

## 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  
[dehling@orientalhealthsolutions.com](mailto:dehling@orientalhealthsolutions.com)  
[www.orientalhealthsolutions.com](http://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

2008 - present Certification: *Fellow of the American Board of Oriental Reproductive Medicine* by ABORM.  
[www.aborm.org](http://www.aborm.org)  
2004 - present Certification: *Diplomate status in Oriental Medicine* by the NCCAOM.  
1997 - present Certification: *Diplomate status in Chinese Herbology* by the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM).  
1997 Certification of *Proficiency in TCM Gynecology*: Blue Poppy Press, Boulder, CO.  
1989 - present Certification: *Diplomate status in Acupuncture* by the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM).

### CONTINUING EDUCATION HIGHLIGHTS:

2010 Highlights in Infertility. AAAOM Conference, Albuquerque, NM. 25 hrs.  
2009 - 2011 Apex Energetics, Inc. Mastering the Thyroid with Datis Kharrazian, DC, Fort Lauderdale, FL, 40 hrs  
Neurotransmitters & Brain Seminar with Datis Kharrazian, DC, Charlotte, NC, 30 hrs  
Functional Blood Chemistry with Datis Kharrazian, DC, and Steven Noseworthy, DC, Charlotte, NC. 20 hrs  
Functional Endocrinology with Datis Kharrazian, DC, Charlotte, NC. 30 hrs  
2008 Infertility seminar with Bob Flaws, LAc, Greensboro, NC. 13 hrs  
2008 TCM-Conference, Rothenburg o.T., Germany, 12 hrs  
2007 Pro-D Seminars. Infertility with Jane Lyttleton, Vancouver, Canada, 18 hrs  
2006 - 2010 Advanced Japanese Acupuncture Study with David Euler, LAc and Kiiko Matsumoto, LAc, Baltimore, MD, 100 hrs  
1999 - 2005 Duke School of Medicine: Office of CME: Integrative Medicine Study Group, 86.75 hrs  
1999 - 2007 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 hrs  
1995 - 1997 Postgraduate training: Traditional Chinese medical gynecology, Blue Poppy Press Seminars, Boulder, CO, 300 hours  
1995 Postgraduate training: Acupuncture Orthopedics, 144 hours  
1995 Injection Therapy: Oriental Medicine Association of New Mexico. Albuquerque, NM, 14 hrs

1994 – 1997 Homeopathy & Homotoxicology: International Society of Homotoxicology and Antihomotoxic Therapy, Albuquerque, NM, 24 hrs

### 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 internal medical, OB/GYN disorders, and infertility with focus on Chinese herb prescribing within the context of TCM (Traditional Chinese Medicine), Japanese Acupuncture (Matsumoto style), Injection Therapy (in NM), Homeopathy, Fertility Awareness, Nutritional Counseling.

### PROFESSIONAL EXPERIENCE

2008 - 2010 Chair, Exam Committee: American Board of Oriental Reproductive Medicine, [www.aborm.org](http://www.aborm.org).  
2007 Board member, secretary: Rhine Center, [www.rhine.org](http://www.rhine.org)  
2007 - 2010 Governing Board member: American Board of Oriental Reproductive Medicine, [www.aborm.org](http://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 Chinese Integrative Medicine [www.jcimjournal](http://www.jcimjournal).  
1999 – 2008 Editorial board member for peer-reviewed medical journal: *Alternative Therapies in Health and Medicine*.

