

**John Aguilar, Jr, MS, LAc, CYT, CP (AOBTA), Dipl Ac & CH (NCCAOM)**

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## **Personal Data**

Born April 4, 1975, Englewood, Colorado

Single, no children

## **Education and Training**

Study with Dr. Lee Chen-Yu, Taipei, Taiwan – 2012

Clinic observation and lecture, two weeks

Oregon College of Oriental Medicine, Portland, Oregon – 2011-Present

Doctoral student, 1,200 hour, post-graduate clinical doctorate (Doctor of Acupuncture and Oriental Medicine - DAOM) program

PranaYoga and Ayurveda Mandala, Denver, Colorado – 2011-2012

250 hours Yoga Therapy training

Rocky Mountain Institute of Yoga and Ayurveda, Boulder, Colorado – 2011

300 hour Yoga Therapy certification program

Pacific College of Oriental Medicine, San Diego, California – 2010

250 hours of post-graduate doctoral training in Acupuncture and Oriental Medicine

Colorado School of Traditional Chinese Medicine, Denver, Colorado – 2003, Degree: MSTCM

Four year graduate program in Traditional Chinese Medicine

PranaYoga and Ayurveda Mandala, Denver, Colorado – 2010

Comprehensive 265 hour Yoga Teacher Training in Hatha yoga

Five-Element Acupuncture apprenticeship program with Warren Bellows, LAc – 2001/2002

Metropolitan State College of Denver, Denver, Colorado – all requirements for Major fulfilled toward BA

Major: Psychology, Minor: Philosophy, including two years of research and statistics  
Presented Poster Abstract, "Survey Demonstrating the Efficacy, Safety, and Low Cost of Chinese Medical Treatment", at the Fifth Annual Undergraduate Psychology Conference (2001)

Psi Chi National Honor Society in Psychology (2000)

Golden Key International Honor Society (2001)

Jin Shin Jyutsu, Los Angeles, California and Boulder, Colorado – 1999

Multiple five-day practitioner-training seminars in Japanese style of acupressure

Institute of Taoist Education and Acupuncture, Lafayette, Colorado – 1999/2000

Six months of training in Classical Five-Element Acupuncture

Institute for Psycho-Structural Balancing, Los Angeles, California – 1999

Six-month, 150 hour, program in acupressure and Tuī ná

Yo San University of Traditional Chinese Medicine, Santa Monica, California – 1998/1999

Two semesters of graduate level studies in Traditional Chinese Medicine, 3.8 GPA

University of Maryland, University College, European Division – 1997, Degree: AA

Major: General Studies

Dean's Honor List for 'Outstanding Scholarship'

Emergency Medical Training –

BHLS/CPR: Adult, Child, Infant & AED and First Aid (Current), First Responder (2007), Basic Life Support Instructor certified (1997), US Air Force Emergency Services Team, Medic (1997), Advanced Cardiac Life Support certified (1996), Emergency Medical Technician-Basic (1995/1996)

## **Continuing Education**

*Drug-Herb Interactions: An Evidence Based Medical Approach, a thirteen hour lecture series – Dr. Greg Sperber, BMBS, DAOM, LAc – 2011*

*The Basics of Western Medicine Series: Neurology for the TCM Practitioner, a seventeen lecture series – Dr. Bruce Robinson, MD – 2011*

Ongoing personal studies into modern and classical Chinese

*The Basics of Western Medicine Series: Musculoskeletal Diseases, a fifteen lecture series – Dr. Bruce Robinson, MD – 2011*

*Cakra, Tantra, and Esoteric Anatomy – Advanced yoga teacher training module, 140 hours, with Hansa Knox, ERYT 500, at PranaYoga and Ayurveda Mandala – 2011*

*Advanced Pulse Diagnosis training and multiple seminars with Dr. Jim Ramholz, LAc, OMD – 2001/2004*

*Advanced Needling Techniques – Dr. Lixin Zhang, MD (China), LAc – 2002*

*Advanced Tongue Diagnosis in Clinical Practice – Dr. Phil Reynes, LAc, OMD (NM), DiplAc (NCCAOM) – 2002*

*Chinese Classics and Medical Philosophy – Elisabeth Rochat de la Vallee, PhD – 2002*

*Learning to Learn Chinese - Dr. Phil Reynes, LAc, OMD (NM), DiplAc (NCCAOM) – 2002*

*PulSynergy pulse diagnosis training and seminar with Dr. Marcus Brinkman, LAc, OMD – 2002*

*The Five Souls of TCM – Dr. Phil Reynes, LAc, OMD (NM), DiplAc (NCCAOM) – 2002*

*TCM Diet and Nutrition – Dr. Phil Reynes, LAc, OMD (NM), DiplAc (NCCAOM) – 2001*

*I Ching – Dr. Phil Reynes, LAc, OMD (NM), DiplAc (NCCAOM) – 2001*

## **Licensure**

Colorado Acupuncture License #919 since June 2003; no complaints or discipline

Certified Yoga Therapist (Rocky Mountain Institute of Yoga and Ayurveda)

