

## **The Medicine That Will Change the World**

### **An Acupuncture Manifesto**

#### ***Acupuncture is the medicine the world has been waiting for!***

On the surface this statement seems an unlikely scenario. “Pie in the sky” talk from an optimistic, “rose coloured glasses wearing”, “think it and it will manifest” practitioner of the medicine of acupuncture. Yes, many know acupuncture has been around for quite a long time. It has survived to modern day, has evolved and refined over the centuries. Is still practiced, used by millions daily and its methodology is mostly intact from its early roots and humble beginnings. In those terms it is most likely the longest research study in history. It is by nature a true holistic health system. A “path to balance” in ones life.

According to a 2012 report released by the World Health Organization (WHO), 93 percent of the 192 member states of the United Nations have acupuncture practices. Chinese medicine, of which acupuncture is a main modality, has spread to more than 100 countries. As of 2012, there are some 100,000 Chinese medicine clinics and some 300,000 Chinese medicine practitioners worldwide.

But the medicine the world has been waited for?

I not only deeply believe this but I also know it is the medicine the world desperately needs right now! Why? The reasons are numerous but suffice to say all the evidence is there if we look at the medicine in its entirety (history, theory, advancements, its science and the positive impact on human health over centuries) and the disparate landscape of healthcare in the world with a certain critical and global lens.

Let us look at the state of global physical and mental health.

#### **The World Health Organization**

According to a WHO 2015 report, non-communicable diseases (NCD) or chronic disease kill 38 million people each year.

Almost three quarters of NCD deaths - 28 million occur in low and middle-income countries. Sixteen million deaths occur before the age of 70; 82% of these “premature” deaths are in low-income populations.

#### **The Centers for Disease Control (CDC): The U.S.**

According to the CDC, 70% of all deaths are due to chronic disease and the cost of chronic care exceeds \$1.5 trillion a year or 75 % of all medical expenses.

#### **Mental Health: Post Traumatic Stress Disorder (PTSD), a Chronic Illness**

According to The National Center for PTSD / U.S. Veterans Administration 2015: Post Traumatic Stress Disorder (PTSD) can occur after you have been through almost any level or intensity of trauma. In the U.S. about 6 of every 10 (or 60%) of men and 5 of every 10 (or 50%) of women experience at least one trauma in their lives. About 7 or 8 out of every 100 people (or 7-8% of the population) will have PTSD at some point in their lives. About 8 million adults have PTSD during a given year.

## **Veterans**

According to a 2014 RAND Comprehensive Analysis of Studies on PTSD and Veterans, at least 20% of Iraq and Afghanistan veterans have PTSD and/or Depression. Around 50% for those who do seek treatment. Vietnam veterans also report high lifetime rates of PTSD ranging from 10% to 31%. PTSD is the third most prevalent psychiatric diagnosis among veterans using the Veterans Affairs (VA) hospitals. Recent statistical studies show that rates of **veteran suicide** are much higher than previously thought, as much as five to eight thousand a year, 22 a day, up from a low of 18-a-year in 2007, based on a 2012 VA Suicide Data Report. **Major depression also a serious problem.**

## **Financial Costs of PTSD in the U.S. Alone**

According to the National Institutes of Health, Department of Veteran Affairs, and Sidran Institute, the societal and economic burden of PTSD is extremely heavy. The annual cost to society of anxiety disorders is estimated to be significantly over \$42.3 billion, often due to misdiagnosis and under treatment. This includes psychiatric and non-psychiatric medical treatment costs, indirect workplace costs, mortality costs, and prescription drug costs. People with PTSD have among the highest rates of healthcare service use. People with PTSD present with a range of symptoms, the cause of which may be overlooked or misdiagnosed as having resulted from past trauma.

