

༄༅། སྐབས་ལྔ་པའི་སྐོར་ལུགས་དང་ལྷོ་ལུགས་གསལ་སྤྲོད་ལྷན་སྐྱེད་ལྷན་འཇུག་གི་སྐོར་གྱི་འཕེལ་སྐྱོད་ལྟེ་བུ་ལྟོ་བུ་ལྟོ་བུ་།
 ཡང་འཕེལ་སྐྱོད་ལྟེ་བུ་ལྟོ་བུ་ལྟོ་བུ་ལྟོ་བུ་ལྟོ་བུ་ལྟོ་བུ་ལྟོ་བུ་ལྟོ་བུ་ལྟོ་བུ་ལྟོ་བུ་ལྟོ་བུ་ལྟོ་བུ་ལྟོ་བུ་ལྟོ་བུ་།

**5th Tibetan & Western
 Integrative Medicine Symposium:
 Developing Personalized Care Approaches
 October 5-6, 2018 | Stanford University**

www.twims.org



The Root of Diagnosis
 Tibetan Medical Painting
 17th century

This painting comprises three stems: visual observation, palpation and inquiry.
 Each of which is illustrated by an image of a doctor examining a patient.

Stanford University, 291 Campus Drive, Palo Alto, CA 94305

Keynote Lectures | Panel Discussions | Workshop Sessions

Meet . Connect . Share



Acknowledgements

TWIMS would not be possible without the generous time and support from our planning team and volunteers. We extend our deepest gratitude to our entire volunteer team.

We are grateful to Stanford University School of Medicine for its generous annual support and use of facilities.

བཀའ་བྲིན་ཆེ།

THANK YOU!

We offer special thanks for the generosity of our sponsors:
American Tibetan Medical Association (ATMA);
Ann Down; Arura Medicine of Tibet, VA;
Bob & Jill Lin, Lin Continental Foundation; Scott Reynolds;
Shang Shung Institute School of Tibetan Medicine, MA;
and our anonymous individual supporters.

We extend our deepest gratitude to all the speakers, moderators, MC, volunteers, and participants!

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Background

The Tibetan and Western Integrative Symposium (twims) seeks to provide a context for establishing a cohesive intercultural and interdisciplinary field of medical research and clinical applications that will result in collaborative efforts to develop integrative models of healthcare. Our goal is to construct a bridge between Tibetan and Western Integrative Medicine to share the benefits and perspectives of these systems in a rigorous and open dialogue.

We invite the world's most dedicated clinicians, healthcare professionals, physicians, researchers and educators to present their knowledge and ground breaking research in Tibetan Medicine, clinical science and integrative medicine - all with the goal of understanding the concepts of these diverse medical systems and improving public health to reduce suffering.

In 2018, our focus is "developing personalized care approaches". Tibetan Medicine is an integrative and holistic system based on the 5 elements which are the building blocks of the mind/body dynamic. These elements hold our body in a state of equilibrium. According to Tibetan Medicine that balance is maintained in dependence on your unique genetically born body type. The care provided by Tibetan Medicine is not a standardized approach. Rather, it is an approach based on each individual's unique constitution with the goal of providing a distinct and personalized mode of treatment to maintain balance.

Previous Symposia:

- 4th Annual Symposium on Western and Tibetan Medicine: Integrative Approaches to Pain Management, Apr. 14 - 15, 2017
- 3rd Annual Symposium on Western and Tibetan Medicine: Searching for Integrative Care, March 16, 2016
- 2nd Annual Symposium on Western and Tibetan Medicine: Bridges to Health through Tibetan Medicine: A Panel in Medical and Spiritual Understanding at Stanford University on Nov 16, 2012
- 1st Annual Symposium on Western and Tibetan Medicine: Integrative Medicine Module for Future Medicine: Tibetan and Western Medicine on Oct 24, 2008

For more information, please visit: www.twims.org

Agenda

FRIDAY Oct 5th, 2018 @ Munzer Auditorium

10:30am - 11:00am	Check-In
	Pre-conference workshops:
11:00am - 11:50am	Tibetan Yantra Yoga, Healing Through Breath
11:50am - 12:50pm	Tibetan Medicine 101
1:00pm - 1:10pm	Welcome Speech
1:10pm - 1:15pm	Mindfulness Meditation
1:15pm - 1:50pm	Keynote: Who Am I?
2:00pm - 3:30pm	Tea & Midday Meal Group Photos
3:45pm - 5:00pm	Comparative Patient Assessment and Diagnosis
5:00pm - 6:15pm	Explorations and Dialogues 1: Constitutions, Phenotypes, Metabolic Profiles, Microbiome, and Addiction
6:15pm - 6:20pm	Dedication Meditation
6:20pm - 6:30pm	Closing

SATURDAY Oct 6, 2018 @ LK102

8:30am - 9:30am	Early Check-In
8:45am - 9:15am	Morning Yoga
9:30am - 9:40am	Welcome Speech
9:40am - 9:45am	Mindfulness Meditation
9:45am - 10:20am	Keynote: Development of Tibetan Medicine in the West
10:30am - 12:00pm	Explorations and Dialogues 2: Integrative Health Care Model in Our Underserved International Community
12:00pm - 12:10pm	Group Photos
12:10pm - 1:30pm	Lunch Break
1:30pm - 3:00pm	Explorations and Dialogues 3: Clinical Perspectives & Research Studies
	Workshop Sessions:
	The same workshop will be held twice. Each person can attend two workshops. Please sign up in advance at the check-in desk.
3:10pm - 3:50pm	Workshop 1: Humor, Health, and Happiness @LK203
4:00pm - 4:40pm	
3:10pm - 3:50pm	Workshop 2: Yukchö Stick Therapy @LK204
4:00pm - 4:40pm	
3:10pm - 3:50pm	Workshop 3: Personalized Meditation Practice @LK205
4:00pm - 4:40pm	
3:10pm - 3:50pm	Workshop 4: Medicine and Astro-Science @LK206
4:00pm - 4:40pm	
3:10pm - 3:50pm	Workshop 5: Healing Through Healthy Habits @LK304
4:00pm - 4:40pm	
3:10pm - 3:50pm	Workshop 6: Individualized Nutrition for Your Constitution @LK305
4:00pm - 4:40pm	
3:10pm - 3:50pm	Workshop 7: Kitchen Spice Medicine @LK306
4:00pm - 4:40pm	
3:10pm - 4:40pm	Workshop 8: Brief One-to-one Consult with Menpa (Tibetan Medicine Doctor) @LK308
5:00pm - 5:25pm	Appreciation & Closing Remarks
5:25pm - 5:30pm	Dedication Meditation

Tibetan རྒྱལ་ལྗོངས།

བོད་ལུགས་དང་ཕྱི་ལུགས་ཟུང་འབྲེལ་གྱི་བསྐྱོད་ཆོགས་འདུ་ཡིས། རིག་གཞུང་དང་ཚན་རིག་ལས་བརྒྱུ་ཞིང་ཕན་ཚུན་འབྲེལ་བ་དམ་པའི་གསོ་རིག་ཞིབ་འཇུག་དང་། ཉན་ཐོག་ལག་ལེན་ཞིག་གཏན་འཁེབས་བྱས་ཏེ། འབྲུང་འབྲུར་གྱི་དུས་ཡུན་ནང་། ལུགས་གཉིས་ཟུང་འབྲེལ་གྱི་དཔེ་ལྷན་ལྷན་ལུགས་མང་པོ་ཞིག་གོང་འཕེལ་དུ་གཏོང་བའི་ཐབས་ལམ་འཚོལ་བཞིན་ཡོད།

