

## **Fang Cai, MAOM, LAc, Dipl AHM, RCM-Derm**

Managing Partner and East Asian Medicine Practitioner at Meridian Health Solutions

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Durham, NC 27707

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[www.MeridianHealthNC.com](http://www.MeridianHealthNC.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**

2018 Certification: International TCM Dermatology Association  
2004 National Certification Board for Acupuncture and Herbal Medicine (NCBAHM): Certification in Acupuncture and Herbal Medicine  
2004 NCBAHM Certification: Diplomat Status in Chinese Herbology  
2004 NCBAHM 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**

2020 – present Sa'am Acupuncture with Toby Daly and Kristin Wisgirda, Fundamentals, Intermediate, Advanced Courses, and Case Studies. 100+ hours.  
2023 Dermatology Advance Master Class: In-Depth Guide to Clinical Practice with Mazin Al-Khafaji. 24 hours.  
2023 Integrative Dermatology Symposium. 14.5 hours.  
2022 TCM Dermatology: Eczema Strategies with Mazin Al-Khafaji. 19.5 hours.  
2019 Advanced Master Class in Dermatology with Mazin Al-Khafaji. 13 hours.  
2018 Classical Yuan Qi Acupuncture with Suzanne Robidoux. 14 hours.  
2016 – 2018 Diploma Course in Practical Dermatology: Advanced Chinese herbal studies with Mazin Al-Khafaji. 78 hours.  
2015 Mastering the Brain with Tom Culleton. 22 hours.  
2014 – 2016 White Pine Institute Graduate Mentorship Program: Advanced studies in Chinese Herbal Medicine with Sharon Weizenbaum. 108 hours.  
2011 – 2015 Neuroimmunology Seminars: Childhood Developmental Disorders; Perimenopause; Andropause; Environmental Sensitivity; Hepatic Detoxification; Gluten Sensitivity; Autoimmune Disorders, with Sam Yanuk and Steven Noseworthy.  
2011 – 2013 Advanced Acupuncture Training with Kiiko Matsumoto. 39 hours.  
2012 Mastering Functional Blood Chemistry with Chris Turnpugh. 24 hours.  
2011 Mastering the Thyroid with Datis Kharrazian. 20 hours.  
2009 Allergic and Autoimmune Diseases 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 Traditional East Asian Medicine practitioner at Meridian Health Solutions; Treating a wide range of internal medical conditions, specializing in dermatology, allergies, immune system regulation, peri/menopause health, and holistic nutrition.
- 2007 Credentialed acupuncture provider for Duke Integrative Medicine, Duke University.
- 2003 – 2004 Acupuncture and Chinese Herbal Medicine Intern at various Boston, MA clinics, including Pathways to Health, and Boston Medical Center
- 2001 – 2004 Chinese Herbal Pharmacist at E. Shan Tang Pharmacy and the New England School of Acupuncture Pharmacy, both around Boston, MA.

### PROFESSIONAL EXPERIENCE

- 2012 – 2020 Certified for Independent Medical Examinations for Medical Consultants Network.
- 2006 – 2007 Board member for North Carolina Association of Acupuncture and Oriental Medicine.
- 2004 – 2007 Consultant for UNC-Chapel Hill Family Medicine Department; Advised methodology of a multi-arm, randomized controlled study on acupuncture and chronic daily headache.
- 2003 – 2004 Member of Institutional Review Board (IRB) at the New England School of Acupuncture; Established IRB bylines; Evaluated research protocols

### 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 "Introduction to Kiiko Matsumoto Style Acupuncture" series for licensed acupuncturists. Kaneohe, HI; Durham, NC.
- 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 FSR technique in the treatment of Parkinson's Disease, Parkinson's Recovery Project: Santa Cruz, CA and Toronto, Canada.
- 1999 – 2000 Co-teacher for Yang Style 42-position Tai Ji Quan classes. Swarthmore College.

### 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

- 2004 – 2007      Research Consultant: acupuncture methods for Chronic Daily Headache study, UNC-Chapel Hill.
- 2000 – 2001      Research Assistant: behavioral neuro-gastric studies, Grill-Kaplan Lab, University of Pennsylvania.

### SOCIETIES

- 2004 – present    National Certification Board for Acupuncture and Herbal Medicine
- 2004 – present    North Carolina Society of Acupuncture and Asian Medicine
- 2007 – 2010      Hawaii Oriental Medicine and Acupuncture Association

### PRESENTATIONS

- 2011-2019      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*.
- 3/2011      Ellsworth, ME. Maine Association of Midwives: *Acupressure for Labor & Delivery*.
- 7/2009      Kaneohe, HI. Community Lecture: *Enhancing Your Immune System with Acupuncture*.
- 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.
- 10/2005      Chapel Hill, NC. University of North Carolina: *TCM and Pain Management*.
- 10/2005      Greenville, NC. East Carolina University: *Demystifying Traditional Chinese Medicine*. Lecture to Brody School of Medicine physicians, residents, and medical students.
- 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*.
- 9/2004      Chapel Hill, NC. UNC CH Family Medicine: *Breast pain during lactation*.
- 5/2004      Boston, MA. Harvard University Medical Students Association: *Familiarizing Future Physicians with Chinese Medicine*.

### OTHER INTERESTS AND JOYS

Maker of nutrient-dense spicy foods  
 Home fermentation experimentalist  
 Backyard gardener  
 Yoga & movement student  
 Dog hugging, chicken herding  
 Classical and folk violin player  
 Daughter; Wife; Mom