## **Worldwide PTSD**

In a 2012 WHO study of 21 countries, more than 10% of respondents reported witnessing violence (21.8%) or experiencing interpersonal violence (18.8%), accidents (17.7%), exposure to war (16.2%) or trauma to a loved one (12.5%). **An estimated 3.6% of the world's population has suffered from post-traumatic stress disorder (PTSD)**

## **Modern Medicine: Chronic Illness and Mental Health**

Although modern western medicine is most effective in treating acute, lifesaving health procedures, its track record is not great when it comes to chronic illness or mental health issues. These conditions arise from a conflict-rich, war prone world where trauma runs rampant, a deteriorating and toxic planetary environment, nutrient depleted, overly processed and at times for many scarce food supplies, (the list can go on and on) all leading to poor diet, obesity and malnutrition, addiction, neurological disorders, diminished cognitive function in children and adults, auto-immune disease, depression, mental illness and over reliance on pharmaceuticals. These are some of the key factors in the deteriorating health of humanity, in both developed and developing countries.

## **Why is Global Healthcare in Such a State?**

The current response of mainstream healthcare to chronic and mental health illness relies fundamentally on pharmaceutical solutions that have not resulted in the improvement of health but rather mass over-prescription with sometimes dangerous and life threatening side effects resulting in more pharmaceutical solutions to ease the side effects and dependency, mostly life long. This in turn can result in the displacement of well being and the exacerbation of initial causal behaviors.

Despite clear identification of the causative factors leading to poor health, there is a widening gap between rhetoric and action as illnesses have become industries;

commercialized and mired by the competition inherent in the fight for patents rights in which the interests of patients are superseded by those of a complex and powerful network of private corporate players.

Current policy is leading global healthcare in an ever less sustainable direction; whereby chronic disease and mental health and the potential need to provide lifetime, pan-global medication will result in healthcare and environmental costs that are far beyond the capacities of most countries.

### **Acupuncture and Chronic Disease: A Viable Solution**

The World Health Organization (WHO) has compiled a list of symptoms, syndromes, disease processes, pathologies, traumas and conditions that have definitely been proven as effectively treated by acupuncture. Most of which are considered chronic illnesses. The WHO has also compiled a list of diseases, symptoms and conditions for which acupuncture has shown definite therapeutic effects, but more proof is needed to establish acupuncture as a mainstream form of treatment.

In a 2003 official report, *Acupuncture: Review and Analysis of Reports on Controlled Clinical Trials*, the WHO has listed the following symptoms, diseases and conditions that have been shown through controlled trials to be treated effectively by acupuncture:

Low back pain, neck pain, sciatica, tennis elbow, knee pain, peri-arthritis of the shoulder, sprains, facial pain (including cranio-mandibular disorders), headache, dental pain, tempo-mandibular (TMJ) dysfunction, rheumatoid arthritis, induction of labor, correction of malposition of fetus (breech presentation), morning sickness, nausea and vomiting, postoperative pain, stroke, essential hypertension, primary hypotension, renal colic, leucopenia, adverse reactions to radiation or chemotherapy, allergic rhinitis, including hay fever, biliary colic, depression (including depressive neurosis and depression following stroke), acute bacillary dysentery, primary dysmenorrhea, acute epigastralgia, peptic ulcer, acute and chronic gastritis.

The foregoing list is absolute concerning acupuncture's effectiveness; however the report continues with three more categories:

Diseases, symptoms and conditions for which the therapeutic effect of acupuncture has been shown, but further proof is needed (68 specific conditions). These conditions are effectively treated as in the first category; it's just that more trials are necessary to establish the proof scientifically.

Diseases, symptoms and conditions reporting some therapeutic effects for which acupuncture is worth trying (nine conditions).

Diseases, symptoms and conditions in which acupuncture may be tried, provided the practitioner has special modern medical knowledge and adequate monitoring equipment (eight conditions).

