

Kenneth F. Morehead, BM, MM, MSOM, LAc, DOM(NM), DAONB, KMS, CFMC

Co-Founding Partner and East Asian Medicine Practitioner at Meridian Health Solutions, LLC

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EDUCATION:

- 1996 Diplomat of the Acupuncture Orthopedics National Board
 - 1993 Masters of Science in Oriental Medicine Degree from Southwest Acupuncture College *
 - 1992 Diplomat of the National Commission for the Certification of Acupuncture & Oriental Medicine.
 - 1980 Master of Music, West Virginia University
 - 1977 Bachelor of Music, North Texas State University
- * This is an upgrade from a Masters in Oriental Medicine, completed in 1992.

CERTIFICATIONS

- 2024 Certified Functional Medicine Clinician, from the Kharrazian Institute, 68 hours, recognized by the National University of Health Sciences
- 2020-2021 Certificate of Completion: Kiiko Matsumoto Style Acupuncture. 150 hour series on late 20th c Japanese Acupuncture
- 1992 - present Certification: Acupuncture by the National Certification Board for Acupuncture and Herbal Medicine (NCBAHM): Diplomat status in Acupuncture
- 2013 Certified GAPS* Practitioner (*Gut And Psychology Syndrome)

INDEPENDENT POLL WINNER

- 2012 Best Holistic Medicine Practitioner Category, the INDY's "Best of the Triangle reader's poll," out of over 10,000 voters.

CONTINUING EDUCATION HIGHLIGHTS:

- 2026 Mood and Anxiety Disorders, Clinical Strategies & Treatment Applications, video course 1.15.26
Respiratory and Sinus - Clinical Strategies & Treatment Applications, video course. 1.5.26
Degenerative Joint, Muscle, & Bone Conditions Clinical Strategies & Treatment Applications, video course completed 1.11.26, 12 hrs.
- 2025 Anchoring the Spirit: Nurturing the Hun, Po, Ling & Shen Amidst Uncertainty and Fear by Peter Shea 11.22.25, 6 hrs.
Nourishing The Channels, Live in Asheville, May 30-June 1st, 19 hrs.
- 2024 Chronic Inflammation, Clinical Strategies and Treatment Applications, Datis Kharrazian, 7/24 6.5 hrs.
Chronic Infections, Clinical Strategies and Treatment Applications, Datis Kharrazian, 7/24 12 hrs
Hormone Imbalances Throughout the Lifespan, Datis Kharrazian, 8/24 12 hrs
Hashimoto's Clinical Strategies and Treatment Applications, Datis Kharrazian, 8/24 12 hrs
- 2022 Cardiovascular & Neurovascular Syndromes: Clinical Strategies & Treatment Applications, Datis Kharrazian, 4/9-10/22, 14 hrs.
Cognitive Decline: Dementia Clinical Strategies & Treatment Applications, Datis Kharrazian, 10/11-12/22, 14 hrs.
Longevity & Wellness Optimization: Clinical Strategies & Treatment Applications, Datis Kharrazian, 12/10-11/22, 14 hrs.
- 2021 Chronic Fatigue & Pain, Datis Kharrazian, 9/25-26/21, 14 hrs.
- 2008 - 2019 Ongoing Participation in the Advanced Japanese Acupuncture Seminar Group with Kiiko Matsumoto, LAc, in Baltimore, MD
- 2020 Alchemical Healing: Using the Tools of Chinese Medicine to Address the World Soul in Troubled Times 5 hrs.
So How Safe is Acupuncture? Review of Up-to-date Clinical Evidence & Perspective, 2 hrs.
Lessons From The Lab: A Selection of "Energy" Healing Experiments, Dr. William Bengston, PhD 3 hrs.
Ethical Practice in Vulnerable Populations, Claudia Citkovitz, 2 hrs.
The 8 Extraordinary Vessels Impact on Psycho-Neuro-Immunology, Yvonne Farrell, 6 hrs.
- 2018 Ishizaka Ryu Japanese Acupuncture, Cary, NC. 5 hrs.
Psychotherapy Networker 4-Day Annual Symposium, Keynotes with Jack Kornfield, Esther Perel, Irvin

