

Dr. Sarita Elizabeth Cox  
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#### Education

Aug 2021-2023 Conservation Biology Research  
University of West Alabama (UWA)  
Dec 1990 BA cum laude, English Literature  
University of Alabama, Tuscaloosa, AL  
June 2003 ND, Doctor of Naturopathic Medicine  
Dec 2004 MSOM, Master of Science in Oriental Medicine  
National University of Natural Medicine (NUNM), Portland, OR

#### Professional Licenses

ND, Naturopathic Doctor Oregon state license #1304, inactive  
LAc, Licensed Acupuncturist Mississippi state license #9, active  
Diplomate in Acupuncture, National Certification Commission for Acupuncture and Oriental  
Medicine #23342  
National Provider Identification: available upon request

#### Academic Experience

*Graduate Assistant*, UWA: 2021-2022 Human Anatomy & Physiology Labs 101, 102  
*Teaching Assistant*, NUNM: 1998-2002 Homeopathic Medicine core & elective courses  
*Student Work*: 1998-2000, Botanical Medicine - all elective classes  
*Student Work*: 2000-2002, Medicinary Clinical attendant

#### Clinical Experience

*Private practice, Tuscaloosa, AL 2006-current*  
Practices vitalistic medicine and nature cure individually tailored to support the health and well-being of patients with a spectrum of conditions, including those with recalcitrant diseases; patient referrals accepted from medical doctors and allied health professionals. Treatments include acupuncture, detoxification, homeopathy, Chinese botanicals, moxa, and cupping. Provides diet, nutrition, supplement and lifestyle consultations, and health education to maintain optimum wellness.  
Meridian, MS. June 2006-2020  
*Choctaw Health Center, Choctaw/Philadelphia, MS July 2016-March 2020*  
Indian Health Services hospital acupuncturist providing integrative care.  
*Kaya Kalpa Wellness Center, Watsonville, CA, Nov 2004-June 2006*  
Manager/practitioner of a traditional Ayurvedic clinic. Restructured the center to create a financially strong, integrated health clinic. Served on boards to create a state-certified MA and certificate program in College of Ayurveda, and Schools of Professional Massage, Yoga and Community Studies.

*Sri Ram Orphanage, Haridwar, India, Feb-Mar 2004*

Doctor-in-charge of providing medical care to orphans and local villagers.

*Intern, Portland, OR Sept 2001- May 2004*

Pettygrove Clinic: provided acupuncture, moxa, cupping, bulk herb formulation, and qi gong in a classical Chinese medical center.

Outside In: provided acupuncture and naturopathic treatments, provided sexual disease testing and counseling, prescribed contraception, and performed gynecological exams in a fully integrated clinic for street youth.

Portland Alternative Health Clinic: provided auricular acupuncture, naturopathic basics of diet, nutrition, vitamin therapy, detoxification, homeopathy, hydrotherapy, and bodywork to addicts in recovery.

Immune Enhancement Program: treated HIV/AIDS, multiple sclerosis, cancer, and hepatitis patients with scalp and body acupuncture, and patent remedies.

National Health Centers-East: worked with natural modality specialties such as hydrotherapy, IV, and herbal therapy in the teaching clinic of NCNM.

## **Work Experience**

*Entrepreneur:* Abundant Orchards, LLC.& Creator of Element Wisdom Card Deck Oct 2008-present

*Wellness Guide:* Seasonal Wellness classes, workshops & retreats. 2019-current

*Motivational speaker:* Speaks to community and professional organizations health and wellness.. 2003-current.

*Continuing education provider:* lectures and facilitates continuing education classes for healthcare professionals. 2009-current.

*Entrepreneur:* Sarita Devi Enterprises, Inc Oct 2006-2024. Alberta Orchard Wellness: a post-tornado sustainability model: food, lifestyle, attitude.

*Expert Witness:* Acupuncture and Naturopathic Medicine, June 2021.

