**Qi Mover’s 2011 summer meeting** was held for the Northwest Region in Spokane, Washington in July, with a side trip to Nelson, BC, Canada. Topics covered included:

The new Advanced Cardiac Life Support guidelines explained
Acupuncture and herbal treatment of plantar warts
Prevention and treatment of childhood obesity
Addiction and recovery spotlight: alcoholism
Determination of and strategies for food intolerance
Orthopedic injury spotlight: ankle and foot

Persistent menopausal bleeding and hot flashes
Prevention and treatment of traveler's gastrointestinal distress
Review of the revised USDA food pyramid and RDA

**QiMovers National Summer 2010** meeting was held on Okaloosa Island on the beautiful Gulf coast of Florida. Members were wary that the meeting would have to be postponed or cancelled due to the recent oil spill, but the beaches were pristine and locals welcoming.

Carla Toth, LAc. of Durango, CO, presented an update on her personal health journey in Recovery from Aneurysm: Combining Modern Neurosurgical Methods with Alternative Healing.

Kerry Smith Higgs, Certified Rolfer from Atlanta, GA, provided a rolfing demonstration and lecture: How Rolfing Can Benefit Acupuncture Patients.

Jackie Cutroni, RN, LAc. of Santa Barbara, CA, presented: Gui Pi Tang for Cardiac Problems.

Susan Mosley, LAc. of Chattanooga TN, presented a workshop on Intuitive Needle Placement.

Members participated in a round table discussion on: Energy Healing focusing on the Oceans.

Attendees participated in daily Pilates and Qi Gong classes.

**The 2009 Summer National Educational Meeting** of Qi Movers was held in June over consecutive weekends in Denali and Juneau, Alaska. This wilderness trip allowed the group to tour 2 separate terrains and study medicinal plants native to both tundra and the Tongass National Forest rainforest where glaciers meet the sea.

General Topics included:

Acupuncture for Neurology: Head Injury, Stroke, Parkinson’s and more

Treatment Strategies for Postpartum Blood and Qi Deficiency

Using the Galvanic Spa Facial Rejuvenation Device

Chinese Weight Loss Acupuncture Protocol

Stop Smoking Protocols

Treatment of Plantar Fasciitis

Overcoming Childhood Traumas and Emotional Blockages to Healing

Topics of discussion specific to Alaska and wilderness health included:

Reduced Rates of Depression and CNS Disease in Native Alaskans with High Fat Diets

Oxygen Supplementation for High Altitude Adventure Travel

Strategies for Increasing Exercise Endurance

Hands on demonstration of Acupressure First Aide for Wilderness Guides

Treatment of Methicillin Resistant Staph Aureus with Chinese Medicine

Treatment of Giardia with Chinese Medicine

Assembling an Herbal First Aide/Travel Kit

Effects of Perpetual Darkness/Light on Biorhythms and Emotions

**The Spring 2008 meeting** was held in New Orleans May 1-5 in conjunction with the New Orleans Jazz and Heritage Festival. Convention headquarters was at the reasonably priced historic Avenue Garden Hotel on St. Charles. Some of the educational offering included:

A presentation by Raylene Beier, RN, transplant coordinator at Oschner Health System on Challenges the Healthcare System in New Orleans after Katrina.

Respiratory Therapists of Tulane University Medical Center explained the Increase in Pulmonary Illnesses in the New Orleans area post Katrina.

Shannon and Amos Soignier, Attorneys at Law, discussed Retirement and Tax Strategies for the Small Acupuncture Practice.

Jackie Cutroni, RN, LAc. shared her personal medical journey in Blending Western and Traditional Chinese Medicine: A Patient’s Perspective.

Carla Toth, LAc. lead a panel discussion on Cases Studies Utilizing the Balance Method.

**The fall 2007 National meeting** was held in Telluride Colorado on September 14-16th, 2007, coinciding with the Telluride Blues and Brews Festival. Delegates from California, Washington, Colorado, South Carolina, and Tennessee chapters attended and included massage therapists, cardiac rehab specialists, physician assistants, as well as reiki practitioners, acupuncturists, respiratory therapists, nurses, and herbalists.

Topics for the fall meeting included: "Chinese Herbs for Altitude Sickness", "Chinese Herbal Supplements for Athletes", presentation of new American Heart Association guidelines, and "Ethical Dilemmas and Discharging Difficult Patients".

The 2nd annual **Qi Movers 2007 July 4th summer meeting** at Lake Wateree, S.C. was a great success with approximately 20 attendees.

Ruth Kyle, LAc. of Acupuncture of Greer presented a lecture entitled The ABCDs of Holistic Health: Acupuncture, Bodywork, Chiropractic, and Diet.

Susan Mosley, LAc. of Four Seasons Acupuncture of Chattanooga lead a panel discussion on Methods to Treat Stubborn Internal Wind.

The lay members of Qi Movers benefited from the hands-on workshop Couples Acupressure and Massage Techniques.

Topics at the **2006 summer session** included a workshop on Pectoral Release Techniques for relief of upper back and shoulder pain and Chinese Herbal and Dietary Solutions for Menopausal Symptoms geared for the general public and other alternative practitioners.

Qi Movers had their **winter 2006 conference** in Chattanooga, TN on Feb 6-8, to coincide with Super Bowl XL. The group presented information on integrative medicine to a group of surgical and medical intensive care nurses and respiratory therapists from Parkridge Hospital, a member of HCA Healthcare System.

Susan Mosley, LAc, offered a lecture and demonstration in Divergent Channel Treatments for Neck Pain, incorporating massage techniques and non-traditional electro- acupuncture lead placement.

Ruth Kyle, LAc, led prospective acupuncture students in a session on How to Choose Your Best Acupuncture School, with a comparison of herbal education emphasis, 5 elements vs. 8 principle schools, and how to survive financially.

Qi Mover's **inaugural meeting was held April 27 - May 2 2005** in New Orleans, at the Columns Hotel on beautiful St. Charles Avenue. During their downtime, participants were able to attend the New Orleans Jazz and Heritage Festival.

Susan Mosley, Lace, Chairman and founding member, presented: A Comparison of Cosmetic Acupuncture Techniques and proposed new protocols for reduction of saddlebag thighs.

Carla Tooth, Lace, coordinator for the Rocky Mountain States, discussed: Manipulation of Melodic, Harmonic, and Atmospheric Elements for Calming the Sheen.

Ruth Kyle, Lace, coordinator for the Southeastern USA, presented a case study on: The Difficulties of Treating Damp Heat in the Urinary Bladder in Subtropical Climates.

Lisa Putnam, consumer affairs advisor, led a discussion on: How Media Coverage of Chinese Medicine Changes the Expectations of Clients.

A round table discussion aimed at members in their first year of practice was particularly well received: What You Didn’t Learn About Starting a Practice in Your 3 Credit Business Class.

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