

Dr. Brooke Foreman, DACM, LAc

PROFILE

Nationally board certified fully credentialed registered Doctor of Acupuncture and Chinese Medicine with a proven record of success in healthcare, fitness, business and technical environments. Highly diverse background with nine years acupuncture experience working in hospitals and clinics focusing on integrative pain management and functional medicine. Areas of specialization include treating acute and chronic pain, PTSD/stress management, women's health and gastrointestinal disorders. Strong communication skills and a leadership style emphasizing team building, goal setting and staff development. Excellent communication, public speaking and computer skills.

EDUCATION

PhD- Doctorate of Acupuncture and Chinese Medicine (DACM), Pacific College of Oriental Medicine, San Diego, CA

MS- Acupuncture and Oriental Medicine, Texas College of Traditional Chinese Medicine, Austin, TX

BS- Biology/Chemistry, Stephen F. Austin State University, Nacogdoches, TX

EXPERIENCE

ACUPUNCTURIST

Brooke Foreman Acupuncture LLC (HI) /AcufitRx LLC (TX) 2014- current

Responsible for the assessment, evaluation, treatment and primary care of patients with various illnesses and diseases utilizing Traditional Chinese Medicine (TCM) including acupuncture, Chinese herbs, therapeutic bodywork and a variety of modalities. Conditions commonly treated include acute and chronic pain, trauma, physical injury, migraines, headaches, stress disorders, neurological problems, musculoskeletal disorders, allergies, gastrointestinal issues, rotator cuff injuries, carpal tunnel, neck pain, low back pain, gynecological issues, fertility issues and hormone regulation. Traditional and contemporary modalities utilized include acupuncture, electrical stimulation, gua sha, cupping, tuina, moxibustion, massage, heat, ultrasound, cold laser and PNF (Proprioceptive Neuromuscular Facilitation), Yoga, Qi Gong stretches and breathing exercises.

Counsels patients on lifestyle issues including nutrition, sleep habits, exercise, self treatment options and stress management. Develops treatment goals and modifies treatment or refers patients to appropriate specialty care based on patient response and changing needs.

Evaluates patients and prescribes yoga poses, self treatment tools and other supporting aids as necessary. Documents all relevant assessments, treatments, progress notes, patient goals, feedback and concerns. Reviews and utilizes Western labs and diagnostic reports including nutrient status, blood tests, MRIs, functional medicine and hormone blood panels and comprehensive digestive stool analysis.

(Position held from Dec 2014-current, >40 hours a week, Austin, TX and Kapaa, HI)

DIRECTOR OF HEALTH AND WELLNESS

Marriott's Kauai Lagoons 2016- present

Developed, implemented and currently manage Kauai Lagoons' clubTHRIVE programming including teaching fitness classes, health seminars and nutrition demonstrations to both children and adults.

(Position held from Jan 2016- current, 32 hrs/ week, Lihue, HI)

ACUPUNCTURIST

Premier Health and Wellness/Premier OB/Gynecology, Austin, TX 2011-2014

Served as Director of Integrative Care / Acupuncturist on a multidisciplinary team including allopathic physicians and nurse practitioners, massage therapists and estheticians. Provided functional medicine primary care to patients using Traditional Chinese Medicine (TCM) acupuncture, Chinese herbs, therapeutic bodywork, Reiki/ Healing Touch, prescriptive yoga/ meditation and a variety of traditional modalities. Responsible for the evaluation, assessment, treatment, planning, and monitoring of both short and long term patient care. Provided lifestyle and nutrition guidance and coordinated referrals to other integrative health care providers as needed.

- Designed acupuncture patient intake as used by Premier Health and Wellness
- Served as Director of Integrative Care on issues of acupuncture, massage, nutrition and yoga
- Introduced Integrative Medicine to patients via lectures and practical demonstrations
- Represented Premier Health and Wellness for local marketing events discussing the benefits of acupuncture and performing demonstrations.

(Position held from Nov 2011-2014, >40 hours a week, Austin ,TX)

ACUPUNCTURIST

Hausman Chiropractic and Acupuncture, Austin, TX Jan-Nov 2011

Served as Traditional Chinese Medicine (TCM) Acupuncturist on a multidisciplinary team including chiropractor and massage therapists and estheticians. Provided functional medicine primary care to patients using acupuncture, Chinese herbs, therapeutic bodywork, Reiki/ Healing Touch, prescriptive yoga/meditation and a variety of traditional modalities. Responsible for the evaluation, assessment, treatment, planning, and monitoring of both short and long term patient care. Provided lifestyle and nutrition guidance and coordinated referrals to other integrative health care providers as needed.