*Instructor:* Mindfulness Meditation, Internal Medicine Associates of Tuscaloosa, Tuscaloosa, AL Oct 2016 - March 2019

*Care Provider:* Independent Vendor, Veterans Administration – Jackson, MS Jan 2015-2017

*Wellness Consultant:* Rush Medical Systems, Meridian, MS, April 2013-Dec 2015

Providing leadership in employee and community wellness development

*Adjunct Faculty:* Shelton State Community College, Tuscaloosa, AL, 2006-2007

*Associate Professor:* Western Sciences Department, Five Branches Institute of Traditional Chinese Medicine Santa Cruz and San Jose, CA, Jan 2004-June 2006

Taught Biology: Western Medical Terminology, Labs & Imaging, Clinical Diagnosis, and Physiology.

*Instructor:* Gavilan College, Gilroy, CA, Jan 2005

Taught Community Development and Mindfulness Stress Reduction.

*Teaching Assistant,* Homeopathic Division, NUNM, Portland, OR, Sept 2000-May 2003

## **Research for MS, Conservation Biology, 2021-2023**

Field and herbarium collecting of *Echinacea sp.* throughout the south and southeast including the federally protected *E. laevigata*, in Virginia, and the previously endangered *E. tennesseensis*.

Worked with and inspired by ecologists and local plant stewards during collecting season.

Extracted DNA with Omega Biotek E.Z.N.A. HP Plant Mini Kit D2484-02 for dried plant

specimens for 99 stem leaves. Plating is planned for March 2023 which will then be analyzed through dArt whole genome sequencing in Australia. Currently writing and editing master's thesis focusing on the relationship between the various species from a phylogenetic tree of life perspective. Expected date of graduation: Dec 2024.

### **Research for MSOM, Masters of Science of Oriental Medicine, 2001-2003**

Enlisted major homeopathic companies to create and supply new medicines; orchestrated and administered a pilot study of two innovative homeopathic remedies; managed 40 participants, databased individual journals, organized information in Excel worksheets, analyzed data, created pivot charts, prepared final report and PowerPoint presentation; presented research at the Homeopathic Academy of Naturopathic Physicians conference in Vancouver, Canada, Oct 2003.

### **Community Work**

Wellness Fest Planning Board, Tuscaloosa, AL 2025

Habitat for Humanity, Tuscaloosa, AL, Fall 2019 - 2022

Advancement of Oriental Medicine in Alabama, 2010-2019

Formed a non-profit organization and serves as president to inform and educate as to the safety and efficacy of Oriental Medicine and works on state legislative action.

Council of State Associations, 2010-present

Works with state association presidents of acupuncture and Oriental Medicine Associations advancing profession on state and national levels.

American Association of Acupuncture and Oriental Medicine, 2012-2017

Serves on a Public Policy Committee dedicated to legislative issues.

Alabama Blues Project, 2008-2011

Developed and implemented a healthy snack program for after-school program for at-risk children and youth.

Integrative Acupuncture and Oriental Medicine Program, Five Branches Institute of Traditional Chinese Medicine, Santa Cruz and San Jose, CA, 2005-06

Served on board dedicated to continuing education in Oriental Medicine for health care professionals in collaboration with members of Stanford University and The University of San Francisco Medical School.

Red Cross Disaster Relief, Oct 2005

Worked as a mental health counselor in Gonzales, LA after Hurricane Katrina.

The Hanuman Fellowship, Ayurvedic Group, Santa Cruz, CA, May 2004-06.

Developed a California state-credentialed program and curriculum for a College of Ayurveda (MA and diploma), School of Massage, Yoga and Community Studies.

### **Invited Speakerships**

Lectures to professional healthcare organizations

Tuscaloosa Doulas: Acupuncture Care in Fertility, Birth, Delivery & Beyond. March 2023.

Choctaw Health Center: Fall Retreat for Practitioners: Earth Element and Diabetes. Nov 2019

Veterans Administration Fall Retreat for Practitioners: Tuscaloosa, AL,

Health. Wholeness. Wellness. Individuation for Pain Care. November 2018, The Earth Element

and Diabetes November 2019

Choctaw Health Center. Acupuncture in the Hospital Setting: appropriate referrals and care. Choctaw, MS 2017

Pain Conference for Nurses: Druid City Hospital, Tuscaloosa, AL, May 2012

Managing pain: What works. Donna C. Bridger Endowed Lectureship in Nursing and Health Care: Capstone College of Nursing, Tuscaloosa, AL. March 2012.

