

AcuPractice™ Seminars Fees, Locations, Supplies, & Books for 2011-2012

This document contains important information about the Dates, Locations, Lecture Notes, Supplies, and Fees for your upcoming AcuPractice™ Seminars Program.

Bridgeport, CT: The classes are being held on *The University of Bridgeport Campus*, Room # 210 in END Hall (Eleanor Naylor Dana Hall) 30 Hazel St, Bridgeport, CT 06604. The hours are: Saturdays: Noon – 7:30 pm & Sundays: 8:00 am – 3:30 pm. The first class begins at noon, on Saturday October 15, 2011.

Orlando, FL: The classes are being held at the *Residence Inn by Marriott Orlando International Airport*, 7024 Augusta National Drive, Orlando FL 32822. The hours are: Saturdays: Noon – 7:30 pm & Sundays: 8:00 am – 3:30 pm. The first class begins at noon, on Saturday October 22, 2011.

Nashville, TN: The classes are being held at *Courtyard Marriott Vanderbilt / West End*, 1901 West End Avenue, Nashville, TN 37203. The hours are: Saturdays: Noon – 7:30 pm & Sundays: 8:00 am – 3:30 pm. The first class begins at noon, on Saturday November 5, 2011.

In order to get the best learning experience from your AcuPractice™ Seminars Program, there are a few things you will want to obtain.

1. **You'll need a copy of the lecture notes** for the entire program, or for each class you are taking.
2. **You'll want an acupuncture travel kit, to participate in the hands-on learning Demonstration/Practice Sessions**, and for practice outside the classroom, as local regulations permit.
3. There are some **books**, which are optional. However, some of them are very helpful and you may want to obtain them. I will discuss these books at the first seminar, if you prefer to wait until then to decide which ones you want.

Fees: When it comes to expenses, we don't like surprises any more than you likely do. So we want to make sure everyone is clear about the cost of the classes. Please be sure to read all the information below, and the "Fee Summaries" section at the end of this document

- The fee for each individual weekend is \$335. (\$3,015. for all 9 weekends)
- Payments should be made by check or cash: Make checks out to either: "Dr. Jim Ventresca", or "AcuPractice Seminars"
 - A Note on Credit Cards: We can arrange for payment by credit card, through PayPal, but there is a fee for this service. PayPal charges a \$10.00 per weekend fee, for processing payments via credit card, and we pass that fee onto the student. If you don't mind paying the extra \$10.00 per weekend fee, and would prefer to pay via credit card, let me know and we'll make arrangements.

- Checks should be mailed to me: Dr. Jim Ventresca PO Box 58 Locust Valley, NY 11560. Alternately, you can bring checks to class..

Discounts:

1. We extend our 10% discount for **prepayment**, to everyone through the first weekend. This way you can show up and check out the first class, before committing to the whole program, and still get the 10% discount. This reduces the full program fee to \$2,713.50 for all nine weekends, when paid in advance.
2. We are offering an additional 10% discount to Students and Faculty at UBCC and Palmer, as well as Doctors who are in their First-Year of practice. This is \$32.50 per weekend whether one pays in advance or not. Between the two discounts, students, teachers and first-year practitioners can save \$603.00, by paying in advance.
3. We've had a few requests from students to hold off on the bulk of their payment, until student loans come in. It's not a problem. We've been in business for a long time, and have never turned anyone away for lack of funding. If you have special circumstances around payment, please let me know, I'm sure we can find a way to make it work.

CCE Fees:

- The states of Florida and Connecticut require Doctors of Chiropractic (Chiropractic Students Included) to obtain Chiropractic Continuing Education Credit (CCE) for our programs, from the University of Bridgeport College of Chiropractic (UBCC). **There is a form you will fill out and send to UBCC, with a check for \$40.00, after each weekend. This fee is in addition to our program/class fee.** These vouchers and fees must be sent to UBCC within 30 days of each weekend taken.
- Note: Doctors in Tennessee DO NOT need UBCC Credit. If you have questions about whether you need these or not, let me know, and I can clear it up for you.