(Position held from Jan 2011- Nov 2011, 20 hrs / week, Austin, TX)

ACUPUNCTURIST

Copulos Physical Therapy, Austin, TX Jan- Nov 2011

Served as Traditional Chinese Medicine (TCM) Acupuncturist on a multidisciplinary team including allopathic physicians, physical therapists, massage therapists and estheticians. Provided functional medicine primary care to patients using acupuncture, Chinese herbs, therapeutic bodywork, Reiki/ Healing Touch, prescriptive yoga/meditation and a variety of traditional modalities. Responsible for the evaluation, assessment, treatment, planning, and

monitoring of both short and long term patient care. Provided lifestyle and nutrition guidance and coordinated referrals to other integrative health care providers as needed.

(Position held from Jan 2011- Nov 2011, 20 hrs / week, Austin, TX)

USA NATIONAL FITNESS TRAINER/PRESENTER

Les Mills International, Fort Worth, TX Sept 2005-2012

Served as USA National Fitness Trainer and Presenter representing Les Mills International. Lead, instructed, and motivated individuals, groups and trainers in exercise activities, including cardiovascular exercise such as dance, strength training, and stretching/yoga. Presented exercise classes internationally at fitness conferences, gyms, health clubs and wellness centers. Performed 3 day fitness certifications for group fitness instructors world-wide for continuing education. Fitness continuing education provider for American Council on Exercise (ACE).

(Position held from Sept 2005-2012, Fitmark / Les Mills USA, Fort Worth, TX)

PHYSICIAN SALES ASSISTANT / CLOSER

Lifestyle Lift, Fort Lauderdale, FL 2004-2005

Medical sales assistant to promote facial cosmetic surgery procedures consisting of lower facelift and blephoroplasties (eyelid surgery). Performed sales presentations, scheduling, financial counseling and demonstrations. Provided communication and bookings to the plastic surgeons on staff.

(Position held from Jan 2004-Sept 2005, >40 hours a week, Ft. Lauderdale, FL)

DIRECTOR OF EXTERNAL & ALUMNI RELATIONS

University of Iowa/Dept of Medicine and Public Health 2003-2004

Under the direction of the Dean and the Foundation Board, provided long-range strategic leadership and day-to-day administration of the University of Iowa Department of Medicine / Public Health External & Alumni Relations programming. Responsible for a wide range of duties within the areas of communication, program development and alumni cultivation for new endowments and donations.

(Position held from 2003-2004, >30 hrs a week, Iowa City, IA)

PHARMACEUTICAL SALES REPRESENTATIVE

Procter & Gamble Pharmaceuticals- (1997-2003)

Managed 4 state territory to promote pharmaceutical products through effective interaction with healthcare professionals, hospital formularies, medical organizations and support groups to increase the awareness and use of the company's pharmaceutical products. -Arranged appointments with pharmacists, physicians and hospital medical teams. Awarded for "Rep of the Year" and innovation in territory.

Made presentations before physicians, practice nurses and staff, pharmacists and healthcare professionals. Organized conferences for physicians and various medical staff. Planned work effective call plan, schedules and timetables. Built effective business relationships with healthcare partners and customers. Prospected for new business. Developed strategies to approach potential customers and increase sales. Distributed samples, information and tools to

licensed practitioners. Organized group events and conferences for healthcare professionals. Maintained detailed records of all contacts and meetings and creating reports when needed.

(Position held from Jan 1997-May 2003, >40 hrs a week, Cedar Rapids, IA)

SPECIAL TRAINING / CERTIFICATIONS

Diplomat Oriental Medicine, Jan 2011 National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), Washington DC

Licensed Acupuncturist (TX and HI)

Clean Needle Technique Certification

National Group Fitness Certification, American Council on Exercise (ACE)

Licensed Massage Therapist (TX)

Thai Yoga Massage Certification (Thailand)

Yoga 200 hour, 2015 Samudra Yoga School, Venice, CA

REIKI / Healing Touch Level 1, 2014 Alchemy Arts LLC, Tokyo

Bodypump (weight training), Bodyjam (dance), Bodyflow (Yoga/tai chi), YogaFit

Certifications

CPR Certification

VOLUNTEER WORK

Member of the Board of Directors for Re: Cancer

Member of the Board of Directors for Hawaii Acupuncture Association

Volunteer for local Crohn's and Colitis Support Group

Teaching classes for warm up at local 5K races

Provide community acupuncture treatments

EDUCATION

Pacific College of Oriental Medicine San Diego, CA
PhD Doctorate of Acupuncture & Chinese Medicine

