

A Winter Quarter 2020 Welcome Message from the Dean

Dear Members of the Emperor's College Community:

As the Su Wen, chapter two, says: “The 3 months of autumn are called plentiful and balancing. The Qi of Heaven becomes pressing, the Qi of Earth is resplendent. One goes to bed early; one gets up early. Exerting the will peacefully and calmly, to soften the repressive effect of autumn, gathering the Qi, without letting the will be scattered outside, clarifying and freshening the Lung Qi.”

We are now into week four of the Fall quarter and Winter registration is just six weeks away. I am pleased to announce that we have two newly-added electives, EL 769* and EL 814*. There will be an info session on these two new electives—be on the look-out for an e-mail about this after mid-terms! I'm also very happy to announce the return of two exciting classes, the Jin Gui Yao Lue (Essential Prescriptions from the Golden Cabinet) with Dr. Ji Zhang and Advanced Moxibustion with Dr. Lorraine Wilcox (as part of the Classical Concentration). The course descriptions of these classes will be posted on the student announcement board across from Room A.

EL769 - Integrative Pain Management *[Nei Gong] – Dr. Ziya Altug

EL814 - Ayurvedic Health *[East West Nutrition] – Dr. Swathi Varanasi

EL536 - East/West Spices and Herbs [East West Nutrition] – Dr. Sergei Shaginyan

EL317 - Advanced Moxabustion [Classics] – Dr. Lorraine Wilcox

EL537 - Jin Gui Yao Lue [Classics] – Dr. Ji Zhang

The Winter schedule will be posted today at 5 pm at www.emperors.edu. You can find your assigned registration day and time on the library computer stations.

Dr. Rina Zhai, Senior Acupuncture Department Faculty Member, will be retiring from teaching at the end of the Fall Quarter, 2019. Emperor's College would like to express heartfelt thanks for all the hard work and expert teaching that she has provided to our MTOM students over the past 20 years!

Speaking of our amazing faculty, six new distinguished faculty members will be joining the Biomedicine Department effective Winter Quarter, 2020.

Ziya “Z” Altug, PT, DPT, OCS, MS, CSCS is a board-certified orthopedic clinical specialist and a doctor of physical therapy. He is a licensed physical therapist and integrative wellness specialist with 30 years of experience. Dr. Altug currently works as a private physical therapist in Los Angeles, California. In addition, he worked as an adjunct assistant professor for several universities and at the UCLA Medical Center Outpatient Rehabilitation Department for 12 years. Author of the book, “Integrative Healing: Developing Wellness in the Mind and Body,” Dr. Altug teaches patients and clients about wellness and self-care strategies. Dr. Altug earned a doctorate in physical therapy from the College of St. Scholastica in Duluth, Minnesota, a master of science degree in sports and exercise studies and a bachelor of science degree in physical

education from West Virginia University. He earned another bachelor of science degree in physical therapy from the University of Pittsburgh. Dr. Altug is a long-standing member of the American Physical Therapy Association and the National Strength and Conditioning Association. He is a recent member of the International Association for the Study of Pain. Dr. Altug is licensed in California and is a Certified Strength and Conditioning Specialist (CSCS).

Saadat Bagherigalch MD (Iran), MSc, NCCAOM Diplomate, is an acupuncturist, medical doctor, and educator. She received her master's degree in acupuncture and herbal medicine from the New England School of Acupuncture at Massachusetts College of Pharmacy and Health Sciences, where she completed a thesis entitled "Development of Therapeutic Alliance in Acupuncture Treatments in a Veteran Population." She received her medical degree from the Shahid Beheshi Medical University in Tehran, Iran and worked as an ER physician. Dr. Bagherigalch has served as a faculty member at the Massachusetts College of Pharmacy and Health Sciences, where she also served as a postdoctoral research fellow in Western and Oriental medicine. She serves as a guest editor and reviewer for the Medical Acupuncture Journal.

