

Harmoney

South Baylo University





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MESSAGE FROM SBU PRESIDENT

My congratulations to our graduates and welcome to our incoming students over these past nine months. I want to commend all of you for your patience, tolerance, and adaptability to all the changes that the student body has undergone in light of the procedures and restrictions imposed due to the coronavirus pandemic. The safety and health of students, patients, faculty, and administrative staff remains a primary concern.

Sometimes an evil wind does blow some good. With all the instructional changes new educational strategies have been developed. Individuals learn in different fashions. Some students are visual learners, some are audio learners, and other students find both visual and audio as integral to their learning style. The new wave in higher education involving online learning has proliferated. Degree programs at the baccalaureate level through doctoral level which are regionally accredited are offered in an exclusive online format and now abound in the marketplace. Of course any curricula with laboratory components, clinical internships, or practicum demonstrations must have special adaptations.



Edwin D Follick DTheol
SBU President

In short, there are many possible educational programs utilizing videos, eminent scholars delivering lectures, and unique demonstrations reaching many students otherwise not possible or practical.

The future of education is bright and expansive ahead of us. The constant in life is change. Our students will be at the forefront in the knowledge of Asian medicine. The healing and good to the community will be beyond dimension. South Baylo University has become an institution of which we can all be proud. My appreciation to our students for their resilience, and every good wish and all blessings go with them as they train to be distinguished Asian medical practitioners.



WHAT'S NEW AT SBU?

Admissions

South Baylo University attended and participated in its first ever virtual college transfer fair with Santa Monica College. This event took place online on October 15, 2020. Within 3 hours, more than 900 students and 200 university representatives attended the event, it gave SBU more exposure in building its recognizable brand, raised more awareness about the benefits of acupuncture and Oriental medicine and the future of preventative and holistic health care, as well as created an opportunity to cultivate passion and interest in prospective students by supporting them along their educational and professional path.

Library Presents

A new issue of *Medical Acupuncture*: the official journal of the American Academy of Medical Acupuncture Vol. 32 No 5 (Oct. 2020) has been published and is available in the library for all students.

There are articles that might be interesting to students of SBU. Such as: *Lessons Learned in Teaching Battlefield (Ear) Acupuncture to Emergency Medicine Clinicians* and "Miracle" or "Medicine": *A Turning-Point Analysis of Patients' and Physicians' Shifting Views on Acupuncture*". Stop by the library to request them.



SBU Faculty and Staff Attend Academic Integrity Training

Academic integrity is the cornerstone to all higher educational pursuits and that is certainly true for South Baylo University. In November, the faculty and staff participated in academic integrity training. This training emphasized the importance of educational opportunity, transparency and a commitment to excellence.

