

# Mindi K. Counts

## Media Kit

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## 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.



## **Mindi K. Counts, M.A., L.Ac.**

720-441-2392

info@mindikcounts.com

[mindikcounts.com](http://mindikcounts.com)

[inneroceancenterforhealing.com](http://inneroceancenterforhealing.com)

[inneroceanempowermentproject.org](http://inneroceanempowermentproject.org)

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### **Education**

Master of Classical Five Element Acupuncture

Institute of Taoist Education and Acupuncture, Louisville, CO. 2009-2012. Completed an accredited program of coursework and supervised practice, including over 800 one-on-one clinical treatment hours and over 2,230 hours of study.

Naturopathic and Chinese Medicine Internship

Dr. Janine Malcolm, Boulder, CO. 2012-2014

Bachelor of Arts, Contemplative Eastern and Western Psychology

Naropa University, Boulder, CO. 8/2005-5/2008

Concentration in Ecopsychology, Herbal Medicine, Trauma

### **Additional Certifications**

Certification in Original Voice: Dark Night of the Soul Training with Dr. Clarissa Pinkola Estes (2018)

Certification in Bridging Soma and Soul Trauma Training (2017)

Completion of 9-Month Mentorship in Trauma Training for Healthcare Providers

Certification in Traditional Chinese Medicine and Acupressure for Large and Small Animals

Rocky Mountain School for Animal Acupressure and Massage, Elizabeth, CO. 2010. 2009-2010

Certification in Clean Needle Technique (CNT)

Council of Colleges of Acupuncture and Oriental Medicine (CCAOM). 2010-Present

Certification in National Acupuncture Detoxification Association (NADA) 2010-Present

Certification in Biopuncture, Injection Therapy of Vitamins and Homeopathic Remedies

Young Health Care, Longmont, CO. 2016-Present

Certified Wilderness First Responder

Wilderness Medicine Institute 2008 to Present

Certification in Cardiopulmonary Resuscitation (CPR)

Wilderness Medicine Institute 2008 to Present

Certificate of Completion in Western Herbal Medicine  
Private Study with Lisa Ganora  
Colorado School of Clinical Herbalism 2008

## **Licensure**

Colorado Licensed Acupuncturist (LAc) 2012 to Present (License # 0001893)

Diplomate in Acupuncture and Traditional Chinese Medicine (Dipl. Ac.)  
National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) 2012 to Present

## **Professional Memberships**

Acupuncture Association of Colorado

American Acupuncture Council

Acupuncturists Without Borders (Completed Trainings in 2010 and 2011)

Colorado Nonprofit Association

## **Community Service**

Founder, Inner Ocean Empowerment Project Nonprofit 501(c)3 2013-Present  
Mission: To counter suffering caused by disease, poverty, and oppression using holistic health care and education. Current Service Projects in Nepal, Thailand/Burma, India, and ongoing support in U.S.

Mentor for At-Risk Youth  
Boulder County Justice Center 2007-2008

Medicine Horse Program Volunteer  
Advocate for At-Risk Youth 2006-2010

## **Experience**

2012-Present

Owner, Acupuncturist, Herbalist  
Inner Ocean Center for Healing, Lafayette, CO  
Five-Element Acupuncture, Herbal Medicine (Chinese and Western Herbs), Cupping, Gua sha, Moxibustion, Biopuncture/Injection Therapy, Holistic Pregnancy and Birth Services, Nutrition Coaching, Pediatric Shonishin/Acupressure, and Practitioner Mentoring.



2013-Present

Founder, Inner Ocean Empowerment Project 501(c)3

International nonprofit focused on trauma-informed, health-centered service projects in deeply impoverished communities, disaster relief, holistic healthcare and education, and leading volunteers for 2-12 week-long healthcare service projects

2006-2012

Imagine Colorado, Independent Living Counselor

Direct care and advocate for adults with developmental disabilities

## **Presentations**

Virginia Randolph High School

Guest Presenter to Graduating Class

March 2017

Glen Allen, Virginia

Women's Wilderness Institute

Guest Presenter at Annual Summit Sisters Gathering

June 2016

Allenspark, CO

## **Press, Publications and Media**

Author, *Everyday Chinese Medicine*

Shambhala Publications

Spring 2020

Featured in The Fullest Magazine

March 2020

Featured in Urban Wellness Magazine

March 2020

Featured in *Rewilding*

Film in Post-Production Fall 2019

Featured in Naropa University Magazine

Fall 2018

Contributing Author, *Trauma Toolkit*

Breathe Network

To be released November 2020

Contributing Author, *Singing Our Heart's Song:*

*A Guide to Five Elements and Plant Spirit Medicine*

CreateSpace Independent Publishing Platform, 2017

Featured in *Your Doctor, Our Hero*  
Dr. Oz The Good Life Magazine  
June 2015

### **Honors & Awards**

Everyday Hero Award  
Blue Poppy Enterprises

### **Consulting**

Healthcare Consultant on Location  
Mustang District, Nepal  
Wild Earth Journeys