### **Acupuncture and Mental Health: Treating Trauma and PTSD**

Although specific and targeted research into acupuncture for mental health issues is in its infancy, a number of studies have been undertaken in the last number of years. A 2013

study conducted by Dr. Michael Hollifield, MD at Department of Psychiatry at the University of New Mexico shows that acupuncture can be used successfully as natural treatment for PTSD symptoms like depression, anxiety, insomnia as well as pain originating from psychosomatic disorders. The healing effects of acupuncture last over three months post-treatment. Unlike other conventional psychiatric treatments that are exposure-oriented (in that they require patients to reconstruct traumatic incidents), acupuncture for PTSD does not expose the patient to such elements and hence is safer and non-intrusive.

In a Samueli Institute 2013 systematic review of studies combining traditional Chinese herbs treatments with acupuncture to treat PTSD showed superior results to traditional therapies, including antidepressant drugs.

The U.S. Department of Defense and the Veterans Administration (VA) increasingly are embracing a wide range of complementary and alternative medicine (CAM) techniques, such as yoga, meditation, and **acupuncture**, in the treatment of veterans with PTSD.

### **Common Knowledge Among the Acupuncture Community**

Of course most all acupuncturists know this information very well as it has become a measure of validation to the general public that our medicine works and the WHO says so. And when prestigious American universities (emphasis on “American”) conduct studies with positive conclusions using acupuncture for mental health issues, it is even more validation. This WHO list and these studies are commonly cited in acupuncturist’s brochures and on their websites for the public to see. And over the last 15 years volumes of additional studies have been executed in the U.S. and all over the world with many more positive conclusions that acupuncture works in so many more areas of healthcare.

So with all this validation why is acupuncture still not used on a daily basis for all of these chronic illnesses all over the world? Why is it regarded as a “tried everything else, let’s try this as a last resort” modality for most chronic health issues especially in the U.S.? Why isn’t acupuncture and Chinese Medicine looked at as a “first line” medicine? This is still a mystery to me and I am sure to many other individual acupuncturists, as well as national, state and local acupuncture organizations. And everyone seems to be working towards understanding this problem and solving it with every means possible: good press, research, marketing, branding, apps, celebrity endorsements, insurance parity, social media, specialty trainings and certifications, doctoral programs for some just to be called “doctors” and almost “everything and the kitchen sink” thrown at it.

*I see the solution in a different way. I see it with global vision.*

### **Humanitarian Acupuncture: A Global First Step**

There is a new wave of social service initiatives within the international acupuncture community. It is being called **Humanitarian Acupuncture**. These are mostly volunteer individuals and organizations taking time out of their practices and personal lives to working in areas of the world where access to healthcare is either minimal or non-existent.

Part of my initial interest and endeavors in working internationally in the Humanitarian Acupuncture community was to really know for myself if acupuncture can be as effective out of the office and out in the field. Since my first “getting my feet wet” mission to the Navajo Nation in Arizona, I have seen thousands of patients with very limited or no access to healthcare get much needed care and begin to thrive in health and in life with acupuncture treatments. The medicine is not only time tested and viable out in the field but economical as well. All that is needed are well trained, knowledgeable and compassionate practitioners with basic acupuncture related supplies and the healing begins. When I speak about my work internationally with my organization Acupuncture Ambassadors, I often say, “I arrive with needles and one hundred patients follow.”

There is no doubt in my mind that acupuncture should play a major role in the care of populations worldwide. At this very moment in time **Humanitarian Acupuncture** is making strides to help make that a reality. With the lack of expensive, modern western medicine available to many rural and poor communities in the world, Humanitarian Acupuncturists are bringing viable healthcare options. It makes total sense as acupuncture has been used for thousands of years as primary health care at the community level.

The over 30 Humanitarian Acupuncture organizations in operation around the world and a multitude of individual practitioners have treated natural disaster victims in earthquake struck Afghanistan, Pakistan, Japan and Chile, Hurricane Katrina in New Orleans, Hurricane Sandy in New York and South East Asia Tsunami relief. There are ongoing missions in Thailand, India, Nepal, Tibet, Myanmar, The Middle East, Ecuador, Guatemala, Ethiopia, Nigeria, Tanzania, Uganda, South Africa and Congo.

