

Official Bio

Mindi K. Counts, MA, LAc., is a wilderness and rites of passage guide, Five-Element acupuncturist, and East-West folk herbalist. 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*, *Make Medicine With Your Life*, 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 to women and children through volunteer service missions to underserved populations around the world and in the U.S. She was featured in Dr. Oz's *The Good Life* magazine for her work in Indian slum communities, Burmese refugee birth clinics and earthquake-ravaged areas of Nepal.

Mindi is a graduate of Naropa University's Contemplative Psychology program and holds a Masters 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.