དམིགས་ལུལ། བོད་ལུགས་དང་ཕྱི་ལུགས་གསོ་རིག་གཉིས་དབར་ལ་འབྲེལ་ལམ་ཞིག་བཙུགས་ཏེ། ལུགས་གཉིས་སོ་སོའི་དགེ་མཚན་དང་ལྟ་གྲུབ་སྣ་ཚོགས་ཕན་ཚུན་ལ་ངོ་སྤྲོད་དང་ཟབ་བྲིད། མཉམ་སྦྱོར། སློང་མོལ་སྤྱད་པོ་གནང་དུ་འཇུག་སྐྱེ་དེ་ཡིན།

ང་ཚོས་ཉན་ཐོག་ཉམས་སྦྱོང་ཅན་གྱི་སྤྲོད་པ་དང་། འཕྲོད་བསྟེན་ཆེད་ལས་པ། སྤྲོད་པ་དང་སྤྲོད་ཞབས་ཞིབ་འཇུག་པ། སློབ་གསོ་བ་བཅས་གདན་འདྲན་ཞུས་ཏེ། ཁོང་ཚོར་བོད་སྤྲོད་དང་། ཉན་ཐོག་ཚན་རིག་དེ་བཞིན་གང་ས་སྤྱི་ཐད་ཀྱི་གསོ་རིག་ཤེས་བྱ་དང་དེང་རབས་གསོ་རིག་བཅས་ལ་གཏོང་བའི་ཞིབ་འཇུག་མང་གཞི་གསར་པ་ཞིག་བཏོང་ས་ཏེ། ལྟ་གྲུབ་མི་འདྲ་བའི་གཞུང་ལུགས་མི་འདྲ་བ་སྣ་ཚོགས་ཀྱི་ཤེས་ཡོན་རྒྱས་ཤིང་འགྲོ་བ་ནད་པའི་སྤྱད་པའི་སེལ་སྐྱེ་དེ་ཡིན།

༢༠༡༤ ལོར་ང་ཚོས་གཙོ་གནད་དུ་འཛིན་བཞིན་པ་ནི། རང་བཞིན་ལ་ཉེན་ཉམས་གསོ་དབྱེད་གོང་འཕེལ་གཏོང་བའི་ཐབས་བྱ་སྐྱེ་དེ་ཡིན། བོད་ཀྱི་གསོ་རིག་པའི་གཞུང་ནང་། ལུགས་ཉན་ཐོག་པོ་བདག་ཉིད་གཅིག་དུ་འབྲེལ་གསུངས་པར་ལྟར་གཅིགས་སུ་བཟུང་ནས་བཤད་ཡོད་པ་ཞིག་ཡིན། རགས་པའི་ལུས་དང་སྐྱ་བའི་ལུས། གཞན་ཀུན་གཞིའི་རྣམ་པར་ཤེས་པ་སོགས་ཀྱི་ངོ་བོ་དང་རང་བཞིན་གྱི་དཔེ་ལྷན་ཐམས་ཅད་ཀྱང་འབྲུང་བ་ལྟ་དང་འབྲེལ་ཡོད་པས། གང་ཟག་སོ་སོའི་འབྲུང་བའི་ཁམས་དང་རང་བཞིན་དེས་དགོས་པ་ནི་གནད་ཀྱི་ཉམས་ཅིག་ཡིན།

དེ་སྤྱི་བསྐྱོད་ཆོགས་འདུ།

- ༢༠༡༧ ལོའི་ལྷོ་ ༤ ཚེས་ ༡༤ དང་༡༥ ཉིན། རྒྱབས་བཞི་པའི་བོད་ལུགས་དང་ཕྱི་ལུགས་གསོ་རིག་ཟུང་འབྲེལ་སྤྲོད་དབྱེད་བསྐྱོད་ཀྱི་ཁྱད་པར་ལྷན་ལྷན་འཛིན་ཐབས་ལམ།
- ༢༠༡༤ ལོའི་ལྷོ་ ༣ ཚེས་ ༡༡ ཉིན། རྒྱབས་གསུམ་པའི་བོད་ལུགས་དང་ཕྱི་ལུགས་གསོ་རིག་བསྐྱོད་ཀྱི་ཟུང་འབྲེལ་ཐོག་ནད་སྦྱོང་ཐབས་ལམ་ཇི་ལྟར་འཚོལ་སྤྱོད་སྤྲོད།
- ༢༠༡༢ ལོའི་ལྷོ་ ༡༡ ཚེས་ ༡༤ ཉིན། རྒྱབས་གཉིས་པའི་བོད་ལུགས་དང་ཕྱི་ལུགས་གསོ་རིག་བསྐྱོད་ཀྱི་རྒྱབས་སྤྲོད་ཀྱི་སྤྲོད་པའི་ཉན་ཐོག་དེ་དག་གོང་འཕེལ་གྱི་གསོ་རིག་ནས་སེམས་ཁམས་པའི་ཉམས་ལེན་སྐྱེ་དེ་ལྟར་གསོ་ཚུལ།
- ༢༠༠༨ ལོའི་ལྷོ་ ༡༠ ཚེས་ ༢༤ ཉིན། རྒྱབས་དང་པོའི་བོད་ལུགས་དང་ཕྱི་ལུགས་གསོ་རིག་བསྐྱོད་ཆོགས་དུའི་རྒྱབས་མ་འོངས་པར་བོད་ལུགས་དང་ཕྱི་ལུགས་གསོ་རིག་ཟུང་འབྲེལ་ཐོག་སྤྲོད་བཅས་ལག་ལེན་བྱ་སྤྱོད་སྤྲོད།

གནས་ཚུལ་ཞིབ་སློབ་གཞིགས་འདོད་ཡོད་ན། འཛིན་པ་ www.twims.org ལ་ཐེབས་འགྲེལ་གནང་།

#TWIMS2018

Some of our favorite pictures from last year's symposium (2017). This year, we encourage you to post your favorite pictures on Facebook using #twims2018. Follow us on Facebook: @twims.org



Sessions

Friday Oct 5, 2018 @ Munzer Auditorium

10:30am Check-In

11:00am Pre-conference Workshops:

11:00am Tibetan Yantra Yoga, Healing Through Breath

*Luke Karamol, AHC, RYT
Matthew Schmookler, Menpa*

One of the oldest recorded systems of Yoga that exists in the world, for centuries Yantra Yoga was a closely guarded secret reserved for advanced yogic practitioners. In light of its universal benefits, Yantra Yoga was first introduced to the West in the 1970s by the famous Tibetan scholar and professor, Chögyal Namkhai Norbu. Synchronizing every movement with conscious breathing we find ourselves in a perfectly relaxed state. Yantra Yoga aims to guide the breath into a natural harmony with the mind and body, acting directly on the five winds in the fundamental theory of Traditional Tibetan Medicine.

