

EDUCATION

- Pacific College of Oriental Medicine, San Diego, CA*
Doctorate in Acupuncture and Oriental Medicine **January, 2013**
Capstone: "Acupuncture's effectiveness at treating subclinical hypothyroid disease via the HPA/HPT axis: a multiple case series"
- Pacific College of Oriental Medicine, San Diego, CA*
M.S. Traditional Oriental Medicine **April, 2009**
Acupuncture internships at Rady's Children's Hospital, San Diego Cancer Center, Family Recovery Center, UCSD Seniors' Clinic, and PCOM Clinic
- Pacific College of Oriental Medicine, San Diego, CA*
Certified Massage Therapist **May, 2007**
Specializing in Tui Na massage
- University of Phoenix, Costa Mesa, CA*
Master's in Business Administration **March, 2001**
Thesis: Business plan for Anaheim Ballet
- California Polytechnic State University, San Luis Obispo, CA*
B.S. Graphic Communication **March, 1994**
Concentration: Computer design
Senior project: Charcoal package design
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AWARDS

- 2016 Alumni Award for Demonstrating Value and Ethics in Inter-Professional Practice (Pacific College of Oriental Medicine & Academic Collaborative for Integrative Health) **2016**
 - Outstanding alumni, Pacific College of Oriental Medicine – San Diego **2009**
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RELATED EXPERIENCE

- UCLA Center for East-West Medicine, Westlake Village, CA*
Clinical Specialist (Acupuncturist) **1/2013 - Present**
Providing acupuncture, massage and nutrition to patients in an integrative setting.
Teaching medical school students, residence and fellows about Asian medicine
- Self-employed, Tustin, CA*
Acupuncturist/Massage Therapist/Pilates Instructor **8/2009 - Present**
Specializing in Japanese Meridian Acupuncture and offering a complete array of services to help patients achieve wellness
- John Garey Pilates, Long Beach, CA*
Pilates Instructor **9/2004 - Present**
Training a wide variety of populations through privates and group classes of up to 18 students, from teenagers to 88 year olds to Olympic gold medalists
- Circle of Health Physical Therapy, Lake Forest, CA*
Massage Therapist and Pilates Instructor **6/2005 - 10/2013**
- St. Jude Center for Rehab & Wellness, Brea, CA*
Pilates Instructor **8/2009 - 8/2010**
Training a wide variety of populations through privates and group classes

Massage Envy, Aliso Viejo, CA
Massage Therapist

5/2007-5/2008

OTHER EXPERIENCE

Xerox Corporation, Santa Ana, CA

Financial Analyst

1/2005-8/2005

Trainer/Infrastructure Support Specialist/Project Manager

6/2001-1/2005

Client Account Manager

12/1999-6/2001

OfficeMax, Thousand Oaks, Culver City & Irvine, CA

CopyMax Store Manager

6/1996-12/1999

Logicode Technology, Camarillo, CA

Desktop Publisher

5/1994-6/1996

CERTIFICATIONS / LICENSES

- Licensed Acupuncturist by California Acupuncture Board
- Diplomate of Oriental Medicine and Asian Bodywork Therapy by National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)
- Certified Massage Therapist by California Massage Therapy Council (CAMTC)
- BCTMB Certified by National Certification Board for Therapeutic Massage and Bodywork
- Certified Level 2 Reiki Practitioner
- STOTT PILATES™ Fully Certified Instructor (2004), Post –rehabilitation specialist
- STOTT PILATES™ Rehabilitation Training (2009)

TEACHING

- Lecturer UCLA, Japanese Acupuncture and Diagnostic Techniques. Integrative East-West Medicine course (ME207.01). 4th year medical students (February, 2018)
- Lecturer UCLA, Japanese Acupuncture and Diagnostic Techniques. Integrative East-West Medicine course (ME207.01). 4th year medical students (February, 2017)
- Lecturer UCLA, Japanese Acupuncture and Diagnostic Techniques. Integrative East-West Medicine course (ME207.01). 4th year medical students (February, 2016)
- Lecturer UCLA, Japanese Acupuncture and Diagnostic Techniques. Integrative East-West Medicine course (ME207.01). 4th year medical students (February, 2015)
- Lecturer UCLA, Acupuncture and Subclinical Thyroiditis. Integrative East-West Medicine course (ME207.02). 15 – 4th year medical students & 6 visiting scholars (February, 2014)
- Lecturer UCLA, Japanese Style Acupuncture & Demo. Integrative East-West Medicine course (ME207.02). 15 – 4th year medical students & 6 visiting scholars (February, 2014)

