

A Conversation with NCCAOM Diplomate Josie Bouchier

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As evidenced by the diverse group of participants from the recent job task analysis (JTA), NCCAOM is proud to have Diplomates representing diverse backgrounds, regions, cultures and practices. To honor the unique aspects that each Diplomate brings to the profession, NCCAOM will be featuring a Diplomate who has made a difference in their community or as practitioner to spotlight in each issue of the newsletter. If you know an NCCAOM Diplomate that you would like to nominate for the Diplomate Spotlight, please contact Mina Larson at publicrelations@nccaom.org.

NCCAOM: Describe a typical day at your practice.

Josie: I typically see no more than four to six patients a day. I like to spend plenty of time with each patient, one-on-one. We talk about their lifestyle, habits, sleeping schedule, diet, energy level, and, of course, the ailment for which they are seeing me. I will usually prescribe herbs, suggest dietary and sometimes lifestyle changes. Often I will use other forms of therapy in addition to needling such as cupping, moxibustion, gua sha, e-stim (electronic muscle stimulation), among others. Each appointment lasts 1 ½ to 2 hours.

NCCAOM: Do you have a specialty or an interest (for example, pediatrics, ob/gyn issues, orthopedics)?

Josie: Yes, I particularly enjoy helping women who are experiencing menstrual irregularities, fertility issues, pregnancy, delayed labor, post-natal recovery and menopausal symptoms.

NCCAOM: As a Diplomate of Oriental Medicine, have you found the NCCAOM Oriental Medicine Certification beneficial to your practice?

Josie: Yes, absolutely. My patients like to have the added comfort of knowing that in addition to being licensed and board certified in acupuncture, I am also board certified in the practice of Chinese herbs. Knowing I studied hard for months and passed all my board exams allows me to treat and prescribe herbs confidently and with ease.



Josie Bouchier,
L.Ac., M.S., Dipl. O.M. (NCCAOM)

NCCAOM: How did you get interested in pursuing an education and subsequently a certification in acupuncture and Oriental medicine?

Josie: I graduated from Colorado College with an English degree, shortly after which I made the inconvenient decision to go to medical school. While ticking off prerequisites over the next couple years and working at a doctor’s office as a medical insurance biller, my mom began going to school for acupuncture and Oriental medicine. She urged me to try it. I was hesitant, but I had been suffering from menstrual issues for years with no relief from western medical doctors. I was frustrated with their limited offerings, namely, birth control and pain killers.

I experienced profound relief from my first acupuncture treatment. I remember an overwhelming sense of joy that I had finally found the kind of medicine I was looking for. I always had a vision of becoming a more holistic practitioner and it was finally clear.

Now my mom and I are both acupuncturists and we love it.

NCCAOM: What is the most rewarding aspect of your practice?

Josie: The most rewarding aspect of my practice is hearing from my patients that they haven’t slept soundly through the night in 15 years but suddenly they can or that their hot flashes are completely gone or their pain went away. I am always delighted to see their amazement at how effective, safe and non-invasive Chinese medicine proves to be.

NCCAOM: What is on the horizon for you?

Josie: I am currently in my 3rd year studying another form of Chinese medicine called Five Element theory. This branch of medicine focuses more on the mental, emotional, and spiritual aspects of healing. I believe the root of many—if not all—physical ailments are grounded in mental, emotional and spiritual imbalances. Over the next year, my practice will begin to incorporate more of the Five Element style of healing.

NCCAOM: Can you provide us with a testimony from one of our patients that we can share with readers?

Below is a testimony from Rachel, a patient who is a business administrator:

“I had surgery on my hand to reattach a cut nerve and tendon. My doctor and occupational therapist told me that I should not expect to gain full range of motion in my affected finger. In addition to my regular therapy treatments and massage, I saw Josie Bouchier weekly for 8 weeks of my recovery. She used a variety of techniques to break up scar tissue and promote nerve growth. On my last visit with the occupational therapist, he told me he was honestly surprised that I have regained my entire range of motion, and that I was in the 95th percentile of those who had the same type of procedure I had. He said, “whatever you’re doing, keep doing it!” I attribute my successful recovery to acupuncture, and Josie’s thorough understanding of the healing process. I would highly recommend her to anyone seeking speedy recovery from surgery or other wounds, or any other issue for which western advice and prescriptions only partially treat.”