Program Consultant on Location  
Mae Tao Clinic  
Thailand/Burma

### **Teaching, Leading & Facilitating**

Wild Women's Quest  
Wilderness Rite of Passage with Co-Leader Katie Asmus  
Lyons, CO 2019

Transform Anxiety into Your Superpower Course  
Online and Audio  
Boulder, CO 2018

Self-Care for the Social Activist  
SEM School  
Bangkok, Thailand 2015

Wilderness Rites of Passage Co-Leader  
Elias Amidon and Rabia Roberts with Waking Up Together  
Moab, UT 2015

Street Retreat Co-Leader  
Rabia Roberts with Waking Up Together  
Bangkok, Thailand 2015

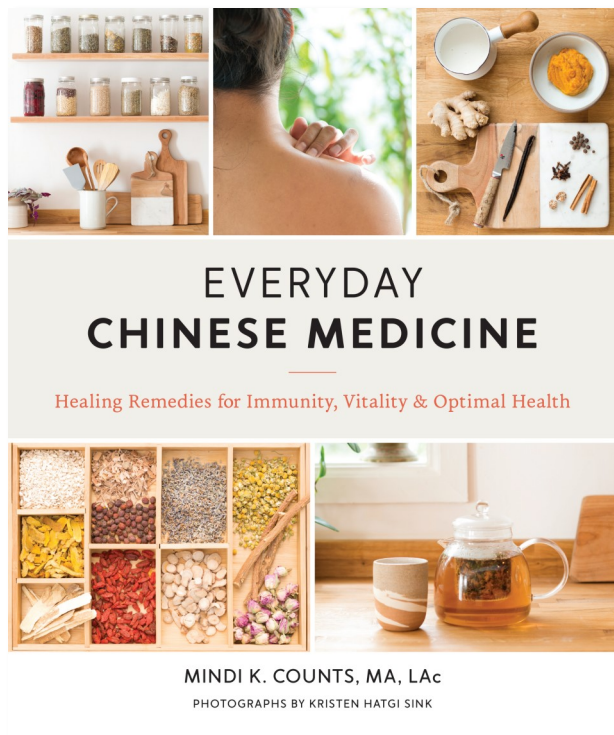
Five Element Retreat Co-Leader  
Weekend Immersion with Suzanne Spiegel  
Nederland, CO 2015

Yoga and the Five Elements Teacher  
Weekend Immersion at Yoga Pod  
Boulder, CO 2014

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*Everyday Chinese*  
*Medicine*  
**Press Release**

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*Everyday Chinese Medicine* by Mindi K. Counts

Photographs by Kristen Hatgi Sink

**On-Sale Date: April 21, 2020**

ISBN: 978-1-61180-650-2

Health & Fitness – Herbal Medications / Alternative  
Therapies / Medical – Holistic Medicine

Paperback | \$29.95 US / \$39.95 CAN

Trim: 7 ½ x 9 | 384 pp.

Shambhala Publications, Inc. | Shambhala.com

Distributed by Penguin Random House



SHAMBHALA  
PUBLICATIONS

**PUBLICITY CONTACT: Katelin Ross**

kross@shambhala.com | 720-799-8251

# Everyday Chinese Medicine

*Healing Remedies for Immunity, Vitality,  
and Optimal Health*

Mindi K. Counts, MA, LAc



**Your guide to achieving a healthier lifestyle with  
Traditional Chinese Medicine—including simple  
self-care practices, nutrient-dense recipes, and how  
to stock your own herbal medicine cabinet.**



This friendly guide to a 2,000-year-old lineage of healing wisdom integrates both the Five Element theory and the practices of traditional Chinese medicine to uncover what your body needs for balance and optimal health.

*Everyday Chinese Medicine* demystifies, simplifies, and reveals patterns to help you take control of your own well-being from the comfort of your own home and kitchen. Mindi Counts—a holistic medical practitioner, acupuncturist, and herbalist—walks you through the seasons, elements, and organ systems to help you understand your unique constitution and how to achieve energetic and physical balance. With simple recipes, self-care practices, and time-tested herbal remedies, *Everyday Chinese Medicine* is the perfect companion on your path to complete wellness.