Texas College of Traditional Chinese Medicine Austin, TX
Master of Science in Acupuncture & Oriental Medicine

Stephen F. Austin State University Nacogdoches, TX
Bachelor of Science Biology/ Chemistry

EDUCATION (VOCATIONAL)

Sept 2017 **Jakarta Acupuncture College** Jakarta, Indonesia
Completion Wang Ju-Yi's Applied Channel Theory Training

Sept 2016 **Sunshine School of Thai Yoga Massage** Chiang Mai, Thailand
Completion of Thai Bodywork Practitioner Instructor Training

Dec 2016	Goto College, Shikoku Medical College Completion Traditional Japanese Acupuncture & Moxibustion Technique Training	Tokyo, Japan
Sept 2015	Samudra Yoga School Completion 200 hr Yoga Training	Venice, CA
April 2014	Alchemy Arts LLC Completion Reiki / Healing Touch Level 1	Tokyo, Japan
Jan 2008	Texas College of Traditional Chinese Medicine Completion Clean Needle Technique Certification	Austin, TX
Aug 2004	Fort Worth School of Massage Completion of Massage Therapist Program	Fort Worth, TX
Feb 1999	Procter & Gamble Sales University Pharmaceutical Sales Training	Indianapolis, IN
Dec 1993	Huntingdon Environmental Testing Completed 40 Hour HAZMAT Training	Cedar Rapids, IA

CERTIFICATION and LICENSURE

Dec 2018	American Council on Exercise (ACE) Group Fitness Instructor Certification	San Diego, CA
May 2017	American Heart Association CPR / First Aid Certification	Lihue, HI
Sept 2016	Sunshine School of Thai Yoga Massage Thai Yoga Massage Certification	Chiang Mai, Thailand
June 2015	Hawaii Acupuncture Association Licensed Acupuncturist HAWAII	Honolulu, HI
April 2014	Alchemy Arts LLC Reiki / Healing Touch Level 1 Certification	Tokyo, Japan
Jan 2011	National Certification Commission for Acupuncture and Oriental Medicine Diplomat of Acupuncture and Oriental Medicine	Washington, DC
Jan 2011	Texas Medical Board- Acupuncture Licensed Acupuncturist TEXAS	Austin, TX
Feb 2009	Facial Rejuvenation Acupuncture Mei Zen Cosmetic Acupuncture Certification	Austin, TX

- Sept 2005 **Texas Board of Health- Massage Therapy** Austin, TX
 Licensed Massage Therapist TEXAS
- Dec 1993 **Huntingdon Environmental Testing** Cedar Rapids, IA
 40 Hour HAZMAT Training Certification

CLINICAL INTERNSHIPS

- Dec 2018 **Queensland Buddhist Center** Cairns, Australia
 Qi Gong / Calligraphy Yoga with Marion Davis
- Dec 2018 **Wilcox Memorial Hospital, Internal Med Clinic** Lihue, HI
 Observation of Integrative Health Practice with Dr. Sashi Braga MD
- Oct 2018 **Texas Center for Chiropractic Orthopedics** Fort Worth, TX
 Observation with Dr. Timothy Odom DC Chiropractic modalities & cold laser
- Oct 2017 **Royal Family of Ubud, Indonesia / Tirta Usada** Ubud, Bali, Indonesia
 Observation with Acupuncturist Gde Bayu Permadi
- April 2014 **Edward Obaidey Acupuncture Clinic** Tokyo, Japan
 Observation and Training in Japanese Acupuncture Technique Edward Obaidey
- April 2014 **ACURA Acupuncture Clinic- Sexual Health** Tokyo, Japan
 Observation with Dr. Taiken Jo, Japanese acupuncture and laser treatments
- Jan 2008 **Texas College of Traditional Chinese Medicine** Austin, TX
 Acupuncture Intern
 Responsible for the evaluation, treatment and care of patients utilizing
 acupuncture, Chinese herbs, and a variety of traditional modalities.
- June 2005 **Fort Worth School of Massage** Fort Worth, TX
 Massage Therapist Intern
 Responsible for the evaluation, treatment, and care of patients using a variety of
 massage, bodywork and trigger point techniques.
- Jan 2002 **University of Iowa Hospitals and Clinics** Iowa City, IA
 Preceptorship with Dr. Robert W. Summers MD- Gastroenterology

PROFESSIONAL AFFILIATIONS

- Since 2018 **Hawaii Acupuncture Association**
 Board of Director
 Continuing Education Provider (CEU)
 Member
- Since 2011 **National Certification Commission for Acupuncture and Oriental Medicine**

