

Summary & Highlights

- President, Spirit Gate Acupuncture PC
- New York State Licensed and National Board Certified Acupuncturist
- Registered Dietitian Nutritionist
- Acutonics® Sound Therapist. Former Senior Faculty of Acutonics Institute of Integrative Medicine
- Chinese Herbalist
- Bengston Energy Healing Method® practitioner
- Four (4) years graduate school in neurophysiology
- Wide array of experience in a variety of healthcare settings

FORMAL EDUCATION

1987 – 1990	Tri-State Institute of Traditional Chinese Acupuncture
1983 – 1988	University of Utah <i>Neurophysiology Doctoral Program</i> <i>Course work consisted mostly of Medical school classes and research on subjects including itching, protein, lipid studies, and effects of electric fields on cell cultures.</i> <i>Grant: National Institute of Health Graduate Student Grant</i>
1983 – 1985	Rocky Mountain School of Acupuncture and Oriental Medicine
1977 – 1980	Utah State University <i>B.S. in Nutrition & Food Science</i>
1976 – 1977	Brigham Young University <i>Major in Medical Dietetics</i>

PROFESSIONAL WORK EXPERIENCE

YEAR	AFFILIATION	DESCRIPTION
2004 – 2016	Private Practice	<i>Acupuncture, herbs, nutrition and Acutonics® sound therapy and Bengston Energy Healing Method® as a solo practitioner.</i>
2009 – 2014	Elizabeth Seton Pediatric Center	<i>Acutonics® Instructor. Three (3) classes with follow-up supervision.</i>
2001 – 2004	Private Practice	<i>Private practice in high-volume rehabilitation clinic. Treated 40-60 patients per day. Hired and supervised two other acupuncturists. Worked with chiropractors, internists, psychotherapists, physical therapists, and neurologist. Hired a management company, billing company, secretary.</i>
1992 – 2001	Private Practice	<i>Acupuncture, herbs, nutrition, and lifestyle counseling.</i>
1998 – 2000	Beth Israel Hospital	<i>Acupuncturist for HIV/AIDS clinic.</i>
1994 – 1995	Private Office	<i>Acupuncturist working in office of Naomi Rabinowitz, MD.</i>
1991 – 1992	Private Practice	<i>Private practice in “Bodymind Nutrition Consulting and Oriental Healing Arts.” Treating individuals and facilitating small groups.</i>
1989 – 1994	New School for Social Research	<i>Adjunct Instructor of “Set Point Theory of Weight Control” class.</i>
1988 – 1989	Richard M. Bachrach Center for Osteopathic Medicine	<i>Nutritionist</i>
	The New York Hospital- Cornell University Medical Center	<i>Administrative assistant to Willibald Nagler, M.D., Director and Chairman of Rehabilitation Medicine. Here, I learned much about Physical Therapy while attending acupuncture school.</i>
1987 – 1988	Sloan Kettering Cancer Center	<i>Lipid Metabolism basic research. Research assistant and co-author of a paper.</i>
1986 – 1987	Private Instructor	<i>Self-employed acupressure instructor while in graduate school.</i>
1981 – 1982	Holy Cross Hospital	<i>Clinical Dietitian. Conducted and revised nutrition education on Diabetic unit. Improved nutritional care on Rehabilitation Unit.</i>
1980 - 1981	Cottonwood Hospital	<i>Dietitian. Clinical duties included: Revising nutrition education packets, nutritional assessment, charting, diet instructions. Administrative duties included: purchasing, employee relations, planning catered events, presenting In-service classes, etc.</i>

LABORATORY EXPERIENCE AND PUBLICATIONS

- 1987 – 1988 Memorial Sloan Kettering Cancer Center
Department of Endocrinology
Performed all experiments and co-authored paper: Kolesnick, RN and Clegg, S. "1,2-Diacylglycerols, but not phorbol esters, activate a potential inhibitory pathway for protein kinase C in GH3 pituitary cells, evidence for involvement of a sphingomyelinase." The Journal of Biological Chemistry, 265:6534-6537, 1988.
- 1985 – 1986 University of Utah
As part of graduate studies, worked in lab investigating the effects of parathyroid hormone on protein, DNA and calcium content of osteocyte cultures.
- 1983 – 1984 University of Utah
Performed psychophysical itching experiments and published abstract of results: Clegg, S. and Tucket, R. "Sensations evoked by cutaneous application of histamine, papain and hydrochloric acid". Clinical Research 32:576A, 1984.

HIGHLIGHTS OF INFORMAL (Non-Matriculated) EDUCATION

- 2015 Certified in Andy Rosenfarb's acclaimed method for successfully treating retinitis pigmentosa.
- 2015 Acugraph Digital Meridian Analysis (Adrian Larsen).
- Ongoing Nutrition and acupuncture-related continuing education. Minimum 150 hours every 5 years to maintain credentials of Registered Dietitian and National Board Certified Acupuncturist.
- 2012 – 2015 Diet approaches to helping autoimmune disease (Sarah Ballentyne)
- 2005 – 2015 Senior Faculty of Acutonics Institute of Integrative Medicine
- 2004 – 2005 Supervision with several healers (William Bengston, PhD and Laurie Herron)
- 2003 – 2004 Acutonics® Sound Healing Training. Levels I, II, III, IV, V, VI. (150 hours).

- 1991 – 2000 Various weekend workshops including pediatrics, gynecology, trigger point therapy, practice management, nutrition, endocrinology, auriculotherapy, sports medicine.
- 1989 – 1991 200-hour Chinese herbal medicine course taught by Ted Kaptchuk. Secretary for class and transcribed lectures from tapes.
- 1988 – 1990 Training with Elizabeth Mass, MA in "Spiritual Therapy." Emphasis on altered states of awareness to facilitate insight and healing. Learned to facilitate and work creatively with acupuncture-induced trances.
- 1988 – 1989 Simon Mill's class on Western herbal medicine.
- 1988 – 1989 Elaine Stearn's class on Chinese Patent Herbs.
- 1982 – 1983 Touch For Health Instructor Training course.
- 1982 – 1983 Joyce Sohler training in Dream analysis.
- 1981 – 1982 Holistic Healthcare. An eight-credit course offered by the Graduate School of Nursing at the University of Utah. This course changed the direction of my career.