

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

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

907 Broad St.  
Durham, NC 27705

Tel: 919-286-9595  
[www.meridianhealthnc.com](http://www.meridianhealthnc.com)

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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 20<sup>th</sup> c Japanese Acupuncture
- 1992 - present Certification: Acupuncture by the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM): 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:**

- 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 Turnpaugh, 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-acupunturist/>

### PUBLICATIONS & ARTICLES

Fall 1997 **Morehead K.** *Microcurrent Therapy, Complexity Theory and the Practice of Oriental Medicine*  
Newsletter: Oriental Medicine Association of New Mexico

Summer 1998 **Morehead K.** *The Oriental Medical Approach to Common Disorders Resulting from Cumulative Trauma*, Ergo Talk, North Carolina Ergonomics Resource Center.

Summer 2000 **Morehead K.** Complexity in Food. *Wise Traditions (Weston Price Foundation Periodical)*, Vol 1, #2.  
[http://www.orientalhealthsolutions.com/information/published\\_articles](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. *Use of Acupuncture for Cervical Ripening*. 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 *Performance and Health*, Percussion Symposium Breakout Session, Raleigh, NC

11/13/16 *Aging Well with Vitality: Insights from a Culture that Knew the Value of Healthy Elders*, Presented at the 17<sup>th</sup> 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. *Oriental Medicine, Principles and Concepts*, an annual lecture for the School of Pharmacy.

3/25/12 *Maintaining Eye Health Under Workplace Demands*, 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. *Oriental Medicine & Acupuncture for Women's Health*. With Dagmar Ehling, LAc.

2003 - 2009 Durham, NC. Duke Integrative Medicine: Capstone Rotation. Annual Acupuncture & Chinese Herbal presentation to 4<sup>th</sup> year medical students.

10/15/08 *Acupuncture for the Breastfeeding Mother*, 18<sup>th</sup> Annual Art of Breastfeeding Conference. Sponsored by Carolina School of Nursing and Wake AHEC, Friday Center, Chapel Hill.

3/2008 *Skin and Hair Quality in Light of Women's Health*. NC Electrolysis Convention, Durham.

3/2007 36<sup>th</sup> Annual NC Section Conference of the Association of Women's Health, Obstetric & Neonatal Nurses, *Touch as a Vehicle for Growth: An Experiential Session w/ Lois Ballen, MSN, CNM, RN*  
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 Fang Cai, LAc, Dagmar Ehling, LAc.

3/18/2005 Chapel Hill, NC. The 5th UNC Integrative Medicine Conference: *Integration of Japanese Acupuncture and Dietary Therapy*

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

### EXTRACURRICULAR ACTIVITIES

- 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 *Design with Nature to Live Sustainably* 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.