Lecture Notes: You will definitely want the lecture notes for each class you are attending. There are three ways to obtain a set of notes:

- **Option 1. Have a Bound Copy of the 354-Page Lecture Notes Delivered to Your Door:** This is the best option for most participants. This includes the notes for all nine classes and a selection of office forms that most docs find helpful. How to Get This: You can use this link to the Resources Page on our website: https://www.acupracticeseminars.com/resources.php#lecture_notes. Click on the "Bound Copy of the 305 Page Lecture Notes" link. This will take you to Lulu.com, where you can purchase a very nice bound copy of the notes, and all the office forms as well. They charge \$29.99 for the book, and mail it right out to you. Here's the direct link to Lulu.com: <http://www.lulu.com/product/paperback/acupractice™-seminars-lecture-notes-2011-2012/16107378>
- **Option 2. Print Them From Our Website on Your Printer:** This is probably the best option for doctors who are taking only one or two classes, or if you have just ordered the book, and it hasn't arrived in time for your first class. All our class notes are available on the Resources Page on our website for free. How to Get

This: https://www.acupracticeseminars.com/resources.php#lecture_notes Click on the classes you want, and they will download to your computer in PDF format. The caveat is that you need to download each of the classes individually, print them out, and bind them. (Once you take the cost of ink and paper and binding into consideration, you may be better off ordering a bound copy.)

- **Option 3. We Email The Notes to You In Microsoft Word Format:** This is probably the best option for those who prefer to go paperless, and take notes in class directly onto their computers. How to Get This: Send me (Dr. Jim) an email requesting the Lecture Notes (AcuPractice@gmail.com). I'll email you a copy of the full set of the notes for all 9 classes, in MSWORD format (354 pages / 7.3mb). You can then either print and bind them as in Option 2 above, or use them on your laptop in class.

AcuPractice™ Seminars' Acupuncture Travel Kit:

You should bring your acupuncture travel kit to class each weekend, beginning with weekend #2: Acupuncture Techniques Demystified. You will definitely use it for each of the hands-on Demonstration / Practice Sessions at weekends 2,3,4,6, & 7, and any other class where there is a bit of time available for Demo/Practice. You will also use it for practice outside of class, as state regulations permit, and as a starter kit when adding acupuncture to your practice. (Note: There a few items - *i.e.cotton balls etc.* - that you will need in your kit, and which you will have to supply from a local pharmacy or your home or office.)

- We can sell you a kit, or you can put one together for yourself. Here's the low down:
- **If you want the easiest way to get all the acupuncture supplies you'll need for the program, (*i.e. you don't want to shop around for it*) our dear friend Jon Sairs would be glad to sell you a kit.** Jon purchases the supplies in bulk, and then boxes them up and sends them to you as a complete kit, for about the same price as (or less than) you would pay if you bought them directly online. If you buy a kit from Jon, you get everything you need, you get the best price, and you'll be supporting one of our supporters & friends in the process. **Jon only offers this service one time each year, at the start of the program in the fall.** If you contact Jon within a week of the first class, he can get the kit to you before the second class.
- We offer two kits:
 - o **The Basic Kit** is available from AcuPractice™ Seminars for **\$285.00.**
 - o **The Complete Kit**, which includes the optional LASER and Electro-Acupuncture Machine, is available from AcuPractice™ Seminars for **\$435.00.** (I Strongly Recommend the Complete Kit)
- **To Order Either a Basic Kit or a Complete Kit, from AcuPractice™ Seminars, You Must Contact: Jon Sairs at:**
jon.acupracticeseminars@gmail.com .

- If you choose to order the supplies separately from another supplier, and there are many independent acupuncture suppliers, AcuPractice™ Seminars recommends Lhasa/OMS. We have used Lhasa/OMS for many years, and have always been satisfied with the quality of their products, and their service.
- We have listed below the supplies you'll need for our program.
- **Some of these items, which are not included in our kits, can be found in any local pharmacy, or around your home or office.**
- It is best to keep your kit in a case that is easy to carry, organize, clean, and access. Many practitioners like to get a fishing tackle box, a small toolbox, or a "Gate-Mouth" style Dr's Bag.
- **The Basic Kit has all the acupuncture supplies listed below, with the exceptions of:**
 - Electro Acupuncture Machine
 - Acupuncture Laser
 - Those few things, (cotton balls etc.) listed separately, which you can pickup at a local pharmacy, or from your home or office.

