



TOP STORY

Clinic Re-Opens

Due to the Covid-19 virus the Wongu Health Center was closed for the Spring term. With modifications and new cleaning protocols, the WHC re-opened for the Summer term. Plexiglass sneeze guards were constructed for the entry lobby and appropriate spacing markers placed on the floor. The meditation room was temporarily converted to a supervisor/intern office so that each supervisor could meet with four interns with appropriate distance. New air purifiers were placed in each examination room to increase and purify air circulation. Curbside pickup was established so the Herbal Dispensary could deliver herbal formulas to patients. Interns were

provided face shields and masks. Although limited to 50% capacity, sixteen interns and five supervisors provided care to 111 patient visits during the Summer term.



New Intern Coordinator Nattawan Kongchan protected by sneeze guards.



Wongu interns Sarah Mulligan (left) and Stephanie Tanner (right) prepped to receive patients.

WONGU STUDENT ASSOCIATION

COVID-19 Relief Effort

RACHEL ONG, ND
CO-COMMUNITY LIAISON, WONGU STUDENT ASSOCIATION

The Kiwanis Club of Las Vegas Young Professionals hosted a COVID-19 Relief project in August 2020 to assemble back-to-school kits for local middle schoolers that are at higher risk of positive COVID-19 in Clark County. The Club found that Jerome Mack Middle School is



Representatives from Jerome Mack School, Kiwanis and Wongu.

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Herbal Highlight

板蓝根 BAN LAN GEN ~ RADIX ISATIDIS ~



DONNA TONGCO-NGUYEN, MANAGER, WONGU HERBAL DISPENSARY

The root of the Isatis plant, known as Ban Lan Gen in Traditional Chinese Medicine, is bitter in taste and cold in nature. According to TCM, Ban Lan Gen enters the heart, lung, and stomach meridians to drain heat, resolve fire toxicity, cool the blood, and benefit the throat.

When combined with Qiang Huo (Notopterygium Root), it forms the TCM formula Qiang Lian Tang (Notopterygium and Isatis Root Decoction), which releases exterior,

clears heat, & relieves toxicity. Together, these two herbs may be used for external heat affecting the head & neck, with symptoms such as fever & chills, generalized soreness, headache, & a sore swollen throat.

The Herbal Dispensary is fully stocked with TCM's herbal remedies for the flu season and as well as boosting the wei qi. For inquiries on inventory on hand, please call us at 702-852-1280.



Dried roots of the Isatis plant, a widely-used antiviral in traditional Chinese medicine.

■ WONGU STUDENT ASSOCIATION

COVID-19 Relief Effort

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among the top two local areas that were hit the hardest with positive COVID-19 cases. The school principal also shared that over 70% of the student body are of non-white ethnic descent, 90% of the student body are enrolled in either a discounted or free meal program, 69 students are homeless and about 200 are transient students. Wongu Student Association, as well as other community organizations and individual donors, assembled and distributed 1,250 kits to the school within four weeks. Each kit included:

- 2 cloth masks
- various hygiene and school supplies
- a healthy-ish nut-free snack
- a 24-page activity book with bilingual online resources relating to physical and mental health, COVID-19 hygiene and social etiquette, nutrition & exercise, and everything masks (how to wear, store, wash, and make more for the family).



Back-to-School Kits

Thank you to students, faculty and staff at Wongu for your donations of masks, pens, pencils, erasers, notebooks, activity book translations, and printing materials for this project! LVYP Kiwanis could not have pulled this off without your generosity.

Wongu is Approved for Veteran's Benefits

In January this year, Wongu University submitted an application to the Veterans Administration (VA) for approval to train veterans. The VA Education Benefits Program (GI Bill®) helps qualified veterans, service members and family members receive help paying for their college tuition. We are pleased to announce that in August we received notice from the VA that Wongu University is now approved for veterans to enroll and be certified for GI Bill® education benefits.



■ STUDENT ACTIVITY

Herb Garden Club president, Mary O'Brien maintains and cultivates herbs for Wongu's garden. Here are a few that have been flourishing and planned to be transplanted in the spring:



Ma Chi Xian — Found in the Clear Heat, Resolve Toxicity category, Ma Chi Xian is a sour herb that enters the Large Intestine and Liver channels. It is effective for treating carbuncles, sores, wasp stings and snakebites. It can also be used to treat painful urinary dribbling or postpartum uterine bleeding.