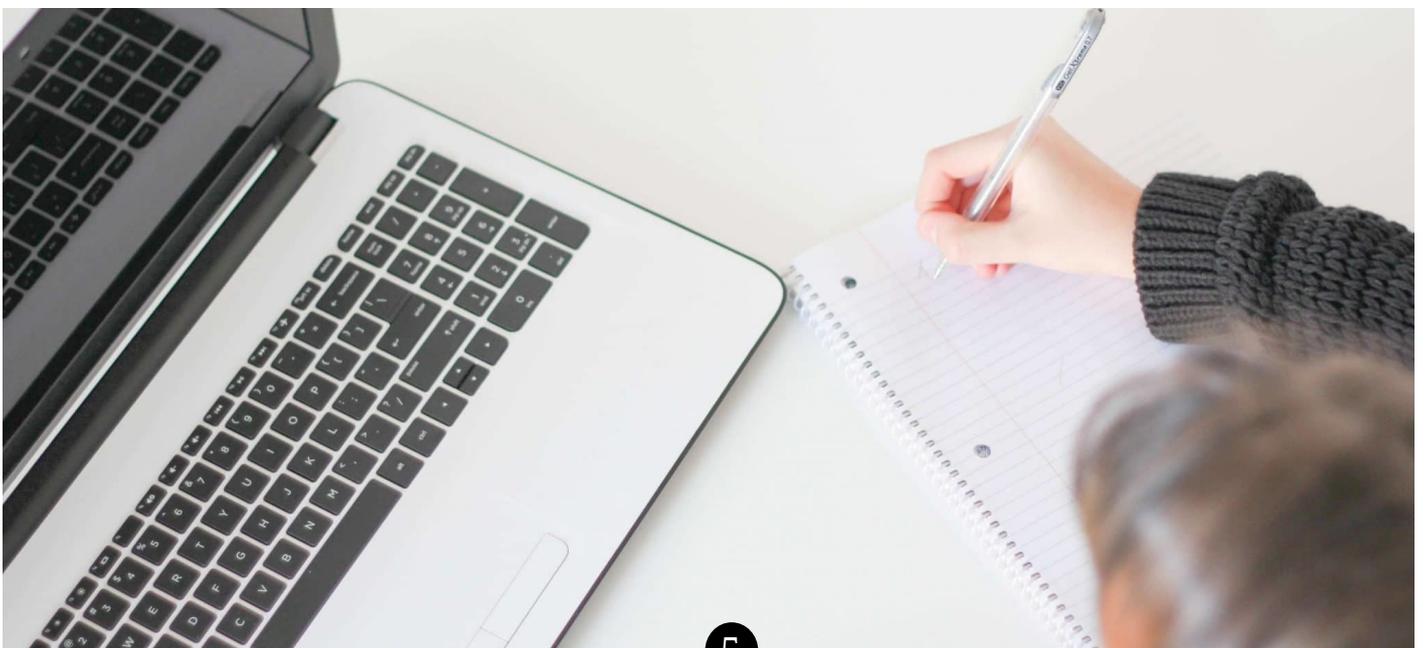
Since the summer of 2019, all SBU exams and syllabi have included the following statement:

I will respect SBU's commitment to academic integrity and uphold the values of honesty and responsibility that preserve our academic community.

South Baylo's academic integrity program begins with the administration and is shared

and encouraged from the top down with buy-in and feedback from students, staff, faculty and stakeholders. Students are familiar with SBU's academic policies and procedures, as these are properly published in the program catalog. Faculty members receive guidance and instruction on professional teacher-student relationships, warning signs to be aware of, and internal reporting mechanisms; all to ensure a robust and relevant integrity program.

It is the goal and obligation of every member of SBU to promote the unique culture of integrity, both academically and professionally. Training modules are available online for those interested in continuing their practical knowledge.





ACAOM, COVID-19 & SBU

In the ever-changing wake of COVID-19 restrictions, ACAOM in partnership with CCAOM and State Boards, continues to strive for educational equity and preventative healthcare for all AOM students.

South Baylo University will continue to offer online didactic courses, limited in-person practicum courses, and modified clinical internship hours. The university recognizes students' desire to maintain access to educational opportunities as well as observe state safety guidelines.

All members of SBU are encouraged to follow the CDC guidelines of mask wearing, six-foot social distancing (when practical) and frequent hand-washing. Anyone experiencing cold or flu symptoms should remain at home and notify the university as soon as possible.

Local, state, and federal regulations regarding COVID-19 restrictions may seem at conflict and confusing. As we seek to remain in full compliance, all SBU faculty, staff, students and administrators must remain both vigilant and flexible as information changes often. Please continue to check the following sources for up-to-date information:

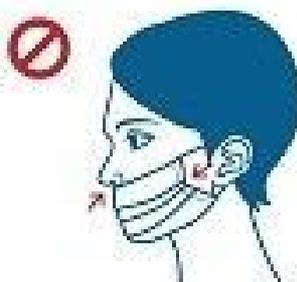
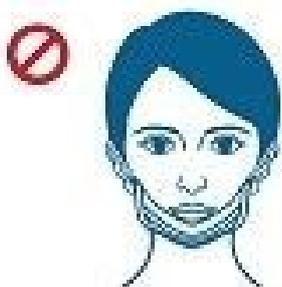
<https://covid19.ca.gov/>

<http://publichealth.lacounty.gov/>

<https://occovid19.ochealthinfo.com/coronavirus-in-oc>

<https://www.cdc.gov/>

How to wear a face mask correctly





CONTINUING EDUCATION

Your journey as an acupuncturist does not finish with graduating from South Baylo University, it only begins. Licensed acupuncturists have to attend continuing education classes to maintain their licenses. South Baylo University in collaboration with the South Baylo University Alumni Association is offering continuing education classes that are approved by the California State Board on a quarterly basis. These are the classes that were offered during the Fall Quarter of 2020.