AcuPractice™ Seminars Basic Kit: (buy from us, or put together yourself)

Acupuncture Needles

- 1 Box of Each of the Following Seirin Needles:
- 0.18 x 30mm # 2 gauge (38) "J Type"
- 0.20 x 30mm # 3 gauge (36) "J Type"
- 0.25 x 50mm # 5 gauge (32) "J Type"
- 0.30 x 60mm # 8 gauge (28) "Laser Type"
- 1 Box SPINEX™ Interdermal Needles 6mm x 0.14mm (box 100)
- 3 Disposable Seven Star Needles (7Star.Pipe)

Non-Invasive Instruments

- ACCU-PATCH PELLETS – Gold pellets/clear tape – (pkg of 200)
- ACCU-BAND 800 MAGNETS-Gold Plated (pkg of 12)
- 1 Set Fire Cup Glass Jars
- 1 Gua Sha Tool (Guasha.Shark) (Note: A Porcelain/Plastic Chinese Soup Spoon or a Baby Food Jar Lid will do)
- 1 Ion Pumping Cord (Tai Chi™ Brand)
- 1 Ear Probe Angled

Heat Therapy

- 1 Tiger Warmer Large
- 1 Hand Power-8 Smokeless-Larger Moxa Sticks (box of 30)
- 1 KU-PUN Moxa Burning Bowl 2" dai. 5-hole (Belly Bowl)
- 1 KuPun.Moxa.S Smokeless (box of 200)

Other Kit Supplies

- 12mm Plasters – for interdermal needle placement (Pgk of 96) (Note: a roll of adhesive tape and a small pair of scissors will do.)
- A Box of Lancet bleeding Needles (Ject)
- 1 Auto-Lancet Injector
- 1 Pair of Smooth Press Tack Tweezers (Note: Any good pair of tweezers will do.)
- Alcohol Wipes (Prep-Pads) (box of 200)

- OSMOXA™ Moxa Balm™ (Note: A Small Bottle of Massage / Vegetable Oil will do)
- OSMOXA Spray (100ml)
- Hand Sanitizer SANI-DEX™ Antimicrobial Wipes (box of 100) Note: A small bottle of hand sanitizer will do.)
- 1 Portable Biohazard Container (Hazard Container 1 pint (Sage.1.Pt 8901) (Note: You can use an empty unbreakable heavy plastic bottle with a tight fitting lid. A used pill/supplement bottle will do, if it is clearly labeled “Biohazard”)

Items You Should Have In Your Kit, Which Are Easy To Find Locally: (Note: these items are Not Included in the kits that we sell.)

- Tube of Lip Balm (Like Burt’s Bees or Chapstick)
- Plastic Lined Waste Container: A paper lunch bag, lined with a small plastic bag works well, and it’s easy to carry a few of them.
- A Dozen Paper Towels for Clean Fields (C-fold are nice)
- @ 50 -100 Cotton Balls in a zip lock bag (These don’t need to be sterile, just clean.)
- A Few Band-Aids
- An “Aim-N-Flame” type (Fireplace/Bar-B-Que) lighter

Recommended Optional Equipment: Included in the Complete Kit: While it’s not absolutely necessary to have a Laser, or Electro Acupuncture Machine, we highly recommend them. There are many to choose from on the market The ones listed here are the ones we recommend, and include in our Complete Kit. They are relatively inexpensive, and they work well. **(NOTE: These two items combined will add \$150.00 to the Basic Kit fee, and that’s a pretty good deal.)**

- 1 E-STIM II – Dual Channel Milli-Amp/Micro-Current Electro Acupuncture Machine
- 1 LP-5F1 Dual Mode 5 MW Laser Pen (Note: Any 630-680 nanometers / 5 milliwat Cold Laser will do, but they tend to be less convenient and less comfortable for regular clinical use.)

