

Krista J. Essler, LAc

Healthcare Experience

Owner, Acupuncture & Holistic Medicine for Healthcare & Pain Management

2013 - Present Pottsville, PA

- Private Holistic Healthcare practice focusing on improving patient health and quality of life.
- Multiple-modality consultant for Health Care Professionals on treatment plans and case management.

Owner, Essler Wellness

2006 - Present Ridgely Park, NJ

- Private Holistic Healthcare practice focusing on improving patient health and quality of life.
- Multiple-modality consultant for Health Care Professionals on treatment plans and case management.
- Authoring of educational materials on diet therapy for indications such as food allergies including 8FoodAllergensFreeDelicious.com: includes information on multiple food allergies & food sensitivities; subjects include nutritional guidelines, social challenges, & original recipes.

Owner, Appalachian Wellness & Preventive Health

2003 – 2006 Boone, NC

- Private Holistic Healthcare practice incorporating alternative and complementary therapies.
- Effectively interpreted hair mineral analysis data to counsel patients on nutrition resulting in significantly improved health and lose weight; Average weight loss of 35 pounds in 6 months.
- Successful management of pain due to sciatica with a 6 week protocol of Acupuncture in combination educating patients on yoga-like stretches.
- Helped with pain reduction for arthritic patients by providing a combination of Acupuncture, Nutritional supplementation, and detoxification of heavy metals.
- Successfully treated patient with multiple personality disorder. Consolidation of 9 of 12 personalities in 3 treatments. Total integration within 8 months.

Acupuncturist, Serenity Day Spa

2006

Banner Elk, NC

- Performed Cosmetic Acupuncture for wrinkle reduction.

Educator, Ryan Center

2003

New York, NY

- Developed and taught a six-week Aromatherapy program to HIV+ and HIV-at-risk patients. Workshops included potpourri, window-sill garden, cooking, and therapeutic oil blends for diffusion and application.

Owner, LGS Acupuncture

2002 – 2003

Brooklyn, NY

- Private Holistic Healthcare practice incorporating alternative and complementary therapies in cooperation with a Chiropractor and Physical Therapist.
- Effectively promoted re-growth of hair and regeneration of healthy skin in a 20 year old male with administration of Homeopathic remedy and a custom therapeutic blend of essential oils over a 7 month period.
- Successful treatments for smoking cessation with Acupuncture and patient education.

Chief Acupuncturist, The Corsello Center

2001 - 2002

New York, NY

- Team member in a Holistic Healthcare practice incorporating alternative and complementary therapies in an integrative medical facility. Staff also included general-practice and specialist Medical Doctors, a Psychotherapist, and an Exercise Therapist.
- Application of Homeopathic remedies through psychoanalysis to assist patient to move forward in healing process. As a result, the patient improved greatly in health and appearance and had significant weight loss.

Chief Acupuncturist, Mezzanine Spa

2001 – 2002

New York, NY

- Effective treatment of post-traumatic stress disorder for 9/11 victims resulting in ability to release emotions, experience restful sleep and quell anxiety.
- Performed Cosmetic Acupuncture for wrinkle reduction.

Acupuncture Intern, HealthSouth Rehabilitation Hospital 2001 Albuquerque, NM

- One of eight students selected to participate in an integrative medicine program helping individuals recover from physical limitations due to illness or injury using Acupuncture and Traditional Chinese Medicine.

Health Consultant, Community Chiropractic 1997 - Present Brooklyn, NY

- Provide insight for difficult patient cases involving homeopathic treatment; recommended successful remedy.
- Contribute to treatment options, suggesting specific acupuncture protocols and dietary changes.

Healthcare Education

Master of Chinese Medicine, International Institute of Chinese Medicine

1998 – 2001 Albuquerque, NM

- Comprehensive program in all aspects of Chinese Medicine including Acupuncture, Herbs, Food Therapy, Qi Gong, and Tui Na.