You can always access latest updates on continuing education classes on our website: <https://southbaylo.edu/web/continuing-education/>



September 26th, 2020
(Online)

Nutrition and Digestive Health

John Cassone
Ph.D., LAc, DAOM



September 26th, 2020
(Online)

COVID – 19 and Patterns of Disharmony According to TCM

Teresita Cheng Yu,
MD, DAOM, JD

This course provides an overview of the digestive system including anatomy and physiology related to common pathologies. Dr. Cassone will discuss concepts from both Eastern and Western approaches and how to use clinical nutrition for better patient outcomes. Participants will learn signs and symptoms related to gastrointestinal dysfunction and how to differentiate appropriate nutritional strategies.

The lecture covers the new corona virus, it's morphology, host transmission, the population at risk and current statistics worldwide, but especially in the United States and specifically California. It explains the progression of the disease based on pathophysiology in producing common signs and symptoms from its mild to severe presentations. It discusses current guidelines for suppression treatment and a future preventive vaccine.

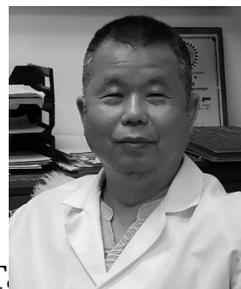


September 29th, 2020
(Online)

Clinical Research Design

Dr. Ki Haeng Cho,
Ph.D., L.Ac.

This course covers an overview of the basic research strategies, methods, and goals of clinical research. Topics include study design, data analysis and interpretation, and determination of appropriate methodologies to answer different research questions. Participants will learn about bias in observational research; the clinical value of diagnostic tests; the use of cross-sectional, case-control; cohort study designs; and various statistical models used in clinical research.



October 2nd, 2020
(Online)

Taoist Acupuncture of Korea

Aaron Hong, L.Ac.

This treatment is based upon the philosophy of the correspondence between nature (Tao) and human beings. Nature has a vital effect on the health of people through the appropriate balance of yin and yang. This course provides a deep understanding of the activation of the source qi of traditional Taoist acupuncture to improve the whole body condition of patients rather than treating symptoms.



October 11th, 2020
(Online)

**Health Improvement
by TCM**

Tianming Zhang,
L.Ac.

The objective of this course is health improvement by TCM. This course introduces TCM dietary strategies for health maintenance, exercise and sports activities for physical and mental health, and regulation of the harmony of the internal organs through yin-yang balancing.

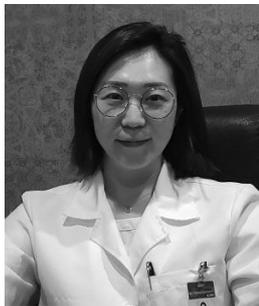


(Online)

**Essential Theories
of Longevity and
Health Maintenance from
the Yellow Emperor's
Book of Medicine**

Li, Hong, DAOM, L.Ac.

Kidney qi and human development from birth, growth, aging, and the principles of maintaining health, will be discussed in this course. Kidney chi plays an important role in the development; of reproduction and human development, it is one of the important concepts one has to learn and understand. Participants learn about the principles, rules, and meaning behind them.



October 22th, 2020
(Online)

**Diagnosis and Treatment
for Tinnitus with
MTM System**

Sairomi Choi, L.Ac.

This course provides the basic knowledge and skills for diagnosis and treatment of tinnitus to ensure that AOM practitioners understand tinnitus in both conventional and alternative medicine approaches to improve patient care and health outcomes. This course offers an overview of the basic research and strategies, methods, and goals of tinnitus treatment.



