

# J. E. WILLIAMS

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## CURRICULUM VITAE

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### Licenses and Certifications

Licensed Acupuncturist: California, 1983  
Licensed Acupuncture Physician: Florida, 1995  
Board Certified, Chinese Herbology (NCCAOM): 1994  
Board Certified, Naturopathic Physician (ANMA): 1997  
Fellow, American Association of Integrative Medicine, 2001  
Acupuncture Injection Therapy Certified: Florida, 2004

### Education

Doctor of Oriental Medicine (O.M.D.): Sino-American University of Oriental Medicine, Los Angeles, California, 1986  
Shanghai College of Traditional Chinese Medicine: Hospital Rotations, Shanghai, China, 1987  
California Acupuncture College: Diploma in Acupuncture (honors graduate), San Diego, California, 1983  
University of California, San Diego and Berkeley: neurosciences, physiology, nutrition, and Chinese language studies, 1980-1991  
Sierra College: anatomy, 1978  
Mira Costa College: medical terminology, 1979  
University of Costa Rica: natural history and anthropology, 1968  
University of Alaska: wildlife biology and anthropology, 1967 – 1970

### Practice

*1983 - 1985*

Private practice: California Acupuncture College Clinic, San Diego, CA

*1984 - 1985*

Clinical Director: California Clinic of Preventive Medicine, management of group practice of five doctors and seven office staff; private practice, Del Mar, CA

*1985 - 1987*

Co-Founder: Ecology Medical Clinic, Del Mar, CA: private practice in acupuncture, nutritional and environmental medicine, including extensive use of electroacupuncture modalities (EAV, Vega, Dermatron), and clinical director until September 1986

1985 - 1989

Co-Founder: Tong Ren Tong, Acupuncture and Herb Center, San Diego: private practice in acupuncture and herbal medicine; management of three doctors and staff

1990 - 1995

Founder: San Diego Clinic of Natural Medicine, private practice: acupuncture, herbal medicine, nutritional therapeutics; management of two doctors and staff, San Diego, CA

1993 - 1998

Director of Complementary and Alternative Medicine: Center for Women's Medicine, complementary practice of acupuncture and natural medicine in large medical group, San Diego, CA

1996 - 1999

New Life Chiropractic Clinic: private practice of naturopathic and Oriental medicine in association with chiropractic group: Solana Beach, CA

1999 - 2004

Private Practice: emphasis on life extension, functional neuroendocrinology, natural hormone balancing, and pain management: Encinitas, CA

2005 - Present

Private Practice: emphasis on pain and age management: Sarasota, FL

## Teaching

1982 - 1985

Founding faculty member, chair of Chinese herbal medicine department, curriculum development committee, and examining committee: California Acupuncture College, San Diego, CA

1984 - 1990

Clinical evaluation skills and clinical nutrition, University of Humanistic Studies, San Diego, CA

1988 - 1991

Chair of Chinese herbal medicine department and clinical supervisor: Pacific College of Oriental Medicine, San Diego, CA.

1991 - 1998

Founder of Institute for Asian Medicine and Philosophy, post-graduate training programs and state approved continuing education provider in advanced topics in acupuncture, Chinese medicine, nutrition, clinical medicine, and Chinese medical philosophy:

- *The Skillful Weaver: Professional Communications for the Acupuncturist*
- *Introduction to Japanese Acupuncture: Techniques and Theory*
- *Treatment of Pain by Classical Acupuncture*
- *Clinical Nutrition for the Acupuncturist*
- *Treatment Principles and Methodology in Chinese Medicine*
- *Principles, Diagnosis, and Treatment of Menopausal Syndrome*
- *Integrated Treatment and Management of Chronic Hepatitis C Virus*

2000 – 2004

Director of Integrative Medicine, East West College of Natural Medicine, Sarasota, Florida: teaching continuing education and clinical courses in selected integrated medicine topics.

2004 – 2006

Academic Dean, East West College of Natural Medicine, Sarasota, Florida: restructuring the academic program to comply with California and New Mexico standards and requirements of education in acupuncture and oriental medicine with an emphasis on integrative medicine.