### **A World Class Medicine On the World Stage: Global Health Crisis Issues**

With this kind of firsthand experience “under my belt” and have seen for myself what acupuncture can do, I deeply believe that for the profession of acupuncture to grow and thrive as well as complete its mission as a viable medical system...**to serve humanity**, it needs to be highlighted, recognized, encouraged, supported, promoted and **propelled on to the world stage**.

Practiced in so many counties, acupuncture is already a **global medicine** but it needs to be seen as “**world class**”. It needs to have a public perception of a “first-line”, “go to” medicine. Most acupuncture education in developed countries is already world class and that is a strong foundation to build on. But in the kind of world we live where media covered spectacular natural and manmade disasters, outrageous political theatre and “celebrity” causes are what gets the most “views” (to use a social media expression), to be perceived as a world class medicine, bold and robust efforts need to be made on the part of the acupuncture community to educate the mainstream to the fact that the medicine of acupuncture can play an important role in **Global Health Crisis Issues**.

### **Getting To World Class Status**

**First:** Acupuncture community education. Yes there are many acupuncturists and acupuncture institutions and organizations that don’t know there exists or the far-reaching scope of this swiftly growing humanitarian movement within their community. Humanitarian and public health tracks in acupuncture schools, continuing education

courses on the emerging field, peer articles on Humanitarian Acupuncture work, published written and streamed podcast interviews with leaders and volunteers who work out in the field, focused **Humanitarian Acupuncture** conferences & workshops and networking / marketing, collaboration and partnerships between Humanitarian Acupuncture organizations as well as other western based humanitarian medical mission organizations are a good beginning to start creating a “buzz” about the work among the profession.

**Second:** International mainstream media education of the Humanitarian Acupuncture movement must be put into action. Educate international global health / humanitarian crisis focused journalists / photo journalists on the Humanitarian Acupuncture movement’s work. Enlist entertainment and health field celebrities who are known to use and endorse acupuncture to help lend their name and status to promote and fundraise for the work.

**Third:** Continued support, encouragement and nurturing of ongoing international acupuncture training and Humanitarian Acupuncture missions around the world.

In my travels to developing countries I meet so many young people as well as older medical professionals who would want to pursue the field of acupuncture as a vocation or a specialty. Outside of the U.S., Europe and China, qualified training is scarce. And the expense of travel to, room & board and training for them at qualified institutions is cost prohibited. A seemingly impossible dream. One solution can be creating shared costs and faculty partnerships between established institutions to create and implement “Sister School” acupuncture training programs with attached patient treatments clinics in developing countries. An opportunity for students of developing countries as well as for acupuncture teachers, teachers in training and student exchange programs.

#### **Fourth and most importantly: Continued Scientific Validation**

Global health focused acupuncture research and Humanitarian Acupuncture relief missions tackling the **global health issues** that get the most international attention, the most funding and the most resources from institutions, governing bodies, health ministries and medical foundations globally. And these global health issues are already known to be treatable by acupuncture and related modalities.

Also creation of database of medical outcomes from the field of Humanitarian Acupuncture missions. This information will be critical in evaluating the ongoing work and opportunities to find ways to improve models, procedures and training for future projects and enhanced patient care.

**The Proposal:** A fourfold approach to create opportunities for acupuncture in **Global Health:**

#### **A Global Medicine Think Tank**

Create a Global Acupuncture Think Tank: A consortium of “Big Think” Acupuncture & Chinese Medicine practitioners and scholars, Representatives of International Acupuncture Educational Institutions, Acupuncture Student Representatives, Holistic and

Integrative Medical Education institution representatives, Infectious Disease Experts, Psychologists & Mental Health experts (i.e. Alessandra Pigni: Psychologist expert in psycho-social care for aid workers), Medical Hi-Tech / Data collection & analysis experts, Global Public Health experts, Western Medicine based Humanitarian Medical Mission organizations, Logistics experts, Emergency Medicine experts, Charitable Funding experts, Celebrity Health advocates, Representatives of foundations and institutions i.e. Foundation for Living Medicine, The Mayo Clinic, Malaria No More, World Bank, Bill and Melinda Gates Foundation, Foundation for NIH (FNIH), Wellcome Trust, Accordia Global Health Foundation, Partners in Health and others to best develop a global plan for the execution of Humanitarian Acupuncture goals.