December 5th, 2020
(Online)

**An Integrative Approach to
Treating Patients with
Peripheral Neuropathy**

Nazanin Rohani,
MD, MSAOM, L.Ac.

This course will present an overview of peripheral nerve injuries including etiology, anatomy, underlying pathologies, and differential diagnosis. Description of evidence-based assessments as well as treatment approaches that can be incorporated into clinical practice will be reviewed.



November 1st, 2020
(Online)

**New Trends in
Acupuncture Coverage
by Health Insurance Plans**

Min Shi, Ph.D., L.Ac

This course is to introduce various up-to-date insurance plans, coverage, and insurance companies in the acupuncture profession, focusing on the new dynamics of insurance acupuncture payment and the places that are often overlooked or mistaken in the insurance claim process.



December 19th, 2020
(Online)

**Herbal Tea Recipes in Terms of
Traditional Chinese Medicine**

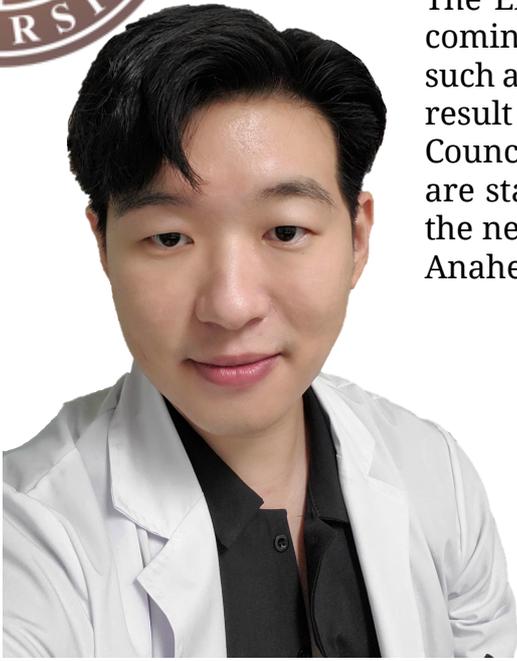
Jung Sook Kim,
DAOM, L.Ac.

This course provides a brief history of tea, its culture around the world, introductions of popular herbal teas available on market shelves or online, and its health benefits.

November 22th, 2020



SERVING STUDENTS



Yun Soo (Chris) Sung
President of the English Student Council
in the Anaheim Campus

The English Student Council of the Anaheim campus has been coming up with innovative and interesting initiatives for students such as workshops, study books, and online classes. All this is the result of the energy and dedication of the new English Student Council team. We decided to introduce you to those people who are standing behind all these activities. Yun Soo (Chris) Sung is the newly appointed President of the English Student Council in Anaheim. We have asked him to share his story with our readers.

acupuncture. I changed my major and it was smooth from there on. I was blessed to be able to meet great people in the kinesiology program and here at SBU. I live by the Bible verse Phil 4:13 'I can do all things through Him who gives me strength'.

Why did you decide to join the English Student Council?

I decided to join ESC because I wanted to share insight from other books and things we don't learn in the classroom that may be beneficial for us as practitioners. There were things that my friends and I struggled with in our early classes, and I wanted to address those too. My mother, father, and aunt are an alumni from South Baylo University.

Why did you decide to become an acupuncturist?

A few years ago I went on a Mission to Alaska as one of the teachers and it changed my career path. The first night there some students and staff were starting to get sick. I remembered an herbal remedy that my mom used to make for me when I was in elementary school. My pastor and I went to the market and purchased the ingredients. I made the remedy for everyone. The next morning everybody was feeling better. It made me realize that this was the path God wanted me to take. I became a biology preMed student, but I couldn't get into all the classes I needed because of the amount of students who were trying to do the same. My graduation was delayed, and then God sent my mom a patient who was the wife of a kinesiology professor. She was able to set up a meeting for me with Professor So. He explained to me about kinesiology and sports medicine, and how it goes well with



They taught me many things besides what we learn in the required textbooks, such as herbal formulas from the Dong Gui Bo Gam. I am eager to share my knowledge with students at our university to make their experience even more interesting.

