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Minutes of meeting on June 13th, 2010
Meeting was held in Tulsa, OK

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Present: Helen Zhou, Yvonne van Eijk, David Zelif, Angela Brazeal, Dr. Yang, Deborah Baker, Mark Hovis, Eldon St.Clair

Angela shared on Is the Way you are Sleeping Killing you? The effect of gravity on brain circulation by elevating the heads of their beds by 10-30 degrees. Elevation would improve the brain circulation by providing some gravity assistance to drainage, which relieves MS symptoms and migraines and gives overall better sleep. You can read more on this at www.menopauseatoz.com/sleep-killing-you.shtml

Mark Hovis shared about the workshop by Dr. Richard Tan and the great benefits he has had by using his 18 and 8 points treatment for back, and shoulder pain.

Business meeting called to order at 1:45pm by Helen Zhou.

Yvonne gave report on finances and new members we gained thru the workshop of Qi Gong.


Read report on the workshop and looked at options to do another 2 day Qi Gong Workshop in Tulsa, OK . CEU 's will be provided again and cost will be the same \$150.00. For those who attended the first workshop there will only be a fee of \$25.00 Place of workshop is not yet decided. But date has been set for October 16-17, 2010.

Suggested to make a video DVD of the form and sell at the workshop for \$10 or \$15. Putting another flyer together with testimonials of those who attended the first workshop.

Dr. Yang also suggested another workshop on just the basics of Acupuncture, practical points and disease oriented treatments. These workshops can be taught by Helen Zhou, Eldon St.Clair, Jeff Nicholson, Amit Gumman, or anyone who is interested in sharing, teaching.

Meeting ended at 3:30pm

Next meeting is set for September 12, 2010 place of meeting will be confirmed soon. At this meeting we will do the voting of positions so everyone is urged to be there.

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