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## **Objective**

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My objective is to improve patients' health and quality of life through acupuncture, herbal medicine, and nutritional advice. I am passionate about educating patients about health and wellness; I believe it is important that patients are empowered with knowledge and understand their healing and health is in their hands.

## **Education**

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### **Pacific College of Oriental Medicine**

MSTOM program

**Chicago, IL**

Fall 2008 – Spring 2012

### **Westmont College**

B.S. Kinesiology

**Santa Barbara, CA**

2001 - 2005

## **Certifications**

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- First Aid and CPR Since 2005
- NASM-CPT 2006-2016
- L.Ac., Board Certified Herbalist (Illinois) Since 2012

## **Internships**

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### **Pacific College of Oriental Medicine Clinic Intern**

2009 – 2012

- Developed skill in patient intake/interview, pulse taking, diagnosis, treatment principles, needling skills (including motor point needling), orthopedic testing, gua sha, cupping, moxabustion, tui na, electrical stimulation with needling, herbal formula recommendation and modifications, and charting.
- 540 hours (intern)
- 180 hours (associate intern)
- 120 hours (assistant)
- 60 hours (observer)

## **Work Experience**

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### **Center for Integrative Care: Acupuncturist, Herbalist, Functional Medicine** 2013 – Present

- Acupuncture, herbal medicine, nutritional supplements, diet and lifestyle counseling
- Workers compensation and Personal injury cases
- Fertility, menopause, and hormonal balance in general
- Digestive imbalances and dysfunctions
- Emotional imbalances and stress

### **Acupuncturist and Herbalist (self employed)**

Summer/Fall 2012

- Acupuncture, herbal medicine, moxabustion, tui na, cupping, and marketing.
- Sports injuries (worked on patients training for Ironmen, triathlons, and marathons), and general health and wellness.

**Independent Contractor Affiliated with Organa Wellness Network** 2007 – 2009

- Developed personalized programs to help each client reach their goals (i.e. mountain climbing, marathon training)
- Worked closely with clients in order to aid in weight loss, strength training, and injury prevention

**AthletiCo Physical Therapy** 2008

- Physical therapy aide
- Office manager assistant

**LifeStart Wellness Network** 2005 – 2007

- Taught group exercises classes (boot camp, body sculpt, core, circuit)
- Developed personalized programs for all my clients
- Created and implemented fitness incentive programs for the club
- Performed full health and physical assessments on clients (VO2 Max, caliper body fat tests, cholesterol tests, blood pressure, circumference measurements)
- Managed North Harbor Tower location (January 2007 – Spring 2007)

**Fitness on the Move** Summer 2005

- Provided clients with a variety of fitness routines that catered to their physical abilities
- Worked with clients one-on-one, and in small groups
- Office work (research, inventory, equipment inspection)

**Westmont College Sports Medicine-Training Room** Spring 2005

- Created and implemented therapy programs for injured athletes
- Performed stretching and massage therapy for injured athletes
- Conducted patient evaluations

**The Athlete's Course (TAC)** Summer 2002

- Lead strength and conditioning camp for junior high and high school athletes
- Product distribution
- Office work (answered and returned phone calls, computer data entry)

**Supplemental Education**

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Infertility and TCM: Clinical Pearls from the Nanjing; Richard Blitstein L.Ac.	January 2011
Treatment of Orthopedic Disorders (Matt Callison L.Ac Motor Point Manual)	Fall 2011
NASM Neuromuscular Stretch	November 15, 2010
NASM Core Training	January 4, 2009
NASM Flexibility Training	December 30, 2008
NASM Positional Isometrics	October 4, 2012
NASM Recertification	2012
Yoga Teacher Training Yoga Tropics	Fall 2014
NAET Basic Training	Fall 2014
Apex Energetics Functional Blood Chemistry	Fall 2014 and Spring 2016
Snow Lotus: The Treatment of Gynecological Conditions with Essential Oils and Herbs	Winter 2016
NET (Neuro Emotional Technique)	Fall 2016

## **Special Interests**

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- Orthopedics, nutrition, disease caused by 7 affect (emotional imbalances), herbal medicine, and balanced living.
- Yoga, cooking, and art (jewelry making, painting).
- LaSalle Bank Chicago Marathon (2006), Great Wall of China Marathon (2008), Mount Baker (2009), and Life Time Fitness Chicago Triathlon (2009).

## **Professional Membership**

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Illinois Association of Acupuncture and Oriental Medicine (ILLAOM)

2011 - 2012