### AWARDS:

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

2007 Co-taught *Oriental Medicine: an Introduction* classes at the Duke School of Continuing Education.

- 2001 - present Faculty: Forschungsgruppe Akupunktur, Germany; Chinese Phytotherapy Intensive for orthopedists, family practice physicians, and gynecologists, 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/akupunkturausbildung/dozenten>
- 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

1. **Ehling D.** Book Review – Chinese Nutrition Therapy – Dietetics in TCM by Joerg Kastner, MD, LAc. *Altern Ther Health Med.* 2005;11(3):70
2. **Ehling D.** Content development/management for website: <http://www.orientalhealthsolutions.com>
3. Editor for *In the Garden of Fertility* by Katie Singer published 4/2004 by Putnam Penguin.
4. **Ehling D.** Oriental Medicine – An Introduction. *Altern Ther Health Med.* 2001;7(4):71-82. Used as CME credit at [www.alternative-therapies.com](http://www.alternative-therapies.com) or view at <http://www.orientalhealthsolutions.com>
5. **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>
6. **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.* 3<sup>rd</sup> 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](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](http://www.americanpregnancy.org)
- 2004 to present *Internationale Gemeinschaft 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

- 2/2010 Vancouver, Canada. 3 hrs and 1 hr CEU webinar with TCMTV.net / Pro-D Seminars: *Enhance Fertility using Chinese Herbal Formulas guided by Basal Body Temperature & Cervical Fluid Signals.* <https://www.healthstream.tv/catalog/traditional-chinese-medicine>, <http://www.healthstream.tv/info/presenter-bios>
- 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](http://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.
- Annually 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 4<sup>th</sup> 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.
- Annually - 2009 Durham, NC. Duke Integrative Medicine: Capstone Rotation. Acupuncture & Chinese Herbal presentation to 4<sup>th</sup> 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 4<sup>th</sup> 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 3<sup>rd</sup> year physical therapy students.
- 4/2002 Petaluma, CA. Global Medicine: *Oriental medicine/demonstration*. 3-day intensive to 4<sup>th</sup> year medical students sponsored by the American Medical Student Association.
- 3/2002 Durham, NC. Duke University, lecture: *Chinese herbs & Gynecology*.
- 2001 - present Munich, Düsseldorf, Germany; Bolzano, Italy: Forschungsgruppe Akupunktur: curriculum design & lectures (in German): *Chinese Phytotherapy (100 hrs): single substances, formulas, Treatment of Musculo-skeletal and select internal medical disorders; TCM Diet therapy (25 hrs); TCM Gynecology (50 hrs)*.
- 4/2001 Durham, NC, Duke University: Oriental medical presentation/demonstration to 4<sup>th</sup> year medical students.
- 2/2001 Durham, NC. Duke University, lecture: *Menopause*.
- 4/2000 Durham, NC. Duke University: Oriental medical presentation/demonstration to 4<sup>th</sup> 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](http://www.datadiwan.de/netzwerk/index.htm?stiftung_paracelsus/sp_000d_.htm)  
-Einsiedeln, Switzerland for 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  
<http://www.chronicle.duke.edu/vnews/display.v/ART/2004/10/21/4177a47d13b56>  
9/2/2004 News & Observer Interview: *On Pins and Needles* by Vicki Cheng  
<http://www.newsobserver.com/lifestyles/story/1592318p-7793111c.html>

### **SECONDARY PROFESSIONS**

6/2001 Photograph in German Geo: *Das Neue Bild der Erde* p. 94, June 01 edition.  
6/2001 - present Published photographs for Forschungsgruppe Akupunktur catalogue, course announcements and website in Germany: [www.facm.de](http://www.facm.de), [www.forschungsgruppe-akupunktur.de](http://www.forschungsgruppe-akupunktur.de)  
2006 Published photograph in *JAMA*. 2006;295:1504-1505: Emergency Department Overcrowding Gives Ambulances a Runaround <http://jama.ama-assn.org/cgi/content/extract/295/13/1504>  
7/2000 Published photographs in *Urban Land* magazine.  
1999 - present Representation: Novastock, Charlotte, NC.  
1998 - present Representation: Photo Researchers, New York, NY.  
[http://www.visualphotos.com/artist/1x5966/dagmar\\_ehling](http://www.visualphotos.com/artist/1x5966/dagmar_ehling)  
1997 - 2001 Representation: Picturesque Stock Photo, Raleigh, NC.  
6/1997 Published photographic images in *Popular Photography*.

### **EXTRACURRICULAR ACTIVITIES**

2004 – current Ice skating  
2001 – 2003 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 – present Downhill skiing