

**Raina Tsuda, L.Ac.**  
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#### EDUCATION

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*Pacific College of Oriental Medicine, San Diego, CA*  
**Doctorates 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** **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** **2007**  
Specializing in Tui Na massage

*University of Phoenix, Costa Mesa, CA*  
**Master's in Business Administration** **2001**  
Thesis: Business plan for Anaheim Ballet

*California Polytechnic State University, San Luis Obispo, CA*  
**B.S. Graphic Communication** **1994**  
Concentration: Computer design

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#### AWARDS

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- Outstanding alumni, Pacific College of Oriental Medicine – San Diego **2009**
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#### RELATED EXPERIENCE

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*UCLA Center for East-West Medicine, Westlake Village, CA*  
**Clinical Specialist (Acupuncturist)** **2013 - Present**  
Providing acupuncture and nutrition to patients in an integrative setting. Teaching medical school residence and fellows about Asian medicine

*The Healing Sanctuary, Santa Ana, CA*  
**Acupuncturist/Massage Therapist/Pilates Instructor** **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** **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** **2005 - Present**

*St. Jude Center for Rehab & Wellness, Brea, CA*  
**Pilates Instructor** **2009-2010**  
Training a wide variety of populations through privates and group classes

*Massage Envy, Aliso Viejo, CA*  
**Massage Therapist** **2007-2008**

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## OTHER EXPERIENCE

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<i>Xerox Corporation, Santa Ana, CA</i>	
<b>Financial Analyst</b>	<b>2005</b>
<b>Trainer/Infrastructure Support Specialist/Project Manager</b>	<b>2001-2005</b>
<b>Client Account Manager</b>	<b>1999-2001</b>
<i>OfficeMax, Thousand Oaks, Culver City &amp; Irvine, CA</i>	
<b>CopyMax Store Manager</b>	<b>1996-1999</b>
<i>Logicode Technology, Camarillo, CA</i>	
<b>Desktop Publisher</b>	<b>1994-1996</b>

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## CERTIFICATIONS / LICENSES

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- Licensed Acupuncturist by the California Acupuncture Board
  - Diplomate of Oriental Medicine and Asian Bodywork Therapy (NCCAOM)
  - Certified Massage Therapist by the California Massage Therapy Council (CAMTC)
  - NCETMB Certified by National Certification Board for Therapeutic Massage and Bodywork
  - STOTT PILATES™ Fully Certified Instructor (2004)
  - STOTT PILATES™ Rehabilitation Training (2009)
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## PRESENTATIONS

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- 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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## MEMBERSHIPS

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- Member of American Association of Acupuncture and Oriental Medicine
  - Member of California State Oriental Medical Association
  - Member of Society for Acupuncture Research
  - Member of International Foundation for Nutritional and Health
  - Member of IDEA Health & Fitness Association
  - Member of the Weston Price Foundation
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## ADDITIONAL TRAINING

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- 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
  - Sensei Yoshito Mukaino – Sports Acupuncture
  - Alex Tiberi – Pediatric Acupuncture
  - Giovanni Maciocia – Acupuncture for Mental Health and Women's Health
  - Michael Corradino - Neuropuncture
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