

Ellen Goldsmith

Acupuncturist, Author, Educator

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Education

1999 **National University of Natural Medicine - College of Classical Medicine, Portland**

Masters of Science Oriental Medicine, Chinese Medicine

1991 **State University of New York - Empire State College- Metropolitan Division, New York**

Bachelors of Science, Health and Movement Studies

Organization and Clinical:

2001- Present

Co-founder and Clinician

Pearl Natural Health, Portland, Oregon

Co-founded and led successful growth of Pearl Natural Health, a Naturopathic and Chinese Medicine clinic over 18 years. Guiding programming to provide collaborative and integrative medical care offering services in: acupuncture, clinical nutrition, classical homeopathy, intravenous nutrient therapy, Western and Chinese botanical prescribing, Chinese and Western nutritional counseling, and mindfulness based stress reduction programs in a primary care setting. The collaborative care provided helped thousands of patients move from disease to wellness through comprehensive programs with sequenced service provision as part of a larger process of patient education. Specialties of treatment include: Natural Thyroid Care (Hypo and Hyper), Adrenal Stress and Fatigue, Natural Pain Management, Inflammatory Bowel Diseases, Stress Reduction, and Auto-Immune Diseases. • Restructured and provided organizational training for employees including staff and physicians in coordinated patient care.

- Managed marketing and outreach for clinic and its programs.
- Assured delivery of excellent patient care to all patients.
- Maintained herbal and supplement inventory.
- Assessed and developed treatment plans for patients that included acupuncture, bodywork, Chinese nutritional counseling, Chinese herbs, mindfulness training, breathing techniques for stress reduction, therapeutic exercise and triage with other providers.

Teaching:

2004 - present

Adjunct Faculty

National University of Natural Medicine - College of Classical Chinese Medicine, Portland, Oregon

Implemented and teach the course, Chinese Dietary Therapy, part of the core curriculum in the Classical Chinese Medicine program of National College of Natural Medicine. This course is intended to supplement the herbal education and provide a foundation for self-care of the practitioner as well as training practitioners how to integrate the principles of Chinese Dietary Therapy in diverse western clinical settings.

2015 - present

Adjunct Faculty

National University of Natural Medicine - School of Graduate Studies, Portland, Oregon

Designed and teach Cooking with Medicinal Herbs from a Chinese medicine perspective for Masters of Science of Nutrition Students

2016 - present

Faculty

Academy of Integrative Health and Medicine, San Diego

Designed and teaches Energetics of Food from Chinese medicine perspective to Western medicine practitioners in their Inter-professional Fellowship in Integrative Health & Medicine program for clinicians - MD, DO, DC, PT, Nurse Practitioners, Psychiatrists, Psychologists.

2016-

Adjunct Instructor

Wellspring School for Healing Arts, Portland, Oregon

Whole Foods Cooking Lab from a seasonal perspective for Western nutrition students.

1983- 1995

Adjunct Faculty

New York University - Tisch School of the Arts, New York

Designed and implemented Body Coaching for the Performing Artist, an integrative program to support wellness of incoming theatre arts students and to minimize stress and burnout. The program was required for all incoming freshmen and provided support in the important transitions young people make when leaving home to embark upon their lives. Student burnout, absences, and stress were minimized optimizing student performance in the department.

- Developed and Designed elective programs to students of the Experimental Theatre Wing in the Drama Department including: Dynamic Ensemble Communication, AIDS/HIV Education and Cultural Events to Support the burgeoning awareness of the AIDS epidemic and its impact on the theatre community in New York City, and the creation of Shiatsu and Bodywork Clinics to support performers in the department.
- Movement Teacher for Drama Students in the New York and Paris Programs. Taught movement for actors based upon the kinesthetic dance method developed by Allen Wayne, master teacher of dance.
- Movement teacher in the Paris exchange program of the Experimental Theatre Wing's program 1985-86.

Presentations/ Lectures/Speaking:

- 2020 - State University of New York – Stony Brook, Charles B. Wang Center for Asian Studies, 2020. *Boosting Immunity with Diet*. (Video Presentation)
- 2020 - State University of New York – Stony Brook, Charles B. Wang Center for Asian Studies. *How to Eat When Recovering from Illness* (Video Presentation)
- 2020 - Food as Medicine Symposium. Public and Professional Track, *Infuse Your Food with Energy: A Chinese nutritional approach to health*