11:50am Tibetan Medicine 101

*Jennifer Daubenmier, Ph.D.
Tashi Dorjee, Menpa, RN*

This presentation will provide an introduction to the holistic and personalized care approach of Tibetan Medicine. We will review major historical influences of Tibetan Medicine, discuss key principles of health and disease, diagnostic methods, and treatment modalities. Participants will have an opportunity to complete a Tibetan Medicine Self-Assessment to learn how a personalized care approach can apply to their own health and well-being.

1:00pm Welcome Speech

*Yangdron Kalzang, Menpa, DAOM, LAc.
Erica Weirich, M.D.*

1:10pm Mindfulness Meditation

Lobsang Partsang, Menpa, Geshe Ngarampa

1:15pm Keynote: Who Am I?

Sakti Srivastava, M.D.

"Who am I?" is the quintessential question asked in all cultures throughout history. This presentation explores this conundrum through multiple scientific and philosophical lenses. By weaving together these varied approaches, perhaps we can create a framework for a comprehensive understanding of diagnosis and treatment in the clinical setting.

Sessions

2:00pm Tea & Midday Meal | Group Photo

3:45pm Comparative Patient Assessment and Diagnosis

Panelists:

Tibetan Medicine:

Namgyal Qusar, Menpa

Yangdron Kalzang, Menpa, DAOM, LAc.

Western Integrative Medicine:

Ronesh Sinha, M.D.

Erica Weirich, M.D.

Moderator: *Sakti Srivastava, M.D.*

This panel juxtaposes Western and Tibetan systems of diagnosis and treatment to highlight similarities and differences. We start with a clinical case presentation as an example. Using that as a springboard, we then generalize our discussion to a systems level to deeply explore strengths and limitations of each system. Finally, we discuss ways in which both systems can be integrated for the ultimate benefit of all patients.

Sessions

5:00pm Explorations and Dialogues 1: Understanding Constitution and Phenotypes in the Context of Metabolic Health, Microbiome, and Addiction

Panelists:

Tibetan Medicine:

Tawni Tidwell, Menpa, Ph.D

Namgyal Qusar, Menpa

Western Integrative Medicine:

Mike Hoaglin, M.D.

Chwen-Yuen Chen, M.D.

Moderator: *Jennifer Daubenmier, Ph.D.*

Modern Western medicine traditionally has tended to view individuals as the same, interchangeable - one treatment that is good for one person is good for another. For example, in the case of dietary interventions, research has sought to examine which diet is best for weight loss and metabolic health. There are low fat vs low carb vs Mediterranean diets - and scientists conduct randomized controlled trials to determine which diet is best for individuals "on average", or a population as a whole. However, more recently, a new movement in Western medicine has developed, referred to as 'personalized medicine.'

With the mapping of the human genome and study of the microbiome, we are beginning to understand how individual variation in the genome or microbiome may put individuals at risk for certain diseases, and, once these are identified, individuals can be screened and receive more tailored guidelines for prevention and treatment. Interestingly, one could say that 'personalized medicine' is a fundamental hallmark of Tibetan medicine with the defining of individual constitutions based on variations in 3 principle life energies and holistic approach to diagnosis.

Speakers will address how consideration of individual constitution and phenotypes in Western and Tibetan medicine can be useful in understanding, preventing and treating disease and maintaining wellness in the context of metabolic health, the microbiome, and addiction.

6:15pm Dedication Meditation

Lobsang Partsang, Menpa, Geshe Ngarampa

6:20pm Closing

Sessions

Saturday Oct 6, 2018 @LK102

8:30am Early Check-In

8:45am Morning Yoga

Tia Rich, PhD

Begin your morning with refreshing and serene breath-based mindful yoga. Learn simple self-care stretches to support your vitality and sustain equanimity. The session will flow from standing to seated poses while helping you to listen to your body, and compassionately and wisely respect your capabilities.

PLEASE NOTE:

This practice can be done in the clothes you will wear for the rest of the conference day. No special attire is needed. No yoga mats are needed. No prior experience is necessary. All are welcome to enjoy the session.

9:30am Welcome Speech

Yangdron Kalzang, Menpa, DAOM, LAc.

Erica Weirich, M.D.

9:40am Mindfulness Meditation

Lobsang Partsang, Menpa, Geshe Ngarampa

9:45am Keynote: Development of Tibetan Medicine in the West

Kunchok Gyaltzen, Menpa, Ph.D.

Tibetan Medicine and its practitioners are a relatively new phenomena in the US and it appears that the majority of Americans do not really have an understanding of the premises of Tibetan Medicine. Clearly, more work is needed to establish a new system of integrative healing and prevention which focuses on the body, mind and the spirit.

This speech will focus on current research, education and clinical practice of Tibetan Medicine here in the west. It will also focus on the scarcity of practitioners of Tibetan Medicine, the limited available translated materials and the prevailing attitude regarding Tibetan Medicine by westerners and how to address these obstacles in order to move forward and bring Tibetan medicine fully into western society.

Sessions

10:30am Explorations and Dialogues 2: Integrative Health Care in Underserved Communities

Panelists:

Tibetan Medicine:

Kunchok Gyaltzen, Menpa, Ph.D.

Nida Chenagtsang, Menpa

Western Integrative Medicine:

John Rosenberg, M.D.

Phuoc V. Le, M.D.

Moderator: *Erica Weirich, M.D.*

Integrative and traditional medical practices can offer immeasurable value in treating a multitude of health conditions. In underserved populations, such care may be inaccessible, may in some cases be more accessible than Western care, or may be variable in type, cost or quality of service.

Panelists will share their experiences, insights and perspectives on integrative care for medically underserved communities, as efforts increase to shift the paradigm toward patient empowerment, wellness and preventative care.

Audience members will be invited to participate.

12:00pm Group Photos

12:10pm Lunch Break

Sessions

1:30pm Explorations and Dialogues 3: Clinical Perspectives and Research Studies

Panelists:

Tibetan Medicine:

Namgyal Qusar, Menpa

Tam Nguyen, MD.

Western Integrative Medicine:

Miriam Cameron, PhD, RN.

Eve Henry, M.D.

Moderator: *Tawni Tidwell, Menpa, Ph.D*

The health care system in North America is recognizing the need for personalized care in clinical approaches that engage the vast diversity of our human community and variations in physiologies. Tibetan medicine has a long history of personalized care through rich theoretical foundations and critical clinical practices based on understandings of individualized physiological pathways and their attendant diagnostics and therapeutics, as well as the vast diversity of individuals vis-à-vis constitutions and their individual variations. Developments with integrative health care collaborators and research partners are allowing both Western and Tibetan medicine to explore perspectives to personalized care that dialogue and contrast with each of their own.

This panel will explore the clinical practices, research approaches, and patient tools for assessing constitutions, population variations, and other forms of diagnostic and therapeutic individualized approaches in both Western integrative health care and Tibetan medicine. Some areas of exploration will include constitutional self-assessments and guidelines, diagnostic/therapeutic specificities and types, stress response variations, and constitutional/phenotypic expressions from external and internal influences in both clinical and research applications.

3:10pm Workshop Sessions:

The same workshop will be held twice. Each person can attend two workshops. Please sign up in advance at the check-in desk.

3:10pm Workshop 1: Humor, Health, and Happiness @LK203

Bob Fu Yuan Lin

4:00pm Research has shown that laughter is sometimes the best medicine. The author, a venture capitalist with many years of business experience in the healthcare field, will share stories and reflections on humor, health, and happiness from his two best sellers "Find your way to success and happiness" and "Super-Happiness to heal and build" in a very delightful way.