PRESENTATIONS

- "East-West Medicine: What Every Senior Needs to Know". Senior Concerns (May, 2019)
 - "The Ancient Wisdom of Mind-Body Exercise". Keiro Conference: Aging into Tomorrow (October, 2018)
 - "East-West Medicine: What Every Senior Needs to Know". The Reserve (September, 2018)
 - "Keeping Your Body's Wellness on Pointe". Anaheim Ballet (July, 2018)
 - "East-West Medicine: What Every Senior Needs to Know". Belmont Village Senior Living (June, 2018)
 - "Integrative East-West Medicine in the Academic Health Center Setting: The UCLA Experience". International Congress on Integrative Medicine & Health (May, 2018)
 - "Ancient Wisdom for Healing and Wellness". Cancer Support Community (April, 2018)
 - "Eat Well for a Grande Performance". Anaheim Ballet (July, 2017)
 - "Finding Your Qi" & "Qigong for Health". UCLA Manager's Retreat Day (April, 2017)
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- "Finding Your Sense of Balance through Qigong". Senior Congress XIII (February, 2017)
 - "Finding Your Qi" & "Qigong for Health". UCLA Manager's Retreat Day (October, 2016)
 - "Nutrition & Wellness for Dancers". Anaheim Ballet (July, 2016)
 - "Understanding the Power of Chi Gong". UCLA Women's Health Conference (April, 2016)
 - "Finding Your Qi" & "Qigong for Health". UCLA Manager's Retreat Day (April, 2015 & October, 2015)
 - "Nutrition for Dancers." Anaheim Ballet (July, 2015)
 - "Ancient Wisdom for the Modern Women." UCLA Women's Health Conference (May, 2015)
 - "Unfrazzled Meditation for Stressed Caregivers." Conejo Cares' Caregivers Recognition Day (January, 2015)
 - Tsuda, R. (2014, October). *Acupuncture's effectiveness at treating subclinical hypothyroid disease via the HPA/HPT axis: a multiple case series*. Poster presented at Science and Connection: A New Era of Integrative Health & Medicine, San Diego, CA
 - "Nutrition for Dancers." Anaheim Ballet (July, 2014)
 - "Get your Qi On". UCLA Women's Health Conference (March, 2014)
 - Tsuda, R. (2013, October). *Acupuncture's effectiveness at treating subclinical hypothyroid disease via the HPA/HPT axis: a multiple case series*. Poster presented at the International Congress for Clinicians of Complementary and Integrative Medicine, Chicago, IL
 - "Nutrition Basics". Anaheim Ballet Step-UP program (September, 2013)
 - "Nutrition for Dancers." Anaheim Ballet (July, 2013)
 - Tsuda, R. (2013, April). *Treating subclinical hypothyroidism with acupuncture via the HPA/HPT axis: a multiple case series*. Poster presented at the Society for Acupuncture Research Conference, Ann Arbor, MI
 - "Enhancing Fertility with Asian Medicine." OB/GYN Ground Rounds presentation at University of California Irvine (February, 2013)
 - "All About Asian Medicine". John Garey Fitness and Pilates (July, 2012)
 - "Nutrition for Dancers." Anaheim Ballet (July, 2012)
 - "Traditional Chinese Medicine and MS." Multiple Sclerosis Society Meeting, Orange County Chapter (October, 2011)
 - "Traditional Chinese Medicine and Parkinson's Disease". National Parkinson's Foundation Meeting, Irvine Chapter (February, 2011)
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PUBLISHED CONFERENCE ABSTRACTS

- Tsuda, R. Acupuncture's effectiveness at treating subclinical hypothyroid disease via the HPA/HPT axis: a multiple case series [abstract]. *Global Advances in Health and Medicine*. Volume 3, Number 7, 2013
 - Tsuda, R. Acupuncture's effectiveness at treating subclinical hypothyroid disease via the HPA/HPT axis: a multiple case series [abstract]. *The Journal of Complementary and Alternative Medicine*. Volume 9, Number 7, pp. A22, 2013
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MEMBERSHIPS

- Member of American Association of Acupuncture and Oriental Medicine
 - Member of California State Oriental Medical Association
 - Member of Society for Acupuncture Research
 - Member of Academy of Integrative Health & Medicine
 - Member of IDEA Health & Fitness Association
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ADDITIONAL TRAINING

- Chengdu University of Traditional Chinese Medicine, China
International TCM Training Program – 102 hours (April, 2009)
Rotations in oncology, diabetes, post-stroke and cardiology
 - Sensei Ikeda Masakazu – Traditional Japanese Acupuncture, 2010-5
 - Sensei Yoshito Mukaino – Sports Acupuncture
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- Alex Tiberi – Pediatric Acupuncture
 - Giovanni Maciocia – Acupuncture for Mental Health and Women's Health
 - Michael Corradino - Neuropuncture
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