

## Fang Cai, MAOM, LAc, Dipl OM

Oriental Medicine Practitioner at Oriental Health Solutions, LLC

907 Broad Street  
Durham, NC 27705

919.286.9595  
[www.orientalhealthsolutions.com](http://www.orientalhealthsolutions.com)

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### LANGUAGES

English, Mandarin, Sichuanese

### EDUCATION

- 2001 - 2004 Master's Degree in Acupuncture and Oriental Medicine, New England School of Acupuncture: Watertown, MA
- 2000 - 2001 Post-College Education in Psychology, Anatomy & Physiology, University of Pennsylvania: Philadelphia, PA
- 1998 Fundamentals of Acupuncture and Chinese Medicine training, Shanghai Normal University and Shanghai Huashan Hospital: Shanghai, China
- 1996 - 2000 Bachelor of Art Degree in Biology, Swarthmore College: Swarthmore, PA
- 1994 - 1996 Diploma, North Carolina School of Science and Mathematics: Durham, NC

### CERTIFICATIONS

- 2004 National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM): Certification in Oriental Medicine
- 2004 NCCAOM Certification: Diplomat Status in Chinese Herbology
- 2004 NCCAOM Certification: Diplomat Status in Acupuncture

### LICENSES

- 2004 - Present Licensure: Acupuncture in North Carolina
- 2007 - 2011 Licensure: Acupuncture in Hawaii
- 2010 - 2011 Licensure: Acupuncture in Maine

### CONTINUING EDUCATION HIGHLIGHTS

- 2016 – 2017 TCM Diploma Course in Practical Dermatology: Advanced Chinese herbal studies with Mazin Al-Khafaji. 78 hours.  
Classic Formulas for Women’s Health with Sharon Weizenbaum. 12.5 hours.
- 2014 – present White Pine Institute Graduate Mentorship Program: Advanced studies in Chinese Herbal Medicine with Sharon Weizenbaum. 108 hours.  
Chinese Herbal Medicine: Shan Han Lung with Sharon Weizenbaum. 14 hours.
- 2011 – 2013 Advanced Training in Kiiko Matsumoto Style Acupuncture with Kiiko Matsumoto. 39 hours.
- 2011 - 2015 Neuroimmunology Seminars: Childhood Developmental Disorders; Perimenopause; Andropause; Environmental Sensitivity; Hepatic Detoxification; Gluten Sensitivity; Autoimmune Disorders, with Sam Yanuk and Steven Noseworthy.
- 2015 Mastering the Brain with Tom Culleton. 22 hours.
- 2012 Mastering Functional Blood Chemistry with Chris Turnpaugh. 24 hours.
- 2011 Mastering the Thyroid with Datis Kharrazian. 20 hours.
- 2009 Allergic and Autoimmune Diseases (Atopic Eczema, Allergic Asthma and Rhinitis, Inflammatory Bowel Disease) with Mazin Al-Khafaji. 18 hours.
- 2009 Optimizing Ovarian Reserve with Brandon Horn and Wendy Yu. 10 hours.
- 2006 – 2007 Advanced Training in Kiiko Matsumoto Style Acupuncture with David Euler. 60 hours.
- 2004 – 2005 Pain Management, Kiiko Matsumoto Style Acupuncture, Autoimmune Disorders, Psycho-emotional Disorders, Oriental Medicine Research. 53 hours.
- 2002-2003 Craniosacral Therapy with Patrick Cunningham. 60 hours.
- 2002 Acupuncture in the Treatment of Depression with Rosa Schnyer. 14 hours.
- 1999 Parkinson’s Disease Therapy using Forceless Spontaneous Release with Janice Walton-Hadlock. 160 hours.

## CLINICAL PRACTICE

- 2004 - Present Oriental Medicine practitioner at Oriental Health Solutions, LLC; Specialty in treating internal medical conditions, with focuses on nutrition and metabolic management, digestive disorders, and women's health including irregular/painful menstruation, PMS, PCOS, pregnancy, postpartum, and menopause.
- 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.
- 2003 – 2004 Acupuncture and Chinese Herbal Medicine Intern at various Boston, MA clinics, including Pathways to Health, and Boston Medical Center; focuses on treating HIV-positive patients, adolescents, women, and the urban underserved.
- 2001 – 2004 Chinese Herbal Pharmacist at E. Shan Tang Pharmacy and the New England School of Acupuncture Pharmacy, both around Boston, MA; dispensed Chinese herbs in bulk/raw, powder, capsule, patent, tincture, and ointment forms.
- 1999 – present Practitioner of Forceless Spontaneous Release (FSR), a gentle, energetically-focused bodywork technique especially helpful for releasing old injuries.