Books/Charts: There are many suppliers for Books and Charts: We find that Redwing Books: (800-873-3946) is the most complete resource for Acupuncture related print material. However, Lhasa/OMS has a good collection as well.

- **The Web That Has No Weaver Ted Kaptchuck: This is probably the best book you can get to complement your studies of acupuncture. If you haven’t already read this, do yourself a big**

favor, get it, and read it. It's an inexpensive paperback, that's easy to read, and packed with useful information, that will make you a better practitioner.

Other Recommended Books: We will discuss all these books and charts, in our first class. You may want to wait until we've discussed them before you decide which ones you want to get. _

- Acupuncture Clean Needle Technique Manual: <http://www.ccaom.org/cntprogram.asp> You will want this book before taking the NBCE Acupuncture Exam.
- **Balance Your Hormones, Balance Your Life.** *Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science:* Claudia Welch. (APS Faculty Member and Dr. Jim's wife ;-)
An excellent book on Women's Health.
- A Manual of Acupuncture: Peter Deadman and Mazin Al-Khafaji with Kevin Baker
This is the best and most comprehensive text book on acupuncture points. It is used in most acupuncture colleges.
- Chinese Herbal Patent Medicines A Clinical Desk Reference: Jake Paul Fratkin
- Close To The Bone: David Legg
- In Defense of Food: Michael Pollen.
- Yamamoto New Scalp Acupuncture: Richard Feely
- A New American Acupuncture: Mark Seem
- Acupuncture Charts Book: China Cultural Corp. (Lhasa/OMS Ct.Bk.Acup)
- Acupuncture Points and Meridians: David Legge: *Sydney College Press*
- Acupoint Pocketbook Reference: Bob Flaws

Fee Summaries:

For your fiscal planning convenience, I've included this final section to summarize the possible fee combinations of depending on which kit and discount(s) you choose.

The Total Tuition for all nine weekends tuition is \$3,015.

This fee is due and payable to AcuPractice Seminars at the first class.

There are 2 Discounts available to our participants:

1. We offer a 10% discount to Chiropractic, Naturopathic, Medical, and Other Healthcare Students. (\$32.50 discount per class / \$292.00 discount for all 9 classes)
2. We also offer a 10% discount for prepayment of all 9 seminars. (\$292.00 discount)
3. These discounts can be combined

Discounts	Per Weekend Fees	Full Program Fee 9 weekends
None	\$335.00	\$3,015.00

Discounts	Per Weekend Fees	Full Program Fee 9 weekends
Student 10%	301.50	\$2,713.50
PrePayment 10% for all 9 weekends by the first day of the program	NA	\$2,713.50
Combined PrePayment & Student 20%	NA	\$2,412.00

Other expenses that you will incur:

1. There is a **\$40.00 per weekend fee that you must pay to the University of Bridgeport**. Each weekend you will get a credit voucher from your instructor, and you will need to send that into the UB with a check for \$40.00. This is how you will get credit for the course. (\$40 x 9 weekends = \$360.00)

2. **The fee for the Acupuncture Travel Kit is either \$435.00 or \$285.00** depending on whether you get the kit which includes the LASER stimulator and the Electro-Acupuncture unit, or not. If possible, we recommend you get the complete kit, however we offer the less expensive option for those who might be on a stricter budget. AcuPractice™ Seminars doesn't sell the kits directly, our associate Jon Sairs coordinates all kit sales. **You can order the Acupuncture Supply Travel Kit directly from Jon Sairs. You will also pay him directly. Contact Jon: jon.acupracticeseminars@gmail.com**

3. **You will need lecture notes for each class.** You can print them for free from our website "Resources" page, or you can order a full set of notes bound (350 pages) for \$29.99. Either way is fine, however, I recommend that you order the bound notes. When you factor in the cost of ink and paper, the book is not much more than printing and binding the 350 or so pages yourself.