Sessions

3:10pm Workshop 2: Yukchö Stick Therapy @LK204

Eric Rosenbush, L.Ac. & Jason Whitlow

4:00pm

Yukchö or 'Stick Therapy' is an external therapy unique to the Tibetan medical tradition, with origins in the spiritual and yogic practices of Tibet. The practitioner uses rattan sticks tipped with herb pouches to rhythmically tap points on the patient's body, combining the percussion with healing mantra and visualization techniques. The method releases tension, relaxes the body, and balances the subtle energies, and can be used to treat rigid limbs, back pain, digestive issues, mental and emotional disturbances, and more.

3:10pm Workshop 3: Personalized Meditation Practice @LK205

Lobsang Partsang, Menpa, Geshe Ngarampa

4:00pm

Personalized Meditation is designed to each individual's constitution. It's a powerful practice offering new tools for individuals to walk more in balance and reduce the mental, emotional, and physical impact of one's constitution. This practice also opens the door to self-healing and the management of physical and emotional imbalances. This particular mindset meditation is very unique in Tibetan wellness.

PLEASE NOTE:

If you are planning to attend this workshop, please fill out "Constitutional Self Assessment Tool" and "Lifestyle Guidelines Tool".

3:10pm Workshop 4: Medicine and Astro-science @LK206

Jhampa Kalsang, Ph.D.

4:00pm

As the saying goes "if you want to be a good doctor then you should have some minimum knowledge of astro-Science, and other way around too". In Tibet, the art of healing and astro-science worked together for thousands of years. Although the interrelationship between the two sciences may be an unfamiliar concept to many Westerners, most Tibetans see them as inseparable.

3:10pm Workshop 5: Healing Through Healthy Habits @LK304

Matthew Schmookler, Menpa

Adam Okerblom, LAc, Menpa

4:00pm

This session provides a general presentation of healthy lifestyle guidelines from the classical root texts of Tibetan Medicine. We cover the important points of how Tibetan Medicine approaches health and healing through lifestyle and daily choices. This includes guidelines for seasonal health, constitutional health, preventative medicine, treatment of imbalance, and the principles of "Sacred Conduct". Participants gain useful tips and insight for health and balance, in relation to their own unique elemental constitution.

Sessions

3:10pm Workshop 6: Individualized Nutrition for Your Constitution

@LK305

Choeying Phuntsok, Menpa

4:00pm

Diet and nutrition are equally as important as prevention and the various other treatment methods in Tibetan medicine. The Tibetan medicine theory of diet and nutrition is not a “new age” idea but rather for a thousand year old clinical practice! Tibetan medicine does not generalize nutrition for the wider audience but instead bases recommendations for herbs and types of foods on your own unique constitution.

In this workshop, Menpa Choeying will help you to find your own unique constitution type and learn what are the right foods/herbs for you to eat in your daily life to maintain optimal health and mind/body balance.

3:10pm Workshop 7: Kitchen Spice Medicine @LK306

Nashalla Gwyn Nyinda, Menpa

4:00pm

Not only do kitchen spices enhance flavor and aid digestion, many of the very spices in your kitchen cabinet are powerful natural aids for simple and chronic health issues. Modern scientific analysis is revealing what ancient healing practices have long known, food is medicine. Traditional Tibetan Medicine states: “there is no substance on earth which cannot be transformed into medicine, even poisons.” By applying the basic concept of kitchen spice medicine, patients can create simple antidotes to their own conditions and symptoms and their own particular health needs.

3:10pm Workshop 8: Brief One-to-one Consults with Tibetan Doctors

@LK308

Tibetan Medicine Doctors:

- Tashi Dorjee, Menpa
- Tsundu Sengye Nyinda, Menpa
- Yangdron Kalzang, Menpa, DAOM, LAc.
- Kunchok Gyaltzen, Menpa, Ph.D
- Namgyal Qusar, Menpa
- Nida Chenagtsang, Menpa

This will be a 15 minute consultation about your general health including your health history, diet and lifestyle. Diagnostic methods such as pulse palpation may be performed as well. Based on this information, an individualized plan of treatment will be formulated.

PLEASE NOTE:

Consults are limited, please sign up in advance at check-in desk.

Speakers



Miriam E. Cameron, PhD, MS, MA, RN

Dr. Miriam E. Cameron is Lead Faculty of the Yoga and Tibetan Medicine Focus Area and Graduate Faculty, Earl E. Bakken Center for Spirituality and Healing, University of Minnesota. Dr. Cameron earned her B.S. and M.S. in Nursing, M.A. in Philosophy/Bioethics, and Ph.D. in Nursing and Philosophy/Bioethics at the University of Minnesota. She did nine years of funded postdoctoral study in Nursing and Cross-Cultural Ethics at the University of Minnesota, Georgetown University, University of Illinois-Chicago, University of Wisconsin-Madison, and Midwest Bioethics Center. For 25 years, she has studied Sowa Rigpa in Tibet, India, and Minnesota. PI or Co-PI of nine funded research studies, she has published 50+ articles, 7 books and monographs, 10 book chapters, and two Internet modules.



Chwen-Yuen Angie Chen, MD

Dr. Chwen-Yuen Angie Chen graduated from the University of California, Davis School of Medicine and went on to complete a year of Psychiatry Internship at the California Pacific Medical Center in San Francisco before completing Internal Medicine training at Santa Clara Valley Medical Center in San Jose, CA. She then became board certified in Addiction Medicine and is now a Clinical Assistant Professor at Stanford, integrating Addiction Medicine and Chemical Dependency services within Primary Care.



Nida Chenagtsang, Menpa

སྐྱེན་པ་ཉི་ལྷ་ལྷེ་ནག་ཚང་།

Menpa Nida Chenagtsang was born in Amdo, in North Eastern Tibet, and trained in Tibetan Medicine at Lhasa Tibetan Medical University. He is Co-Founder and Medical Director of Sorig Khang International. Menpa Nida has published many articles and books on Sowa Rigpa (Traditional Tibetan Medicine) and the Yuthok Nyingthig spiritual tradition both in the Tibetan and English languages which have been translated into several languages. He has extensively researched ancient Tibetan healing methods, and has gained high acclaim in the East and West for his revival of traditional Tibetan external healing therapies. He trains students in Tibetan Medicine and the Yuthok Nyingthig spiritual tradition in over forty countries around the world.



Jennifer J. Daubenmier, Ph.D.

Dr. Daubenmier is Assistant Professor in the Holistic Health Studies program in the Department of Health Education at San Francisco State University. She has conducted research in the field of integrative medicine for the past 15 years. Her primary interest has been to understand the impact of mind-body practices including meditation and yoga on health outcomes among individuals with chronic diseases. Her NIH-funded research focuses on the development and evaluation of mindfulness-based lifestyle interventions to improve metabolic health in individuals with obesity. More recently, she is interested in traditional Asian medical approaches to holistic health. In 2015, she was awarded a U.S. Fulbright Senior Research Scholar Award to study Tibetan

Speakers

Medicine and Buddhist approaches to mind-body health in India. She is now teaching courses on Eastern health perspectives and Tibetan medical and meditation approaches to health to undergraduate students at San Francisco State University.



