



NEWS / PROFESSION

The Year That Was: 2023 in Review

HIGHLIGHTING SOME OF THE MOST IMPACTFUL ARTICLES IN *ACUPUNCTURE TODAY* THIS YEAR

Editorial Staff

As 2023 winds down and 2024, the Year of the Wood Dragon, draws near, let's revisit the acupuncture / traditional medicine profession's year, as told through the pages of *Acupuncture Today*. We've selected one article per month to highlight (not including this month / issue), providing a quick summary and the URL to the full article on AcupunctureToday.com.

January: Your Practice

"What's the Best-Paying Segment of Your Practice?" - By Michael Coates

Do you treat personal-injury (PI) patients? This comprehensive overview explains why PI care can and should be an important element of your practice. [Read in the January issue.](#)

February: Clinical Corner

"Long COVID and Altered Mitochondrial Function" - By Bill Reddy

Viral-induced mitochondrial dysregulation is a science-supported cause of chronic fatigue - a common symptom of long COVID sufferers. Supplementation with specific nutrients can help. [Read in the February issue.](#)

March: Humanitarianism

"Treating Ukrainian Soldiers With Acupuncture" - By Katya Chizayeva

An acupuncturist living in Los Angeles shares her story of returning to her home country of Ukraine during wartime to volunteer as an acupuncturist at the Lisova Poliana Veterans Mental Health and Rehabilitation Center. [Read in the March issue.](#)

April: Integrative Care

“12 Important Reasons to Request Every Patient’s Medical Records” – By Marilyn Allen, Editor-at-Large

With ICD-11 including traditional medicine codes, it’s critical to request patients’ medical records from other providers. Here are 12 reasons why. [Read in the April issue.](#)

May: Legislative Push

“Strategic Advocacy: Promoting H.R. 4803 This Year (and Next)” – By the ASA and NCCAOM Advocacy Team

The Acupuncture for Our Seniors Act is once again on the congressional table, which means advocacy efforts by the ASA, NCCAOM and yes, *you*, are critical to the bill’s passage. [Read in the May issue.](#)

June: The Profession

“Understanding the Challenges of U.S. Acupuncture Practice (Pt. 1) – By Drs. Dongcheng Li and Karen Karp

While the acupuncture profession continues to make strides in the U.S., challenges remain that may hamstring the profession’s ability to be considered mainstream. This eight-part series outlines the challenges as a way to find solutions. [Read in the June issue.](#)

July: Insurance

“Billing Insurance: How to Get Started” – By Sam Collins

Whether you already bill insurance or are looking to get your feet wet, you need to know the do’s and don’ts. Learn what matters most when billing insurance and how it can benefit your practice. [Read in the July issue.](#)

August: Business 101

“It’s Easy to Recession-Proof Your Practice” – By Antonio Arias

Is a recession coming – or is it already here? It depends upon whom you ask. Regardless, you can recession-proof your practice by following these three C’s and keep your practice thriving during these challenging times. [Read in the August issue.](#)

September: Patient Care

“Assessing and Treating the Root Cause of Low Back Pain With Acupuncture” – By Dr. Dustin Vaughan

Low back pain is a common clinical presentation. Identifying the root cause is critical to appropriate diagnosis and treatment. [Read in the September issue.](#)

October: State Success

“How Florida Saved the ‘Acupuncture Physician’ Title” – By David Bibbey

If Florida SB 230 had been signed into law, acupuncturists in the state would have been prohibited

from using the term *physician* in advertisements and interactions with patients. Fortunately, FSOMA stepped in and spearheaded an advocacy campaign, ultimately leading to a gubernatorial veto. [Read in the October issue.](#)

November: Research

“Electroacupuncture for Sarcopenia: Research Findings” - By Editorial Staff

Sarcopenia - progressive loss of muscle mass and strength with age - is a natural phenomenon, but the health consequences can be dire. Electroacupuncture to the rescue, according to new research. [Read in the November issue.](#)

You can read the full articles (again or for the first time) on AcupunctureToday.com - along with all the other great news and information in each and every issue of the publication. Here's to an even better 2024 for acupuncture / traditional medicine!

DECEMBER 2023