

Dagmar Ehling, MAc, LAc, DOM(NM), Dipl OM, FABORM

Founding Member of Oriental Health Solutions, LLC

President of Oriental Health Source, Inc.

907 Broad St.
Tel: 919-286-9595
Fax: 919-286-2425

Durham, NC 27705
www.orientalhealthsolutions.com

LANGUAGES:

German, English

EDUCATION:

- 1989 - 1990 Master's Degree in Acupuncture: Southwest Acupuncture College: Santa Fe, NM.
1987 - 1989 Certificate of Proficiency in Acupuncture and Chinese Medicine, Southwest Acupuncture College: Santa Fe, NM.
1989 - 1990 Postgraduate training: Chinese Herbology, International Institute of Chinese Medicine: Santa Fe, NM.
1984 Accepted to Ruhr-University Bochum medical school: Germany.
1968 - 1981 Degree: Abitur. Humanistic Gymnasium (13 years): Bremen, Germany.

CERTIFICATIONS

- 2013 *GAPS (Gut & Psychology Syndrome) Certification* by Natasha Campbell-McBride, MD
2008 - Present *Fellow of the American Board of Oriental Reproductive Medicine* by ABORM. www.aborm.org
2004 - Present National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM): *Diplomat in Oriental Medicine*. www.nccaom.org
1997 - Present NCCAOM Certification: *Diplomat Status in Chinese Herbology*
1997 Blue Poppy Press: *Certification of Proficiency in TCM Gynecology*: Boulder, CO.
1989 - Present NCCAOM Certification: *Diplomat Status in Acupuncture*

CONTINUING EDUCATION HIGHLIGHTS:

- 2017 Feng Shi Lun Jing Fang Chinese Herbal Medicine, a two-year program (120 hrs total) with Suzanne Robidoux, Pittsboro, NC. 27.5 hours.
Digestive Pearls, a functional medicine approach. Walter Schmidt, DC, Biotics; Charlotte, NC. 7 hours.
Functional Endocrinology: Connecting New Research with Practical Applications. Steven Noseworthy, DC. Apex Energetics; Charlotte, NC. 13 hours.
- 2016 White Pine Institute Graduate Mentorship Program: Advanced studies in Chinese Herbal Medicine, a two-year program (144 hrs total) with Sharon Weizenbaum.
Could Methylation Be the Holy Grail of Aging Gracefully, Charlotte, NC. 7 hours.
Classic Formulas for Women's Health with Sharon Weizenbaum; Greensboro, NC. 12.5 hours.
Bioidentical Hormone Replacement Therapies by CentralDrugsRx. 20 hours.
- 2015 Integrative Fertility Symposium; various speakers; Pro-D Seminars. 26 hours.
Mastering the Brain with Brandon Brock, DC; Apex Energetics; Charlotte, NC. 24 hours.
- 2014 - Present Joette Calabrese: Banerji Homeopathy. Advanced Applications, 6 hours. Good Gut Bad Gut, 10 hours; Skin, 10 hours. Survivalist Homeopathy, 12 hours; Feminopathy, 10 hours. Allergies, 15 hours.
- 2014 Chinese Herbal Medicine: Shan Han Lung with Sharon Weizenbaum, LAc, Raleigh, NC. 14 hours
2013 GAPS (Gut & Psychology Syndrome) certification seminar with Natasha Campbell-McBride, MD. New York, NY. 16 hours.
- 2012 Mastering Functional Blood Chemistry with Chris Turnpaugh, DC, Apex Energetics. Greensboro, NC. 24 hours.
A New Era in Preventing, Managing, and Reversing Cardiovascular Disease with Mark Houston, MD; Mark Hyman, MD; Mimi Guarneri, MD. Institute of Functional Medicine Annual Conference. 32 hours.
Neuroimmunology & Clinical Applications with Aristo Vojdani, PhD; Carrick Institute. Atlanta, GA. 25 hours.

