



FEATURE

The Boutique Sung

Husband and wife team, Sung and Claire, share a passion for helping people. Their busy clinic “Boutique Sung” near Victoria Park, central Auckland, has not only an enticing name, but also reflects the combination of skills they offer.

Claire Chai trained as a beauty therapist in Korea and worked in this area when she came to New Zealand, till the day she called in to meet her fiancé, a student at NZSATCM. The friendly staff, students and atmosphere set her thoughts in motion; that she too would like to be a student of Oriental medicine.

Sung Ku Lee, two years ahead of Claire, was a willing study assistant and Claire found the family environment a great place to study. She attributes the ease with which she transitioned from student to independent practitioner to the time and dedication of her teachers, especially in the student clinic, as well as the supportive group dynamics. Often her classmates would meet up to study both at school and at each other’s houses. Sometimes in the week leading up to the exams they travelled outside of Auckland to relax and study together. She treasures these memories.

“It has been useful that Sung and I studied at the same school. When we have a difficult case we help each other to

work out the best treatment for that person. I think working together has made us even closer.”

At the “Boutique Sung” their skills complement each other. They treat musculo-skeletal, gynecological and gastrointestinal complaints, while also offering cosmetic acupuncture. Recently the Boutique featured on television with Claire providing a treatment to the presenter- he soon became a fan!

Both Sung and Claire, coming from Korea, have grown up with acupuncture and herbal medicine. They both had very positive personal experiences, which may have been early triggers for wanting to study this medicine. Sung first received treatment aged 12, for a sprained ankle from a soccer game. He was amazed at how quickly he recovered. Claire suffered from skin problems in her twenties, which were effectively treated with herbs and acupuncture. This began her interest in beauty therapy and cosmetic acupuncture. The teamwork, skill and experience, and the wonderful ambience of their clinic all go towards making a wonderful healing environment.

To find out more visit; <http://the-boutique.co.nz>



PROFILE

Leonie Walker

“The Greatest Little Capital” captured the heart of Leonie Walker when she came to New Zealand on holiday. She fell in love with the city, saw a job advertised and in the space of 3 months was back in New Zealand having been offered a research position. Her employer, the Nurses Organisation, is situated in the same building as the New Zealand School of Acupuncture.

This coincidence itself was enough to spark a new connection for NZSATCM. Leonie had spotted the student clinic sign, and being an acupuncturist herself, booked in for acupuncture treatment. After a couple of courses of treatments Leonie knew “the school’s teaching was excellent” and her CV found its way to the school’s management- and the rest as they say is history... Her timing was impeccable, her skills being exactly what was needed for post graduate development of the Master of Health Science. She is now the Academic Dean for this programme.

One’s first impression of Leonie is her quiet unassuming manner- not one to blow her own trumpet or sing the laurels of medical science over other medical models. Her very “openness” proved a catalyst to unite the best of both disciplines in her career path for the past twenty years. After completing her Doctorate in cellular immunology, Leonie became the principle scientific officer in Newcastle, England, charting the progression of HIV on a cellular level, often having to note the individual’s subsequent death – not something that a ‘softie’ like her could abide with for too long. A change from laboratory science to counseling and sexual health promotion / HIV prevention, brought a welcome human dimension to her life and personal

experience of being treated by an acupuncturist sparked an interest in Chinese medicine, leading eventually to studying TCM in York. Acupuncture was to be her focus for the next 10 working years.

“My practice was a small mixed general clinic in an impoverished region of the North East(England) - mainly musculo-skeletal, chronic pain, neuropathy and addictions, I also provided TCM acupuncture on a weekly basis for 3 years to clients at the Streetlevel Addictions Centre run by Barnardo’s in South Shields.”

The place and timing of her acupuncture and TCM studies and teaching at Northern College in York in the early 1990’s proved to be a ‘mingling’ of several of the leading minds of today’s acupuncture and Chinese medicine research, some being her teachers, some her students. Substantial questions were being asked as to how research could best be applied to both validate the medicine, while remaining true its paradigm. Some of these respected pioneers will be guest lecturers for NZSATCM’s innovative e-Learning Master’s programme.

“It was exciting times to be part of a dynamic team of five with acupuncture and research backgrounds, nothing is ever wasted in terms of education and experience. Looking back, my life is more of a spiral- research, teaching, counseling, acupuncture, teaching and research and now teaching again.”

Leonie is looking forward to the start of the programme, and to working with inspiring new colleagues from New Zealand’s Chinese medicine whanau.

COMMUNITY CLINIC

Arohata Prison

By Becc Arahanga

Three years ago my husband, who had recently completed a television series “Songs From the Inside” encouraged me to get an acupuncture clinic up-and-running at the Wellington Women’s prison, Arohata. I was then in my second year of study and didn’t have the necessary knowledge or

experience to put forward the idea. But the seed was planted and from that point I started to orient myself towards getting this initiative going.