### **Scientific Study**

Continued focused scientific studies of acupuncture treatments specifically for devastating global health issues:

- **Opioid Addiction:** Of the 21.5 million Americans 12 or older that had a substance use disorder in 2014, 1.9 million had a substance use disorder involving prescription pain relievers and 586,000 had a substance use disorder involving heroin. An estimated 13.5 million people outside the U.S. take opioids including 9.2 million who use heroin. Opiates, mainly heroin, were involved in four of every five drug-related deaths in Europe. **The rise of Opioid & Heroin addictions and a viable, effective and economical treatment with acupuncture. A Large human research study can be built on smaller previous studies that positively concluded effectiveness but were too small in scope to be significant.**
- **Tuberculosis:** Roughly one third of the world's population is infected with TB. 1.3 million people died of TB in 2012. TB is the leading killer of people living with HIV. An estimated 450,000 people developed Multi-Drug Resistant (MDR)-TB in 2012. KPMG economist Yael Selfin estimates that there could be 76 million cumulative deaths of MDRTB by 2050. **A game changing treatment for TB with moxibustion developed, scientifically studied by the Humanitarian Acupuncture organization Moxafrica. Positive outcomes concluded. Treatment protocols are taught to patients and healthcare workers.**
- **Malaria:** Malaria kills one child every 30 seconds, about 3000 children every day. Over **one million people** die from malaria each year, mostly children under five years of age, with 90 per cent of malaria cases occurring in Sub-Saharan Africa. Acupuncture, moxibustion and Chinese herbal medicine have been documented in ancient medical manuscripts to have successfully treated malaria. **The Keiko Initiative**, named for a Humanitarian Acupuncture Leader who died from Malaria, is the: **Revival and Study of ancient & lineage based acupuncture and related modality treatments for this devastating mosquito-borne disease that threatens the lives of millions and global security.** A manual of the researched treatments and protocols will be compiled for educational use for all humanitarian aid workers.

- Immunology & Cancer:** the “new buzz” in innovative cancer treatment. In the past few years, the rapidly advancing field of immunology has produced several new and effective methods of treating cancer, called immunotherapies, which increase the strength of immune responses against tumors. Immunotherapies either stimulate the activities of specific components of the immune system or counteract signals produced by cancer cells that suppress immune responses. **Acupuncture and especially acupuncture point Zusanli / Stomach 36 has been vigorously studied and has long been known to boost the immune system and lengthen Telomeres (shortened Telomeres has now been show to be a pre-cancer marker). Proposal of an in depth, comprehensive human study of Zusanli’s immune enhancing ability can add acupuncture a major player in immunotherapy for cancer.**
- Conflict Resolution & Restorative Justice: Acupuncture as a viable tool**  
 In 2015 the International Institute for Strategic Studies says, “Tens of thousands more people are dying in armed conflicts around the world, even as the number of conflicts falls, according to an authoritative study that attributes the rising death toll to an “inexorable intensification of violence”. Sixty-three armed conflicts led to 56,000 fatalities in 2008, whereas 180,000 people – more than three times as many – died in 42 conflicts last year (2014). The body count from the top twenty deadliest wars in 2014 was more that 28% higher than in the previous year, research by the Project for the Study of the 21st Century (PS21) shows. Almost every major war in 2014 saw a significant increase in casualties.  
**A Proposal for a Scientific Study to Research the Potential Benefits of Inducing Physiological & Emotional Bonding By Increasing Oxytocin Levels of Participants Engaged in the Process of Restorative Justice, Reconciliation & Conflict Resolution by the Integration of Acupuncture.**

