

Official Bio

Mindi K. Counts, MA, LAc., is an integrative medical practitioner and Five-Element acupuncturist. Co-founder of the Inner Ocean Center for Healing, Mindi is a keynote speaker, retreat leader and teacher. She is the author of *Everyday Chinese Medicine* and a contributing author to the *Trauma Toolkit* and *Singing Our Heart's Song*.

She is the founder of the international nonprofit Inner Ocean Empowerment Project, providing holistic healthcare and education through volunteer service missions to underserved populations around the world and in the U.S. She has been featured in several publications including *Dr. Oz's The Good Life* magazine for her work in Indian slum communities, Burmese refugee clinics and earthquake-ravaged areas of Nepal.

Mindi is a graduate of Naropa University's Contemplative Psychology program and holds a Master's degree in Classical Five Element Acupuncture from the Institute of Taoist Education and Acupuncture. She lives with her family and rescued pit bulls in the foothills of Colorado.