistant ask him to. IF there are typos, grammatical errors, incorrect member information, and other inconsistencies, it is NOT his fault, he is simply doing the technical part of website "mastering".

It is up to the board members to write all the articles, and Marie-Eve inputs all the member information. In the past, the Board members would only check the website from time to time to make sure all was correct and that any links are working. We are grateful that Vice President Jennifer Jobin has volunteered to review the website on a regular basis and we hope to correct all those little errors that have slipped by in the past.

IF you have concerns regarding the website and/or have constructive suggestions, we would love to hear them. If your contact info in the "find a vet" section is incorrect, PLEASE contact the AVAC office so it can be corrected in a timely fashion. If you find that a link does not work, please contact Jennifer to let her know so she can notify the webmaster. Please also make sure that you refresh the website page each time you go on the site. We hope to have updates on a more regular basis.

Pearls of wisdom

"Feel for an active or tender spot, stick a needle into it, and feel for a pulse change"

Steve Marsden

"Veterinary acupuncturists suffer from over-analyzed paralysis, just treat what you feel and see"

Steve Marsden

"Pulse sees all, feels all, sets all"

Steve Marsden

"When performing an acupuncture session to a new patient, keep in mind the needs and the primary complaint of the client"

Myriam Audet

"Letting go means opening oneself to something else coming in"

Chinese Idiom

"To keep squirmy dogs still, I like either peanut butter frozen in a dixie cup or Kong Paste squirted into the cracks and crevices of a dental toy, or even smeared on the wall or floors"

Tracey Henderson

AVAC Board members' favourite points:

"GV14. It is a lovely point for all cases, being a balancing point. It can be used to raise Yang that is too low, and drain Yang that is too high. I have used it very effectively to lower fevers, calm Shen and treat Seizures."

Allyson MacDonald

"ST 36" Linda Hamilton

"LIV 3" Susan Lewis-Nadeau

"BL40. Being a He-sea and a Master point. I use it on my neurological, musculoskeletal patients. It is also a great point for my post-operative patients coming out of surgery!"

Myriam Audet

"Using EA on LI4 on my dental patients allows a much more stable and less profound anesthesia"

Myriam Audet

Links for Shopping on Amazon:
"AVAC Amazon Portal"
 on the AVACanada.org website ("Contact" page)
 AVAC Members - Please shop at Amazon using our portal
 A portion of the purchase will go to supporting AVAC
 at no additional cost to you

AVAC Classifieds

AVAC members (must be current on payment of dues) can advertise with AVAC for free for 6 months. If you wish to continue your ad, it will cost \$35 for each additional 6 month period. The advertising includes: 6 months on our website, one e-mail blast to our current membership, and one notice in a newsletter.

Non-AVAC members can advertise with AVAC for \$100 which includes: 6 months on our website, one e-mail blast to our current membership, and one notice in a newsletter.

CLASSIFIED AD:

Main Street Veterinary Services

2360 Main Street, PO Box 211

London, ON N6P 1P9

(519)-203-2000

www.mainstreetvetservices.ca

Integrative Veterinarian Needed

Main Street Veterinary Services is located in London, Ontario, Canada. We are a busy integrative office seeking a part time associate Veterinarian to add to our well established, growing practice. We are passionate about what we do. We're a small, closely knit team of kind hearted humans interested in making a positive impact in the world of our clients, and patients, every single day. For the right doctor, a long-term relationship with the potential for full time employment is an option.

Our clinic is located in a beautiful century house, combining the comforting, low stress feeling of the inside of a home with a modernly equipped veterinary office. Our clients are progressive, forward thinkers who enjoy the broad range of conventional and holistic therapies and products we offer.

Combining the best of both worlds, we practice integrative medicine; conventional medicine with complementary modalities like Traditional Chinese herbal medicine, chiropractic, nutritional therapy, acupuncture, herbal remedies, nutraceuticals and homotoxicology. We create customized health care plans for each of our patients own unique needs. Our goal is to continually strive for wellness and healing versus merely treating symptoms.

Experience is everything. We strive to provide each of our canine/feline patients and their pet parents a highly personalized wellness experience tailored to their own unique needs regardless of the reason for their visit that day. It is our goal to ensure that every client feels valued and heard, and that they feel their pets needs are being met in a way that exceeds their expectations. Our intent is to build trust filled, long term relationships, ensuring our clients feel like an extension of our Main Street family.

Education, Skills and Abilities required:

- DVM Graduate
- Certified in or close to completing Traditional Chinese Medicine certification
- Certified in or close to completing Veterinary Acupuncture certification

- Experience/Interest in whole food nutrition, nutraceuticals and/or other alternative and holistic modalities including, chiropractic, homeopathy, etc.
- Thorough physical exam skills
- Competent in conventional medicine and diagnostics
- Surgical experience is not required, but would be an asset

Applicant must be self-motivated to:

- Follow up and follow through with each client
- Have accurate and timely recordkeeping
- Give and receive direction in a professional, respectful and open manner
- Exceptional people and communication skills
- Be creative, inquisitive, possess the ability to think critically
- Have an interest in collaboration; not afraid to ask questions, self-starter
- Remain passionate for integrative medicine continued education and best practices

If this opportunity excites you and you feel compelled to inquire this opportunity, please call 519-203-2000 x 302 and ask for Scott Van Haren. You can also email your resume/CV and cover letter to scott@mainstreetvetservices.ca . For more information about Main Street Veterinary Services please visit our website at www.mainstreetvetservices.ca.

Compensation, benefits package, and additional perks to be commensurated with experience.