Tashi Dorjee, Menpa, RN

ལྷན་པ་བླ་ཤིས་རྗེ།

Menpa Tashi Dorjee was born in Kathmandu, Nepal. He completed his primary and secondary education in both Nepal and India. He received his Menpa Kachupa degree in Sowa Rigpa (Tibetan medicine) from the Tibetan Medical & Astrological College in Dharamsala, India in 2002. He practiced Tibetan medicine in Nepal and later India for 5 years before moving to the US in 2008. He has traveled to Moscow, Russia and Riga, Latvia to teach and give consultations in Tibetan medicine. He spent a year as an instructor of Tibetan medicine at the Shang Shung School of Tibetan Medicine in Conway, Massachusetts in 2010. He is a licensed vocational nurse (LVN) and graduated this year from City College of San Francisco with his ADN as a registered nurse (RN). He currently resides in the San Francisco Bay Area where he continues to practice Tibetan medicine on a part-time basis.



Kunchok Gyaltzen, Menpa, MIIM., MPH., Ph.D.

ལྷན་པ་དགོན་མཚོག་རྒྱལ་མཚན།

Dr. Kunchok Gyaltzen is one of today's new generation of outstanding traditional Tibetan medical doctors. Having spent his life gaining expertise in both the Tibetan Buddhist tradition and in Tibetan Medicine, his proficiency in clinical mind-body healing practices, Public Health, his many public teachings and scholarly writings on traditional Tibetan medical approaches, combined with over 30 years of training as a Tibetan Buddhist monk, offer exceptional and rare resources of knowledge for ways to keep body, mind, and spirit healthy from birth to death. Currently, Dr. Gyaltzen holds positions of Professor at Tso-Ngon (Qinghai) University Tibetan Medical College, Mingyu Presidents and Tibetan Medical Doctors of Tso-Ngon Provincial and Kumbum Monastery Tibetan Medical Hospitals, Senior Advisor of Arura Tibetan Medical Group, and Medicine Visiting Professor of Medicine at School of Medicine, University of Virginia. He wrote and published 22 scholarly Tibetan Medicine books and over 50 scientific and general papers in Tibetan, Chinese and English.



Mike Hoaglin, MD

Dr. Mike Hoaglin is a practicing physician and digital health expert, passionate about the future of medicine driven by citizen science and the microbiome. Dr. Hoaglin works on the Medical Affairs team at uBiome. He serves as a consultant to the lab and product teams and empowers providers to integrate clinical microbiome testing into their practices. He also forges clinical research partnerships with clinicians and institutions studying the microbiome to help advance the clinical science. Dr. Hoaglin was previously Director of Medical Content at Doximity, the social network for over 1 million doctors. As a biomedical and

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electrical engineer by training, health informatics informed his medical training from the beginning.

Previously he was Clinical Scholar-in-Residence at Practice Fusion, a cloud-based electronic medical record platform (EMR) and was a management consultant for Accenture, specializing in academic center EMR design. As a Policy Analyst for the U.S. Department of Health and Human Services, he contributed to legislation for the HITECH Act for which he received the Secretary's Commendation and as Clinical Director of The Dr. Oz Show, he produced accessible daily television health content and designed mass health screenings for viewers during an Emmy-winning season. Dr. Hoaglin received his MD degree from the Perelman School of Medicine at the University of Pennsylvania and dual BS degrees in biomedical and electrical engineering from Northwestern University.

Eve Henry, MD

Dr. Eve Henry is originally from the East Coast and completed her undergraduate degree at Princeton University. She obtained her medical degree from Vanderbilt University Medical School and completed her residency in Internal Medicine at Stanford University in 2013.



Dr. Henry has a passion for exploring and understanding alternative medical systems and therapies that can enhance personal wellness and compliment western medicine. She completed an Integrative Medicine Fellowship designed by Dr. Andrew Weil through the University of Arizona Center for Integrative Medicine. She has trained in acupuncture, mindfulness meditation and spent time training with traditional healers in India and the Amazon. Dr. Henry continues to further her education through the Institute of Functional Medicine where she is training in the growing field of functional medicine.

Dr. Henry is board certified in Integrative Medicine and Internal Medicine. She is excited to care for patients as a concierge physician with the Encina Practice and as an integrative consultant for Palo Alto Medical Foundation.

Jhampa Kalsang, Tsirampa

ཅུ་མཉམ་ལྷན་པོ་ལྷན་པོ་ལྷན་པོ་

Dr. Jhampa Kalsang, graduated in 1989 with his Tsirampa degree (equivalent to Ph.D.) from the Tibetan Medical and Astrological Institute, India. He completed a full course of study and six years of training in Tibetan studies with an emphasis on traditional Tibetan astronomy, astrology, medical astrology and Buddhist philosophy. He has been on the staff of Tibetan Medical and Astrological Institute and was one of their senior lecturers. He has spent the last ten years teaching, lecturing and attending



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conferences in America, Australia, Argentina, Bulgaria, Italy, France, Germany and Spain. He is a co-author of "Tibetan Astronomy & Astrology" and has published his own book titled, "Tibetan Astro Science". He is one of the first traditional Tibetan professional Astro-Science practitioners in the West. Because of his extensive interactions with Westerners he is able to relate to and has a deep understanding of the Western culture and its social and psychological mores. He resides in San Diego, California where he founded and runs the Tibet Gift House, offering Tibetan products, classes and readings. He has a private astrology practice and travels throughout the world to lecture and teach.



Yangdron Kalzang, Menpa, DAOM, LAc.

ལྷན་པ་སྐལ་བཟང་དབྱེངས་ལྷོ་ན།

For 21 years, **Dr. Yangdron Kalzang** has been practicing Tibetan Medicine, 18 years of which have been here in the United States. She was born in Lhasa, Tibet and was introduced to Tibetan Medicine as a child by her uncle, who served as one of the Chief Physicians at the Tibetan Medical Hospital (Men-Tsee-Khang) in Lhasa. She graduated from the Tibetan Medical University in Lhasa, Tibet in 1994. She holds a Doctor of Acupuncture and Oriental Medicine (DAOM) degree. In addition, she is a licensed acupuncturist and herbalist. Dr. Kalzang is the founder of Kunde Institute established in 2005. She has been teaching and mentoring medical students from Stanford University School of Medicine since 2008 and she has been the co-organizer with Stanford University School of Medicine for TWIMS (Tibetan & Western Integrative Medicine Symposiums) for the last four years. Dr. Kalzang is fluent in Tibetan, English and Mandarin Chinese. She speaks and teaches regularly throughout the US, Canada, and Europe.



Luke Karamol, AHC, RYT

Luke has been studying and practicing yoga for over 18 years and teaches Tibetan Yantra Yoga, Hatha yoga and Harmonious Breathing. He was authorized to teach Yantra Yoga through the Dzogchen teacher Chögyal Namkhai Norbu in 2013. Luke is also a California licensed massage therapist and nationally certified Ayurveda Lifestyle Counselor with a bodywork practice utilizing tui na, energetic and orthopedic manual therapy techniques. He lives in Oakland, California.