Health and vitality in 2011. Alabama Social Workers in Healthcare Association, Tuscaloosa, AL. December 2010.

The role of acupuncture and naturopathic medicine in immune health. Health and Safety Symposium: Alabama Department of Public Health and West Alabama HIV Prevention Network, Tuscaloosa, AL. November 2010.

The role of acupuncture and vitalistic medicine in cancer care. Druid City Hospital Cancer Center, Tuscaloosa, AL. May 2010.

Vitality, health and beauty. Continuing Education for Cosmetologists, Tuscaloosa, AL. May 2009.

Energetics of food. Tuscaloosa Dietetic Association, Tuscaloosa, AL. September 2008.

Complementary and Alternative Medicine for Pain Management. University of Alabama at Birmingham, Palliative Care Center. Birmingham, Alabama. September 2008.

Functional Foods. Continuing Education for Diversified Nursing Services. Fort Payne, Alabama. October 2007.

Herb's for Women's Health. Continuing Education for Diversified Nursing Services. Leeds, Alabama. May 2007.

### **Talks to community groups**

Tapping into your inner spark with the Five Elements: the Fire Within, Community Service Programs of West Alabama, Inc September 2025

Echinacea Research: George Wood Chapter of Alabama Wildflower Society, Tuscaloosa, AL November 2022

Element Wisdom: Spring Herbs & Wellness, Herbal Study Group, Twin, AL April 2020

Element Wisdom: Spring Wellness, Vervain Apothecary remote to Boise, ID March 2020

Element Wisdom: Winter Wellness, Vervain Apothecary remote to Boise, ID December 2019, August 2021

Roots & Leaves: Free their medicine! Tea Town Talks, Tuscaloosa, AL 2017

Element Wisdom & Fall Wellness

Go red for women and the men that love them. American Heart Association and Anderson Regional Medical Center, Meridian, MS. Feb 2015, 2016, 2018.

Homestead health: a vitalistic approach to life. Gaining Ground Sustainability Institute of Mississippi, 5<sup>th</sup> Annual Conference, 'Growing Health, Sustaining Wellness', Meridian, MS. April 2014.

Homestead health: restructuring for a vital life. Manderson Cancer Center, Druid City Hospital, Tuscaloosa. February 2014.

Introduction to Ayurvedic medicine. Yoga Days USA and Yoga Teacher Training Program, Tuscaloosa and Northport, AL. Talks given annually, January 2008-2011.

Vitalistic medicine and immune health. Regency Retirement Village, Tuscaloosa, AL. August

2010.

Naturopathic self-care routines. New Covenant Church, Tuscaloosa, AL. February 2009.

Health and holism. Unitarian Universalist Congregation of Tuscaloosa, Tuscaloosa, AL. February 2009.

Honoring and stimulating the vital force in autoimmune disease. Lupus Support Group, Tuscaloosa, AL. February 2008.

### **Lectures to academic groups**

An introduction to Naturopathic and Oriental medicines. Osher Lifetime Learning Institute, The University of Alabama, Tuscaloosa, AL. June 2012.

QandA and legislative update following viewing of 9000 Needles. College of Human Environmental Sciences. University of Alabama, Tuscaloosa, AL. April 2012

Film Screenings of East Meets West and 9000 Needles followed by Questions and Answers.

Acupuncture and Oriental Medicine Day. University of Alabama Department of Anthropology and Club with Advancement of Oriental Medicine in Alabama, Tuscaloosa, AL. October 2011.

Creating a creative life: Health and vitality. New College, The University of Alabama, Tuscaloosa, AL. November 2009, October 2011.

An introduction to naturopathic and Oriental medicines. Medical Sociology class, The University of Alabama at Birmingham, Birmingham, AL. September 2009.

An introduction to naturopathic and Oriental medicines. Osher Lifetime Learning Institute, The University of Alabama, Tuscaloosa, AL. January 2009.

Stress management: A naturopathic perspective. The University of Alabama, Tuscaloosa, AL. May 2008.