

# Newsletter

**BREATH ABOUT LIFE**



## Al Bailey

"Al is genuine and his energy is palpable. One of the best teachers and healers with whom I've ever resonated. Quality"

Former Athlete, Farm-boy, Junior Olympian, Athletic Trainer & Coach, Grief Counselor, Corporate Manager —Indigenous Trained Healer, Professionally Taught in the Healing Arts of Body Work, Massage, Bagua-Circlewalking-Chi-gong. Al truly walks the earth as a healer in tune with Breathing as a tool for personal healing and transforming life.

Al Bailey is a practitioner of the healing arts and is the owner of Breathe About Life. He has patented his own training mat that he has for sale for public use.



**"let breath be your medicine  
& guide to your soul purpose"**

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### PLEASE SCAN THE QR CODE ABOVE:

If you'd like to donate for our Wongu Community or if you'd like to leave a review of your experience at Wongu, we'd greatly appreciate it!

Our university is planning a medical mission trip to Cambodia and can use every cent you are willing to share. Additionally, if you'd like to donate for our students, then please choose the Wongu Student Association (WSA) tab within the Donation Link of this QR code.

Our university loves reviews and please feel free to review on each destination.

WONGU UNIVERSITY OF ORIENTAL MEDICINE 1

# Bai Bu | Stemona Root



**Herbs that Transform Phlegm and Stop Coughing: Wheezing (Anti-Asthmatics)**

**Taste:** Sweet & Bitter (acrid)  
**Temp:** Slightly Warm (neutral)  
**Meridian:** Lungs  
**Dose:** 3-12g  
**Tincture:** 2-4ml  
**Intestinal parasites:** 30-60g  
internally for 3-4 days  
**Contraindications:**  
Spleen Deficiency  
accumulates toxicity

**Action 1:** Moistens Lungs &  
stops coughing

Acute & chronic cough  
(especially due to Yin  
Deficiency)

**Action 2:** Expels parasites &  
kills lice

Head & Body Lice/Fleas,  
Spider Bites (topically)

# Yanny Tanumidjojo



**Meet our Admissions Director**

**Education:**

Bachelor of Science in Psychology  
Certificate of Paralegal - College of  
Southern Nevada

**Work experience:**

1. International Student Recruiter, College of Southern Nevada, International Center (3 months)
2. Preschool Teacher (8.5 years)
3. Member of School Foundation (8 years)
4. Operational Partner at a Psychology Consultant and Human Resources Development Office (7 years)

**Hobby:** Cooking



## LOTS OF CHANGES IN THE CLINIC

1. Supervision focused on 400 level interns
2. Time management improved overall
3. Waiting for supervisors have decreased immensely
4. How to make herbal formulas within taking care of patients
5. Entering formulas into Unified Practice differently
6. Standardizing the prices of our formulas
7. Our goal is to complete each patient within one hour





# Herb ID

Wongu Student Association (WSA) held an Herb ID Event on August 12 to address the excess raw formulas collecting dust in storage at the Wongu clinic. During the COVID lockdown, the clinic implemented contactless pick-up for raw formulas. Patients were encouraged to leave after treatment and return when their raw formulas were ready for pick up. However, not everyone came back for their formulas. Since custom formulas were made for the patients, the formulas could not be prescribed to someone else, and they ended up taking up space at the clinic.

To find new homes for these herbs, WSA decided to take the raw formulas and conduct an Herb ID Event where the formulas would be taken apart and the individual herbs would be sorted and placed into the herb containers of Classroom B. While the herbs were being sorted, students were encouraged to identify the herbs, the category, and any other facts they remember of the herbs.

There are still plenty of herbs at the back of Classroom B. We highly recommend students take advantage of the herbs and try to sort and identify the herbs to supplement their learning and to help future students by resupplying Classroom B with newer herbs.

WSA is open to suggestions you may have to improve your time at Wongu University. Feel free to email [wsa@wongu.edu](mailto:wsa@wongu.edu) or leave a note in the suggestion box located at the front desk of the university and in the intern lounge at the clinic.

# CPR/AED



Our students, staff and faculty are becoming Cardiopulmonary Resuscitation (CPR) & Automated External Defibrillator (AED) certified problem solvers of medical procedures and techniques for the next 2 years by the American Heart Association (AHA).

The AHA is the nation's oldest & largest voluntary health organization devoted to fighting cardiovascular diseases and stroke.

## Seven steps:

1. Check scene & person
2. Call 911
3. Open airway
4. Check breathing
5. Chest compressions
6. Rescue breaths
7. Repeat CPR



Wongu Student Association (WSA) has started a new tradition of awarding Staff & Faculty for their outstanding work. This would be their second time providing awards and the winners are Dr. Susan Wellman (left) and B[ cW7\Ui B[ i mYb'ff][\hL"

Dr. Wellman teaches courses in: Acupuncture, Herbology, Oriental Medicine and Supervises in the clinic. Chau is our Registrar/FAO and has trained in the Shaolin Tai Chi Cultural Center ICMAC and as well teaches courses in Taiji & Qigong.



# Faculty & Staff Appreciation



## Tichelle's Meditation and Bodywork Class:

8am-9am Saturday Mornings in Wongu Meditation Center

1. Stop unnecessary thinking
2. Develop inner peace
3. Release tension & stress

## We are open 6 days a week now!

Our clinic has appointments booked 2 weeks in advance, regularly, so now we have expanded our hours of operation ...and guess what, we're still booked 2 weeks in advance (at least)! This is a good problem, but we are still adjusting our system in order to accommodate more patients.

Harrison House | free acupuncture (every 1st friday!) provided by Wongu Students & Supervisors:

One of our students is getting her first experience in assisting Dr. Lee in treating the local community.



