

Toby Wedgle, MTCM, LAc, Dipl AHM

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

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