- 2010-Present NC Integrative Medical Society, various topics & faculty. 65 hours.
- 2010 Highlights in Infertility. AAAOM Conference. Albuquerque, NM. 25 hours.
- 2010-Present Small Intestinal Bacterial Overgrowth (SIBO); Cortisol & Melatonin; Auto-Immune Regulation by the Nitric Oxide & Glutathione Systems; Understanding the Complexity of Gluten Sensitivity; Breaking the Complex Web of Leaky Gut; Brain-Gut Axis; Brain Immune-Axis; Renewing the Aging Brain; Neurochemistry of Childhood Brain Developmental Disorders; Neuroendocrine Immunology of Perimenopause; Neuroimmunology of Andropause; Environmental Toxicity; Hepatic Detoxification; Inflammatory & Autoimmune Signaling Systems; Autoimmune Triggers of Gluten Sensitivity; with various faculty. 44 hours.
- 2008 - Present Mastering the Thyroid with Datis Kharrazian, DC; Apex Energetics, Inc. 48 hours.
Neurotransmitters & Brain Seminar with Datis Kharrazian, DC; Apex Energetics, Inc. 30 hours
Functional Blood Chemistry with Datis Kharrazian, DC; Apex Energetics, Inc. 20 hours.
Functional Endocrinology with Datis Kharrazian, DC; Apex Energetics, Inc. 30 hours.
- 2008 Infertility seminar with Bob Flaws, LAc. Boulder, CO. 13 hours.
- 2008 TCM-Conference, Rothenburg o.T., Germany. 12 hours.
- 2007 Infertility with Jane Lyttleton, Pro-D Seminars. Vancouver, Canada. 18 hours.
- 2006 – Present Advanced Japanese Acupuncture Study with David Euler, LAc and Kiiko Matsumoto, LAc, ongoing. 150 hours.
- 1999 – 2005 Duke School of Medicine: Office of CME: Integrative Medicine Study Group, 86.75 hours.
- 1999 – 2012 Oriental Medicine Continuing Education: North Carolina Association of Acupuncture & Oriental Medicine and other organizations: PMS, Internal Medicine, Herb/Drug Interactions, Infertility, Pain Management, Matsumoto Japanese Acupuncture, Endocrine Disorders, Psychology, Five-Elements, Treatment of Depression, OM Research, Low Back Pain, Migraines, Yamamoto scalp acupuncture. 460 hours.
- 1995 – 1997 Postgraduate training: Traditional Chinese medical gynecology, Blue Poppy Press Seminars. 300 hours.
- 1995 Postgraduate training: Acupuncture Orthopedics. 144 hours.
- 1995 Injection Therapy: Oriental Medicine Association of New Mexico. 14 hours.
- 1994 – 1997 Homeopathy & Homotoxicology: International Society of Homotoxicology and Antihomotoxic Therapy. 24 hours.
- 1991 Classical Homeopathy; Marianne Calvanese, ND; Southwest Acupuncture College. 90 hours.

LICENSES

- 1999 - Present Licensure: Acupuncture in North Carolina.
- 1989 - Present Licensure: Doctor of Oriental Medicine (DOM) in New Mexico.

CLINICAL PRACTICE

- 2004 to Present Founding member of Oriental Health Solutions, LLC, practice merger with Kenneth F. Morehead, MSOM, LAc, DOM(NM).
- 2007 Credentialed acupuncture provider for Duke Integrative Medicine, Duke University, Durham, NC; provided acupuncture and OM counseling services to patients seeking multidisciplinary, integrative medical services.
- 1989 - Present Oriental Medicine practitioner. Specialty in treating internal medical, OB/GYN disorders, infertility, autoimmune disorders with focuses on nutrition and metabolic management using Chinese herbs within the context of TCM (Traditional Chinese Medicine, since 2016 Shan Han Lun and since 2017 Feng Shi Lun Jing Fang approaches), Japanese Acupuncture (Matsumoto style), and since 2014 Banerji-style homeopathy.

PROFESSIONAL EXPERIENCE

- 2012 to Present Certified to perform Independent Medical Examinations for Medical Consultants Network.
- 2008 to Present Fellow: American Board of Oriental Reproductive Medicine, www.aborm.org.
- 2008 - 2010 Founding member, Chair, Exam Committee: American Board of Oriental Reproductive Medicine, www.aborm.org.
- 2007 Board member, secretary: Rhine Center, www.rhine.org
- 2007 - 2010 Governing Board member: American Board of Oriental Reproductive Medicine, www.aborm.org.
Educational Committee Member, designer and reviewer of exam questions for Oriental medical practitioners who specialize in Oriental reproductive medicine.
- 2006 – 2007 Board member: Society for Humanism in Medicine. Membership committee.

