

It's just a reminder that you're receiving this email because you have expressed an interest in American Board of Oriental Reproductive Medicine. Don't forget to add [aborm.email@gmail.com](mailto:aborm.email@gmail.com) to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.

Fall Newsletter, 2016

# A·B·O·R·M

AMERICAN BOARD OF ORIENTAL REPRODUCTIVE MEDICINE

## Upcoming Dates



We hope to see you at some or all of these events.

### Next ABORM Exam:

Saturday, January 28, 2017, Orlando, FL

### Integrative Fertility Symposium (IFC) 2017

March 30 - April 2, 2017, Vancouver, BC

### ASRM 2016

ASRM Annual Meeting  
October 15 - 19, 2016  
Salt Lake City, Utah

For more information:

Tel: 205-978-5000,

Fax: 205-978-5018,

Email: [asrm@asrm.org](mailto:asrm@asrm.org)

### CAM SIG Meeting

October 15 - 19

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## President's Message

Dear Fellows:



It is an honor to be your President and to represent such an outstanding group of practitioners. From my first introduction to Chinese medicine as a patient of Randine Lewis over ten years ago, to now sitting at the helm of this organization is a highly regarded privilege for me. For years, I have watched and admired many of you, applauded your accomplishments and been inspired by your knowledge, ambition and compassion. I have been and continue to be equally impressed with Ray Rubio and his long-term commitment to sustain this organization that he and many of you created. Organically, the organization has grown from 12 founding board members and advisors to nearly 350 current members!

In my role as president, I am here to work with the board and all of you to guide and lead the organization. I am constantly asking myself, is this decision in the best interests of the membership? The future of the organization is not my vision, but ours, and strategic planning is vital to the success of any organization. Over the next year we will ask ourselves some tough questions about where we are now and where we want to be over the next two, five and ten years. We have an active board of nine fellows as well as a group of advisors that have graciously volunteered their time to help us shape and achieve our goals. As part of this process, we have instituted quarterly board video conference meetings in addition to our annual board meeting which always takes place in conjunction with

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## Member Reminders



All Fellows first certified in 2009/2011/2013/2015 are due to renew their ABORM Membership by April 30th, 2017.

Go to the [Members Only](#) section and click on Member Renewal to download the [Member Renewal Form](#) and read about the requirements for renewal.

This year, we have planned a board retreat to review our mission and develop actionable goals to help us manage our organization and move forward. A major part of this involves getting your feedback as to what you want from your organization. A short confidential membership survey will be conducted soon and I ask you to please take 10-minutes to complete it. We will take the results of this survey to our board retreat and use it as a jumping off point to guide our strategic planning. Your input is paramount to our future. As part of this process, I will also reach out to random members, as time permits, to solicit direct feedback, if you are willing to share. I also encourage anyone that wishes to offer their input to contact me directly at 207.615.4240 or via email at [Katherine@rhythmsforwomen.com](mailto:Katherine@rhythmsforwomen.com).

I am excited how far ABORM has come over the last eight years, as well as the future of what we can all achieve together. We have the ability to influence and shape the dynamic industry we all love. I believe in what this organization stands for and invite you to walk with me to make it even better.

In collaboration,

**Katherine Alexander Anderson, MBA, L.Ac. (FABORM)**

## Practitioner Spotlight



**Roberta Mek**  
L.Ac., FABORM

I'm originally from Lithuania, learning TCM in China and currently practising in New Zealand.

How did I ended up in New Zealand? My journey started with a cycling tour - travelling from Europe to New Zealand. During these pre acupuncture times I was practising massage (mostly Tui Na) and was learning bodywork techniques from countries I passed on my year long travels.

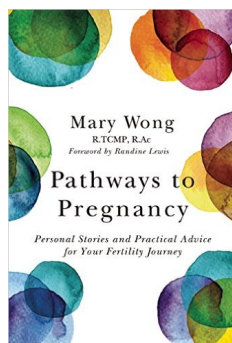
Upon my arrival to Auckland (New Zealand) I have joined one of the oldest acupuncture clinics specialising in women's health. In my free time I started shadowing my employer and my first TCM teacher - Vitalis. More I observed, more I wanted to learn about acupuncture and CM. So I've enrolled in TCM and fertility studies. Next year I'm about to graduate with Master Degree in Acupuncture (Hangzhou, PR China).

As part of my fertility acupuncture interest I'm organising an acupuncture research study to investigate how many acupuncture sessions can increase follicular vascularity in women undergoing IVF. That's a big project. I hope one day I'll share results with you all.

It can be a lonely experience to be a fertility acupuncturist in New Zealand. We are separated by oceans that take hours to cross by plane.

I've joined ABORM to be keep up my learning and to become a part of bigger TCM fertility healers tribe. Those wise ABORM emails flooding my mailbox every morning makes me feel motivated and connected. Thank you guys for sharing your love.

## New Books

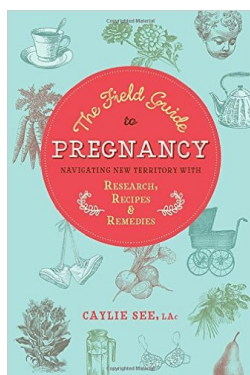


### Pathways to Pregnancy: Personal Stories and Practical Advice for Your Fertility Journey

by Mary Wong, R.TCMP, R.Ac.

*Pathways to Pregnancy* is a collection of wide-ranging and relatable stories, shared by an expert who also knows first-hand the pain and joy of the fertility journey from her own experience. Instructional and inspirational to anyone going through it or seeking to understand it deeply and in all its variations, these are real stories of hope and humor - and some practical advice that is often overlooked but easy to incorporate into your life. These stories about real women, related by Mary Wong with both compassion and authority, retain many of the subjects' own words and particular perspectives.

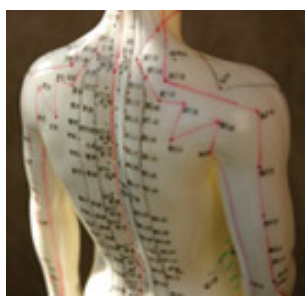
Through their stories, Mary explains the central principles of fertility treatment by both Traditional Chinese Medicine practitioners and Western doctors. Each story focuses on a set of archetypal challenges or life situations found in patients seeking fertility treatment. In this way, the book serves as a comprehensive examination of the spectrum of infertility experience, expressed through the lens of highly personal anecdotes and intimate experiences.



### The Field Guide to Pregnancy: Navigating New Territory with Research, Recipes, and Remedies

by Caylie See L.Ac.

For women who feel excited, overwhelmed, terrified, or just plain curious about their pregnancy journey, acupuncturist and integrative fertility expert Caylie See has written this pragmatic, insightful, and straightforward guide to finding the best information, resources, and foods to nourish their pregnancies. Balancing Eastern and Western medical perspectives, natural remedies, and recipes, she maps out the terrain of symptoms that women typically encounter from month-to-month-insomnia, morning sickness, and fatigue, to name a few-and gives explanations and solutions for each symptom. *The Field Guide to Pregnancy* is an encouraging, enjoyable, and inspiring gem that helps women find comfort in an inherently uncomfortable time.



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