

Dr. Brooke Foreman, DACM, LAc, NBC-HWC

Functional & Chinese Medicine Doctor, Duke Certified Health Coach

Summary

Dynamic and results-driven healthcare executive with a PhD in Acupuncture and Chinese Medicine, and over 15 years of experience in integrative health and wellness. Proven track record in leading multidisciplinary teams, developing and implementing strategic health programs, and achieving significant improvements in patient outcomes. Co-chair of the State of Hawaii Board of Acupuncture, contributing to regulatory and policy advancements. Adept at strategic planning, financial management, and fostering collaborative healthcare environments.

Education

- **PhD - Doctorate of Acupuncture and Chinese Medicine (DACM)**, Pacific College of Oriental Medicine, San Diego, CA, 2018
 - **MS - Acupuncture and Oriental Medicine**, Texas College of Traditional Chinese Medicine, Austin, TX, 2010
 - **BS - Biology/Chemistry**, Stephen F. Austin State University, Nacogdoches, TX, 1992
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Professional Experience

Functional & Chinese Medicine Doctor / Integrative Health Coach

Brooke Foreman Acupuncture LLC / AcufitRx LLC, TX & HI | 2014 - Present

- Provide comprehensive integrative care, specializing in pain management, women's health, and stress disorders (Patient Care, Pain Management, Women's Health).

- Develop individualized treatment plans, incorporating acupuncture, Chinese herbs, and lifestyle counseling, resulting in a 35% improvement in patient health outcomes (Functional Medicine, Patient Education).
- Collaborate with healthcare providers to optimize patient outcomes and integrate traditional and contemporary modalities (Cross-functional Team Collaboration).
- Continue to study Functional Medicine to enhance integrative treatment approaches (Functional Medicine, Continuing Education).
- Contracted by luxury hotels to teach yoga classes, promoting wellness and holistic health practices to guests (Yoga Instruction, Wellness Programs).
- Co-chair of the State of Hawaii Board of Acupuncture, contributing to regulatory and policy developments in the field of acupuncture (Regulatory Leadership, Stakeholder Engagement).

Director of Health and Wellness

Marriott Worldwide Vacations, Lihue, HI | 2016 - Jan 2021

- Developed and implemented strategic wellness programs, increasing guest participation by 30% (Program Development, Strategic Planning).
- Managed a cross-functional team of 15 staff members to deliver integrated health services (Team Leadership, Cross-functional Team Collaboration).
- Conducted over 100 health seminars and nutrition demonstrations, contributing to a 20% improvement in guest health outcomes (Patient Education, Community Outreach).

Director of Integrative Health / Acupuncturist

Premier Health and Wellness / Premier OB/Gynecology, Austin, TX | 2011 - 2014

- Led a multidisciplinary team of 10 healthcare professionals, integrating acupuncture and functional medicine (Leadership, Integrative Health).
- Designed and implemented patient care protocols, resulting in a 25% increase in patient satisfaction (Patient Care, Performance Improvement).

- Represented the clinic at over 50 community events, enhancing public awareness of integrative health practices (Community Outreach, Public Speaking).

USA National Fitness Trainer/Presenter

Les Mills International, New Zealand | 2005 - 2012

- Represented Les Mills International as a lead fitness trainer and presenter at global fitness conferences (Public Speaking, Community Outreach).
- Conducted certification programs for over 200 group fitness instructors, enhancing the quality of fitness training worldwide (Training and Development, Performance Improvement).
- Delivered motivational workshops, promoting health and wellness across diverse audiences (Motivational Speaking, Patient Education).

Pharmaceutical Sales Representative

Procter & Gamble Pharmaceuticals, Cincinnati, OH | 1997 - 2003

- Managed a four-state territory, driving pharmaceutical product awareness and increasing sales by 40% (Sales Management, Strategic Planning).
- Awarded “Rep of the Year” for innovative sales strategies and outstanding performance (Performance Improvement, Stakeholder Engagement).
- Built strong relationships with healthcare professionals, ensuring high customer satisfaction and product adoption (Client Relationship Management, Communication).

Special Training / Certifications

- Integrative Health Coach, Duke University, 2019
- Diplomat Oriental Medicine, NCCAOM, 2011
- Licensed Acupuncturist (TX, HI)
- National Group Fitness Certification, ACE

- Thai Yoga Massage Certification, Thailand
 - Yoga 200 hour, Samudra Yoga School, 2015
 - Reiki / Healing Touch Level 1, Alchemy Arts LLC, 2014
 - CPR Certification
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Volunteer Work

- Provided community acupuncture treatments during the Kauai floods, 2018
 - Teaching classes for warm-up at local 5K races
 - Re: Cancer Events
 - Crohn's and Colitis Support Group
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Skills and Interests

- Strategic Leadership
- Team Building and Development
- Public Speaking
- International Travel
- Motivational Speaking
- Scuba Diving, Exercising, Golf, and Golden Retrievers