Black beans — Black beans are not found in the Materia Medica but are used often in OM Nutrition to tonify the Kidney.



Xi Gua (watermelon) — Xi Gua is part of the Clear Heat, Drain Fire category and enters the Urinary Bladder, Heart and Stomach channels. It is most often used for clearing summer heat and promoting urination.



Sunflower — Sunflowers are not listed in the Materia Medica but can be used in OM Nutrition to tonify Qi.

Qian Niu Zi (morning glory seeds) — The seeds of morning glory, Qian Niu Zi, are in the Downward

Draining, Harsh Expellants category which is great for unblocking the bowels! It also promotes urination, drives out phlegm and expels parasites.

ACADEMIC

Although most didactic courses were online this Summer, Dr. Choo's Tuesday morning AcuTech II class was one of two practical courses held on campus in Summer 2020. Dr. Choo felt that the safety of the students and faculty was handled well with the required pre-screening questionnaire, temperature checks, and school-provided masks. He remarked, "this was significantly better than the AcuTech I course held completely online the previous quarter. Online classes are not stimulating enough and very one-directional, and techniques classes are best done in-person as the students can actively participate and be stimulated both mentally and physically." Dr. Choo reassured the students that despite the fact that needling involves breaking the 6-foot distancing rule, the class was conducted as safely as possible and concluded with everyone in good health.



STAFF AND FACULTY FOCUS

Welcome New Staff and Faculty

STAFF

The Wongu Health Center welcomes a new Medical Receptionist/ Intern Coordinator, Nattawan "Palmy" Kongchan. She got her Bachelor's degree in Environmental Engineering in Thailand and moved to the US in 2015. Palmy has been working at the Health Center since August 2020. Please welcome her as she adjusts to this new position.



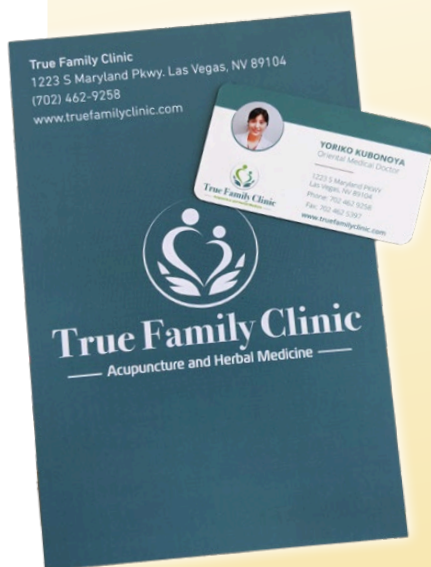
Nattawan "Palmy" Kongchan

FACULTY

Professor Jilin Hu, Founder of the Mind-Body-Spirit Acupuncture Center in Los Angeles joins Wongu to teach Herbal Classics this term. A graduate of Beijing University, Dr. Hu is a licensed acupuncturist with broad teaching experience in Chinese medicine.

Professor Manjusha Vinjamury, Founder and Director of the Acuveda Holistic Health Center in La Mirada, California, returns to Wongu to teach Topics in Integrative Medicine-Ayurvedic. A licensed acupuncturist and Board certified in India to practice Ayurvedic medicine, Professor Vinjamury expands the learning experience integrating western and eastern medical practice.

ALUMNI



True Family Clinic opens in Las Vegas serving the community with acupuncture and herbal remedies.

Dr. Yoriko Kubonoya, OMD, class of 2019, has successfully opened her own practice! She was born and raised in Japan and attended Waseda University for her undergraduate degree before starting Wongu in 2012. The cozy True Family Clinic is located on 1223 S. Maryland Parkway in Las Vegas, about a 25 minute drive from Wongu. It offers modalities such as acupuncture and cupping, but also makes packaged herbal decoctions or tea bags specialized for each patient! It is even open on Saturdays, so stop by the Wongu Admissions Office for a 10% discount voucher on treatments (while limited supplies last). www.truefamilyclinic.com

Submit alumni articles to start@wongu.edu. We love rooting for our alumni, so please update us on news and achievements of the alumni.