

# Krista J. Essler, LAc

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## Healthcare Experience

### **Owner, Acupuncture & Holistic Medicine for Healthcare & Pain Management**

2013 - Present

Bethlehem & Pottsville, PA

- Private Holistic Healthcare practice focusing on improving patient health and quality of life.
- Community presentations informing the public on the benefits of Acupuncture & Holistic Medicine.
- Addressing chronic health issues through dietary and lifestyle changes.

### **Owner, Essler Wellness**

2006 - 2013

Ridgefield 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.
- Authored 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 weight loss; Average weight loss of 35 pounds in 6 months.
- Successfully managed sciatic pain with a six-week protocol of Acupuncture combined with teaching patients yoga-like stretches.
- Reduced arthritic pain 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.

### **Educator, Ryan Center**

2003

New York, NY

- Developed and taught a six-week Aromatherapy program created for 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 hair re-growth and healthy skin regeneration in a 20 year old male with the administration of a 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 at a Holistic Healthcare practice which incorporated alternative and complementary therapies in an integrative medical environment. Staff also included general-practice and specialist Medical Doctors, a Psychotherapist, as well as an Exercise Therapist.
- Prescribed Homeopathic remedies with insights provided by psychotherapist to assist patient in moving forward in healing process; overall improvements in health and appearance including significant weight loss.

### **Chief Acupuncturist, Mezzanine Spa**

2001 – 2002

New York, NY

- Effectively treated post-traumatic stress disorder for 9/11 victims resulting in emotional release, quelling of anxiety, and deeper more restful sleep.
- Performed Cosmetic Acupuncture for wrinkle reduction.

**Acupuncture Intern, HealthSouth Rehabilitation Hospital** 2001 Albuquerque, NM

- One of eight selected students 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 – 2014 Brooklyn, NY

- Provided insights for difficult cases utilizing homeopathic remedies; recommending successful treatment protocols also including acupuncture and dietary changes with supplementation.

## Healthcare Education

**Functional Medicine University** 2017 – 2018 online

- Trained in differential diagnostic techniques, inclusive of all body systems, to identify the root causes of disease and treat with diet, lifestyle, and non-invasive therapies.

**Master of Chinese Medicine, International Institute of Chinese Medicine**

1998 – 2001 Albuquerque, NM

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

**Certificate in Classical Homeopathy, New York Chiropractic College**

1996 – 1998 Levittown, NY

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

## Continuing Education

June 2018 **Chronic Tissue Damage** Philadelphia, PA  
Sponsored by Yu Yao Society; Presented by Kiiko Matsumoto 7 CEUs

October 2011 **Increasing Quality of Life for Chronically Ill Patients** Trumbull, CT  
Sponsored by Moss Nutrition; Presented by Jeffrey Moss, DDS 3 CEUs

November 2016 **Gut and Beyond: 21<sup>st</sup> Century Advances in Nutrition** Philadelphia, PA  
Sponsored by Metagenics; Presented by Robert G Silverman, DC 6.5 CEUs

June 2015 **New Brain Science Series** Online course  
Sponsored by The National Institute for the Clinical Application of Behavioral Medicine 14 hours

October 2013 **Neurology for the TCM Practitioner** Online course  
Sponsored by Blue Poppy Institute 15 CEUs

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

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

## Other Education

***Bachelor of Architectural Engineering, an advanced five-year degree***  
**Pennsylvania State University**  
 1986 – 1991      University Park, PA

- Top program in the country at the time of enrollment and graduation.
- Cooperative internships with Engineering firms in Philadelphia, PA and Irvine, CA.
- One of ten students in a limited study-abroad program in Architecture and Civil Engineering at Leeds University, the top Civil Engineering school in Europe at that time.
- Phi Eta Sigma Honor Society