The 4th American Traditional Chinese Medicine Congress: Where Spirit, Medicine, and Tradition Connect

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ON AUGUST 4 AND 5, 2018, the 4th American Traditional Chinese Medicine (TCM) Congress was held at the Hyatt Regency in the Bellevue area of Seattle, WA, for enthusiastic attendees, international speakers, and a new online audience. The Congress was hosted by the Traditional Chinese Medicine American Alumni Association (TCMAAA), the American Traditional Chinese Medicine Association (ATCMA), and the Tai Ji Group, and was organized by the American Alumni Association of Chengdu University of Chinese Medicine (CUCM). Continued support for the Congress was given by the nearly 20 business sponsors, prominent keynote and influential speakers, and the growing presence of vital Chinese and American TCM organizations.

The Congress amazed its attendees by once again combining the spirit of TCM/Chinese Medicine (CM)—from its traditional roots and teachings to its modern expansion into the future—that continues to cross the world. While the practice of medicine was the emphasis of the event; the interactions between teachers and students, and between speakers and alumni, connected all who were involved, creating an atmosphere of enjoyment and culture. The weekend was full of sharing information and crossing of cultures in an event that brought more than 250 attendees and more than 24,000 participants tuning in online thanks to Qihuang Healthcare's global live broadcast truly making the event an international celebration.

GATHERING OF A COMMUNITY

The Purpose of the Congress: Inheritance, Innovation, and Development of TCM/CM

In 2018, the 4th American TCM Congress was recognized by some true leaders in the CM world. Opening remarks and

a welcoming speech on success was made by Haihe Tian, MD, PhD, AP, president of the TCMAAA and ATCMA and chair of the sponsors, along with Youping Qin, MD, PhD, LAc, chair of the organizers. Words of congratulation and hospitality were spoken by Seattle local Mr. Conrad Lee (R)—the previous mayor of Seattle and current city council member of the Bellevue area—offering welcoming arms to all participants. Letters of greeting, success, and congratulations were sent from Baoyan Liu, MD, president of the World Federation of Acupuncture–Moxibustion Societies (China), Bingsheng Sang, MD, secretary-general of the World Federation of Chinese Medicine Societies (China); and Yemeng Chen, MD, PhD, LAc, president of the New York College of Chinese Medicine (United States). Prof. Huiwu Lai, President of the 505 Group (China), and Zhongxue Ma, MD, PhD, LAc, president of University of Herbal Medicine (United States) sent letters as well demonstrating the importance of this meeting.

Hui Wei, MD, AP, chief executive officer of the TCMAAA and ATCMA, and Daniel Jiao (Wangyi Jiao), MD, LAc, commissioner of the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) presided over the Congress. Current president of NCCAOM, Afua Bromley, MD, addressed the Congress on behalf of the American practitioners along with Prof. Harlan Patterson, president of Seattle, WA's Bastyr University. The lead organizer of the Congress, the CUCM, showed its support for the mission and success of the Congress, as well as support for their American-based alumni by creating a team of nearly 20 practitioners led by Yi Liu, MD, the president of the CUCM. The team also included 2 of the keynote speakers, who are Grand Masters in CM, Minru Liu, MD, and Pinzheng Liao, MD, who were

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both selected by the State Administration of Traditional Chinese Medicine of the People's Republic of China to highlight this exchange of information.

The Spirit of the Congress: Enterprising, Perfecting, and Encompassing TCM/CM

In the spirit of the Congress of building bridges in the TCM/CM community between China and the United States, the presence and participation of two members of the American Academy of Medical Acupuncture (AAMA) demonstrated the ever-growing respect and presences of the use of acupuncture worldwide. Thomas Burgoon, MD, past president of the AAMA, and Gerald Leglue, MD, the current AAMA president, who also was invited to address the Congress. Both Drs. Burgoon and Leglue signed the autograph wall along with other attendees to show respect and offer congratulations on the success of the Congress. The presence of American medical acupuncturists showed the increased attention focused on the practice of TCM that the Congress; organizations such as the ATCMA and TCMAAA; and Chinese alumni practicing in the United States strive to achieve.

A number of sponsors were also in attendance to help educate and promote growth of the Chinese Medicine in the United States, including the major sponsor, the Tai Ji Group. Ms. Shaorong Qin, the chief engineer of the group, delivered a congratulatory speech and introduced the company's herbal medicinal, Tai Ji brand *Huoxiang Zhengqi* oral liquid. A large-scale clinical trial involving this medicine is currently underway in the United States, and the researchers are currently seeking the enrollment and participation of more TCM/CM clinics. Yuling Qing, PhD, also of the Tai Ji Group also presented "Treatment of Diseases Caused by Dampness and Application of Classical Formulas."