- 2001 Consultant for German Acupuncture Trials (GERAC), a randomized, double-blind placebo controlled trial testing efficacy of acupuncture for headache, migraine, low back pain, osteoarthritis of the knee. Molsberger A, Diener HC, Krämer J, Michaelis J, Schäfer H, Trampisch HJ, Victor N, Zenz M. Düsseldorf, Germany.
- 2000 - 2002 Advisory Committee for Duke Center for Integrative Medicine for NIH's NCCAM grant proposal; community practitioner for CFM-251, a course that teaches medical students and physical therapy students about Complementary and Alternative Medicine (CAM).
- 1999 – 2007 National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM) National Herbal Exam Development Committee. Reviewer & designer of exam questions for national Chinese Herbal Exam.
- 1997 – 1999 PPO Provider with Presbyterian Health Care and FHP (HMO).
- 1997 Task Force with St. Vincent's Hospital Cancer Treatment Center, Santa Fe, NM.
- 1996 – 1997 Oriental Medicine Association of New Mexico: State Exam Committee member - redesigned the New Mexico Practical State exam.
- 1994 Item writer for the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) to formulate questions for the national Chinese Herbal Exam.
- 1992 - 1998 New Mexico state licensure examiner.

JOURNAL AFFILIATIONS

- 2010 – Present Editorial board member for peer-reviewed journal: Journal of Integrative Medicine. http://www.jcimjournal.com/jim/MoreInfo.aspx?classid=0_1_12
- 1999 – 2008 Editorial board member for peer-reviewed medical journal: *Alternative Therapies in Health and Medicine*.

AWARDS:

- 12/2012 Rated as one of the Top 20 TCM Recorded Webinars with Medigogy.
- 1999 - 2007 Appointment to the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM) National Herbal Exam Development Committee.
- 1988 Thaddeus Bukowski Academic Scholarship award. Southwest Acupuncture College, NM.

TEACHING

- 2012 – Present Preceptor for 4th year medical students at UNC. Introduction to Oriental & Functional medicine.
- 2007 Co-taught *Oriental Medicine: An Introduction* classes at the Duke School of Continuing Education.
- 2001 - 2014 Faculty: Forschungsgruppe Akupunktur, Germany. Chinese Phytotherapy Intensive for orthopedists, family practice physicians, gynecologists, and dermatologists; 25 hrs each specialty, (in German). TCM Diet therapy; 25 hr Intensive for physicians (in German). TCM Obstetrics and Gynecology (in German), 5-day Intensive for Gynecologists covering acupuncture, herbal medicine, and diet therapy, <http://www.akupunktur.info/ausbildung/schmerzbehandlung-mit-chinesischer-phytotherapie>
- 1992 - 1996 Faculty: International Institute of Chinese Medicine, NM: TCM Pathology and Treatment of Disease, Chinese Herbology, Needle Technique, Student Clinic Supervisor.
- 1990 - 1991 Faculty: Southwest Acupuncture College, Santa Fe, NM: Student Clinic Supervisor, Teaching Assistant.

PUBLICATIONS & ARTICLES

- **Dagmar Ehling.** Anticipating Diabetes, Obesity and Polycystic Ovarian Syndrome and Applying Integrative Techniques using Functional Medicine & Oriental Medicine. Nadin, Mihai, ed. Anticipation and Medicine. Springer Verlag 2017. Book chapter p. 293-307.
- **Ehling D.** Polycystic Ovarian Syndrome: integrative techniques using acupuncture, Chinese herbal medicine, diet, and supplements: a case report. *J of Integr Med.* 2013; 11(6):422-427. <http://www.jcimjournal.com/jim/showAbstrPage.aspx?articleID=jintegrmed2013055>
- **Ehling D.** Book Review – Chinese Nutrition Therapy – Dietetics in TCM by Jörg Kastner, MD, LAc. *Altern Ther Health Med.* 2005;11(3):70
- **Ehling D.** Content development/management for website: <http://www.orientalhealthsolutions.com>
- Editor for *In the Garden of Fertility* by Katie Singer published 4/2004 by Putnam Penguin.
- **Ehling D.** Oriental Medicine – An Introduction. *Altern Ther Health Med.* 2001;7(4):71-82. Used as CME credit at www.alternative-therapies.com or view at <http://www.orientalhealthsolutions.com/information/published-articles>