## Writing

### Selected Academic Papers

- Methodology and Treatment: Herbal Prescriptions Corresponding to the Eight Methods, *Journal of Chinese Medicine*, no. 39, May 1992
- Liver and Gall Bladder Damp Heat Syndrome: A Case Study of Benign Nonspecific Liver Dysfunction with Abnormal Enzyme Profile, *American Journal of Acupuncture*, vol. 3, 1992
- The Treatment of Liver Patterns: Modern and Traditional Principles and Methodologies with Corresponding Formulas, *The Journal of Chinese Medicine*, no. 43, Sept. 1993
- Directions of Chinese Medicine and Acupuncture in America, *CAAOM Bulletin*, Jan./Feb. 1995.
- Case Studies on the Treatment of Chronic Hepatitis C Virus: An Integrated Approach Using Traditional Chinese Medicine and Acupuncture. *American Journal of Acupuncture*, vol. 26(4), 1998.
- The Therapeutic Challenge of Chronic Hepatitis C Virus. *The American Acupuncturist*, vol. XXII, 1999.
- Review of Antiviral and Immunomodulating Properties of Plants of the Peruvian Rainforest with a Particular Emphasis on Una de Gato and Sangre de Grado. *Alternative Medicine Review*, vol. 6(6), 2001.
- Portal to the Interior: Viral Pathogenesis and Natural Compounds That Restore Mucosal Immunity and Modulate Inflammation. *Alternative Medicine Review*, vol. 8(4), 2003.
- *Acupuncture and Traditional Chinese Medicine. Weiner's Pain Management, A Practical Guide for Clinicians*, 7<sup>th</sup> Edition. MV Boswell and BE Cole, editors. Taylor & Francis, Boca Raton, Florida. 2005.

### Selected Non-Fiction

- Dancing Dreams, Drumming Life: Winter Dances on St. Lawrence Island. *Shaman's Drum*, no. 46, 1997.
- Dona Tonia: A Mexican-Yaqui Curandera. *Shaman's Drum*, no. 53, 1999.
- *Viral Immunity, A 10-Step Plan to Enhance Your Immunity Against Viral Disease Using Natural Medicines*. Hampton Roads Publishing, Charlottesville, VA., 2002.
- *Prolonging Health, Mastering the 10 Factors of Longevity*. Hampton Roads Publishing, Charlottesville, VA., 2003.

- *The Andean Codex*. Hampton Roads Publishing, Charlottesville, VA., 2005.
- *Beating the Flu, The Natural Prescription for Surviving Pandemic Influenza and Bird Flu*. Hampton Roads Publishing, Charlottesville, VA, 2006.

### **Selected Poetry**

- *Rosas y Chiles Rojos: Collected Bilingual Poetry*. Madre de la Tierra Press, 1998.
- Climbing the Sound of Thunder. In the anthology, *Word of Mouth*, Penhaligon Page Ltd., Wales, 1998.

## **Injection Therapy**

Acupuncture Injection Therapy, Swihart Enterprises, 60-Hour Certification Course, November 2004

Introduction to Aesthetic Mesotherapy – American College for Advancement in Medicine, April 2005

Acupuncture Injection Therapy - East West College of Natural Medicine: 60 hour course, June 2005

Mesotherapy & Lipotherapy – International Meso-Lipotherapy Society: November 2005

## **Affiliations**

Board Member: Scripps Memorial Hospital Rehabilitation Community Advisory Board, La Jolla, California, 1993 to 1998

Development of Policy and Procedures for Acupuncturists: Mission Bay Hospital, San Diego, 1993

Development of Policy and Procedures for Acupuncturists: Scripps Memorial Hospital, Encinitas, CA, 1994

Advisor for the development of alternative medicine department: Scripps Memorial Hospital, Encinitas, CA, 1994

Development of Policies and Procedures, and Outcome Monitors for Pain and Post-Stroke Recovery: HealthSouth Rehabilitation Hospital, Sarasota, FL, 2005

## **Memberships**

Editorial Review Board Member: *Alternative Medicine Review, A Journal of Clinical Therapeutics*, 1997 to present

Member: American Association of Integrative Medicine

Member: American Academy of Anti-Aging Medicine

Charter Member: International Hormone Society

Charter Member: Society for Applied Research in Aging

## Consulting

American Indian Herb Company: developed their best-selling product, Clear Thinking Tea in 1983, and also Stop Smoking Drops, 1984.

The Center for Women's Medicine: developed a multivitamin mineral product for women, New Beauty in 1993, and a weight management product, TruBalance Maintain 1996.

As We Change, Marketplace for Women: advisory board and product development, 1996-1999.

Women First: consultant for product development, 1998.

Life Factor Research: consultant on nutritional supplement development, 1999-present.

Doctor's for Nutrition: professional advisory board, 1998-present.

American Medicine Students Association (AMSA): developed medical school curriculum in Oriental medicine for NIH funded project, Educational Development for Complementary and Alternative Medicine, 2002.

Consultant on Integrative Medicine to numerous hospitals including Scripps Memorial, La Jolla, CA; Scripps Encinitas, Encinitas, CA; Mercy Hospital, San Diego, CA; Scripps Clinic Center for Integrative Medicine, La Jolla, CA; and Mission Bay Hospital, San Diego, CA.

## Research

*Holographic Psycho-Energetic Therapy: A Prospectus on Transpersonal Therapy Facilitated by Acupuncture*, under Steven Goldstein, Ph. D., 1989.

*Acupuncture and Herbal Treatments: An Exploratory Study of Selected Menopausal Symptoms*, under direction by Lori Futterman, Ph.D. and Carolyn Ross, M.D., 1994.