What are your goals as President of English Student Council?

My goals for ESC are to increase the presence of the English language program and to promote student knowledge and skills in TCM.

What is your message to students at SBU?

My message to the students would be, “ESC is here to help the students of SBU and we hope to grow together as healthcare providers of acupuncture and Oriental medicine.”

What has English Student Council achieved since you became the President?

ESC has come a long way. We increased our budget by 10x the amount that we started with. We will be using this budget to do more workshops, pay for guest speakers, and maybe take a trip to



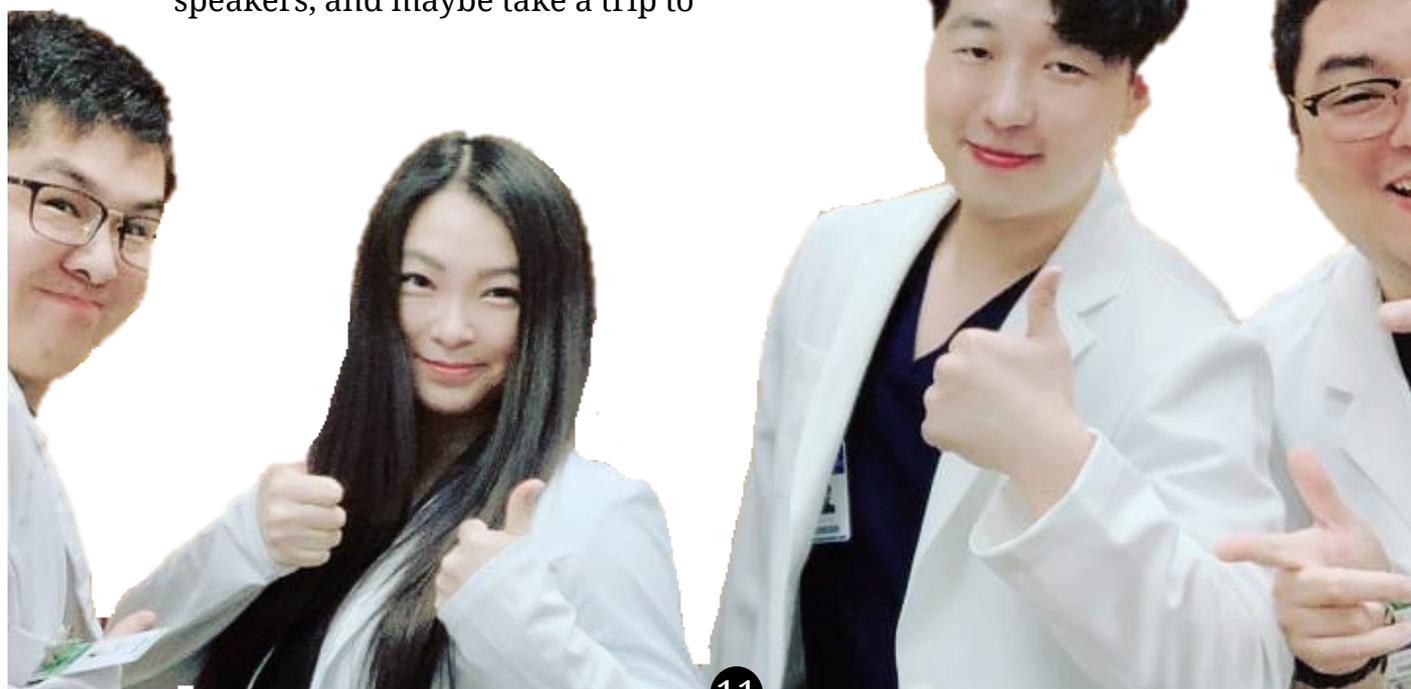
Sunten or some place that has to do with our field when its safe from COVID-19. The money that we are able to fundraise through our initiatives all go towards the ESC budget.

What are English Student Council plans?