- **Ehling D**, Singer K. Gauging a Woman's Health by her Fertility Signals: Integrating Western and Traditional Chinese Medical Observations. *Altern Ther Health Med*. 1999;5(6):70-83, view at <http://www.orientalhealthsolutions.com/information/published-articles>
- **Ehling D**, Ehret J, Kuchinski L, Woodley G. *An Lao Tang (Quiet Aging Decoction) in the Treatment of 25 Cases of Recurrent Menstruation by Wang Gui-fu*. Translation from Chinese. JNAAOM Vol 4, No 1-2, Spring, 1997.

BOOKS

1994

Ehling D, Swart S. *The Chinese Herbalist's Handbook: A Clinical Reference Guide to Traditional Chinese Herbal Formulas*. 3rd edition published July 2002, Lotus Press, Inc., WI. Recommended text for NCCAOM Chinese Herbology Module; rated by AAOM as one of the 100 top-rated TCM books in 2005.

http://www.amazon.com/s/ref=nb_sb_noss?url=search-alias%3Dstripbooks&field-keywords=the+chinese+herbalist%27s+handbook&x=0&y=0

German edition *Handbuch: Chinesische Kräuterrezepte*, Elsevier, Munich, July 2001. Also available in Turkish. As of 2011 available on Kindle.

RESEARCH

3/2004 – 7/2005 Research Consultant: Paglia M, **Ehling D**. *Use of Acupuncture for Cervical Ripening*. Credentialed at Duke University Medical Center to perform acupuncture treatments for purpose of study.

SOCIETIES & MEMBERSHIPS

2009 – 2010

American Pregnancy Association; www.americanpregnancy.org

2004 to Present

Internationale Gemeinschaft für Akupunktur und Chinesische Medizin – International Society for Acupuncture & Chinese Herbal Medicine with colleagues in Hamburg, Berlin, Düsseldorf, Germany and Birmingham, England, board member.

1999 to Present

North Carolina Acupuncture & Oriental Medical Association; 2000 – 2003 board member: legislative committee, ethics committee.

1997 - 1998

Southwest Health Options, a multi-disciplinary Independent Practice Association (IPA) to facilitate integrative medicine with insurance companies: founding board member.

1996 – 1998

Oriental Medicine Association of New Mexico, board member: public relations committee

1996 to 2000

American Society of Acupuncture, fellow.

1990 to 2001

Oriental Medicine Association of New Mexico.

PRESENTATIONS

9/2017

Cary, NC. *Oriental Medical Approaches to Menopause*, with Toby Wedgle, LAc.

9/2016

Cary, NC. Baby & Co. *The Role of Acupuncture and Acupressure in Prenatal, Birth, and Postpartum Care*, with Toby Wedgle, LAc.

9/2015

Delmenhorst near Bremen, Germany. Three-day conference: Anticipation in Medicine.

<http://www.h-w-k.de/index.php?id=2181>

Anticipating Diabetes, Obesity and Polycystic Ovarian Syndrome and Applying Integrative Techniques using Functional & Oriental Medicine.

4/2015

Vancouver, Canada. Integrative Fertility Symposium with Pro-D Seminars and Healthy Medicine. Panel speaker “Will the Real Fertility Diet Please Stand Up?”

4/2014

Cary, NC. SAS. *Menopause and Oriental medicine*, with Fang Cai, LAc.

12/2013

Vancouver, Canada. 6 hours CEU webinar with Pro-D Seminars and 1 hour with Medigogy. *Metabolic Syndromes and PCOS: Integrated Treatment Approaches that Work*.

<http://www.prodseminars.net/product/metabolic-syndrome-and-pcos-integrated-treatment-approaches-work> (video sample)

02/2013

Chapel Hill, NC. Dr. Michael Sharp Community Gathering. *Are you too sweet?*

<http://www.orientalhealthsolutions.com/conditions-treated/diabetes-blood-sugar-disorder> (1 hr video).