DISCUSSING, SHARING, AND EXPLORING TCM/CM

The topics highlighted in the Congress were grouped by forums covering information practitioners would encounter in their practices. The two forums chosen represented areas of growing knowledge and research presented by a selection of honorable international speakers and experts who truly inspired the attendees. Forums on TCM Gynecology and Dermatology and Cosmetology were offered along with expert panels and presentations on additional topics of interest.

The 2 Grand Masters in CM from the CUCM, Drs. Liu and Liao, led the Congress. Serving as highlights of the academic exchange, these 2 keynote speakers were joined by the highly respected American practitioner, Dan Bensky, PhD, LAc. The speakers offered key insights for all attendees, showing that the tradition, respect, and evolution of CM is strong both in China and the United States.

Dr. Liu, a Grand Master in CM gynecology, presented "Women's Health and Polycystic Ovary Syndrome." Dr. Liao, a Grand Master in CM ophthalmology, presented "Features and Advantages of Chinese Medicine Ophthalmology." Dr. Bensky presented "Thoughts on the Place of Palpitation in Contemporary East Asian Medicine."

Gynecology Forum

In addition to a panel discussion, presentations included:

- Xiaoxiong Shen, MD, PhD, LAc—"Tai Ji, Yin-Yang and the Regulation of Menstrual Cycle"
- Kerong Xie, MD—"Discussion of Intractable Infertility and Treatments in Chinese Medicine"
- Ming Jin, MD, PhD, LAc—"Acupuncture and Assisted Reproductive Technology (ART)."

Dermatology and Cosmetology Forum

In addition to general introduction, presentations included:

- Ning Liu, MD, LAc—"Acupuncture Therapy for Facial Aging"
- Yiwen Su, MD, LAc—"TCM Dermatology—Common Mistakes and Improving Clinical Outcomes."

Experts in TCM dermatology from alumni of the CUCM, Drs. Su, Hong Chen, MD, AP, Liu, Chongyong Zheng, MD, LAc, Daiyi Tang, MD, PhD, AP, et al., led the discussion panel.

Additional Speakers and Presentations

Additional topics covered included:

- Farong Zhang, MD—"Experience in the Flexible Use of Specific Formulae for the Treatment of Diabetes"
- Kathleen Lumiere, DAOM, LAc—"Acupuncture and Advanced Pain Management at a Level One Trauma Center: Conventional Care and Clinical Education."
- Guohui Liu, MD—"Advantages and Disadvantages in Treating Sinusitis by the Approaches from [*sic*] *Shang Han Lun* and Warm Pathogen Diseases."
- Junguo Duan, MD—"Eye Diagnoses—Innovation and Creation of Four Diagnoses" and "Evidence-Based Research on Prevention and Treatment of Diabetes Mellitus with Microvascular Complications"
- Dr. Zheng—"Acupuncture, in Combination Acupoint Patches, for Uncomplicated Obesity."

Shouchun Ma, MD, PhD, LAc—a well-known practitioner in Seattle—and Harrison Moretz (Zhicheng Mo)—dean of the American Academy of Taoist Culture—were invited to speak about how to maintain good health. This public lecture was well-received by attendees. Mr. Moretz also led the attendees in *t'ai chi* to open the pathways to learning and acceptance each morning.

HONORING AND ACKNOWLEDGING CONTRIBUTIONS

Because of Love, we choose to contribute.

Because of Love, we work hard.

Bear the burden of humiliation,

Love is boundless.

-Dr. Ming Jin

The 4th American TCM Congress also recognized individuals who made impacts in the development of TCM/CM and who represented the passion encompassed by the weekend's events. The dedication of the individuals who were honored speaks of their personal accomplishments and vision of the future that makes the practice of TCM/CM shine so bright.

The ATCMA issued Certificates of Consultants to the following well-known scholars: Drs. Minru Liu, Liao, Farong Zhang, Shouchun Ma, Yi Liu, Jiao, Leglue, Burgoon, Bensky, Bromley, and Iman Majd, MD, as well Prof. Huiwu Lai, and others.

Excellence Awards were issued to members of the organizing committee: Lei Ma, DAOM, LAc, Jialing Liu, MD, LAc, Hong Liu, MD, LAc, Jian Sun, MD, LAc, Jian Shu, MD, LAc, Yarong Wang, MD, LAc, Yiqian Shen, MD, LAc, Dehui Wang, MD, LAc, Sizhe Lin, MD, LAc, Dr. Su, Bing You, MD, LAc, Yingzhe Duan, MD, LAc, and others.