National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) Diplomate in Acupuncture and Chinese Herbology

Registered Yoga Teacher (RYT 500), Yoga Alliance

Certified Practitioner (Acupressure), American Organization for Bodywork Therapies of Asia (AOBTA)

## **Work Experience**

Licensed Acupuncturist, Professional Herbalist (Private practice) 2003 to Present

Employing classical acupuncture, Chinese herbal medicine (tailored bulk herbal formulas, *pao zhi*-processed herbs, and *jiu*-elixirs), acupressure, Tuī ná, diet therapy, qì gōng, and counseling to treat a wide range of disorders, acute to chronic, physical to mental/emotional; high level of direct interaction with patients

<u>Yoga Teacher, Therapist</u>	2010 to Present
Providing individualized yogic assessment and therapy rooted in classical teachings and incorporating asana (postures), pranayama (breath practices), mudras, chanting, marma point therapy, and meditation	
<u>Reporter, UCLA Center for East-West Medicine and the Confucius Institute Workshop on the Translation and Dissemination of Chinese Medicine</u>	2011
<u>Co-founder and Chief Herbal Pharmacist, Rising Sun Oriental Medicine Pharmacy</u>	2007 to Present
Fill herbal prescriptions, quality control of bulk herbs, and offer professional advice to local practitioners ( <a href="http://www.RisingSunOMP.com">www.RisingSunOMP.com</a> )	
<u>Editor-in-Chief (volunteer), Colorado Journal of Acupuncture and Oriental Medicine</u>	2005 to 2006
Responsible for interacting with authors, vetting all submissions, and editing the journal; redesigned and reformatted newsletter of Acupuncture Association of Colorado into journal format	
<u>Assistant Clinic Director, Colorado School of Traditional Chinese Medicine</u>	2004 to 2005
Assisted Clinic Director in the running of the student clinic of accredited MSTCM program	
<u>Assistant Clinic Supervisor, Colorado School of Traditional Chinese Medicine</u>	2004 to 2005
Supervised student interns during their clinical hours of M.S. program, engaged interns in discussion and critical analysis in the areas of differential diagnosis, treatment planning, execution of acupuncture treatments, planning of herbal prescriptions, etc.	
<u>Herbal Pharmacist, Lifegate Holistic Pharmacy</u>	2004 to 2005
Filled herbal prescriptions	
<u>Assistant, Yan Jing Supply, Herbal Pharmacy and Supply Store</u>	2001 to 2003
Filled herbal prescriptions for practitioners and student interns at store serving two large AOM and massage schools; answered questions about Chinese medicine from patients and general public	
<u>Licensed Massage Therapist, Acupressure (Private practice)</u>	1999 to 2001
Incorporated TCM diagnostics and point theory, as well as Japanese and Five Element theories	
<u>Volunteer, Dragon's Light Herb Company</u>	1999 to 2000
Assisted owner with day-to-day operations in quasi-apprenticeship role	
<u>US Air Force, Security Police</u>	1993 to 1997
Honor Graduate, Basic Military Training; Distinguished Honor Graduate, Air Base Ground Defense (Ground Combat Skills), Level I; Team Leader, Security Police Academy; Air Force Achievement Medal, with bronze oak leaf cluster; Southwest Asia Service Medal, with bronze service star (Operations 'Desert Storm', Saudi Arabia, and 'Southern Watch', Turkey); Air Force Outstanding Unit Award (39 <sup>th</sup> Security Police Squadron, Incirlik, AB, Turkey); Expert Marksmanship, with bronze service star; Rated 'EWQ' ('Exceptionally Well Qualified') in multiple positions; Honorable Discharge	

## **Publications**

\* Ongoing series of papers exploring parallels between acupuncture points and Ayurvedic marma points, thus far covering the following marmani: Manibandha, Hanu, Janu, Basti, Yakrut, Nabhi, Adhipati, the Bhruh points, Lohitaksha, Amsa, Bhaga, Kakshadhara, Surya, and Pada Kshipra.  
<http://www.DenverChineseMedicine.com/YogaandAOM.html>, 2011