01/2013

Durham, NC. Triangle Area Midwives: *The Role of Acupuncture and Acupressure in Prenatal, Birth, and Postpartum Care*, with Fang Cai, LAc.

3/2012

Vancouver, Canada. 2.5 hrs, 3 CEU webinar with Pro-D Seminars: *The Treatment of Menopause with Chinese Herbal Medicine*

<http://www.prodseminars.net/product/treatment-menopause-using-chinese-herbal-formulas>

6/2011

Durham, NC, for NC Association of Acupuncture & Oriental Medicine, 3 CEUs. *Enhance Fertility*

- 1/2011 Durham, NC. Stedman Auditorium, Duke University, Center for Living Campus. *Allergies and Chinese Medicine*, with Ken Morehead, LAc.
- 10/2010 Durham, NC. Stedman Auditorium, Duke University, Center for Living Campus. *Are you too sweet, a Discussion on Blood Sugar Disorders*, with Ken Morehead, LAc.
- 2/2010 Vancouver, Canada. 3 hrs and 1 hr CEU webinar with Pro-D Seminars & Medigogy: *Enhance Fertility using Chinese Herbal Formulas guided by Basal Body Temperature & Cervical Fluid Signals*.
- 2/2009 Chapel Hill, NC. Women's Health Continuing Education Conference for the UNC School of Nursing. *Oriental Medicine & Acupuncture for Women's Health*. With Ken Morehead, LAc.
- 4/2008 Rothenburg ob der Tauber, Germany. *Infertility Treatment using basal temperature charts with Chinese herbs and acupuncture* (in German).
- 4/2007 Raleigh, NC. Holistic Moms Network, www.holisticmoms.org. *Fundamentals of Oriental medicine*. Lecture to members.
- 9/2006 Durham, NC. Duke Continuing Education Studies: 1 day seminar on Oriental Medicine. Lecture to nurses and other health care practitioners. 0.8 hrs CEU offered.
- 2004-2012 Chapel Hill, NC. University of North Carolina Guest Faculty: *TCM and Pain Management*. Lecture to various health care professional students and faculty.
- 8/2005 Durham, NC. Duke University: *Introduction to Chinese Herbal Medicine*. Lecture to 4th year medical students.
- 5/2005 Durham, NC. EPA: *Common Ailments treated with Oriental Medicine*. With Fang Cai, LAc, Kenneth F. Morehead, LAc.
- 3/2005 Cary, NC. SAS: *Research & Science of Oriental Medicine*. With Fang Cai, LAc, Ken Morehead, LAc
- 11/2004 Cary, NC. SAS: *Oriental Medicine and Gynecology*. With Fang Cai LAc.
- 9/2004 Chapel Hill, NC. UNC CH Family Medicine: *Breast pain during lactation*. With Ken Morehead, LAc, Fang Cai LAc.
- 1999 - 2009 Durham, NC. Duke Integrative Medicine: Capstone Rotation. Acupuncture & Chinese Herbal presentation to 4th year medical students.
- 11/2003 Chapel Hill, NC. University of North Carolina: *Menopause*. Lecture to nurses, nurse practitioners and the public.
- 10/2003 Wädenswil, Switzerland. *Seminar on Bi-Syndromes* for Lian Herb Supply
<http://www.lian-chinaherb.ch/index.cfm?fuseaction=resources.12896&lan=de>
- 4/03, 2/04 Durham, NC. Duke University: *Oriental medical presentation/demonstration* to 4th year medical students.
- 10/2002 Durham, NC. Duke Center for Integrative Medicine: Women, Wellness, and the Transformation of Health Care. Lecture to physicians, health care practitioners and public: *Chinese Medicine and Women's Health*.
- 4/2002 Cary, NC. "Resolve" – Infertility Support Group: *Infertility and Oriental Medicine*.
- 9/01, 9/02, 9/03 Durham, NC. Duke University: *Oriental medicine presentation and demonstration* for 3rd year physical therapy students.
- 4/2002 Petaluma, CA. Global Medicine: *Oriental medicine/demonstration*. 3-day intensive to 4th year medical students sponsored by the American Medical Student Association.
- 3/2002 Durham, NC. Duke University, lecture: *Chinese herbs & Gynecology*.
- 2001 - Present Munich, Düsseldorf, Grafing, Germany; Bolzano, Italy: Forschungsgruppe Akupunktur: curriculum design & lectures (in German): *Chinese Phytotherapy (100 hrs): single substances, formulas, Treatment of Musculo-skeletal, neurological, and select internal medical disorders; TCM Diet therapy (25 hrs); TCM Gynecology (50 hrs; since 2007 25 hr courses for each subject*.
<http://www.akupunktur.info/ausbildung/schmerzbehandlung-mit-chinesischer-phytotherapie>
<http://akupunktur.info/akupunktur-plus/>
- 4/2001 Durham, NC, Duke University: Oriental medical presentation/demonstration to 4th year medical students.
- 2/2001 Durham, NC. Duke University, lecture: *Menopause*.
- 4/2000 Durham, NC. Duke University: Oriental medical presentation/demonstration to 4th year medical students.
- 8/1999 Durham, NC. Duke University: lecture: *Infertility*.
- 6/1999 Durham, NC. Duke University: lecture: *TCM and premenstrual syndrome*.
- 12/1999 Asheville, NC. MAHEC: lecture on Oriental medical framework to medical professionals.