Outstanding Volunteer Awards were issued to Drs. Ning Wang, MD, LAc, Guixiang Che, MD, LAc, Huihui Wu, MD, LAc, Fusheng Zhao, MD, LAc, Dr. Sun, Wenying Lin, MD, LAc, Dr. Shu, Jihong Ding, MD, LAc, Dr. Yarong Wang, and Yuyuan Qiu, MD, LAc, et al.

Recognition was given during the 5-person panel presentation by the NCCAOM led by its president, Dr. Bromley, and featured the president of American Acupuncture Council, Ms. Marilyn Allen, MS, LAc, to introduce their ongoing efforts and achievements in the industry interest. This year, acupuncturists obtained an independent professional code from the U.S. Department of Labor. This officially recognized the acupuncture industry as a healthcare profession in the United States. Many U.S. hospitals and the Veterans Healthcare System have recognized the NCCAOM as an accepted and accredited institution for selecting qualified acupuncturists and TCM/CM practitioners.

CELEBRATING TRADITION: WHERE ARTISTRY AND MEDICINE MEET

You are the tree; we are the birds;

you are the sunshine; we are the grass;

You are a benevolent teacher; we are your disciples.

You are a kind mother; we are your children.

-Dr. Ming Jin

In commemorating the 4th American TCM Congress, a great celebration was fashioned for all attendees who were brought together in the language of art, timeless culture, and love. In a creative fashion, CUCM, Nanjing University of Chinese Medicine, Beijing University of Chinese Medicine alumni presented intricate and visionary performances exhibiting the beauty and soul of Chinese culture and spirit. A contrast of traditional and modern was highlighted during the fashion show. Male physicians appeared in traditional long robes of ancient times to then change into modern suits. Female physicians showed soft smiles, colorful poses, vivid colors, and harmonious reactions borne in wondrous *cheongsams*. The physicians all presented a sense of history that is encompassed by TCM/CM and its thoughtfulness, diversity, and motherhood that varies from person to person. The fashion show was a living example of the balance of Yin and Yang found in medicine, life, and artistic expression that exemplified the mission of the Congress.

Collaborative performances among revered teachers, esteemed colleagues, and humble students continued throughout the night. The wisdom, talent, sentiment, and charm of TCM/CM practitioners shone in all the presentations of their works, becoming endorsements and recognition of the contemporary TCM/CM practitioners.

Sleepless, unforgettable night!

Singing yesterday, without disappear[ing]

although the curtain is falling;

the dance steps continue to tomorrow,

the Blue Mountains are still there,

our hearts are never old.

-Dr. Ming Jin

BUILDING LASTING CONNECTIONS FOR THE FUTURE

Chinese Medicine is a blessing, a gift;

Its diplomacy and a common thread.

Over the weekend, the 4th American TCM Congress also demonstrated the ability to not only connect individuals and ideas between China and the United States, but also on a global scale, moving TCM/CM into a future without limits. The massive online interest sparked by the ability to view the Congress online extended the undertaking of the TCMAAA/ATCMA beyond the city of Seattle. Recognition of prominent speakers and other attendees who might have been only been known by their WeChat names, as well as reconnecting teachers from the past with their students—who represent the rising stars of the profession—showed the need to preserve and expand the reach of TCM/CM's influence in different markets.

The Congress was a huge success thanks to the astonishing support from the organizing associations, the TCMAAA and

ATCMA, and the American Alumni Association of Chengdu University of Chinese Medicine Dr. Qin and Jianfeng Ouyang, MD, LAc, president of the Washington East Asian Medicine Association. Thanks are extended to the sponsors and vendors for their financial support and trust. Thanks are offered to all the attendees for traveling from near and far to bring together the great minds of TCM/CM by honoring its noble history and fostering its shimmering future.

Thanks are extended to the professional simultaneous interpreters who made it possible for all attendees to experience the Congress without the barrier of language. Finally, thanks are also offered to the volunteers who brought passion and life throughout the entire weekend. Their efforts made the conference a reality, capturing the accomplishments of contemporary TCM/CM practitioners. The many sleepless nights, countless frustrations, and grievances were worthwhile because these efforts greatly benefitted us all. Selflessness brought joy and happiness.

Already in the planning stages, the 5th American TCM Congress will be held in Los Angeles, CA, on October 5–6, 2019, jointly with the University of California, Los Angeles' Center for East–West Medicine's 3rd Annual Symposium on the Potential of Chinese Medicine in U.S. Healthcare. The American Alumni of Hubei University of Chinese Medicine will be organizing school alumni, promising more inspiration, learning, and camaraderie, as well as the continuation of the next chapter in this story.

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