Our current plans are to continue to do the herbal workshops, roll out the herbal study books, continue to sell CNT Kits, and to start a study group session.

How can students join the English Student Council?

If anyone of the students wants to join the English Student Council, please feel free to reach out to us. My email is Sungyu404@southbaylo.edu





MEET THE ESC OFFICERS

We asked a few questions to executive members of the English Student Council (ESC) in the Anaheim Campus. These two ladies are standing behind all the activities and events that have been offered to our students by ESC.



Amanda Aumiller
Vice President

Jenny Choi
Secretary

What is your role in ESC?

"I am involved in all the activities that ESC is offering. I am responsible for all financial transactions that we have from fundraising events we organize."

"I've been actively working on organizing and leading various workshops with other leaderships of ESC. I've also been co-leading the ESC meeting, organizing and keeping the meeting records."

What is your goal as an ESC member?

"A bigger presence on campus and to keep in better contact with alumni after they graduate. I think it would be helpful to see where past students are in their career paths, especially if they are local. I would like to have more of them contacted to give the students lectures and seminars on the challenges of starting or joining a practice."

"Lastly, I would like to help out incoming students or incoming interns to give more detailed guidance on what to prepare and what to expect. Also, by holding various workshops, I'm expecting to promote students' proactive engagement and interest in learning TCM."

What is your life motto?

"Be the reason someone feels welcomed, seen, loved, valued, and supported."

"Be positive, be proactive, do your best, don't give up, be thankful, and be helpful."

MAKING HERBAL REMEDIES

The English Student Council organized several hands-on workshops where they shared their knowledge in preparing herbal remedies that are widely used in Oriental medicine. ESC officers, in collaboration with Dr. Choi (the clinic pharmacist in the Anaheim campus), coordinated purchasing and preparation of the herbs.

Immune boosting herbal formula

The first workshop was held online. Participants were taught how to make an **immune boosting herbal formula** which is extremely important during current pandemic times. 24 students followed Garry Duffet and Chris Sung in step-by-step decoction of the necessary herbs. All herbs were shipped to participants before the workshop.



Purple Cloud formula

The second workshop was held in person in two separate groups. This time students made the **Purple Cloud formula**. Herbs that are used in the preparation of the remedy were cured ahead of time in the Anaheim pharmacy. All participants of the workshop saw the whole process for creating the ointment - from getting the herbs out of a jar where they were held for a few weeks, to heating to a certain temperature, to creating the actual remedy.



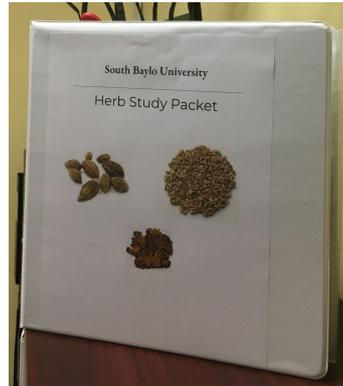
Dit Da Jao formula

Workshops became so popular and in demand among students of South Baylo University that the English Student Council is currently preparing for another workshop which will be held **on January 2021**. Students will be **making the Dit Da Jao remedy**. It is used often in sports medicine. It reduces rheumatic pain and arthritis discomfort. It also provides aid to heal ligaments, tendons, tears, sprains, and the aching of muscles.



THE HERB STUDY BOOK BY ESC

The English Student Council came up with an idea to create an herb study book to help students at SBU in their studies of herbs and in preparation for the California Board Exam. "In the herbal classes we usually see pictures of the herbs while we are studying them. One thing that makes studying herbs easier is visually seeing the herbs while you study. I learned that it is important to differentiate similar looking herbs by their smell since they look similar", explains Chris Yun, the President of ESC.



Members of ESC ordered herbs with the help of SBU pharmacy and then manually prepared each book, individually packing each of the 247 herbs required for the Board Exam. Books are so popular among students at SBU that all of them were sold out within one day after ESC announced they were selling them.

Members of ESC are currently working on creating more of the books to satisfy such a high demand.