- 11/1997 Albuquerque, NM. Presbyterian Health Care: lecture to physicians: *Oriental Medicine as a Model for Integrative medicine.*
- 11/1997 Santa Fe, NM. St. Vincent's Hospital: lecture to physicians: *How can Oriental Medicine be utilized in a Hospital Setting?*
- 6/1996 Taos, NM. Presbyterian Health Care: lecture to physicians: *Oriental Medicine: an ancient Medicine in a Modern Medical Setting.*
- 10/1995 -Aarau, Switzerland: Two-day seminar for physicians (in German): *TCM: disorders of the Respiratory and Gastrointestinal Systems: Diagnosis and Treatment.*
 -Basel, Switzerland: lecture to a Support Group for Natural Childbirth (in German): *Introduction to TCM and Pregnancy and Birth.*
 -Einsiedeln, Switzerland, Paracelsus Institute: lecture to physicians: (in German) *TCM views on Pregnancy and Birthing with the Application of Preventative Measures.*
http://www.datadiwan.de/netzwerk/index.htm?stiftung_paracelsus/sp_000d_.htm
 -Einsiedeln, Switzerland with Johannes Schmidt, MD: *Clinic Supervision for difficult case studies: TCM diagnosis and Chinese herbal prescribing.*

MEDIA APPEARANCES

- 4/2006 WCOM FM Radio interview with Charles Stern and Larry Burk, MD: *Integrative Medicine.*
- 10/2004 Duke Chronicle Interview: *Acupuncture helps Post-Surgery* by Laura Newman.
- 9/2/2004 News & Observer Interview: *On Pins and Needles* by Vicki Cheng.
http://www.orientalhealthsolutions.com/information/article/on_pins_and_needles

SECONDARY PROFESSIONS

- 2004 – Present Photos on www.orientalhealthsolutions.com
- 6/2001 Photograph in German Geo: *Das Neue Bild der Erde* p. 94, June 01 edition.
- 6/2001 - 2010 Published photographs for Forschungsgruppe Akupunktur catalogue, course announcements and website in Germany.
- 2006 Published photograph in *JAMA. 2006;295:1504-1505: Emergency Department Overcrowding Gives Ambulances a Runaround.*
- 7/2000 Published photographs in *Urban Land* magazine.
- 1999 - 2016 Representation: Novastock, Charlotte, NC.
- 1998 - Present Representation: Photo Researchers, New York, NY.
- 1997 - 2001 Representation: Picturesque Stock Photo, Raleigh, NC.
- 6/1997 Published photographic images in *Popular Photography.*

EXTRACURRICULAR ACTIVITIES

- 2015 – Present Bicycling
- 2014 – Present Kayaking
- 2004 – Present Ice skating
- 2001 – Present East Coast Swing dancing
- 1996 – 1998 Argentinean Tango dancing
- 1978 – Present Ballroom dancing
- 1994 – 1996 Skydiver: "A" License, 52 jumps.
- 1968 – 1971 Ice skating trainee
- 1966 – 1978 Classical ballet
- 1965 – 2008 Downhill skiing