*Everyday Chinese Medicine* by Mindi K. Counts

Photographs by Kristen Hatgi Sink

**On-Sale Date: April 21, 2020**

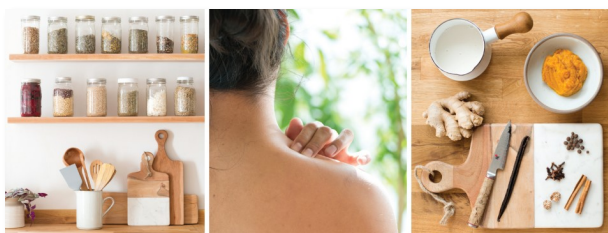
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## EVERYDAY CHINESE MEDICINE

Healing Remedies for Immunity, Vitality & Optimal Health



MINDI K. COUNTS, MA, LAc  
PHOTOGRAPHS BY KRISTEN HATGI SINK

# Everyday Chinese Medicine

*Healing Remedies for Immunity, Vitality,  
and Optimal Health*

## About the Author

**MINDI K. COUNTS, MA, LAc**, is an integrative medical practitioner and five-element acupuncturist. Cofounder of the Inner Ocean Center for Healing, Mindi is a keynote speaker, retreat leader, and teacher. She is 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 health care and education through volunteer service missions to underserved populations around the world and in the United States. She was featured in 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 acupuncture from the Institute of Taoist Education and Acupuncture. She lives with her family and rescued dogs in the foothills of Colorado.

Connect with Mindi at [mindikcounts.com](http://mindikcounts.com).



## Praise for *Everyday Chinese Medicine*

"Mindi Counts offers us a timely gift from the ancients; a gift full of practical wisdom and knowledge that is tremendously relevant and important to modern-day health and well-being. She has created a comprehensive path to finding the balance and harmony we need to take more responsibility for our health before we fall into patterns of disease."

—Marlow Brooks, LAc, author of *Singing Our Heart's Song: A Guide to the Five Elements*

## Book Information – **Everyday Chinese Medicine**

by Mindi K. Counts; Photographed by Kristen Hatgi Sink

On-sale 4/21/2020 | ISBN: 9781611806502 | Trade Paperback | \$29.95 US / \$39.95 CAN | Shambhala Publications

### **Description**

*Achieve vibrant health in every season with the holistic techniques of traditional Chinese medicine.*

This friendly guide to a 2,000-year-old lineage of healing wisdom integrates both the Five Element theory and the practices of traditional Chinese medicine to uncover what your body needs for balance and optimal health. *Everyday Chinese Medicine* demystifies, simplifies, and reveals patterns to help you take control of your own well-being from the comfort of your own home and kitchen. Mindi Counts—a holistic medical practitioner, acupuncturist, and herbalist—walks you through the seasons, elements, and organ systems to help you understand your unique constitution and how to achieve energetic and physical balance. With simple recipes, self-care practices, and time-tested herbal remedies, *Everyday Chinese Medicine* is the perfect companion on your path to complete wellness.

### **Author Bio**

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Her website is [mindikcounts.com](http://mindikcounts.com).

### **Praise**

"This book covers all the basic tenets of Chinese medicine and gives the reader practical tools to evaluate their constitution and discover how to balance mind, body, and spirit. I will keep it as a handy reference and will refer to it throughout the year as my body and the seasons change."—Elana Rosenbaum, author of *Being Well (Even When You're Sick)*

"Everyday Chinese Medicine awakens the reader's health awareness with teachings on nutrition, herbs, lifestyle suggestions, and other alternatives that can result in safer, more enduring healing experiences."—Paul Pitchford, author of *Healing with Whole Foods*

"Mindi Counts offers us a timely gift from the ancients; a gift full of practical wisdom and knowledge that is tremendously relevant and important to modern-day health and well-being. She has created a comprehensive path to finding the balance and harmony we need to take more responsibility for our health before we fall into patterns of disease."—from the foreword by Marlow Brooks, LAc, author of *Singing Our Heart's Song: A Guide to the Five Elements*

## Retail Links

IndieBound (supports indie bookstores): <https://www.indiebound.org/book/9781611806502>

Barnes & Noble: <https://www.barnesandnoble.com/w/everyday-chinese-medicine-mindi-k-counts/>

Shambhala.com: <https://www.shambhala.com/authors/a-f/mindi-k-counts/everyday-chinese-medicine.html>

Amazon: <https://www.amazon.com/Everyday-Chinese-Medicine-Remedies-Immunity/dp/161180650X/>

Book Depository (free shipping worldwide): <https://www.bookdepository.com/Everyday-Chinese-Medicine-Mindi-K-Counts/9781611806502?ref=grid-view&qid=1580138808628&sr=1-1>