Phuoc V. Le, MD, MPH, DTM&H

Dr. Phuoc Le graduated from Dartmouth with a double major in Biochemistry and Molecular Biology and Asian and Middle Eastern Languages and Literatures. He then matriculated at Stanford Medical School where he earned his MD. He completed a combined residency in Internal Medicine, Pediatrics, and Global Health Equity at Harvard's Brigham and Women's Hospital and Massachusetts General Hospital. During residency he has worked with the NGO Partners in Health (PIH) to provide equitable health care. Currently, Phuoc is an Associate Clinical Professor

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of Medicine and Pediatrics at UCSF, where he is a hospitalist splitting his time between both departments. He is also an Assistant Professor at the University of California, Berkeley School of Public Health. Most recently, he co-founded the HEAL Initiative, an inter-professional 2-year global health delivery fellowship.



Bob Fu-Yuan Lin 林富元(源)

Bob Lin is the founder of Multi-Dimensional Venture Partners, an angel venture group from Silicon Valley and Chairman of Healthlink Services, a nation-wide medical assistance company in China. He also co-founded and served as General Partner for Acorn Campus and Acorn Angels since late 90's. Bob has more than 25 years of angels and venture investment expertise with multiple IPOs. He also serves as a partner in PHYCOS Consulting, a very prestigious consulting firm for high level businesses, entrepreneurs, and government. He is also the author of four top selling books in Asia and a leading columnist for many business/investment newspapers.

Bob served as Chairman of Global Monte Jade Association, considered one of the most influential Chinese hi-tech executive associations worldwide. He was the Chairman in Chinese Association of International Trade (CAIT) twice in a row and a Board member of Taiwanese Chamber of Commerce twice. He has also served both as the Commissioner and the Chairman of Santa Clara County - HsinChu County Commission. Bob has a MSEE degree from University of California at Santa Barbara. He has been very active in community services.



Tam Nguyen, MD

Dr. Tam Nguyen graduated from Heidelberg University and is Co-Founder and Executive Director of Sorig Khang International (www.sorig.net). She is resident of Internal Medicine in Switzerland where she integrates diagnostic and treatment principles according to Sowa Rigpa into her clinical practice. In her leading function of the SKI Head Office Team, it is her aim to promote education, training, publications, and common awareness of Sowa Rigpa to the highest standard possible in this field.



Nashalla Gwyn Nyinda, Menpa

Menpa Nashalla began studying Tibetan Medicine in 1999 and started treating with permission in 2004. Encouraged by her root teacher, Very Venerable Thrangu Rinpoche to complete her medical studies, he directed her to study at the Chagpori Institute Clinic in Darjeeling, India. Nashalla received her Menpa degree (Tibetan Medicine Doctor) from Qinghai Tibetan Medical College, Tibet and The Shang Shung Institute of Tibetan Medicine in 2009. She has an Interdisciplinary Studies BA, from Naropa University with a focus on Asian Medicines and Buddhist Psychology. An Adjunct Professor at Naropa University, Nashalla teaches worldwide to Tibetan and western students, practitioners, doctors and is the co-director of the Tibetan Medicine & Holistic Healing Clinic in Boulder, Colorado USA.

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Tsundu Sengye Nyinda, Menpa

ལྷན་པ་བརྗོད་འགྲུས་སངས་ལྷན་ཉི་ལྷ།

Menpa Tsundu was born in India and attended The Central School for Tibetans for his primary and secondary education. As a young man he wanted to do Tibetan Medicine because he felt it was a job where he could be beneficial to others and stay within work traditional to his culture. He joined the Chagpori Tibetan Medical Institute in Darjeeling in 1993 and trained under the guidance of Venerable Trogawa Rinpoche. After his internship with the Men-Tsee-Khang clinic in Sikkim, Tsundu worked as both a pharmacist preparing medicines and as a clinic doctor for several of Chagpori's clinics in the Darjeeling hills until his immigration to the USA in 2008.

Tsundu holds a Kachupa Certificate (Doctor of Tibetan Medicine) from both Chagpori Tibetan Institute, India, and Men-Tsee-Khang, India. In 2001 he was awarded a Gold Medal by the International Institute of Health and Science, India. He joined the Central Council of Tibetan Medicine in its inception and holds their Qualified Medical Practitioner Certificate an Acupuncture Certificates from Sera Gomba in Byalkuppe, South India and is a Registered Medical Practitioner with the Indian Board of Alternative Medicine. Tsundu is the co-director of the Tibetan Medicine & Holistic Healing Clinic in Boulder, Colorado USA.



Adam Okerblom, Menpa, LAc

Adam is a Licensed Acupuncturist (LAc), Tibetan Medicine Practitioner and Certified Massage Therapist (CMT). He offers holistic health consultations and treatments in the San Francisco Bay Area. Adam is a graduate of the Acupuncture and Integrative Medicine College in Berkeley, and the Shang Shung Institute School of Tibetan Medicine. He has trained and interned at the Tso Ngon Tibetan Medicine Hospital in Amdo, Tibet. Adam has treated thousands of patients and worked with many esteemed senior Physicians of Tibetan and Chinese Medicine.

Lobsang Partsang, Menpa, Geshe Ngarampa

དགེ་བཤེས་ལྷོ་བཟང་ཚེ་རིང།

Geshe Lobsang is a Tibetan Medicine practitioner and a candidate of Traditional Chinese Medicine at University of East West Medicine in Sunnyvale, California. Lobsang studied Tibetan medicine at the International Academy for Tibetan Traditional Medicine and he has been practicing in Kunde Institute's clinic in South San Francisco. Having completed over 20 years of study in Buddhism, he received his Geshe Ngarampa degree at Gyudmed Tantric Monastic University in South India. More recently, however, he has been serving as a Buddhist Chaplain at Santa Clara County Jail since 2011, teaching mindfulness sessions. He teaches Buddhism, meditation and the art of compassion.



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Choeying Phuntsok, Menpa

ལྷན་པ་ཚོས་དབྱིངས་ལྷན་ཚོགས།

Menpa Choeying Phuntsok studied at Derge Medical College in Kham, Tibet. He then pursued his Menpa Kachupa, equivalent to a Bachelor of Medical degree, at the Tibetan Medical & Astrological Institute (TMAI) in India. He also received specialty training in Tibetan Pharmacology there. Since then, he has worked as a physician for the Tibetan Regiment in the Indian Army, the Chief Medical Doctor at Tibetan Medical Institute in Paonta Tibetan Settlement, and Deputy Director of Pharmaceutical Department at TMAI. He now serves as the Senior Tibetan Physician, Advisor, and Consultant for the Meridian Medical Group, PC in New York. One of his unique achievements has been producing the Nyida Khajor, a medicinal therapeutic massage formula that is still manufactured in Dharamsala. In the United States, he has established one of the first authentic Tibetan medical practices under the auspices of the Institute of East-West Medicine, a non-profit organization affiliated with the Meridian Medical Group, PC. Moreover, he has participated in a research project with Warren Kurtz, PhD at the Institute of East-West Medicine to understand the correlation between electromagnetic fields and the classical Tibetan pulse diagnosis. Lastly, he has participated in numerous conferences throughout the years and is fluent in Tibetan, Hindi, Mandarin Chinese, and English.



