

Fang Cai, MAOM, LAc, Dipl OM

Oriental Medicine Practitioner at Oriental Health Solutions, LLC

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LANGUAGES

Mandarin, Sichuanese, English

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: Diplomate Status in Chinese Herbology
2004 NCCAOM Certification: Diplomate Status in Acupuncture

CONTINUING EDUCATION HIGHLIGHTS

2006 – 2007 Advanced Training with David Euler in Kiiko Matsumoto Style Acupuncture, Baltimore, MD. 60 hours.
2004 – 2005 Oriental Medicine Continuing Education: North Carolina Association of Acupuncture & Oriental Medicine, Maryland Acupuncture Society: Pain Management, Japanese Style Acupuncture, Autoimmune Disorders, Psycho-emotional Disorders, OM Research, 53 hours
2002-2003 Craniosacral Therapy: New England School of Acupuncture. Watertown, MA, 60 hours.
2002 Acupuncture in the Treatment of Depression: New England School of Acupuncture. Watertown, MA. 14 hours.
1999 Parkinson's Disease Therapy with Forceless Spontaneous Release: Parkinson's Recovery Project. Santa Cruz, CA. 160 hours.

LICENSES

2004 - present Licensure: Acupuncture in North Carolina

CLINICAL PRACTICE

2004 - present Oriental Medicine practitioner at Oriental Health Solutions, LLC; Specialty in treating internal medical conditions, with focus on digestive disorders, headaches, and women's health including fertility.
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, Dimock Community Health Center, and Boston Medical Center; focus 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

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

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
1992 – 1996 Violinist in North Carolina All-State and Honors Orchestra
1994 Violinist in North Carolina Governor's School West Symphony: Winston-Salem, NC
1994 Outstanding Member Award, Barton College Symphony: Wilson, NC

TEACHING

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, NE.
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

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
 2004 – present American Society of Acupuncture, fellow

PRESENTATIONS

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.

10/2005 Chapel Hill, NC. University of North Carolina: *TCM and Pain Management*. Lecture to various health care professional 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.

EXTRACURRICULAR ACTIVITIES

1985 – present Classical violinist
 1996 – present Bluegrass and old time fiddle player
 1994 – present Amateur photographer
 1998 – 2000 Tai Ji Quan student and instructor

2000 – present Yoga student and enthusiast: Hatha, Anusara styles
2004 – present Road cyclist