## PROFESSIONAL EXPERIENCE

- 2012 – Present Certified to perform Independent Medical Examinations for Medical Consultants Network.
- 2006 – 2007 Board member for North Carolina Association of Acupuncture and Oriental Medicine.
- 2004 – 2007 Consultant for University of North Carolina-Chapel Hill Family Medicine Department; Advising the design and methodology of a multi-city, multi-arm, randomized, controlled study on acupuncture's effects on chronic daily headache.
- 2003 – 2004 Member of Institutional Review Board (IRB) at the New England School of Acupuncture (NESA); Established IRB bylines; Evaluated research protocols involving NESA faculty and students.

## JOURNAL AFFILIATIONS

- 2012 – Present English language copy editor for *Journal of Integrative Medicine*.
- 2002 – 2006 Associate editor and Chinese-English translator for *New England Journal of Traditional Chinese Medicine*.

## AWARDS

- 1999 Frank Solomon Jr. Student Art Prize: Swarthmore College: Swarthmore, PA
- 1999 - 2000 Charles Collins Academic Scholarship, Swarthmore College: Swarthmore, PA
- 1999 John Nason Community Service Award, Swarthmore College: Swarthmore, PA
- 1994 Outstanding Member Award, Barton College Symphony: Wilson, NC

## TEACHING

- 2009, 2013 Lead the series "Introduction to Kiiko Matsumoto Style Acupuncture" for licensed acupuncturists. Kaneohe, HI; Durham, NC.
- 2006 – 2007 Co-taught "Oriental Medicine: an Introduction" classes at the Duke School of Continuing Education.
- 2003 – 2004 Teaching Assistant for Introductory and Advanced level classes in Chinese Herbology, New England School of Medicine, Watertown, MA.
- 1999 – 2001 Assistant teacher of Forceless Spontaneous Release technique in the treatment of Parkinson's Disease, Parkinson's Recovery Project: Santa Cruz, CA and Toronto, Canada.
- 1999 – 2000 Teaching Assistant for Introductory and Intermediate level biology classes. Swarthmore College. Swarthmore, PA.
- 1999 – 2000 Co-teacher for Yang Style 42-position Tai Ji Quan classes. Swarthmore College. Swarthmore, PA.

## PUBLICATIONS & ARTICLES

1. **Cai, F.** Translation from Chinese: Hsieh, KY. Treatment and discussion of Liver atrophy. *New England Journal of Traditional Chinese Medicine*. 2003; 2(2):3-6.
2. **Cai, F.** Translation from Chinese: Wei, H. Thoughts on the use of the “Eight Meeting Points”. *New England Journal of Traditional Chinese Medicine*. 2003; 2(1):31-34.
3. **Cai, F.** Translation from Chinese: Li, et al. The effect of boosting qi and nourish yin medicinals on the blood sugar, LOP, and SOD levels of experimentally-induced diabetic rats. *New England Journal of Traditional Chinese Medicine*. 2004; 3(1):35-39.
4. **Cai, F.** Translation from Chinese: Zhang, ZZ. Point combinations from classical texts for the treatment of heat conditions. *New England Journal of Traditional Chinese Medicine*. 2004; 3(3):32-34.
5. **Cai, F.** Translation from Chinese: Xu, JG. Clinical observation of 34 smoking cessation cases with acupuncture. *New England Journal of Traditional Chinese Medicine*. 2004; 3(3):38-39.
6. **Cai, F.** Translation from Chinese: Xuan, LH. Abdominal needles in the treatment of Spleen and Kidney dual vacuity-type cervical vertebral disorders. *New England Journal of Traditional Chinese Medicine*. 2005; 3(4):3-5.
7. **Cai, F.** Translation from Chinese: Li, SY. The treatment of 60 common migraine cases using phlegm-stagnation theory. *New England Journal of Traditional Chinese Medicine*. 2005; 3(4):6-8.
8. **Cai, F.** Translation from Chinese: Li, LC. The treatment of infertility with Chinese medicine. *New England Journal of Traditional Chinese Medicine*. 2005; 4(1):33-42.
9. **Cai, F.** Translation from Chinese: Zhang, LQ and Cao, XM. Treating Infertility Due to Fallopian Tube Obstruction with Lu Hua Pills: 120 Cases. *New England Journal of Traditional Chinese Medicine*. 2005; 4(2):11-14.

