A thorough and skilled pulse evaluation provides insight into patients according to:

- The patient's constitution
- Previous illness
- Early insults to normal physiology
- Environmental stressors
- Traumas
- Effects of lifestyle
- Emotional conditions
- Behavioral patterns
- The 5 channel system imbalances

From the pulse, one can integrate the patient's past experiences, understand all present symptoms, complaints, illnesses and underlying imbalances, as well as predict future pathology. It allows for highly tailored and specific interventions into the precise nature of the root of the patients medical issues and concerns.
The Center for Acupuncture and Herbal Medicine is the only medical clinic in New Jersey practicing Contemporary Chinese Pulse Diagnosis (CCPD) and Contemporary Oriental Medicine (COM), and Ross Rosen is one of a very small group of practitioners world-wide to be certified to practice as well as teach this pulse and diagnostic system.

Ross Rosen is a senior certified instructor in Chinese pulse diagnosis and serves on the Board of Directors of Dragon Rises Seminars as a direct lineage holder and spokesman for CCPD and COM.

Ross has also trained in Classical Chinese medicine and classical pulse diagnosis with 88th Generation Daoist priest and doctor of Chinese medicine, Jeffrey C. Yuen. Ross incorporates the classical pulse model, including overlaying all the meridian systems (cutaneous, sinew, luo, primary, divergent and extraordinary) and classical theories and energetics with the detailed anatomical and systems model of CCPD to create incredibly detailed and sophisticated diagnoses and treatment integration.