	Yalom, breakouts on Crisis in Masculinity, Race In & Outside Therapy, From Dysfunction to Erotic Discovery.
2017	Digestive Mastery with Wally Schmitt, DC, Charleston, NC. 12 hrs.
2017	Dao Needle Therapy, A Revolutionary Acupuncture Technique for Structural Integration Assessment & Treatment, 15 hrs.
2016	Could Methylation Be the Holy Grail of Aging Gracefully, Charlotte, NC, 1 day, 7 hrs.
2016	Hormones & Cardio-metabolic Function presented by Jack Monaco, MD, Charlotte, NC, 1 day, 7 hrs.
2016	NC Integrative Medicine Conference, Winston/Salem, 2 days, 9 hrs
2016	Organic Acids Test Workshop, Atlanta, GA. 8.5 hrs.
2016	Safety and Ethics with Michael Taromina, Esq. 4 hrs.
2014	Knotty Diseases w/Classic Formulas with Sharon Weizenbaum, 12.5 hrs.
2014	Global Balance Method, 28 hrs, with Dr. Richard Tan in Charlotte, NC.
2012	Mastering Functional Blood Chemistry with Chris Turnpugh, DC, 24 hrs
	A New Era in Preventing, Managing and Reversing Cardiovascular and Metabolic Dysfunction, Institute of Functional Medicine Annual Conference with Mark Houston, MD, Mark Hyman, MD, Mimi Guarneri, MD, etc. 37 hrs
	Neuroimmunology & Clinical Applications with Aristo Vojdani, PhD, Carrick Institute 25 hrs
2009 – 2011	Apex Energetics, Inc. Mastering the Thyroid with Datis Kharrazian, DC, 20 hrs
	Neurotransmitters & Brain Seminar with Datis Kharrazian, DC, 30 hrs
	Functional Blood Chemistry with Datis Kharrazian, DC, 20 hrs
	Functional Endocrinology with Datis Kharrazian, DC, 15 hrs
2009	Mindfulness Training for Medical Professionals, Duke Integrative Medicine. An 8 day training.
2006 – 2009	Advanced Japanese Acupuncture Study with David Euler, LAc and Kiiko Matsumoto, LAc., Baltimore. 120 hrs
1999 – 2005	Duke School of Medicine: Office of CME: Integrative Medicine Study Group
1999 – 2005	Oriental Medicine Continuing Education: North Carolina Association of Acupuncture & Oriental Medicine and other organizations: PMS, Internal Medicine, Herb/Drug Interactions, Pain Management, Japanese Acupuncture, Endocrine Disorders, Psychology, Five-Elements, Treatment of Depression, OM Research, Low Back Pain, Migraines and Yamamoto scalp acupuncture, among others.
1995 - 1996	Completion of Postgraduate training in Acupuncture Orthopedics, Diplomate Status granted 6/1/96.
1995	Injection Therapy: Oriental Medicine Association of New Mexico. Albuquerque, NM

LICENSES

7/97 - present	Licensure: Acupuncture in North Carolina
1992 - present	Licensure: Doctor of Oriental Medicine (DOM) in New Mexico

CLINICAL PRACTICE

2004 to present	Founding partner of Oriental Health Solutions, LLC, practice merger with Dagmar Ehling, MAc, LAc, DOM(NM)
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.
1992 - present	Specialty in Orthopedics with a focus on Japanese style Acupuncture (Matsumoto style), treatment of side effects of cancer treatment (radiation/chemotherapy) and related immune support. Significant emphasis on dietary factors as causal in most complaints.

PROFESSIONAL EXPERIENCE

2012 to Present	Certified to perform Independent Medical Examinations for Medical Consultants Network.
2/1/08 – 3/15/12	Chair of the Legislative Committee of the North Carolina Acupuncture Licensing Board
2/1/08 – 7/1/09	Chair of the North Carolina Acupuncture Licensing Board
2006 – 2/1/08	Secretary of the North Carolina Acupuncture Licensing Board
2005 - 2006	Member of the North Carolina Acupuncture Licensing Board
2004 - 2006	Member of the Healthy Local Meat Advisory Board, School of Public Health, UNC-Chapel Hill
2000 - present	Member of the Weston A. Price Advisory Board
2000 - 2002	Advisory Committee for Duke Center for Integrative Medicine for NIH's NCCAM grant proposal; community practitioner for CFM-251, a course that teaches medical students and physical therapy

	students about Complementary and Alternative Medicine (CAM)
1998 – 2002	Secretary, NC Association of Acupuncture & Oriental Medicine
1996 – 1998	Appointed to the Education Committee of the New Mexico State Board
1995 – 1997	Secretary, NM Association of Acupuncture and Oriental Medicine
1994 – 1997	Publisher/Editor, NMAAOM Newsletter
1996 – 1997	Oriental Medicine Association of New Mexico: State Exam Committee member - redesigned the New Mexico Practical State exam
1994 - 1998	New Mexico state licensure examiner

