

INSTITUTE OF CLINICAL ACUPUNCTURE & ORIENTAL MEDICINE

Proudly presents

Peter Holmes, L.Ac., M.H.

author of the herbal and essential oil medicine textbooks
*Aromatica, Energetics of Western Herbs, Jade Remedies, and
The T.C.M. Materia Medica Clinical Reference & Study Guide*

Treatment of Neuromuscular Pain Conditions with Essential Oils

Saturday & Sunday, March 16-17, 2024

9:00 a.m. - 5:00 p.m.

Chinatown Cultural Center, 100 N. Beretania Street, Ste. 203, Honolulu, HI 96817

About the Course:

Pain conditions involving soft tissue and nerve respond extremely well to treatment with essential oils. Key to successful results lies in understanding the different types of pain, making an accurate diagnosis of the particular pain type, and selecting the right oils and delivery method for treatment. With this systemic approach, we will:

- Differentiate pain into vascular versus nerve-related pain, and the various qualities of pain experienced
- Learn to make a functional Six-Condition diagnosis of the pain to guide treatment and oil selection
- Create different treatment strategies for acute versus chronic pain, combining local and systemic treatment
- Discuss important essential oils and acupuncture points and their specific effects for relieving pain
- Explore the best *spasmolytic, anti-inflammatory, sedative*, etc. oils for acute and chronic pain relief
- **Practice** simple but effective techniques using essential oils topically, specifically:
 - **Aroma Acupoint Therapy™ techniques**, applying oils on points to trigger energetic intervention
 - **Topical liniments** with the oils that work locally and by energetic reflex on important reflex zones
- Consider the relative benefits of scraping (*gua sha*), cupping (*ba guan*) and myofascial deep tissue work

About the Instructor:

Peter Holmes is a practitioner of Oriental Medicine and Medical Herbalist. He has over 30 years' experience of using botanical remedies and essential oils in clinical practice, and gives seminars internationally. He continues to develop both physiological and psychological applications for herbs and essential oils. Peter has pioneered and taught the use of essential oils on acupuncture points in Chinese medicine since his first seminar on that topic in 1994; he is co-founder of Aroma Acupoint Therapy™.

15 PDA/CEUs REGISTRATION (Limited Seating)

Name: _____ **Tel:** _____ **Date:** _____

Cost: [] \$250.00 Early Bird Special (before 3-1-24)

[] \$295.00 Regular (after 3-1-24) [] 10% OFF for Hawaii Acupuncture Association

[] VISA [] MC # _____ Expires: ____ / ____ CVV # _____

Signature: _____ **Billing Zip code:** _____

[] CHECK PAYABLE: ICAOM, 100 N. Beretania St., Suite 203, Honolulu, HI 96817

Contact: 808.521.2288 or Fax: 808.521.2271 or email: info@orientalmedicine.edu

Reg. Deadline: March 7, 2024 Refund Prior To Day of Event with \$100 Processing Fee