Matthew Cavaiola, ND, LAc, MS is a naturopathic doctor who takes a natural approach to treating issues related to hormonal imbalances (adrenal, thyroid, menopause, low testosterone) in both men and women. He also uses natural approaches to treat both acute and chronic pain syndromes like low back and knee pain, osteoarthritis and rheumatoid arthritis. He uses many different treatment modalities in his practice including: functional medicine, IV therapy, bioidentical hormone replacement, prolotherapy, platelet-rich plasma therapy (PRP), nutrition and hyperbaric oxygen therapy. Dr. Cavaiola received his naturopathic medical degree from Southwest College of Naturopathic Medicine, master of science in human nutrition from the University of Delaware, and master of science in acupuncture from the Phoenix Institute of Herbal Medicine and Acupuncture. Dr. Cavaiola has served as Assistant Professor /Core Faculty in the department of Naturopathic Medicine at Bastyr University California. He is a co-owner of Conscious Human Medicine Naturopathic, Inc, in Santa Monica.

Mahboubeh Hashemi, ND, BCB, BS is a naturopathic doctor and co-owner and president of Conscious Human Medicine Naturopathic, Inc, in Santa Monica. Dr. Hashemi has received specialized training in biofeedback from the HeartMath Institute and Stens Corporation. Dr. Hashemi has also done extensive work with the Institute for Functional Medicine (IFM) and the International Association of Functional Neurology and Rehabilitation (IAFNR). Dr. Hashemi earned her undergraduate degree in Bioengineering from the University of California, San Diego and her Naturopathic Medical degree from Bastyr University, California.

Pam Tarlow, PharmD has been practicing direct patient care since 1981. Her practice has evolved to include collaborating with providers and patients regarding the safe, appropriate and effective use of pharmaceuticals, botanicals, homeopathics, nutritional agents, therapeutic essential oils and lifestyle strategies. She currently practices clinical integrative pharmacy at a world-renowned independent pharmacy, and as part of the team of an Integrative Medical Health Group in Los Angeles. Dr. Tarlow is an expert in integrative medicine pharmacy services. She teaches in the Emperor's College DAOM Program. She is a lecturer and innovative experiential educator for many local and out-of-state pharmacy schools including University of Southern California (USC), Western University, Chapman University, South Carolina College and University at Buffalo. She also mentors medical residents from UCLA and Cedars-Sinai. Her professional association membership includes the American Botanical Council, American College of Apothecaries, American Pharmacists Association, California Pharmacists Association, National Community Pharmacists Association, International Society of Cannabis Pharmacists, and USC School of Pharmacy Alumni Association.

Swathi Varanasi, PharmD is an Integrative Health Pharmacy Resident at the Santa Monica Homeopathic Pharmacy and the Integrative Health Pharmacist at Being Alive working with Emperor's College student interns. Dr. Varanasi is a lecturer at the USC School of Pharmacy, Chapman School of Pharmacy, and the Emperor's College DAOM Program. Her publications include "Analyzing the Impact of Elective on Students' Preparedness for Advanced Pharmacy Practice Experience" in the American Journal of Pharmaceutical Education and "Integrin Signaling within Accumens Extracellular Matrix Mediates Cocaine Cued Transient Synaptic Plasticity and Relapse" in Biological Psychiatry. Dr. Varanasi earned her PharmD at the Medical University of South Carolina.

Anyone who is taking the Comprehensive or Pre-Clinical (Mid-Curriculum) exam in December at the end of this Fall quarter should already be registered. Please make an appointment with our Associate Dean. I recommend that each of you check in to get an update on where you are in your program: www.emperors.edu/masters-program/current-students/calendars-and-schedules. Please come and see me to talk about any questions you may have about our amazing Concentrations experience and how you can be a part of it. We've had such great positive feedback from the current students as well as our past participants who have completed the Korean, Classical and Nei Gong Concentrations over the years.

Also remember:

Optimism is essential to your studies as it is the foundation of your true Shen.

Jacques MoraMarco, DAOM, OMD, LAc
Academic Dean

Bruce Gustafson, L.Ac., DAOM fellow
Associate Dean