# MONK BIRTHDAY BASH

Monks from Canada, Arizona, California and Nevada all gathered at one of the most popular Monk Temples in the Nation, which is conveniently located by the M Hotel of Las Vegas, NV.

Our university provided Ear Seeds, Cupping and Tuina/Acupressure for all of the guests that attended the birthday party of one the Monks.

During the celebrations, there were donations being placed within giant metallic bowls, delicious Thai food, blessings by one of their lead Monks, and prayers being spoken by all of the monks within unison. They wanted all of us to be well, happy and peaceful, while promoting no harm to come to us all. They also encouraged us to have patience, courage and understanding in order for us all to meet and overcome inevitable difficulties, problems and failures in life.



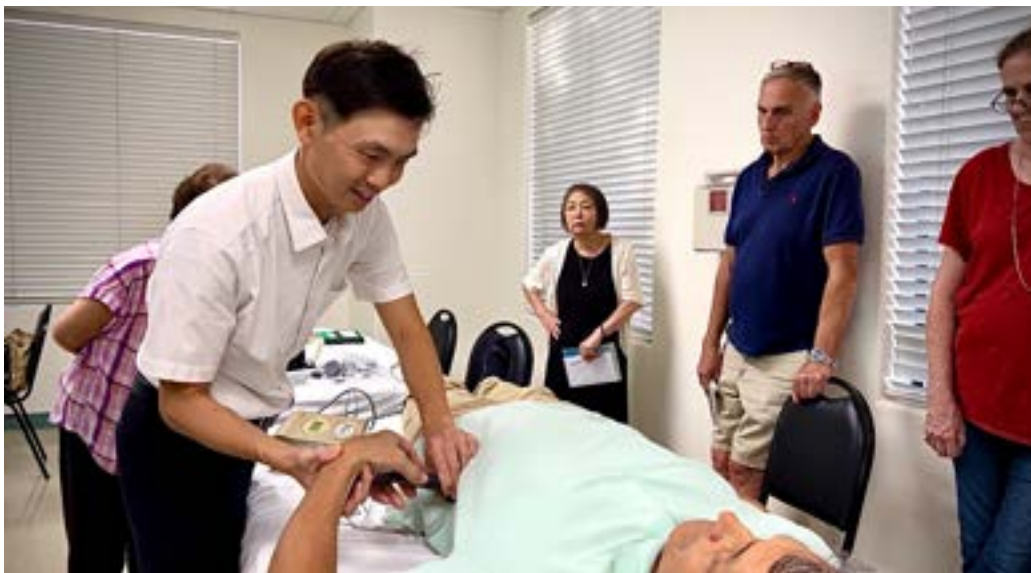
Dr. Joseph Rothstein, DACM is apart of Wongu Universities faculty and teaches courses in: Acupuncture, Herbology, and Oriental Medicine. He's had an interesting journey towards his acupuncture career and is still making life changing decisions to this day. Right after high school, he was a science major and focused on engineering but dropped out shortly after starting. During the time, he became very involved with producing films and his more artistic nature. Soon after that, he met his soon-to-be wife and they both enjoyed careers in glass blowing, while driving around in his 1971 volkswagon bus. Within his mid-20's, him & his wife had their first child in Oregon and Dr. Joe worked in a health food store, but became so emotionally, physically and spiritually ill, that he found an acupuncturist that ended up inspiring his career in acupuncture. About 15-20 years later, him & his wife have a couple of kids, who are all living in a beautiful 300 year old house made of brick, within Italy, but are still in the process of moving there permanently. Dr. Joe is proud of being a "digital nomad" with his family and teaches online for Wongu, while also being the Herbal Director of Middle Way Acupuncture Institute in Washington. His interests are in Modern-Psychological concepts and theories, while expanding his knowledge on traditional philosophical teachings. One of his most beloved pieces of wisdom that he carries with him always was told to by his Great Uncle Jack in the 60's to his teenage dad and said in "groovy slang" with his big Russian/Jewish accent, "Dig your books!". Dr. Joe enjoys eating dairy, fried foods and fulfilling his soul, while also practicing Taoism and Traditional Eastern Medicine principles. He remains non-egoic as best as he possibly can, and believes "our experiences are created by the life we have," and "the things we choose to do in our life, or of what we enact, create our life experiences."

## Dr. Joe





# Happy Health Machine



One of our alumni, Dr. Sekine Keita OMD, from CrownMedi.com, is promoting the Happy Health Machine, that our founder of Wongu University of Oriental Medicine, has created.

Dr. Keita hosted a seminar to demonstrate how our acupuncture knowledge, combined with his electrical devices, can help relieve issues with patients.

Our university has 8 of these machines available for anyone who is interested in learning more about them. They are perfect for people who are timid about needles or electrical impulses. The machine is utilized to effect the cells on a microscopic scale so that it can balance out the bodies negative and positive electrons.



Introducing Roberto Irawan, President of Miracle Panda, LLC and one of our most recent graduates of Wongu University of Oriental Medicine. He on his way to becoming an official licensed acupuncturist by the NCAAOM but is already utilizing his herbal knowledge into his thriving business.

Miracle Panda is a Las Vegas-based company that dedicatedly produces essential organic skincare products.

Miracle Panda is a small but proud enterprise that brings you a meaningful range of products. Designed to protect and nourish the skin from deep within, his products contribute at large to the advocacy of putting nature first, whether it is about the health of the skin or the development of more nature-respecting options sans any infusion of hazardous chemicals. Thus, he shares along with the brands parading under the Sustainable Industries benchmark.

*please feel free to visit him at his website below:*

[WWW.MIRACLE-PANDA.COM](http://WWW.MIRACLE-PANDA.COM)

## Miracle Panda



[WONGU.UNIVERSITY](http://WONGU.UNIVERSITY)

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