Namgyal Qusar, Menpa

ལྷན་པ་རྣམ་རྒྱལ་ལྷ་གསར།

Menpa Namgyal graduated from Dharamsala Men Tsee Khang College in 1987 with Kachupa Degree (equivalent to MS) and then with Men Rampa Degree (equivalent to MD) in 1997. During his work in Men Tsee Khang, Dr. Qusar designed several Tibetan medicine clinical research projects including a Tibetan Medicine Clinical Trial Protocol on newly diagnosed Non-Insulin Dependent Diabetes Mellitus for the Research and Development Department, Dharamsala (H.P.) in 1988-89. He contributed to research on the International journal of Cardiology report "Weight reduction in patients with coronary artery disease: Comparison of Traditional Tibetan Medicine and Western Diet" published in 2013.



Tia Rich, PhD

Dr. Tia is Director of Stanford's Contemplation By Design program, a campus-wide, multidisciplinary collaboration designed to encourage all members of the Stanford community to enjoy the power of the pause. Members of the greater Stanford community, faculty, staff, and students are given opportunities to connect with their deepest humanity as a way to their highest possibility. The 2018 Free Annual Contemplation By Design Summit will be Oct. 30 - Nov. 8 2018. Tia has been teaching yoga and integrating mindfulness, compassion and meditation into resilience and stress management programs at Stanford University and medical center since 1984. She is the Manager of Resilience and Contemplative Practices for the Stanford Health Improvement Program.

Speakers



John Rosenberg, MD

Dr. Rosenberg received his medical degree from Hahnemann Medical College in Pennsylvania and did his training at Pacific Presbyterian Medical Center in San Francisco. He spent his medical career as an ER physician at Kaiser Permanente Medical Center in Redwood City and has his board certification in emergency medicine. Since his retirement, he has spent his time doing volunteer work with various medical relief charities including the Indian Muslim Relief and Charities, Philos Health, the Terma Foundation, Tibet Child Nutrition Project, the Boulder-Lhasa Sister City Project and the Tibetan Village Project. He travels extensively with these groups and has made 15 medical trips to the Philippines, 9 trips to India and 6 trips to Tibet and has treated over 80,000 patients in the various medical camps. He also taught medicine at the medical college of Lhasa City Hospital in Tibet and lectured at Dzogchen's medical school in Sichuan and in Lhasa at People's Hospital and Lhasa Municipal Hospital. He volunteers his time here in the US as a camp doctor and serves on the board of directors for Project Avary, for children of incarcerated parents.



Eric Rosenbush, L.Ac.

Eric is a licensed acupuncturist and practitioner of Tibetan, Chinese, and Ayurvedic medicine, as well as Jyotish (Vedic astrology). He has trained extensively with Dr. Nida Chenagtsang and other masters of Tibetan Medicine, and holds a Masters degree in Chinese acupuncture and herbal medicine from ACTCM in San Francisco. Eric teaches Tibetan Medicine and leads retreats worldwide for Sorig Khang International.



Matthew Schmookler, Menpa

Matthew is co-founder of Sowa, a mobile wellness company that offers rejuvenating treatments to companies and homes throughout the San Francisco Bay Area and teamed with over 20 practitioners working in various Eastern modalities. Matthew has been a certified massage therapist for over 15 years, and a Traditional Tibetan Medicine practitioner for near a decade. He's also a certified teacher of Tibetan Yantra Yoga, Harmonious Breathing, and Tibetan dance.

Matthew completed his Traditional Tibetan Medicine Menpa degree studying full time for 4 years at the Shang Shung Institute School of Tibetan Medicine, learning from the renowned Tibetan doctor, Dr. Phuntsog Wangmo and completing his degree and internship at the Tsho Ngon Tibetan Medical College and hospital in the Amdo region of the Tibetan Autonomous Region, China. He now sits on the school's board of directors developing educational programs in Tibetan Medicine for people worldwide. He was recently authorized to teach traditional Tibetan Medicine by the great Tibetan scholar, Chogyal Namkhai Norbu.

Speakers



Sakti Srivastava, M.D.

Dr. Sakti Srivastava has been teaching and conducting research at the Stanford University School of Medicine since 1999. During this period, he has been affiliated with the Department of Surgery and with the Stanford University Medical Media and Information Technologies (SUMMIT) group. His core interest is in combining computer technology and medicine for innovative applications. He has developed solutions for computer-aided instruction aimed at medical and allied health professionals including stereoscopic imagery, advanced 3D graphics, haptics, and simulations. Dr. Srivastava has also worked in the area of databases, image processing, and networked applications for telemedicine and tele-education.



Ronesh Sinha, MD

Dr. Ronesh Sinha is an internal medicine physician in Silicon Valley who works for the Palo Alto Medical Foundation and leads their division for corporate wellness services. He has designed successful health education and wellness programs, in addition to onsite clinical services for over 16 major Silicon Valley companies. He co-created the South Asian medical consult program at PAMF and the PRANA South Asian website.

Dr. Sinha is passionate about engaging patients from diverse cultural backgrounds about health. He is the author of the South Asian Health Solution, a groundbreaking book being used around the world to help high risk individuals optimize their health through the use of culturally tailored lifestyle changes and the use of technology and apps to connect readers to their healthier ancestral roots.

Dr. Sinha's work was featured in a Fortune magazine cover story and he received the 2013 Excellence in Healthcare Award by the Silicon Valley Business Journal for his work with diverse employees in Silicon Valley. He is a 2-time TEDx speaker, blogs actively at culturalhealthsolutions.com and co-hosts a popular weekly radio show on South Asian health at KLOK 1170 AM.



Tawni Tidwell, Menpa, Ph.D.

Dr. Tawni Tidwell is a Tibetan medical doctor (Menpa) and biological and cultural anthropologist. She studied Tibetan medicine at Men-Tsee-Khang in northern India for the first three years of her Tibetan medical education, and completed her last two years and internship in eastern Tibet at the Tibetan Medical College of Qinghai University in Xining, China, graduating there in July 2015. She completed her internship in gastroenterology at Qinghai Provincial Tibetan Medical Hospital. She is the first Westerner to complete the traditional Tibetan medical education alongside Tibetan peers, with Tibetan teachers, in Tibetan language.

She finished her doctoral work at Emory University, focusing her dissertation on the entrainment process for learning Tibetan medical diagnostics for Tibetan medical conceptions of cancer

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and related metabolic disorders. She is currently working as a postdoctoral fellow at the Austrian Academy of Sciences, Institute of Social Anthropology in the ERC-funded Project RATIMED (Reassembling Tibetan Medicine). With the project, she is looking at Tibetan pharmacological innovations and challenges across eastern Tibet. She is also actively involved with collaborations conducting biochemical analysis of Tibetan medicine compounds. Her work aims to facilitate dialogue and collaborations between Tibetan medicine and Western science, and showcase the rigor and nuance of Tibetan medicine in biological systems. She studied physics and earth systems at Stanford graduating in 2004.



Phuntsog Wangmo, Menpa

ལྷན་བ་ཕུན་ཚོགས་དབང་མོ།

Menpa Phuntsog Wangmo is the Academic Director of the Shang Shung School of Tibetan Medicine, located in Conway, MA. Menpa Phuntsog received her advanced degree in Tibetan Medicine from Lhasa Tibetan Medicine College (Men-Tsee-Khang) and trained with two of Tibet's foremost doctors (Khenpos Troru Tsenam and Gyaltzen). Menpa Phuntsog had the exceptional opportunity of extensive clinical training under Khenpo Troru Tsenam for four years. Since 1996, Menpa Phuntsog dedicated many years of work as a doctor in the Eastern Tibet where she collaborated and directed the implementation of A.S.I.A (Association for International Solidarity in Asia), a non-profit organization founded by Chögyal Namkhai Norbu and dedicated to serving the Tibetan people in the sectors of education, health, training, disaster relief, and sustainable economic development. She has been practicing Tibetan Medicine for over 30 years and she speaks and lectures regularly throughout the US, Europe and Russia.