PODCASTS & RADIO SHOWS

January 23, 2017	Wise Traditions Podcast for the Weston A. Price Foundation http://wisetraditions.libsyn.com/60-energy-health-vitality
FALL, 2017	Nutrition Heretic Radio Show https://nutritionheretic.com/ken-morehead-chinese-medicine-acupuncturist/

PUBLICATIONS & ARTICLES

Fall 1997	Morehead K. <i>Microcurrent Therapy, Complexity Theory and the Practice of Oriental Medicine</i> Newsletter: Oriental Medicine Association of New Mexico
Summer 1998	Morehead K. <i>The Oriental Medical Approach to Common Disorders Resulting from Cumulative Trauma</i> , Ergo Talk, North Carolina Ergonomics Resource Center.
Summer 2000	Morehead K. <u>Complexity in Food</u> . <i>Wise Traditions (Weston Price Foundation Periodical)</i> , Vol 1, #2. http://www.orientalhealthsolutions.com/information/published_articles

RESEARCH

2022	Primary Investigator: Reversing Declining Kidney Function w/Micro-current Therapy, with Julie McGregor, MD and Will Pendergraft, MD.
3/2004 – 7/2005	Research Consultant with Dr. Michael Paglia. <i>Use of Acupuncture for Cervical Ripening</i> . Credentialed at Duke University Medical Center to perform acupuncture treatments for purpose of study
2004 - present	Informal research project in association with Mary Rose Tulley, Director of Lactation Consultants, UNC-CH, to treat breast pain associated with impaired lactation.

SOCIETIES

1998 to 2003	North Carolina Acupuncture & Oriental Medical Association; 1998 – 2003 board member: Ethics Committee Service.
1996 – 1998	Oriental Medicine Association of New Mexico, Secretary, Publisher: OMANM Newsletter
1996 to present	American Association of Oriental Medicine, member
1989 to 1998	Oriental Medicine Association of New Mexico

PRESENTATIONS

12/17/17	<i>Performance and Health</i> , Percussion Symposium Breakout Session, Raleigh, NC
11/13/16	<i>Aging Well with Vitality: Insights from a Culture that Knew the Value of Healthy Elders</i> , Presented at the 17 th Annual Weston A. Price Conference, Montgomery, AL.
3/13-27-2016	Acupuncture in the Treatment of Breast Pathology, Presented in Conjunction with the NC Association of Acupuncture and Oriental Medicine
2010 - 2016	Eshelman School of Pharmacy, UNC-Chapel Hill. <i>Oriental Medicine, Principles and Concepts</i> , an annual lecture for the School of Pharmacy.
3/25/12	<i>Maintaining Eye Health Under Workplace Demands</i> , a lecture for the Greater Piedmont Electrolysis Association
2/24/2009	Chapel Hill, NC. Women's Health Continuing Education Conference for the UNC School of Nursing. <i>Oriental Medicine & Acupuncture for Women's Health</i> . With Dagmar Ehling, LAc.
2003 - 2009	Durham, NC. Duke Integrative Medicine: Capstone Rotation. Annual Acupuncture & Chinese Herbal presentation to 4 th year medical students.
10/15/08	<i>Acupuncture for the Breastfeeding Mother</i> , 18 th Annual Art of Breastfeeding Conference. Sponsored by Carolina School of Nursing and Wake AHEC, Friday Center, Chapel Hill.
3/2008	<i>Skin and Hair Quality in Light of Women's Health</i> . NC Electrolysis Convention, Durham.
3/2007	36 th Annual NC Section Conference of the Association of Women's Health, Obstetric & Neonatal Nurses, <i>Touch as a Vehicle for Growth: An Experiential Session</i> w/ Lois Ballen, MSN, CNM, RN

