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# BIANCA BELDINI, MSOM, LAC, PT, CA

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## LICENSURES

N.Y. State Physical Therapy License # 018041  
N.J. State Acupuncture License # 40100  
N.Y. State Acupuncture License # 2768

## PROFESSIONAL EXPERIENCE

ADVISORY BOARD MEMBER, THE HOLISTIC OPTION, 2007 - PRESENT  
Advisory Board Member for a web based company focused on giving the general public a "holistic option" to their personal health and wellness opportunities

PRESIDENT, SACRED SPACE ACUPUNCTURE, NYC 2004 - PRESENT  
A private Acupuncture practice in NYC with specialties including combining Acupuncture with Essential Oils for: Sports Injuries, Orthopedic rehabilitation, Dance Injuries, Reproduction, General Health / Wellness, Sleep and Gastrointestinal Dysfunction  
Patients include: New York City Ballet, School for American Ballet, Cast of numerous Broadway productions, Complexions Dance Troupe

FACULTY & CLINICAL SUPERVISOR, TRI-STATE COLLEGE OF ACUPUNCTURE, NYC 2004 - PRESENT  
Professor of Human Anatomy, Professor of Myology with an emphasis on Structural Evaluation and Trigger Point Therapy, Clinical Topic Seminar on the Efficacy of Essential Oils in an Acupuncture Practice, Clinical Supervisor for 3rd year students in a community clinic setting, Faculty Advisor for 3rd year student competencies

ACUPUNCTURIST, WEST SIDE DANCE PT, NYC 2004 -2006  
Staff Acupuncturist and Physical Therapist to NYC Ballet, School for American Ballet, Concert / Orchestra Musicians and professional Athletes with specialties in Foot and Ankle Injuries, Musculoskeletal Derangements and Post-Surgical Rehabilitation

PHYSICAL THERAPIST POSITIONS , NYC 1997 - 2004  
Staff and Managerial Positions at Bellevue Hospital Center / NYU, Clinical Supervisory positions, Columbia University Adjunct Physical Therapy Teacher for Anatomy / Kinesiology Lab, Clinical Physical Therapy Manager of WTC Fitness Club

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## EDUCATION

AMERICAN COLLEGE OF HEALTH SCIENCES, OREGON - **CERTIFIED AROMATHERAPIST**, 2009

TRI-STATE COLLEGE OF ACUPUNCTURE, NYC - **MASTERS OF SCIENCE IN ORIENTAL MEDICINE**, 2005

TRI-STATE COLLEGE OF ACUPUNCTURE, NYC - **MASTERS OF SCIENCE IN ACUPUNCTURE**, 2004

HANZEHOGESCHOOL VAN GRONINGEN, THE NETHERLANDS - **BACHELOR OF SCIENCE IN PHYSICAL THERAPY**, 1997

## PUBLICATIONS

- 2009      **Crazy Sexy Life: "Finding Equilibrium through Acupuncture"** a web based publication dedicated to those who seek wellness and recovery of diseases through a healthy body, mind, spirit and nutritional perspective
- 2009      **Her Future: "An Interview with Bianca Beldini, Acupuncturist and Health Guru"** a web based publication dedicated to mentoring younger women
- 2008      **Acupuncture Today Magazine: "Spreading the Good Word About AOM"** a highlight and Q&A with Bianca about treating Professional Dancers and Athletes
- 2008      **Acupuncture Today Magazine: "Healing Old Wounds with Acupuncture"** a looking back into using Acupuncture to help heal the emotional wounds of the WTC tragedy
- 2008      **Natural Solutions Magazine: "Sniff Away What Ails You"** the use of Essential Oils to help get through the cold / flu seasons
- 2004      **Advance for Directors in Rehabilitation: "Pairing Acupuncture with PT: TSCA brings acupuncture to physical therapy treatments"**
- 1999      **New York University Dept. of Medicine and Rehabilitation Co-author: "Physiatric management and outcome in bilateral crutch palsy (Brachial Plexus Compressive Neuropathy): A Case Report"**

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## MEDIA

- 2008 **The Today Show on MSNBC : “Alternative Health Treatments”** 8 minute LIVE segment interviewed by Hoda Kotbe while treating and discussing Natalie Morales
- 2008 **FOX 5 NEWS NY: “Stop the Pain: Acupuncture”** 5 minute segment highlighting a NYC Executive and a Broadway Dancer and their use of Acupuncture to treat their particular pain conditions
- 2008 **Podcast: Healthy Mouth and Healthy Body:** Featured in a 1 hour podcast with Dr. Victor Zeines, Holistic Dentistry in NYC
- 2007 **Podcast: Holistic Health and Wellness :** The Holistic Option podcast focusing on using Acupuncture as a modern day health modality

## CONTINUING EDUCATION

- EI “Extremity Evaluation and Manipulation”, Stanley Paris
- S1 “Spinal Evaluation and Manipulation”, Stanley Paris
- S3 “Advanced Evaluation and Manipulation of the Craniofacial, Cervical and Upper Thoracic Spine”, Stanley Paris
- S4 “Advanced Lumbo-pelvic-hip Complex”, Stanley Paris
- AFAA Certified Athletic Trainer
- “Pediatric Primer”, Hampton C.A.R.E.S.
- “Sampling Gait Parameters from a Feldenkrais Perspective”, Ruven Ofir
- “Diagnosing Manual Muscle Testing”, Florence Kendall
- “Evidence Based Therapeutic Exercise for Low Back Pain”, David McClune
- “Exercise for the Childbearing Years”, Elizabeth Noble
- “Moms In Motion”, Certified pre/post natal exercise instructor
- “The Cervical Spine”, Gwendolynn Jull
- “Analysis of Muscle Testing in Applied Kinesiology”, Charles Seminars
- “Treatment and Assessment of Common Musculoskeletal Injuries”, Matt Callison
- “Common Injuries to the Neck and Shoulder”, Matt Callison
- Post graduate: Physiatric Medicine and Orthopedic Conditions using Acupuncture (250 hours)

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Power Vinyasa Certification, Registered Yoga Teacher 2005, Sadie Nardini NYC

“Hormones and Health” Continuing Education International

TCM Treatment for Infertility Dr. Guoping Zheng, LAc New York

“Enhancing Fertility with Acupuncture & Chinese Patent Medicine” Anastacia White

“Facial Rejuvenation Acupuncture” Virginia Doron

“Common Injuries of the Low Back, Hip and Groin” Matt Callison

“Using Essential Oils in Chinese Medicine” Peter Holmes, Snow Lotus

“Clean Needle Technique” Council of Colleges of Acupuncture and Oriental Medicine

“The Arvigo Techniques of Maya Abdominal Massage” Level One, Self Care

“Chinese Medicine and the Evolution of Consciousness” Lonny S Jarrett

“Raindrop Technique” James Niederland

“Ancient Anatomy Part I” Kiiiko Matsumoto

“Ancient Anatomy Part II” Kiiiko Matsumoto

“Differential Diagnosis and Management of Pain Syndromes” Kiiiko Matsumoto