Erica Weirich, MD

Dr. Erica Weirich is the founder and director of Global Health Research Foundation (GHRF). She is in her 18th year of practice in Family Medicine at the Palo Alto Medical Foundation, and serves as Clinical Instructor of Medicine, Family and Community Medicine, at Stanford University School of Medicine. Prior to graduating from Stanford 1998 with Doctor of Medicine and Masters in International Development Policy degrees, Dr. Weirich worked with traditional birth attendants and community health workers in Northern Pakistan, worked on health access for refugees as a Graduate Scholar in London, and on rising maternal mortality as a Traveling Scholar in the country of Georgia, together with Stanford and the Zhordania Institute of Human Reproduction.

Dr. Weirich co-founded GHRF in 2007 with Dr. Christopher Traver, with the mission to provide key sustainability support to health providers working in medically underserved areas. Collaboratively with local and academic partners, GHRF programs facilitate the integration of appropriate technology and process toward community-identified health and eco-health goals.

Speakers



Jason Whitlow

Jason studies, practices, and teaches Tibetan Medicine and the Yuthok Nyingthig spiritual lineage under the guidance of renowned Dr. Nida Chenagtsang, and directs Sorig Khang centers in the San Francisco Bay Area and New Orleans. Jason trained in somatics and trauma recovery with Kathy L. Kain and others, and graduated with honors from Harvard University, where he studied neurobiology, computer science, and pre-medicine.

Explanation of Degrees:

AHC = Ayurveda Health Counselor

DAOM = Doctorate of Acupuncture and Oriental Medicine

Geshe Ngagrampa = Doctor of Tantrayana Buddhist Philosophy

LAc. = Licensed Acupuncturist

MD = Doctor of Medicine

Menpa = Doctor of Tibetan Medicine

MPH = Master of Public Health

MS = Master of Science

MTCM = Master of Traditional Chinese Medicine

RN = Registered Nurse

RYT = Registered Yoga Teacher

TWIMS 2018 Planning Team

Conference Coordinators: Arthur V. Johnson, Yangzom Gesang, Yangdron Kalzang, Erica Weirich

Conference Advisors: Tracy Rydel, Sakti Srivastava, Lobsang Partsang, Mary Vincent

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Volunteers: Tsering Dhundup, Karma Lhamo, Lobsang Gyaltzen, Angel Flynn, Melong Yeshe, Hiroshi Ishii-Adajar, Michele Coxon

Arthur V. Johnson, PhD

Program Officer, Family & Community Medicine
Stanford University School of Medicine

Dr. Johnson is one of the coordinators for this conference, he is the Program Officer for Family & Community Medicine, Stanford School of Medicine. He has had an interest in Integrative Medicine for decades. He has degrees from the University of Washington, Antioch University and the Institute of Transpersonal Psychology. He completed his Ph.D. in psychology researching an intervention for cancer survivors based upon a model that considers the survivor's personal physical, emotional and spiritual needs.

Yangzom Gesang, MS.

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Program and Development Manager
Kunde Institute

Yangzom is one of the coordinators for this conference, she was born and raised in Lhasa, Tibet. Currently she is the program and development manager at the Kunde Institute. She helped to organize the last two symposiums at Stanford University. With her unique cultural and family background, she has been passionate about Tibetan Medicine and mind training practices. She is optimistic that bringing Tibetan Medicine to the West will benefit local community members. She is also dedicated to empower the younger generation of Tibetans as well as give back to the Tibetan communities in Tibet. She has an MS. in Integrated Marketing from New York University and a BS in Accounting and Finance from Lancaster University in England. Previously, she lived and was educated in Beijing and Shanghai.

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Organizers

This Annual Symposium is co-developed by Kunde Institute, Global Health Research Foundation and Stanford Medicine's Center for Education and a Research in Family and Community Medicine.



STANFORD
SCHOOL OF MEDICINE

Stanford University Medical Center

Family & Community Medicine, Stanford University School of Medicine, provides education and training for Stanford Medical students in Family Medicine. Integrative Medicine is introduced to the students as part of the

educational program.

Website: familymedicine.stanford.edu

Contact E-mail: avjohn@stanford.edu

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Global Health Research Foundation (GHRF) is a nonprofit providing tools of technology and expertise to create sustainable health development in medically resource poor areas throughout the world. GHRF provides IT tools,

including rapid data analysis training, mobile technology and data utilization tools, to support sustainable health development. With a focus on rapid return of health outcomes, GHRF targets expertise to ensure programs have access to and are able to use their own data, allowing resources to be effectively aimed, working solutions supported and nonfunctioning efforts eliminated.

Website: www.ghrf.org

Contact E-mail: info@ghrf.org

Mailing Address: PO Box 320, Los Altos, CA 94023



Kunde Institute offers an integrative and holistic form of wellness and healing in San Francisco Bay Area. The treatments are based on traditional Tibetan medical modalities, including wellness consultation, acupuncture, massage,

cupping, herbal remedies, oil therapy, all with the goal of promoting overall wellness through mind and body balance. In addition to offering quality patient care, we believe in sharing medical knowledge widely and generously, we seek to provide a context for establishing a cohesive intercultural and interdisciplinary field of medical research and clinical applications that will result in collaborative efforts to develop integrative models of healthcare.

Website: www.kundewellness.org

Contact E-mail: contact@kundewellness.org

Mailing Address: 1440 Southgate Ave, Suite #4, Daly City, CA 94015

Observations from the Medical Students

“What excited me most about Dr. Kalzang’s clinic was to see that this modality of treatment was available to a range of patients; not only those with ample financial resources who can pay out of pocket, but also to VA patients who have been struggling for years with debilitating chronic pain and other complex conditions for which they have not been able to find relief.”

Dr. Kalzang approached each of these patients with the same degree of thoughtfulness, thoroughness, care and respect. I just came from a rotation where I saw vividly the devastating impact of the opioid crisis in this country, The idea that complementary modalities could provide relief to patients in lower-resource settings is particularly appealing.”

- Hannah B. Wild, Aug 23, 2018

“Thank you so much Dr. Kalzang! This was a wonderful experience and I feel very fortunate that I was able to spend time in your clinic. Watching you work towards understanding your patients as a full person and considering how to bring them in to balance is something I think all types of medical professionals could learn from. It was exciting hearing about how some patients go from being on many pain medicines to very few through your treatments - in the future, I will definitely consider sending some of my patients for complementary therapies like these!”

- David A. Mahoney, Jul 24, 2018

“Thank you for hosting me in clinic last Tuesday! I had a wonderful afternoon with you. I’d never been exposed to Tibetan medicine, TCM or acupuncture and it was truly fascinating to observe and to hear from your patients how much you’ve helped them. Thank you for answering my many questions. I was especially interested in hearing about how you interact with Western medicine and treat patients who are being treated by both you and western medicine docs.”

- Kiley Anne Lawrence, Aug 29, 2017

Contact Information

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