## **Project Development & Implementation**

As there is already volumes of scientific evidence of acupuncture’s medical viability and endorsements from the WHO and many other high caliber and renown medical institutes globally, treatment programs through qualified existing Humanitarian Acupuncture organizations should immediately be developed, funded and implemented worldwide in locations already in great need this very moment in the following health and human crisis areas:

- Global Refugee Crisis:** Wars, conflict and persecution have forced more people than at any other time since records began to flee their homes and seek refuge and safety elsewhere. UNHCR's annual Global Trends Report: World at War, June 18, 2015, said that worldwide displacement was at the highest level ever recorded. People forcibly displaced at the end of 2014 had risen to 59.5 million compared to 51.2 million a year earlier, 37.5 million a decade ago. Among a global population the prevalence of Post Traumatic Stress Disorder (PTSD), is significant.  
**A proposal for creating International Teams of Integrative Medicine Physicians and Acupuncture Practitioners to provide Integrative medical**

**services and health worker training for the treatment of Trauma and PTSD in Refugee Populations Worldwide.**

- **Vision Loss Worldwide:** The Global Burden of Disease Study produced the Causes of vision loss worldwide, 1990-2010 published in November 2013 in *The Lancet Global Health*
    - 1.45 billion – people with myopia
    - 625 million – people with uncorrected refractive error
    - 517 million – people with uncorrected near vision impairment
  - 107.8 million – people with uncorrected distance vision impairment
  - 46 million – people with cataract
  - 32 million – people who are blind
  - 4.5 million – people with diabetic retinopathy
- American ophthalmologist / acupuncturist and an ND / acupuncturist are reviving the traditional Chinese Medicine specialty of Ophthalmology and Eye care with impressive results. With the incorporation of acupuncture methods global eye care will be a boon especially in rural healthcare.**
- **Integrative Medicine Mobile Mental Health Crisis Unit (IMMHCU)** is an emergency mental health trauma response team and program providing on-scene evaluation, crisis intervention, holistic treatment for recent trauma and the onset of PTSD and counseling for individuals, groups and or communities exposed to emotionally traumatic events such as natural disasters, violent deaths, mass casualty situations, etc. **Critical Incident Stress** – incident debriefings and stress management education and treatment for responding public safety and emergency personnel. **IMMHCU** also specializes in responding to referrals from the Police, Fire and Rescue service, and other public safety agencies on cases where mental health consultation and intervention are needed.
  - **Speaker Bureau:** a team of expert holistic medicine educators and practitioners versed and living the principles of the Living Medicine model who are available to speak as keynote speakers to a variety of groups i.e. businesses, corporations charities, educational and public institutions. This bureau will educate and promote the principles and mission of the Foundation for Living Medicine and The Living Medicine model of encouraging self-responsibility for one's health and fostering a new relationship between the patient and practitioner. When the patient takes charge of balancing and working with all of these factors, wholeness sets in.
  - **End of Life Care: Acupuncture's Role**

Patients enrolled in hospice and palliative care programs experience a vast array of symptoms requiring the expertise of a multidisciplinary team to address. Acupuncture can be an effective addition to a hospice team whose goal is maximum comfort and quality of life (QOL). A number of studies have shown Acupuncture is well known to be quite successful at treating pain issues common in end of life, but with its ability to viably treat trauma, anxiety, depression and enhance cognitive focus and function acupuncture treatments may play a vital role

in helping the dying find mental clarity to reconnect and /or reconcile with or say farewell to loved ones before their departure. In this way acupuncture can become a welcomed tool for the psychological, social and non-religious “spiritual” needs of those at the end of their life.

