

Toby Helmstetter, MTCM, LAc, Dipl OM
Oriental Medicine Practitioner at Oriental Health Solutions, LLC

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EDUCATION:

2003 Master's Degree in Traditional Chinese Medicine, Five Branches Institute, Santa Cruz, CA
1997 Bachelor of Arts Degree in Chinese, University of Colorado, Boulder, CO
1995 Certificate of Massage Therapy, Boulder College of Massage Therapy, Boulder, CO

CERTIFICATIONS

2003 - present Certification: Acupuncture by the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM): Diplomat status in Acupuncture
2003 - present Certification: Acupuncture by the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM): Diplomat Status in Chinese Herbology

LICENSES

2003 - present Licensure: Acupuncture in North Carolina
2003 - present Licensure: Acupuncture in California

CONTINUING EDUCATION HIGHLIGHTS

2016 - present White Pine Institute Graduate Mentorship Program in advanced Chinese medical physiology, diagnosis, and herbology with Sharon Weizenbaum (2 years, 144 hours total), 52 hours
2016 Engaging Vitality: Qi Palpation in Practice of Acupuncture, Raleigh, NC, 13 hours
2016 Classic Formulas for Women with Sharon Weizenbaum, Greensboro, NC, 12.5 hours
2016 Fundamentals of Functional Blood Chemistry, Raleigh, NC 16 hours
2005 - 2015 Ongoing study with Jeffrey Yuen, 88th generation Daoist priest and teacher of Chinese Medicine:
Treatment of Cancer Patients with Chinese Medicine, San Diego, CA, 8 hours
Divergent Meridians, Asheville, NC 30 hours
Treatment of Latent Heat, Asheville, NC, 15 hours
Bi Obstruction Syndrome, Columbia, MD, 13 hours
Endocrinology, Boulder, CO, 13 hours
Luo Vessels, Asheville, NC, 30 hours
Minerals and Stones for Chronic Degenerative Diseases, Tucson, AZ, 14 hours
Classical Approaches to Contemporary Problems, Asheville, NC, 15 hours
Chinese Medical Pediatrics, Columbia, MD, 14 hours
2015 The Treatment of Children using Classic Formulas with Huang Huang, 15 hours
2015 Explaining and Treating Autoimmune Disorders with Chinese Herbal Medicine with Heiner Fruehauf, 5 hours
2007 5 Element Acupuncture View of the Causes of Disease and Strategies of Patient Care from the Classics with Ian Florian, Chapel Hill, NC, 13 hours
2007 Functional Endocrinology with Datis Kharrazian, DC, Charlotte, NC 16 hours
2006 Herb-Drug Interactions with John Chen Pharm D, LAc, Wilmington, NC, 8 hours
2006 - 2007 Beginning and Advanced Balance Method with Richard Tan, 28 hours
2005 5 Element Approach to Chinese Herbalism with Thea Elijah, 13 hours
2003, 2005 Facial Rejuvenation Acupuncture and Chinese Herbs with Virginia Doran, 30 hours

CLINICAL PRACTICE

2004 - 2016 Founding member and owner of Triangle Acupuncture Clinic in Chapel Hill, NC
2008 Credentialed acupuncture provider for Duke Fertility, Durham, NC
Provided on site acupuncture services for patients pre- and post-embryo transfer.
1995 - 2000 Massage therapy practice for chronic pain patients, Boulder Osteopathic Center, Boulder, CO

PUBLICATIONS & ARTICLES

Wedgler, T. Translation from Chinese: Zhang, XL. Jiang Xingjing's Experiences in Gynecology. *Blue*

Poppy Press. 1997

SOCIETIES

2004 - present North Carolina Association for Acupuncture and Oriental Medicine

PRESENTATIONS

9/2016 Cary, NC. Baby & Co. *The Role of Acupuncture and Acupressure in Prenatal, Birth, and Postpartum Care*, with Dagmar Ehling, LAc.

MEDIA APPEARANCES

January 14, 2014 That Cancer Show: "Latest Findings about Acupuncture to Ease Treatment Side Effects"

May 6, 2012 That Cancer Show: "What Does Acupuncture have to do with Cancer?"

AWARDS

2012, 2013, 2014 Independent Weekly winner Best Place for Acupuncture, Chapel Hill, NC

2012, 2013 Metro Magazine winner Best Acupuncture Clinic, Raleigh, NC

2006 Chapel Hill Carrboro Chamber of Commerce, Best New Business

EXTRACURRICULAR ACTIVITIES

2015 - present Amateur piano player

2011 - present Assistant teacher and student of Jin Gui Golden Shield Qi Gong

2004 - 2005 Volunteer at The Women's Center, Chapel Hill, NC

1993 - 1997 Volunteer Crisis Counselor for "Rapline" Crisis Hotline, Boulder, CO

1994 - 1997 Original member of All Rights Reserved a capella ensemble, Boulder, CO