(NCCAOM)

Diplomat in Acupuncture, Chinese Herbology, Oriental Medicine
Continuing Education Provider (CEU)

- 2005-2009 **Junior League: Fort Worth, TX and Austin, TX Chapter**
- 2011-2015 **Re: Cancer (Non-Profit)**
Board Member
- Since 2005 **American Council on Exercise (ACE)**
IDEA Health and Fitness Association
- Since 1988 **Delta Delta Delta Sorority Member**

PROFESSIONAL DEVELOPMENT

- 2018 **International Integrative Chinese Medicine Conference (IICMC)**
Melbourne, Australia
- 2018 **Hawaii Acupuncture Association** Honolulu, HI
CEU Yearly Meeting
- 2017 **Jakarta Acupuncture College** Jakarta, Indonesia
Wang Ju-Yi's Applied Channel Theory Training
- 2016 **Goto College of Medical Arts & Sciences / Shikoku Medical College**
Japanese Acupuncture and Moxibustion Intensive Kagawa prefecture, Japan
- 2016 **Sunshine School of Thai Yoga Massage** Chiang Mai, Thailand
Thai Yoga Massage
- 2015 **Rare Apricot Society** Boulder, CO
Japanese Acupuncture Training
- 2014 **Samudra Yoga School** Venice, CA
Yoga Training
- 2014 **Telluride Yoga Festival** Telluride, CO
Yoga Therapy Specialty Training
- 2014 **Japan Asian Medicine Tour** Tokyo, Japan
Japanese Acupuncture Training
- 2013 **AOMA Southwest Symposium** Austin, TX
Integrative Chinese Medicine National meeting

- 2012 **Society for Integrative Oncology** New York, New York
International Integrative meeting
- 2010 **MD Anderson Cancer Center** Houston, TX
Integrative Oncology Training Conference for Acupuncturists, Massage
Therapists and Yoga Teachers/Mind-Body Practitioners
- 2009 **MD Anderson Cancer Center** Houston, TX
Integrative Oncology Training Conference for Acupuncturists, Massage
Therapists and Yoga Teachers/Mind-Body Practitioners
- 2005- current **American Council on Exercise (ACE)**
Yearly fitness trainings with Bodypump™, Bodyjam™, Zumba™ Yoga

TEACHING ACTIVITIES

- 2018 **Hawaii Acupuncture Association**
Ethics and Best Practices presentation at the Hawaii Acupuncture Association
State meeting
- 2018 **Lululemon- Poipu Kauai**
Recurring guest yoga teacher
- 2017 **Dolphin Touch Wellness Center / Wisdom Circle** talk
“How your kidneys affect your sex life” presentation
- 2016-current **Marriott Worldwide Vacations**
Presentations, demonstrations, classes and workshops to guests on wellness:
meditation, yoga, qi gong, tai chi, food as medicine, green smoothie making,
aqua fitness, foam rolling, anti-inflammatory lifestyle
- 2015 **Kauai Athletic Club**
Weekly fitness, yoga and meditation classes to the public
- 2011-current **AcuFit Meridian Yoga™ & Health Fountain Institute™**
Providing and teaching technical and business development workshops for
National Certification Commission for Acupuncture and Oriental Medicine
(NCCAOM) CEUs across the country including acupuncture, yoga and
meditation
- 2011-2015 **RE: Cancer**
Practitioner presentations to patients at monthly support group meetings
“How acupuncture can help”
- 2015 **Sedona Yoga Festival**
National Presenter
Yoga and meditation as therapy : Acufit Meridian Yoga™

- 2014 **MD Anderson Cancer Survivorship 180 Event**
“Nutrition and Physical Activity –An Integrative Approach to Thriving”
presentation to survivors, caregivers and practitioners
- 2009-2010 **Lululemon** - Austin, TX
Instructor Ambassador, presenting classes and workshops on yoga, meditation
and acupuncture : Acufit Meridian Yoga™
- 2005-2009 **Les Mills International**
USA National Presenter and trainer for fitness professionals
Provided weekend fitness trainings in the USA
Presented classes, workshops and intensives at fitness conferences & events
USA, Tokyo, France, New Zealand
- 2000-2003 **Procter & Gamble Pharmaceuticals**
Presentations at meetings and private sales coaching for team mates as the
team’s “Sales trainer”

SKILLS AND INTERESTS

International travel
Motivational speaking
Enjoy scuba diving, exercising, golf and golden retrievers