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: <i>TCM and Pain Management</i> . Lecture to various health care professional students and faculty. With Fang Cai, LAc, Dagmar Ehling, LAc.
3/18/2005	Chapel Hill, NC. The 5th UNC Integrative Medicine Conference: <i>Integration of Japanese Acupuncture and Dietary Therapy</i>
3/19/2005	Chapel Hill, NC. The 5th UNC Integrative Medicine Conference: <i>A Pasture-Based & Sustainable Beef Production System</i>
3/2005	Cary, NC. SAS: <i>Research & Science of Oriental Medicine</i> . With Fang Cai, LAc, Dagmar Ehling, LAc
10/25/2005	Durham, NC. Duke Continuing Studies: <i>Maintaining a Vital Immune System from our 20s to Our 80s</i> .
10/3/2004	Washington, DC. International Conference of the Weston Price Foundation: <i>Oriental Medicine and Food</i>
5/3/2003	Washington. D.C. Weston A Price International Conference: <i>Our Whole Heart, An Oriental Medical Perspective</i>
6/10/2000	Durham, NC. Acupuncture Association of North Carolina Annual Conference: <i>Japanese Acupuncture Approaches to Gynecology</i>
4/28-29/2000	Washington, D.C. Weston Price Foundation: <i>Wise Traditions in Food, Farming and the Healing Arts</i> . Key Note Speech & breakout sessions
3/29/2000	Durham, NC. Duke University Integrative Medicine Study Group, Case Presentation: <i>Carpal Tunnel Syndrome</i>
9/22/1999	Durham, NC. Duke University Integral Medicine Study Group. Case Presentation: <i>Fibromyalgia</i>
3/12/1999	Chapel Hill, NC. NC Assn. of Rehabilitation Insurance Professionals: <i>Oriental Medical Approach to Work Related Injury</i>
3/5/1999	Chapel Hill, NC. Presented to the NC Developmental Evaluation Centers, Feeding Teams Statewide Meeting: <i>An Alternative Approach to Feeding Disorders</i> , at UNC-CH Hospital.
1/23-24/1999	Santa Fe, NM. Oriental Medical Association of NM Conference: <i>Oriental Medicine & Fibromyalgia</i>
9/20/1998	Raleigh, NC. Complementary Approaches to Pain Management, Seminar and Panel Discussion, Dr. Mark McClure, Facilitator. Presentation: <i>Traditional Chinese Medical Approaches to Pain Management</i>
9/18/1998	Raleigh, NC. The NC Biofeedback Society Conference: <i>Chronic Pain & Stress: A Different Perspective</i>
6/18/1998	Chapel Hill, NC. 15th Workers' Compensation Conference, UNC/Duke: <i>Supporting Employee Health: Taking a Holistic Approach</i>
4/18/1998	Santa Fe, NM. Seminar: <i>Microstimulation Therapy</i> , at Alternative Medical Associates.
10/15/1997	Durham, NC. Duke University Integral Medicine Study Group Presentation: <i>Comparative Effects of Microcurrent Stimulation on EEG Spectrum & Correlation Dimension</i>
6/14/1997	Santa Fe, NM. Seminar: <i>Microstimulation Therapy</i> , at Alternative Medical Associates.

PREVIOUS PROFESSIONAL EXPERIENCE

1992 - 1994	Principal Percussionist, Santa Fe Symphony
1991 - 1992	Principal Timpanist, Santa Fe Symphony
1989 - 1994	Section percussionist, Santa Fe Opera
1984 - 1987	Founder and Director: The East West Center of Austin, TX. A 501 c (3) organization dedicated to holistic public health education.
1970 – 1980	Percussionist, Ft. Worth Symphony, Oklahoma Symphony, Houston Pops Orchestra, Austin Symphony

INVENTION

1998	Crotalephone is recorded on CD with the Pacific Symphony Orchestra, NEXUS performing on a Sony Classical Recording. SK 63044.
1986	World Premier of Crotalephone Prototype, 4 Octave Keyboard Percussion Instrument, with the UT-Austin Graduate Percussion Ensemble.
1988	Premier of Takemitsu's From Me Flows What You Call Time, part of the Celebration of 100 years of Music at Carnegie Hall, Crotalephone prominently featured in this work. Related Publications:
1979	<i>Forging A New Instrument</i> , Percussive Notes. An article on the creation of the Crotalephone.

EXTRACURRICULAR ACTIVITIES

2026	Completed construction of the world's first Vibraphone with a low E (Vibes typically run F-F)
2025	Recorded 2 World Premieres with Essere Marimba Quartet at UNC Chapel Hill
2022	Founded Essere Percussion, a mallet percussion quartet, with performances in Winston/Salem, Raleigh
2020	Rebuilt a 1940-era Deagan Imperial 4-Octave Marimba
2018, December	Hiking, biking and kayaking throughout Thailand
2009-2015	Creation of a premier example of Permaculture Based sustainable residential property in Durham, on the tour for the <i>Design with Nature to Live Sustainably</i> course at Durham tech – Jane Norton, Executive Director; Eartheal, http://www.eartheal.org
2012 - 2016	Participation in local Swing Dances, Lindy/Charleston/Balboa styles
6/7/2012	Solo Performance on the Amadinda (West African Xylophone), Santa Fe Marimba Festival, NM
2012 - 2018	Section Percussionist (except 2017), Durham Symphony (DSO) Co-founder of the Triangle Mallet Ensemble.
2017 & 2022	Principal Percussionist, Durham Symphony Orchestra.
3/8/04	Summit, Kilimanjaro, Tanzania
1993-97	Cross country skiing on the western continental divide, living in a yurt for 4 days- with day trips from the yurt.