- 2020 - Student Alliance for Integrative Medicine Conference. *Food Energetics as a Tool for Self Care*
- 2019 State University of New York – Stony Brook. *Chinese Nutritional Healing*
- 2019 - Oregon Association for Acupuncture and Oriental Medicine Conference. *Seasonal Boot Camp: Food Energetics through the seasons and their application in practice*
- 2017 - Bastyr University. Food as Medicine Conference. *Integrating the Chinese Dietary Approach to Healing into a Western Context*
- 2016 – Northwest Naturopathic Physicians Conference. *East Meets West in the Kitchen: Principles of Chinese Dietary Therapy and its application in Naturopathic practice*
- 2015 - Food as Medicine Symposium.
 - Professional Track; *East Meets West in the Kitchen: The Chinese Dietary Therapy approach to Nourishing Prescriptions*
 - Public Track: *East Meets West in the Kitchen: The Chinese Dietary Therapy Approach to Weight Management and Improved Vitality*
- 2010 – Oregon Association of Acupuncture and Oriental Medicine. *Professional Issues and Ethics for Acupuncturists*

Media:

- **2017** – Am Northwest. *Eating Well during the spring season*
- **1999 – Present** – Various interviews on radio and podcasts.

Publications:

- ***Nutritional Healing with Chinese Medicine: + 175 Recipes for Optimal Health***, 2017. Robert Publishers: Toronto, Canada.
“Healing with food is the foundation of Chinese herbal medicine and contains much of the essence of Chinese culture itself. In the process of importing East Asian medicine traditions to the West, however, there has been a distinct focus on the modalities of acupuncture and strong herbal formulations. Ellen Goldsmith is a senior faculty member at National University of Natural Medicine, who has specialized in bringing the time honored wisdom of Chinese nutritional medicine to us. In this diligently researched and beautiful book, she combines her passion for cooking with the principles of Chinese medicine, and delivers a multitude of recipes that inform readers how to heal from chronic disease and maintain vitality throughout the seasons. “ – Heiner Fruehauf, Ph.d., L.Ac.
- **Nourishing Ourselves and Our Patients in the time of COVID-19** - Acupuncture Today – June and July 2020
- **Abdominal palpation and diagnosis according to the classics: A case for reintegration in the four methods of examination** Masters Thesis, National University of Natural Medicine - College of Classical Chinese Medicine, 1999.

Skills

Clinical Acupuncture
 Chinese Herbalism
 Chinese Dietary Therapy
 Course Design
 Leadership
 Online Teaching

Volunteering

1999 - 2007

Acupuncture Advisory Committee to the Oregon Medical Board

Reviewed and made recommendations on licensees. Recommended and reviewed standards of professional responsibility and practice for licensed acupuncturists. Recommended and reviewed standards of didactic and clinical education and training for acupuncture license applicants to the Oregon Medical Board. Reviewed investigations of licensees in cases of potential malpractice.

2004 - 2016

National University of Natural Medicine - Board of Directors

As member of the executive committee and as chair I helped to guide the college in developing a master plan, acquiring and securing a solid campus in the South Waterfront section of Portland. Participated in hiring a new president, supported the institution of new programs including research in nutrition, and the implementation of programs for health professionals in the field of botanical medicine and acupuncture. As Board Development Chair, I initiated programs in cultural competency training, increased board diversity, streamlined governance policies, and improved communication structures between the varied constituents of the college. As Chair and executive committee member I worked closely with and supervised the President of the university.

2016 - 2018

KBOO - Pacifica Radio - Radio Co-Host

Developed content and conducted research for monthly half-hour radio show interviewing renowned authors and influencers on health.

2013 - 2014

Health Currents Radio - podcast

Created concept of Health Currents Radio a weekly podcast meant to motivate, educate, inspire and connect people to resources that empower them to be healthier. Secured interviews with experts and leaders in the fields of food, policy, mindfulness and health are interviewed weekly on healthcurrents.radio.com

2008 - 2011

Northwest Chinese Academy

Helped co-found a full Chinese immersion school for elementary age children and Beaverton, Oregon. Helped develop programming, worked with native Chinese teachers and parents to build the school programming and develop fundraising and outreach programs for the community to foster literacy and cross cultural understanding.

Awards

Emerita Board Member - National University of Natural Medicine

Certificates

Diplomat Chinese Herbalism - NCCAOM Certified by the National Certification Commission for Acupuncture and Oriental Medicine in Chinese Herbalism.

Diplomat in Acupuncture - NCCAOM

Certified by the National Certification Commission for Acupuncture and Oriental Medicine in Acupuncture.

National Qi Gong Training

National Qi Gong Training with Master Zhong Xian and National College of Natural Medicine

Acupuncture License

State of Oregon #AC 00442 1999 - present