

Dr Krista J Essler, DTCM, LAc

Healthcare Experience

Owner, Acupuncture & Holistic Care for Healthcare & Pain Management

2013 - Present Orwigsburg, PA

- Private Holistic Healthcare practice focusing on improving patient health and quality of life; addressing chronic health issues through dietary and lifestyle changes.
 - Specializing in chronic illness and autoimmune conditions.
 - Community presentations informing the public on the benefits of Acupuncture & Holistic Care.
 - On-site cognitive therapy services at Whitemarsh House, a personal care brain injury residence.

Owner, Essler Wellness 2006 - 2013 Ridgefield Park, NJ

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

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

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

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

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

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

Autoimmune Master Program, The Gaeta Institute 2024 – 2025 online

- Board-certified program assessing the root metabolic causes of autoimmunity.
- Interpretation of laboratory testing &oms.

Doctorate of TCM, Five Branches University 2021 – 2022 Santa Cruz, CA

- An advanced program in Traditional Chinese Medicine (TCM) focusing on complicated cases with an emphasis on integrative care while working with specialty medicine physicians.
- Personal specialization in treating chronic health issues that involve underlying autoimmune and autoinflammatory conditions with TCM, holistic modalities, and referrals to medical specialists.

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 TCM 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, NY 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

October 2025 **Autoimmune Immune Mastery Program** Online course
Sponsored by The Gaeta Institute, Dr Michael Gaeta 19 CEUs

November 2023 **Light Therapy for Facial Rejuvenation** Online course
Sponsored by Acu-Micro; Presented by Josh Nerenberg 2 CEUs

July 2023 **Microneedling for Acne** Online course
Sponsored by Acu-Micro; Presented by Josh Nerenberg 2 CEUs

March 2023 **Microneedling for Acupuncturists** Online course
Sponsored by Acu-Micro; Presented by Josh Nerenberg 3 CEUs

November 2022 **Understanding Crohn's Disease** Online course
Sponsored by Acupuncture Continuing Education 4 CEUs

August 2022 **Autoimmune Disorders Conference** Online course
Sponsored by National University of Natural Medicine; Multiple Presenters 12 CEUs

December 2021 **Western Healthcare & Integrative Practice** Online course
Sponsored by Five Branches University; Multiple Presenters 12 CEUs

December 2019 **Mastering Functional Brain Chemistry** New York, NY
Sponsored by Apex Energetics; Presented by Dr Thomas Culleton, DC 18 CEUs

May 2019 **Mastering Functional Blood Chemistry** New York, NY
Sponsored by Apex Energetics; Presented by Dr Thomas Culleton, DC 12 CEUs

October 2018 **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: 21st 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
October 2012	Integrative Neurology: Expanding Options for Patients	Morristown, NJ
Sponsored by Atlantic Health System; Multiple Presenters		6 hours
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; Multiple Presenters		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 2007	Beyond Metabolic Syndrome	New York, NY
Sponsored by Metagenics; Presented by Jeffrey S Bland, PhD		6 CEUs
February 2006	Functional Endocrinology	Charlotte, NC
Sponsored by Apex Energetics; Presented by Dr. Datis Kharrazian		15 CEUs

Certifications and Licenses

Autoimmune Clinical Specialist		2025
Brain Injury Specialist	eligible	pending
Pennsylvania State Acupuncture License	AK001078	2013
New Jersey State Acupuncture License	25MZ00061800	2008
First Line Therapy Councilor Certification		2007
New York Acupuncture License	#1883	2001
NCCAOM Diplomate in Acupuncture	#016433	2001
NCCAOM Clean Needle Certification		2000
Reiki Mastership		1997
Engineer in Training Certificate	ID#167000222	1995

Professional Associations

Member, Association for Professional Acupuncture in PA	2020 - 2022
Member, Toastmasters International	2006
Treasurer, NC Association of Acupuncture & Oriental Medicine	2005 - 2006
Member, Common Ground: Integrating Medicine	2003 - 2006
Treasurer, International Institute of Chinese Medicine Student Body	1999 - 2001

Radio and Television Appearances

Acupuncture & Alternative Medicine, Morning Show (WEGR-FM)	October 2003
The Benefits of Cosmetic Acupuncture, Living Better (NBC)	January & October 2002

Publications

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

Other Education

Master of Mathematics **Appalachian State University** 2004 – 2005 Boone, NC

- Applied mathematical principals of the Fibonacci sequence expressed in fiber arts.
- Created 3D sculptures of Platonic solids incorporating chemistry and astronomy.
- Wrote a thesis on Hypatia of Alexandria (c 350-415 CE); mathematical scholar and philosopher.

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