ADVANCED PNEUMO SHIELD



SBU LABS
In Pursuit of Better Health for all

South Baylo University clinics have developed two types of herbal medicine for the common cold, flu and lung related issues.

These medicines were developed based on classical books and clinical research.



Advanced Pneumo Shield 1



Advanced Pneumo Shield 2

Advanced Pneumo Shield 1 is used to treat **cold from Wind-Heat**. Major symptoms for this type of cold are: no runny nose, no shivering, sore throat, dry coughing without mucus, and dark urine.

Advanced Pneumo Shield 2 is used to treat **cold from Wind-Cold**. Major symptoms for this type of cold are are runny nose, shivering, body aches with headache, itchy throat, and clear urine.

These herbal medicines have been proven to be effective through our clinical trials and have been packaged by the certified company GMP.

If you have any questions regarding these herbal medicines, please contact SBU clinics at **213-738-1974 or 714-535-3886**.





A GRADUATE'S STORY



Naomi Adachi,
Class of 2019

Naomi Adachi graduated from South Baylo University in 2019. She received an Alumni Award upon graduation. She was an officer in the English Student Council, and helped students, organized events, and provided gifts. Naomi is a practicing acupuncturist and a co-owner of one of the largest suppliers for the acupuncture industry in California. We talked to Naomi about her experience at South Baylo University, her current job and her future plans.

educational journey.

- Was there anything challenging during your education at SBU?

Keeping up good grades was quite a challenge! You do need to learn a lot and do your homework on time. But at the end, when you are preparing for a State Board exam, all this dedication pays back.

- You were a member of the English Student Council. Why did you decide to join the council?

I wanted students to enjoy their time at SBU and motivate them to study more to be successful. I tried to listen to what students wanted and did my best to accommodate their requests.

During my service at the English Student Council, I arranged many events like a Thanksgiving feast, Lunar New Year celebration and so on.

- Why did you choose SBU in the first place?

Many of my family members are working in the medical field in Korea. My husband owns a big company that is a supplier for acupuncturists all over the states. I was influenced by them and decided to follow my family path.

- What was your favorite part of the education process at SBU?

The atmosphere in the university. Everyone is so friendly and accommodating: students, faculty, staff. I was lucky to find good friends at SBU, great professors, and support staff. They all encouraged me to succeed in my



among students. We were able to involve many of our classmates in celebrations. Students were dancing, singing, playing musical instruments. It was a real joy to see all this happening.

- What is your current job?

I am an acupuncturist in a fertility clinic in Newport Beach, CA. We offer acupuncture treatments and herb teas to women who are preparing to get pregnant. We help their body balance. Our treatments provide benefits to the uterus and embryo, promote conception, calm the mind, reduce stress, and nourish the ovaries. We have helped many women with their pregnancies. Our success rate is very high.

I am planning to open my own clinic that specializes in women's health next year. I look forward to making even more patients happy with the outcomes of my treatments.

Also, my husband and I are the owners of one of the largest acupuncture suppliers in California - AcuDepot.

- Can you tell a little bit more about your company?

We are offering everything that an acupuncture clinic or an acupuncturist could need: DBC, Nano, Dana, Seirin, Clouden dragon Needle, a wide variety individual herbs, herb pills, herb granules, cupping, moxa, etc.

We have been working for many years now and were able to create our own loyal clientele. South Baylo University itself is one of our clients.

We are located 10 minutes' drive from the Anaheim campus. We are also offering free delivery to all our clients.

We would be happy to serve students and graduates of South Baylo University.

You can find more information on our website: www.acudepot.com

- Did your education help you at your job?

Of course! SBU helped me a lot - especially the internships in the clinic at SBU. All the supervisors were friendly, so it was very fun to do my internship. It actually encouraged me to look for my current job.

- What would you advise our students during these unusual times?

I know it is very stressful to study during the pandemic. Online education can be very frustrating. I am sure that current ESC members will be happy to help you and listen to your problems should you have any. All the hardships will pay off soon. A little progress each day adds up to great and big results. Please look for something positive each day.





*Happy Holidays from
South Baylo University!*

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