These are the possible combinations:

Student & Prepayment Discounted Tuition (20% off): Pay Upfront @ 1st Weekend

1. Tuition: UB Credit: Complete Kit from Jon: and Bound Notes:

$$2,412 \text{ tuition} + 360 \text{ UB credit} + 435 \text{ Complete Kit} + 30 \text{ notes} = \$3,237$$

2. Tuition: UB Credit: Complete Kit from Jon: and Print Notes from Your Printer:

$$2,412 \text{ tuition} + 360 \text{ UB credit} + 435 \text{ Complete Kit} = \$3,207$$

3. Tuition: UB Credit: Basic Kit from Jon: and Bound Notes:

$$2,412 \text{ tuition} + 360 \text{ UB credit} + 285 \text{ Basic Kit} + 30 \text{ notes} = \$3,087$$

4. Tuition: U of B Credit: Basic Kit from Jon: Print Notes from Your Printer:

$$2,412 \text{ tuition} + 360 \text{ UB credit} + 285 \text{ Basic Kit} = \$3,057$$

Student Discounted Tuition (10% off): Pay-As-You-Go Each Weekend

1. Tuition: UB Credit: Complete Kit from Jon: and Bound Notes:
 $2,713.50 \text{ tuition} + 360 \text{ UB credit} + 435 \text{ Complete Kit} + 30 \text{ notes} = \$3,538.50$
2. Tuition: UB Credit: Complete Kit from Jon: and Print Notes from Your Printer:
 $2,713.50 \text{ tuition} + 360 \text{ UB credit} + 435 \text{ Complete Kit} = \$3,508.50$
3. Tuition: U of B Credit: Basic Kit from Jon: and Bound Notes:
 $2,713.50 \text{ tuition} + 360 \text{ UB credit} + 285 \text{ Basic Kit} + 30 \text{ notes} = \$3,388.50$
4. Tuition: U of B Credit: Basic Kit from Jon: Print Notes from Your Printer:
 $2,713.50 \text{ tuition} + 360 \text{ UB credit} + 285 \text{ Basic Kit} = \$3,358.50$

Non-Student Prepayment Discounted Tuition (10% off): Pay Upfront @ 1st Weekend

1. Tuition: UB Credit: Complete Kit from Jon: and Bound Notes:
 $2,713.50 \text{ tuition} + 360 \text{ UB credit} + 435 \text{ Complete Kit} + 30 \text{ notes} = \$3,538.50$
2. Tuition: UB Credit: Complete Kit from Jon: Print Notes from Your Printer:
 $2,713.50 \text{ tuition} + 360 \text{ UB credit} + 435 \text{ Complete Kit} = \$3,508.50$
3. Tuition: U of B Credit: Basic Kit from Jon: and Bound Notes:
 $2,713.50 \text{ tuition} + 360 \text{ UB credit} + 285 \text{ Basic Kit} + 30 \text{ notes} = \$3,388.50$
4. Tuition: U of B Credit: Basic Kit from Jon: Print Notes from Your Printer:
 $2,713.50 \text{ tuition} + 360 \text{ UB credit} + 285 \text{ Basic Kit} = \$3,358.50$

Full Tuition (No Discounts) Pay-As-You-Go Each Weekend

1. Tuition: UB Credit: Complete Kit from Jon: and Bound Notes:
 $3,015 \text{ tuition} + 360 \text{ UB credit} + 435 \text{ Complete Kit} + 30 \text{ notes} = \$3,840$
2. Tuition: UB Credit: Complete Kit from Jon: Print Notes from Your Printer:
 $3,015 \text{ tuition} + 360 \text{ UB credit} + 435 \text{ Complete Kit} = \$3,810$
3. Tuition: U of B Credit: Basic Kit from Jon: and Bound Notes:
 $3,015 \text{ tuition} + 360 \text{ UB credit} + 285 \text{ Basic Kit} + 30 \text{ notes} = \$3,690$
4. Tuition: U of B Credit: Basic Kit from Jon: Print Notes from Your Printer:
 $3,015 \text{ tuition} + 360 \text{ UB credit} + 285 \text{ Basic Kit} = \$3,660$

Thanks for reading all this ;-)

Any questions? Let us know.

Jim

Dr. Jim Ventresca

AcuPractice@Gmail.com

www.AcuPracticeSeminars.com

(505) 259-5928