Certificate in Classical Homeopathy, New York Chiropractic College

1996 – 1998 Levittown, NY

- Received top honors in second year; Became skilled at differentiation and diagnosis in the treatment of patients using homeopathically prepared remedies.

Continuing Education

April 2013 **Advance TCM Training in Pediatrics** Online course
Sponsored by Blue Poppy Institute; Presented by Bob Flaws 25 CEUs

July 2012 **Healing with Food** Online course
Sponsored by Acufree.com, Inc. 15 CEUs

October 2011 **Integrative Neurology: Expanding Options Patients** Morristown, NJ
Sponsored by Atlantic Health System 6 CEUs

January 2011 **Clinical Breakthrough: the Toxicity-Chronic Disease Connection** NY, NY
Sponsored by Metagenics; Presented by Jeffrey S Bland, PhD 4.5 CEUs

April 2009 **Nutrition in Traditional Chinese Medicine** Online course
Sponsored by Options for Wellness, Inc. 8 CEUs

March 2009 **Sleep Apnea in Insomnia, ADHA and Obesity** Online course
Sponsored by Acufree.com, Inc. 15 CEUs

April 2008 **Emerging Therapeutic Target: Intersection of Inflammatory Diseases** NY, NY
Sponsored by Metagenics; Presented by Jeffrey S Bland, PhD 6 CEUs

October 2007 **First Line Therapy Certification Course** New York, NY
Sponsored by Metagenics 28 hours

October 2007 **Weight Loss & Oriental Medicine** Hartford, CT
Sponsored by Golden Flower Chinese Herbs; Presented by Dr. Kirsti Reed 7 CEUs

September 2007 **The Depression Pandemic** New York, NY
Sponsored by Metagenics; Presented Jay Lombard, DO 6 CEUs

April 2005 **The Three Main Mechanisms of Mental-Emotional Disorders** Online course
Sponsored by Blue Poppy Institute; Presented by Bob Flaws 1 CEU

March 2005 **Case Consultation on Arthritis** Charlotte, NC
Sponsored by the North Carolina Association of Acupuncture and Oriental Medicine 2 CEUs

Certifications and Licenses

<i>Pennsylvania State Acupuncture License</i>	AK001078	2013
<i>New Jersey State Acupuncture License</i>	25MZ00061800	2008
<i>First Line Therapy Councilor Certification</i>		2007
<i>New York Acupuncture License</i>	#1883	2001
<i>NCCAOM Diplomate in Acupuncture</i>	#016433	2001
<i>CCAOM Clean Needle Certification</i>		2000
<i>Reiki Mastership</i>		1997
<i>Engineer in Training Certificate</i>	ID#167000222	1995

Professional Associations

<i>Member, Toastmasters International</i>	2006
<i>Treasurer, NC Association of Acupuncture & Oriental Medicine</i>	2005 - 2006
<i>Member, Common Ground: Integrating Medicine</i>	2003 - 2006
<i>Treasurer, International Institute of Chinese Medicine Student Body</i>	1999 - 2001

Radio and Television Appearances

<i>Acupuncture & Alternative Medicine, Morning Show (WECR-FM)</i>	October 2003
<i>The Benefits of Cosmetic Acupuncture, Living Better (NBC)</i>	January & October 2002

Publications

<i>Recreating the Healthy You</i>	All About Women Magazine	June 2006
<i>Investing in Your Health</i>	All About Women Magazine	April 2006
<i>Keep Your Resolutions</i>	All About Women Magazine	February 2006
<i>Insight into Acupuncture (interview)</i>	Watauga Democrat	February 2006
<i>Nutrition: Give to Your Body</i>	All About Women Magazine	Winter 2005
<i>Menopause, a Healthy Transition</i>	All About Women Magazine	Autumn 2005
<i>Acupuncture and Arthritis</i>	Watauga Democrat	February 8, 2005
<i>Treating Winter Ailments</i>	Healings	Winter 2004
<i>The Basics of Acupuncture</i>	Healings	Autumn 2003
<i>The Cleansing from the Inside Out</i>	ME! Magazine	Premier Issue, April 2001