

## **Toby Wedgle, MTCM, LAc, Dipl.Ac., Dipl. C.H.**

Operations Manager and East Asian Medicine Practitioner at Meridian Health Solutions, LLC

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### **EDUCATION:**

2003 Master's Degree in Traditional Chinese Medicine, Five Branches Institute, Santa Cruz, CA  
1997 Bachelor of Arts Degree in Chinese, University of Colorado, Boulder, CO  
1995 Certificate of Massage Therapy, Boulder College of Massage Therapy, Boulder, CO

### **CERTIFICATIONS**

2003 - present Certification: Acupuncture by the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM): Diplomat status in Acupuncture  
2003 - present Certification: Acupuncture by the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM): Diplomat Status in Chinese Herbology

### **LICENSES**

2003 - present Licensure: Acupuncture and Chinese Herbal Medicine in North Carolina  
2003 - 2016. Licensure: Acupuncture and Chinese Herbal Medicine in California

### **CONTINUING EDUCATION HIGHLIGHTS**

2023 Saam Acupuncture: Deconstructing Point Combinations, 15 hours  
2023 The 12 Channels of Saam, 12 hours  
2022 Saam Acupuncture: Draining Strategies and Bilateral Combinations, 18 hours  
2020 - 2023 Advanced studies in Chinese Herbal medicine with White Pine Institute.  
2020 - 2023 Saam Acupuncture with Toby Daly and Kristin Wisgirda, Fundamentals, Intermediate Courses and Case Studies, 45+ hours  
2021 Treating Pain with Acupuncture & Topical Applications of Herbs with Evan Rabinowitz, 6.5 hours  
2021 Buddhist Precepts for the Basis of Professional Ethics with Toby Daly, 2 hours  
2020 Saam Acupuncture Level 1 with Toby Daly, 13.5 hours  
2020 Mastering the Shang Han Lun with Suzanne Robideaux, 60 hours  
2019 Advanced Pain with Grace Rollins, Miami, FL 14 hours  
2019 Imperial Academy Prescriptions with Evan Rabinowitz, Asheville, NC 14 hours  
2017 Mastering Functional Blood Chemistry with Dr. Chris Turnpaugh, Raleigh, NC 15 hours  
2017 The Zhen Jia Yi Jing, Classical Acupuncture lecture with Jeffrey Yuen, Asheville, NC 13 hours 2016 -  
2018 White Pine Institute Graduate Mentorship Program in advanced Chinese medical physiology, diagnosis, and herbology with Sharon Weizenbaum (2 years, 144 hours total), 78 hours  
2016 Engaging Vitality: Qi Palpation in Practice of Acupuncture, Raleigh, NC, 13 hours  
2016 Classic Formulas for Women with Sharon Weizenbaum, Greensboro, NC, 12.5 hours  
2016 Fundamentals of Functional Blood Chemistry, Raleigh, NC 16 hours  
2005 - 2015 Ongoing study with Jeffrey Yuen, 88th generation Daoist priest and teacher of Chinese Medicine:  
Treatment of Cancer Patients with Chinese Medicine, San Diego, CA, 8 hours  
Divergent Meridians, Asheville, NC 30 hours  
Treatment of Latent Heat, Asheville, NC, 15 hours  
Bi Obstruction Syndrome, Columbia, MD, 13 hours  
Endocrinology, Boulder, CO, 13 hours  
Luo Vessels, Asheville, NC, 30 hours  
Minerals and Stones for Chronic Degenerative Diseases, Tucson, AZ, 14 hours  
Classical Approaches to Contemporary Problems, Asheville, NC, 15 hours  
Chinese Medical Pediatrics, Columbia, MD, 14 hours  
2015 The Treatment of Children using Classic Formulas with Huang Huang, 15 hours  
2015 Explaining and Treating Autoimmune Disorders with Chinese Herbal Medicine with Heiner Fruehauf,

- 5 hours
- 2007 5 Element Acupuncture View of the Causes of Disease and Strategies of Patient Care from the Classics with Ian Florian, Chapel Hill, NC, 13 hours
- 2007 Functional Endocrinology with Datis Kharrazian, DC, Charlotte, NC 16 hours
- 2006 Herb-Drug Interactions with John Chen Pharm D, LAc, Wilmington, NC, 8 hours
- 2006 - 2007 Beginning and Advanced Balance Method with Richard Tan, 28 hours
- 2005 5 Element Approach to Chinese Herbalism with Thea Elijah, 13 hours
- 2003, 2005 Facial Rejuvenation Acupuncture and Chinese Herbs with Virginia Doran, 30 hours

### **CLINICAL PRACTICE**

- 2008 Credentialed acupuncture provider for Duke Fertility, Durham, NC  
Provided on site acupuncture services for patients pre- and post-embryo transfer.
- 1995 - 2000 Massage therapy practice for chronic pain patients, Boulder Osteopathic Center, Boulder, CO

### **PROFESSIONAL EXPERIENCE**

- 2022 Operations Manager, Oriental Health Solutions, Durham, NC
- 2004 - 2016 Founding member and owner of Triangle Acupuncture Clinic in Chapel Hill, NC

### **PUBLICATIONS & ARTICLES**

Wedgle, T. Translation from Chinese: Zhang, XL. Jiang Xingjing's Experiences in Gynecology. *Blue Poppy Press*. 1997

### **SOCIETIES**

- 2004 - present North Carolina Society of Acupuncture and Asian Medicine

### **PRESENTATIONS**

- 9/2018-2020 Cary, NC. SAS. *Acupuncture and Chinese Herbs for Menopause*.
- 9/2017 Chapel Hill, NC. UNC Wellness Center at Meadowmont. *Is Acupuncture Right for You?*
- 9/2017 Cary, NC. SAS. *Acupuncture and Chinese Herbs for Menopause*, with Dagmar Ehling, LAc.
- 9/2016 Cary, NC. Baby & Co. *The Role of Acupuncture and Acupressure in Prenatal, Birth, and Postpartum Care*, with Dagmar Ehling, LAc.

### **MEDIA APPEARANCES**

- January 2014 That Cancer Show: "Latest Findings about Acupuncture to Ease Treatment Side Effects"
- May 2012 That Cancer Show: "What Does Acupuncture have to do with Cancer?"

### **AWARDS**

- 2012, 2013, 2014 Independent Weekly winner Best Place for Acupuncture, Chapel Hill, NC
- 2012, 2013 Metro Magazine winner Best Acupuncture Clinic, Raleigh, NC
- 2006 Chapel Hill Carrboro Chamber of Commerce, Best New Business

### **EXTRACURRICULAR ACTIVITIES**

- 2020 Completion: Mindfulness Based Stress Reduction 8-week course, Palouse Mindfulness
- 2021 Say What You Mean, 8-Week online course in Non-Violent Communication with Oren Jay Sofer
- 2018 - 2023 Gracie Jiu Jitsu (Blue Belt!), Chapel Hill, NC
- 2011- present Assistant teacher and student of Jin Gui Golden Shield Qi Gong
- 2004 - 2005 Volunteer at The Women's Center, Chapel Hill, NC
- 2001- present Mindfulness meditation practitioner
- 1993- 1997 Volunteer Crisis Counselor for "Rapline" Crisis Hotline, Boulder, CO
- 1993 - 1997 Original member of All Rights Reserved a capella ensemble, Boulder, CO