



**Dr. Robin Saraswati Markus, DAOM, LAc, MTOM, RYT #AC5465**  
Doctor of Acupuncture and Oriental Medicine  
Nourishing Life, Founder  
[www.nourishinglife.com](http://www.nourishinglife.com)

## **Curriculum Vitae**

### **Clinic Address:**

149 Weaver Blvd #108  
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## **Summary Statement**

Dr. Robin Saraswati Markus has been teaching Chinese medicine for over 15 years. She has most recently launched **Nourishing Life**, a fertility and longevity institute based on the principles of *Yang Sheng*: The Ancient Chinese Science of Longevity. She worked as the clinical director of The Fertile Soul, an Oriental medicine fertility program geared to both patients and practitioners. She was one of the founders and main educators of the Clinical Excellence in Fertility Program, an international community of Oriental medicine practitioners dedicated to understanding and practicing integrative fertility treatment. Completing her Master's degree in 1995, then her doctorate in 2005 she completed a randomized clinical placebo controlled trial involving herbal medicine and menopause. She worked as a faculty member in both the masters and doctoral programs at the Pacific College of Oriental Medicine in the USA, and is a visiting faculty member at Qing Bai Institute in the Netherlands.

Her deep and practical understanding of Chinese Gynecology and her emphasis of Chinese Medicine as an art form make her a popular teacher. Saraswati believes that the first step toward healing is to return to the laws of nature and encourages her patients to begin longevity practices in order to enhance fertility. She is currently writing a book about Yang Sheng and Fertility enhancement that weaves together Taoist, Yogic, and Contemplative practices as a methodology for healing infertility. Her newest program is *Fertility Yoga*, with a DVD launch set for autumn of 2011 and patient workshops already scheduled. Saraswati uses telemedicine to work directly with individual patients worldwide, teaches intensive workshops on the subjects of Gynecology to practitioners of Chinese medicine and Yoga, and she holds patient retreats to help women reclaim and revitalize their health and fertility.

When she's not practicing yoga, or traveling teaching about it, Dr. Markus happily serves as founder and clinical director of Nourishing Life in Asheville, NC. Some of her passions include music, calligraphy, tea ceremony, ikebana, travel, tennis, basketball, and long walks with her husband Raghu and her dogs.

## **Education, Licensure and Certificates**

- 1995                    **Masters Thesis Oriental Medicine**  
*Pacific College of Oriental Medicine, San Diego, Ca*
- 1996                    **California Board of Medical Quality Assurance**  
*Sacramento, Ca.*
- 2005                    **Doctor of Acupuncture and Oriental Medicine**  
*Pacific College of Oriental Medicine, San Diego, Ca*
- 2004- present        **Shandong University and Hospital, Jinan, PRC**  
*Advanced training in Oriental medicine specifically classical literature, acupuncture, and herbal medicine*

## **Chinese Medicine Work Experience**

- 1995-2007            **Pacific Center of Health, San Diego, Ca.**  
***Clinical Director, Principal Acupuncturist***  
*Robin's expertise is gynecology, obstetrics, postpartum care, and menopause and specializes in the treatment of infertility.*
- 1997-2008            **Pacific College of Oriental Medicine, San Diego, Ca**  
*Master and Doctoral Faculty Member*
- 2007-2009            **The Fertile Soul, Asheville, NC**  
*Clinical Director, Retreat Facilitator, and Educator*
- 2008-Present        **Nourishing Life, Asheville, NC**  
*Founder, Educator, Consultant, Practitioner, Author*

## **Research**

- 2003                    **Pacific College of Oriental Medicine**  
Main investigator  
*Patient audit research study*  
*Evaluate the trends and usage of acupuncture and oriental medicine (AOM) in a teaching clinic setting in the San Diego, California region.*
- 2004                    **Pacific College of Oriental Medicine**  
Main investigator  
*Randomized double blind placebo controlled trial to determine the effect of traditional Chinese medicinal herbs on reducing the vasomotor symptoms of climacteric women in the United States.*

## **Professional Associations**

Society for Acupuncture Research

American Association of Acupuncture and Oriental Medicine

American Association of Integrative Medicine

North Carolina Association of Acupuncture and Oriental Medicine

California State Oriental Medical Association

Professional member Resolve

Endometriosis Association