## RESEARCH

- 2005 Research Consultant: consulted on acupuncture methods for Chronic Daily Headache study, UNC-Chapel Hill.
- 2000 - 2001 Research Assistant: carried out behavioral neuro-gastric studies in Grill-Kaplan Lab, University of Pennsylvania: Philadelphia, PA.

## SOCIETIES

- 2004 – present National Certification Commission of Acupuncture and Oriental Medicine
- 2004 – present North Carolina Acupuncture & Oriental Medical Association
- 2007 – 2010 Hawaii Oriental Medicine and Acupuncture Association

## PRESENTATIONS

- 10/2011-2016 Chapel Hill, NC. University of North Carolina Department of Medicine: *Oriental Medicine: Traditional and Contemporary Perspectives*.
- 01/2013 Durham, NC. Triangle Area Midwives: *The Role of Acupuncture and Acupressure in Prenatal, Birth, and Postpartum Care*. With Dagmar Ehling, LAc.
- 3/2011 Ellsworth, ME. Maine Association of Midwives: *Acupressure for Labor & Delivery*.
- 7/2009 Kaneohe, HI. Community Lecture: *Enhancing Your Immune System with Acupuncture*.
- 10/2008 Kaneohe, HI. Lions Club Presentation: *Using Oriental Medicine to Live Long & Strong*.
- 9/2008 Kaneohe, HI. Community Lecture: *Acupuncture for Women's Health*.
- 4/2007 Raleigh, NC. Holistic Mom's Network: *Healthy Pregnancies, Healthy Children*.
- 9/2006 Durham, NC. Duke University Continuing Education Studies: 1 day seminar on Oriental Medicine. Lecture to nurses and other health care practitioners. 0.8 hrs CEU offered.
- 10/2005 Chapel Hill, NC. University of North Carolina: *TCM and Pain Management*. Lecture to various medical students and faculty. With Dagmar Ehling, LAc, Ken Morehead, LAc.
- 10/2005 Greenville, NC. East Carolina University: *Demystifying Traditional Chinese Medicine*. Lecture to Brody School of Medicine physicians, residents, and medical students.
- 6/2005 Durham, NC. Rotary Club of Durham: *An Introduction to Traditional Chinese Medicine*.
- 5/2005 Durham, NC. EPA: *Common Ailments treated with Oriental Medicine*. With Dagmar Ehling, LAc, Kenneth F. Morehead, LAc.

- 4/2005 Chapel Hill, NC. University of North Carolina Asian Medical Students Association: *Familiarizing Future Physicians with Chinese Medicine.*
- 3/2005 Cary, NC. SAS: *Research & Science of Oriental Medicine.* With Dagmar Ehling, LAc, Ken Morehead, LAc
- 1/2005 Durham, NC. Rotary Southwest Durham Club. *Fundamental Concepts in Traditional Chinese Medicine.*
- 1/2005 Durham, NC. North Carolina School of Science and Mathematics: *Fundamental Concepts in Traditional Chinese Medicine.*
- 11/2004 Cary, NC. SAS: *Oriental Medicine and Gynecology.* With Dagmar Ehling, LAc.
- 10/2004 Cary, NC. Dupont: *Acupuncture and Chinese Herbal Medicine.*
- 9/2004 Chapel Hill, NC. UNC CH Family Medicine: *Breast pain during lactation.* With Dagmar Ehling, LAc, Ken Morehead, LAc.
- 5/2004 Boston, MA. Harvard University Medical Students Association: *Familiarizing Future Physicians with Chinese Medicine.* With Vivien Zhang, LAc.

### **HOBBIES AND LOVES**

Since...

- 1985 – Classical and folk violin player
- 1994 – Amateur photographer
- 2000 – Yoga student and enthusiast: Hatha, Anusara styles
- 2000 – Nutrient-dense foods cook and advocate
- 2004 – Road cyclist
- 2007 – Backyard gardener
- 2007 – Mom