

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

Managing Partner and East Asian Medicine Practitioner at Meridian Health Solutions

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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 Turnpaugh. 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 <i>Journal of Integrative Medicine</i> .
2002 – 2006	Associate editor and Chinese-English translator for <i>New England Journal of Traditional Chinese Medicine</i> .

### **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 combination s 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