**Anemone Fresh**

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A compassionate and community-minded Naturopathic Physician, Acupuncturist, Herbalist. An advocate for the practices of nature cure, mind-body medicine, acupuncture, Chinese and Western herbal medicine, homeopathy, nutrition and manual therapy. Diverse experience and interest in adjunctive oncology, women’s health, geriatrics, pediatrics, immunology, rheumatology, gastroenterology and endocrinology. Committed to making holistic, safe, affordable preventative care available to all, regardless of income or status.

**EXPERIENCE**

**Naturopathic Physician and Acupuncturist**

An Hao Natural Health Care Clinic and Immune Enhancement Project, October 2021-present

* Provide primary care and chronic disease management with a focus in adjunctive oncology, pain management, gastroenterology, endocrinology, autoimmunity and preventative medicine.
* Offer treatments including acupuncture, moxibustion, nutrition and lifestyle counseling, Chinese and Western herbal medicine, perineural injection therapy, pharmaceutical and supplement management, craniosacral and myofascial bodywork therapies.
* Provide naturopathic consultations and acupuncture at the Immune Enhancement Project, a community clinic, to patients with cancer, autoimmune diseases, and chronic pain.

**Community Clinic Acupuncturist and Organizer**

Mutual Aid Acupuncture, October 2020-present

* Organized with Acupuncturists Without Borders and the Social Justice Action Center to develop a free community clinic for the houseless population of Portland, OR.
* Participate in ongoing organizing and development meetings and monthly free clinics with the goal of expanding free clinics to underserved communities.

**Resident Naturopathic Physician and Acupuncturist**

An Hao Natural Health Care Clinic, October 2019-October 2021

* Completed a rigorous two-year CNME-certified residency under Edythe Vickers, ND, LAc.
* Provided primary care and chronic disease management with a focus in adjunctive oncology, pain management, gastroenterology, endocrinology, autoimmunity and preventative medicine.
* Offered treatments including acupuncture, moxibustion, nutrition and lifestyle counseling, Chinese and Western herbal medicine, perineural injection therapy, pharmaceutical and supplement management, and physical medicine.
* Outside rotations completed at Immune Enhancement Project, Ray Hickey Hospice, Abbey Road Clinic, OHSU, Legacy-Emmanuel Hospital.

**Teaching Assistant**

NUNM, Portland, OR 2015-2021

* Courses taught included Cardiology and Pulmonary Medicine, Palpation and Perception, Shiatsu, Acupuncture Techniques, Auricular Acupuncture, Scalp Acupuncture, Anatomy Lab
* Created and evaluated written and practical exams, papers, projects
* Provided in-class support and guidance to students
* Dissected anatomical structures on cadavers for Anatomy lab and held weekly open cadaver labs for students of Anatomy

**Course Leader and Meditation Teacher**

Portland Shambhala Center, 2014-2019

* Facilitated meditation courses in the Shambhala Buddhist tradition
* Provided ongoing meditation instruction and guidance to meditation students
* Taught day- and weekend-long meditation retreats merging Buddhist meditation with social justice
* Completed two weekend-long certification courses in meditation instruction and course leader training, 2012 and 2017

**Academic Tutor**

NUNM, Portland, OR 2014-June 2019

* Provided academic support for students, both one-on-one and in small groups
* Subjects included Biochemistry, Anatomy, Organ Systems, Biomedicine, Acu-moxa techniques and Shiatsu

**Volunteer Teacher**

Phoenix Rising Transitions, Portland OR 2017-2019

* Designed and taught 2-hour-long interactive classes for men at the Columbia River Correctional Institution on various subjects, including meditation, qi gong, physical, mental and spiritual well-being, nutrition, exercise and pain management.

**EDUCATION**

**Doctor of Naturopathic Medicine, Master of Science in Oriental Medicine**

National University of Natural Medicine, Portland, OR, 2014-2019

* Completed intern rotations in community health clinics, primary care, pediatrics, IV therapy, minor surgery, transgender care and herbal medicine.
* Completed over 400 hours of preceptorship in integrative oncology, pediatrics, women’s health, endocrinology, gastroenterology, homeopathy and primary care.

**Bachelor of Arts, Biology, minors in Nutrition and Psychology**

University of Pennsylvania, Philadelphia, PA, 1994-1998

**PROFESSIONAL TRAININGS AND CONFERENCES ATTENDED**

* Menstrual Disorders and Benign Breast Conditions, Institute of Women’s Health and Integrative Medicine, October 2021
* Menopause Management/Hormone Boot Camp, Institute of Women’s Health and Integrative Medicine, April 2021
* Oregon ECHO Network training for clinicians, Adulty Psychiatry for the Primary Care Physician, part I and II, January 2021-April 2021
* Oregon ECHO Network training for clinicians, Geriatric Care in an Age-Friendly Health System, September 2020-April 2021
* Oregon ECHO Network training for clinicians, Chronic Pediatric and Adolescent Medical Conditions, September 2020- December 2020
* Oregon ECHO Network training for clinicians, Covid 19 Response, March 2020- present, biweekly webinars
* Myofascial Techniques series workshops with Michael McMahon, January 2019, January 2020, February 2020, May 2021
* Visceral Techniques series workshops with Michael McMahon, February 2019, May 2019, April 2021
* Cranialsacral Therapy series workshops with Michael McMahon, October 2018, March 2019, June 2021
* Chinese Herbal Medicine Mentorship with Dr. Joon Hee Lee, February 2021- June 2021
* Chinese Herbal Medicine Mentorship with Michael Givens, September 2020-December 2020
* OANP Conference November 2020
* Foundations of Qigong with Stephen Schleipfer, 12-month intensive Qigong training, September 2019 – October 2020
* Japanese style Meridian Therapy for Trauma, PTSD and Depression with Takahiro Funemizu, LAc, September 2018
* Perineural Injection Therapy with Dr. John Lyfgott, June 2018
* New England School of Homeopathy training, 150 hours, 2015-16
* New England School of Homeopathy Advanced Clinical Cases seminars, November 2016 and January 2017
* Shen-Hammer Pulse Seminars, 88 hours, 2015-2017
* Chinese Herbal Medicine Intensive Weekends with Michael Givens, LAc, 32 hours, 2017
* Japanese Style Acupuncture Seminar with Dr. Bear, 16 hours, 2017
* Butekyo Breathing with Dr. Susanna Czeranko, 2015
* Mindfulness Based Stress Reduction, 8-week course, 2014
* Wisdom of the Herbs year-long herbal training, Vermont, 2013
* Traditional Roots Conference, NUNM, 2015, 2018
* Autoimmune Conference, NUNM, 2017
* Medical Marijuana Conference, NUNM, 2015, 2016

**PROFESSIONAL LICENSES**

Licensed Naturopathic Doctor, OR 4288

Licensed Naturopathic Doctor, VT 099.0134151

Licensed Acupuncturist, OR 184925

Licensed Massage Therapist, OR LMT-22274 (2016-2021)

**PROFESSIONAL MEMBERSHIPS**

Oregon Association of Naturopathic Physicians, active member since 2015

Oncology Association of Naturopathic Physicians, active member since 2018