

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 Board for Acupuncture and Herbal Medicine (NCBAHM): Diplomat status in Acupuncture
2003 - present Certification: Acupuncture by the National Certification Board for Acupuncture and Herbal Medicine (NCBAHM): 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

2024 Certification: Pediatric Acupuncture with Rebecca Avern, 50 hours
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, Meridian Health Solutions, Durham, NC
2004 - 2016	Founding member and owner of Triangle Acupuncture Clinic in Chapel Hill, NC

PUBLICATIONS & ARTICLES

Wedge, 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
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PRESENTATIONS

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