Center for Complementary & Alternative Medicine Research, College of Physicians & Surgeons, Columbia University: advised on a proposal using acupuncture in the treatment of fibromyalgia, program coordinated by Elizabeth Harper, M.S.

*Treatment of Perimenopause: An Innovative Psychotherapeutic Approach*: acted as research reviewer for NIH grant proposal, Lori Futterman, Ph.D. and George Pratt, Ph.D. principle investigators, 2003.

*Standardize Curriculum, Evidence-Based Practice of traditional Chinese medicine: EDCAM Project: Educational Development for Complementary and Alternative Medicine* conducted by AMSA (American Medical Students Association) under an NIH grant 2002-2003, section consultant.

## Presentations

*Acupuncture and Its Place in Modern Medicine - Contemporary Issues in Health Care*, University of California, San Diego, 1989

*Menopause in the 90's: An Expanded View* - Mercy Hospital, San Diego, January 1994

*From Ancient Cure to High Tech* - Mercy Hospital, August 1994

*Clinical Acupuncture: An Overview* - Balboa Naval Hospital, San Diego May 1994

*Alternative Treatment for Stroke Recovery* - Scripps Hospital, La Jolla and Encinitas 1993

*An Integrated Approach to the Treatment of Connective Tissue Disease* - Sharp's Hospital, Arthritis Foundation, Feb. 1995

*Alternative Medicine* - Pomerado Hospital, Oct. 1994

*Acupuncture Clinical Research: The Outcome Study* - CAAOM Expo'95, Berkeley, CA Oct. 95

*Topics in Alternative and Complementary Medicine for the Physician: Understanding Herbal Therapies* - Mercy Hospital, category I CME course, Nov. 1995

*Transitions in Health Care: Pharmacological Effects of Herbs* - 19th Annual Educational Conference, California Coalition of Nurse Practitioners, Mar. 1996

*Clinical Use of Herbal Medicines in Primary Care* - Tri-City Medical Center, Mar. 1996

*Continuing Medical Education Seminar: Herbal Medicine* - SDSU Student Health Services, May 1996

*Acupuncture and Herbal Medicine* - Department of Medicine Meeting: Scripps Memorial Hospital, June 1996

*The Use of Herbal Medicines in Primary Care* - Nurse Practitioner Associates for Continuing Education: National Primary Care Conference, San Diego, February 1997

*Herbal Treatment of Psychiatric Disorders* - San Diego Department of Mental Health, CME course for psychiatrists, San Diego, June 1997.

*Sustainable Medicine: Emergence and Vision* – Ethics and the Culture of Development, Building a Sustainable Economy, Havana, Cuba, June 1998.

*Integrated Medicine: A Rational Approach to Natural Therapies* – Instituto Nacional de Oncologia y Radiobiologia, Havana, Cuba, June 1998.

*Treatment of Menopausal Complaints Through the Integration of Western and Eastern Medicine* – The First International Congress of the North American Acupuncture and Oriental Medicine Commission, Acapulco, Mexico, October 1998.

*Treatment of Chronic Hepatitis C Virus: An Integrated Approach Using Traditional Chinese Medicine and Acupuncture* - The First International Congress of the North American Acupuncture and Oriental Medicine Commission, Acapulco, Mexico, October 1998.

*Current Use and Safety of Medicinal Plants*: Grand Rounds, Balboa Naval Hospital Mental Health Department, San Diego, CA, July 1999.

*Integrated Treatment and Management of Hepatitis C Virus* – Academy of Chinese Healing Arts, Sarasota, FL, October 1999.

*A Review of Natural Therapies Useful in the Integrated Management of Mental-Emotional Disorders* – San Diego Psychiatric Society, San Diego, CA, November 1999.

*An Overview of Current Anti-aging Therapies* – Integrated Medicine Roundtable, Center for Integrated Medicine, Encinitas, CA, March 2000.

*Natural Antiviral Compounds for the Prevention and Treatment of Viral Diseases.* American Academy of Integrative Medicine, National Conference, San Antonio, TX, August 2003.

*Clinical Application of Natural Antiviral Medications Used in Traditional and Modern Chinese Medicine for the Treatment of Viral Diseases and the Enhancement of Viral Immunity –* American Association of Oriental Medicine, Orlando, FL, November 2003.

*Traditional Chinese Medicine in Modern Clinical Practice.* Natural Supplements: Evidence Based Practice, A Clinical & Research Update. Scripps Clinic Center for Integrative Medicine, La Jolla, CA, January 2004.

*Traditional Chinese Medicine and Acupuncture Update,* American Academy of Pain Management annual conference, San Antonio, TX, September 2004.

*Traditional Chinese Medicine and Acupuncture.* NOVA Southeastern University, Physician Assistant Program, Naples, FL, August 2006.

***REFERENCES PROVIDED ON REQUEST***