- "Models vs. Reality: On the Foundation of Integration". *The Colorado Acupuncturist*, July 2004
- "Physics for the Physician: What Every Chinese Medical Physician Needs to Know About Quantum Physics". *The Colorado Acupuncturist*, July 2004
- "On Chinese Medical Herbalism". *The Colorado Acupuncturist*, July 2004
- "In the Clinic". *Colorado Acupuncturist, Journal of the Acupuncture Association of Colorado*, Winter 2004
- "On Science and Chinese Medicine". *Colorado Acupuncturist, Journal of the Acupuncture Association of Colorado*, Winter 2004
- "Proving Chinese Medicine". *Colorado Acupuncturist, Journal of the Acupuncture Association of Colorado*, Winter 2004
- "In the Clinic – Pulse Diagnosis". *Colorado Journal of Acupuncture and Oriental Medicine*, April 2005
- "Dosing". *Colorado Journal of Acupuncture and Oriental Medicine*, April 2005
- "Back to the Basics – Needling". *Colorado Journal of Acupuncture and Oriental Medicine*, April 2005
- "Point Functions Integrated". *Colorado Journal of Acupuncture and Oriental Medicine*, April 2005
- "In the Clinic – Referring Out". *Colorado Journal of Acupuncture and Oriental Medicine*, October 2005
- "Ever Closer to Fulfilling the Potential of Chinese Herbal Medicine". *Colorado Journal of Acupuncture and Oriental Medicine*, October 2005
- "Chinese Medical Classics in English". *Colorado Journal of Acupuncture and Oriental Medicine*, January 2006
- "Winter – Words from Past Masters". *Colorado Journal of Acupuncture and Oriental Medicine*, January 2006
- "Back to the Basics – Zangfu Patterns". *Colorado Journal of Acupuncture and Oriental Medicine*, January 2006
- \* *The following were authored during graduate training, above and beyond curriculum requirements:*
- "Needling – More Than Just a Tap and a Twist". *Colorado School of Traditional Chinese Medicine*, 2001
- "Insomnia – Theory and Patterns Via a Chinese Medical Paradigm". *Colorado School of Traditional Chinese Medicine*, 2002
- "Aggregations, Nodes, Rocks, Chestnuts, and Phlegm – Pathological Lumps of the Breast". *Colorado School of Traditional Chinese Medicine*, 2002
- "Knee Pain – Beyond Blood and Bi". *Colorado School of Traditional Chinese Medicine*, 2002
- "Die Da Ke – Chinese Medical 'Hit Medicine'". *Colorado School of Traditional Chinese Medicine*, 2002

## **Lectures & Seminars**

Offer ongoing yoga, Tài jí quán, and meditation classes

Developed seminars for patients and local community, including the following:

*Foundations of Health* – covering diet, exercise, meditation, sleep, work, and appropriate medical care as the basics for maintaining good health.

*Qì Gōng 101, 102, & 103* – working from the basics in theory and practice to advanced styles such as Bā Duàn Jǐn and Tài jí quán.

*Breathing and Meditation* – basics of proper breathing for good health and meditation practices for health, insight, and longevity.

*Acupoints 101* – introducing acupressure as a way of addressing non-emergent complaints, as well as daily use for increased health and longevity.

Guest Lecturer, University of Colorado, Center for Pre-Collegiate and Academic Outreach Programs, Pre-collegiate Health Careers Program, Denver, Colorado – 2011 – Multiple lectures discussing the nature of AOM, with emphasis on AOM as a possible healthcare career

Designed specialized qì gōng seminars for 'Colorado Youth at Risk' organization teenagers. Denver, Colorado – 2009

Guest Lecturer, local Adult Survivors of Sexual Abuse organization, Arvada, Colorado – 2007 – General lecture and presentation on AOM

*Chinese Medical Herbology: Introduction to Formulas.* Denver, Colorado – 2005 – Topics included: Selecting and tailoring formulas, dosing, order of cooking and preparing of herbs (*páo zhi*), critical analysis of results and treatment planning, patient compliance, classical combinations of herbs (*dui yao*), and resources for continued studies and reference

Guest Lecturer, Skyland Community High School, Denver, Colorado – 2005 – Basic talk on AOM to high school students

Guest Lecturer, University of Colorado, Health Sciences Center, School of Nursing, Denver, Colorado – 2004 – Lecture, plus hands on training, on Chinese medical pulse and tongue diagnosis to Nurse Practitioner students, included detailed hand outs

Guest Lecturer, University of Colorado, Health Sciences Center, Denver, Colorado – 2003 – AOM overview lecture to medical students, with demonstration

Guest Lecturer, University of Colorado, Health Sciences Center, School of Nursing, Denver, Colorado – 2003 – Detailed lecture covering: an introduction to AOM, AOM history, compare/contrast with biomedicine, training, licensing, and credentialing of LAc's, clinical practice of AOM, scope of practice, and communication and referral

### **Personal Cultivation**

Understanding that personal cultivation is the foundation of both clinical skills, such as needling techniques, as well as cognitive abilities (rational and intuitive) in diagnosis and treatment planning, have maintained a longstanding daily practice of *Tài jí quán*, yoga, *qì gōng*, and meditation.

### **Professional Memberships**

Acupuncture Association of Colorado  
American Association of Acupuncture and Oriental Medicine  
Society for Acupuncture Research  
International Society for the Study of Classical Acupuncture  
Classical Chinese Medicine, Associate's forum  
Yoga Teachers of Colorado  
International Association of Yoga Therapists  
The Chinese Medicine Database, Supporter  
National Qigong Association  
Chinese Herb Academy