As an ancient traditional medicine acupuncture can also play a role in end of life care in countries and cultures that do not have formal, outside of the home hospice care. In some acupuncture lineage traditions there are treatment protocols that are used to help the dying person make a tranquil, effortless and comfortable transition to the next realm. These treatments may align with some traditional end of life observances, ceremonies or rituals.

Acupuncture should be encouraged, endorsed and promoted as an important tool in end of life. A promotional campaign and program implementation can be undertaken in the U.S. and around the world.

- **“Three More Miles (TMM): Moving into the future of medicine with an acupuncture inspired “Wearable Self-Care System”**

TMM is an affordable, simple to use, wearable technology that restores health and markedly enhances and improves physical and emotional wellbeing. TMM is inspired by and based on the multitude of scientific studies proving the quantified mechanisms of stimulating the ancient and most powerful of Acupuncture Points **“Zusanli”**. The **Three More Miles** Self-Care System: a hemp\*, hypoallergenic patch with a natural plant-starch based, atraumatic non-silicone adhesive is securely and comfortably affixed on the easily found anatomical location of the acupuncture point “Zusanli”. Blue Tooth activated by the **Three More Mile App**, the point stimulation comes from an infrared heat pulse on the patch for a controlled and personalized daily stimulation.

**Conditions treated by the TMM Patch System:** Therapeutic pain relief, Opioid Addiction, Stress Relief: reduction of cortisol & inflammation by the releasing of 'Oxytocin", Boosting the immune system in immune compromised patients, Wound care for diabetic patients, Diabetic Neuropathy, Relieves inflammation in arthritis patients, Reduce cravings in recovering alcohol and drug addiction, Sports recovery and endurance by increasing oxygenation of blood, Chronic Fatigue relief, Weight Loss, Symptoms of Menopause (hot flashes, mood swings, hormone balance), Treatment of vascular dementia, Treatment of Mood Disorders, Depression, Anxiety, Sleep / Insomnia, Cancer Prevention & After Cancer Treatment Care (Chemotherapy / Radiation Fatigue, nausea etc.), Reverse Aging: Lengthening of our ever-shrinking **Telomeres**. Also shrinking Telomeres have recently been found to shorten as a marker of pre-cancerous conditions.

## **Education: Training the Acupuncture Army**

As these above initiatives are developed, funded and implemented, there will be numerous employment opportunities for acupuncturists as well as acupuncture educators in the field of Humanitarian Acupuncture. We will need an “**Acupuncture Army**” to teach Humanitarian Acupuncture curriculums internationally, triage and treat huge volumes of patients, organize and manage clinics and professionally represent Humanitarian Acupuncture. It will be imperative to create and develop an Ambassador / Humanitarian track in acupuncture schools to represent this emerging movement in acupuncture medicine internationally. Modeled on the educational track of international country ambassadors and diplomats, an Ambassador / Humanitarian Study Track in Acupuncture Schools not only to train highly qualified acupuncturists but also focusing on global public health, humanitarian work, field & tropical medicine, logistics, Eastern & Western emergency medicine, psychology & crisis mental health management. It would include work / study semesters abroad working in clinics on the ground in countries like the Philippines, India, Nepal, Thailand, Vietnam, Cambodia, Uganda, South Africa, Ecuador, Guatemala etc. And as mentioned above the creation of Sister Schools by Acupuncture Educational Institutions to establish and provide qualified acupuncture training in developing countries where Humanitarian Acupuncture programs are implemented.

## **Closing Thoughts**

To paraphrase a famous Chinese Herbal Medicine manuscript “Shen Nong Ben Cao”:

*"The lower class of medicines govern the treatment of illness. The upper class of medicines govern the nourishment of ones destiny. If one wishes to prolong the years of life without aging, to nourish life itself, one should use these."*

Acupuncture can, should and will become the vehicle that nourishes the destiny of humankind and by extension the conflict riddled, frail, damaged planet we live on. When people are nourished and thriving, they will inherently care more about each other and the environment they all share. We can all then find and retain balance. The medicine of acupuncture has and always will be the “path to balance”.