Once I put the idea out there, the response from the school and the tutors was really encouraging and supportive, with a lot of them wanting to be on board and provide

supervision. During this time I learnt there had been a trial clinic run at Arohata prison over a decade ago, for a stop smoking campaign. What came to light in this earlier clinic was that the ladies had real trouble with sleep, mental/emotional issues, as well as drug and alcohol issues. Addressing these issues formed the basis of my proposal.

In February it was agreed that the year 4 students from NZSATCM would go out once a week for 3 hours and run a clinic with the women in the drug treatment unit, seeing up to 20 women at a time. We have supervisors from NZSATCM tutors and other acupuncturists who have an interest in this area of community service. These supervisors are on a roster and volunteer their time to help,

As students, the benefits are wider than clinical hours gained, as we get to experience a wide range of acupuncture styles and treat a range of issues that we perhaps wouldn't have encountered at school or private clinics.

It has been really successful with a lot of the ladies having beautiful changes and feeling so much better physically and mentally. Prison management has noted that there has been a lot of positive feedback with overall improvement including being more open and receptive during therapy sessions and during other required activities of the drug treatment programme. Some of the ladies have said that the acupuncture will be the one thing they miss when its time for them to move on or be released.

Bringing acupuncture to a wider range of people who wouldn't normally go and get acupuncture, and also people who are considered at risk, is something I have wanted to



Students | Annalee Anderson, Becs Arahanga, Yasmin Dalman

do since starting study. This has been a really rewarding experience, I feel incredibly proud of the clinic, the school for supporting it and my fellow classmates and supervisors who have stepped out of their comfort zones giving their time to these ladies whose life circumstances have been pretty rough. I am planning to be involved with this initiative and relationship next year and longer, as I feel it is mutually beneficial to all those involved.

RESEARCH

The effects of body acupuncture in the treatment of obesity and overweight patients

by **Clarke Redshaw**

A recent study (Abdi et al.) has concluded that through the use of specifically selected body acupuncture points and electro stimulation for 20minutes per session twice

per week for six weeks, we can see an improvement or reduction in bodyweight, BMI and reduction of fat concentration in the blood. Combined, these indicate a much healthier person and can reduce the risk of obesity related illness such as hypertension, diabetes, headache and heart disease. This treatment regime when combined with a nutritionist approved and monitored diet can improve your health and reduce your waistline.

The study indicated no adverse side effects with the use of acupuncture when compared to sham acupuncture.

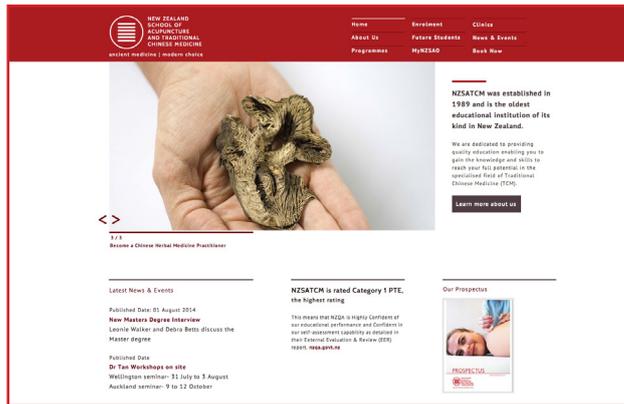
Abdi H, Zhao B, Darbandi M, Ghayour-Mobarhan M, Tavallaie S, Rahsepar AA, et al

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3353309/>

announcements

New Website - Launching Soon

Look out for our new website acupuncture.ac.nz and Like us on Facebook and be in to win a course of 6 acupuncture treatments!



Master of Health Science- Chinese Medicine- Commences September 2014. (Only two places remaining)

Now accepting 2015 enrolments.

Bachelor of Health Science (Acupuncture), Chinese Herbal Medicine, Tuina and Qigong Diplomas.

Auckland

The admin team has gotten stronger! Nick Lau officially joins Marion King in an administrative executive role. This combination means extended administrative availability. Nick is there 4 days a week from 8.30am to 4.30pm, with Tuesdays off to practice his admirable chef skills. You will find Marion, Monday to Thursday 10.00am to 6.00pm. Not Fridays though. This she reserves for her other important role, as a devoted grandma!

Wellington

Online Booking System
Making appointments at the public clinic has just gotten easier. Go to www.acupuncture.ac.nz, click on 'Book Now' – enter your details and make a booking. Be in to win a series of 6 treatments just by making your next appointment online! (To be implemented in Auckland 2015)

Your say

NZSATCM would like to know what you would like to see featured in this newsletter. Please send your thoughts to newsletter@nzsao.com

ACC External Review

Mike Armour, a teacher from NZSATCM was asked by ACC to review their report on mental health, acupuncture research. Mike is currently doing his PhD and is a teacher of the school's post graduate Programme. This review can be found at; <http://www.acc.co.nz>. (Search- acupuncture and mental health review)

Congratulations to Bin Hu, previous staff member of NZSATCM. He left last year to pursue a career in China and to complete his studies to become a New Zealand immigration agent. He is coming back for a short visit to receive this award. Should you wish to send your well wishes, please do so to newsletter@nzsao.com