

Dr. Sarita Elizabeth Cox
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Education

Dec 1990 BA cum laude, English Literature
University of Alabama, Tuscaloosa, AL
June 2003 ND, Doctor of Naturopathic Medicine
Dec 2004 MSOM, Master of Science in Oriental Medicine
National College of Naturopathic Medicine (NCNM), Portland, OR

Professional Licenses

ND, Naturopathic Doctor Oregon state license #1304
LAc, Licensed Acupuncturist Alaska state license #113, Mississippi state license #9

Clinical Experience

June 2006-present, Private practice, Tuscaloosa, AL and Meridian, MS
Practices vitalistic medicine and nature cure individually tailored to support the health and well-being of patients with a spectrum of conditions, including those with recalcitrant diseases; patient referrals accepted from medical doctors and allied health professionals. Treatments include acupuncture, detoxification, homeopathy, Chinese botanicals, moxa, and cupping. Provides diet, nutrition, supplement and lifestyle consultations, and health education to maintain optimum wellness.

Nov 2004-June 2006, Kaya Kalpa Wellness Center, Watsonville, CA
Manager/practitioner of a traditional Ayurvedic clinic. Restructured the center to create a financially strong, integrated health clinic. Served on boards to create a state-certified MA and certificate program in Ayurvedic Medicine and Bodywork, Yoga and Community Studies.

Feb-Mar 2004, Sri Ram Orphanage, Hardiwar, India
Doctor-in-charge of providing medical care to orphans and local villagers.

2001-2004, Intern, Portland, OR
Pettygrove Clinic: provided acupuncture, moxa, cupping, bulk herb formulation, and qi gong in a classical Chinese medical center.
Outside In: provided acupuncture and naturopathic treatments, provided sexual disease testing and counseling, prescribed contraception, and performed gynecological exams in a fully integrated clinic for street youth.
Portland Alternative Health Clinic: provided auricular acupuncture, naturopathic basics of diet, nutrition, vitamin therapy, detoxification, homeopathy, hydrotherapy, and bodywork to addicts in recovery.
Immune Enhancement Program: treated HIV/AIDS, multiple sclerosis, cancer, and hepatitis patients with scalp and body acupuncture, and patent remedies.
National Health Centers-East: worked with natural modality specialties such as hydrotherapy, IV, and herbal therapy in the teaching clinic of NCNM.

Work Experience

Oct 2006-present, Entrepreneur, Sarita Devi Enterprises, Inc.

Motivational speaker: speaks to community and professional organizations concerning health and wellness.

Continuing education provider: lectures and facilitates continuing education classes for health care professionals.

The Orchard Project: post-tornado sustainability and redevelopment as an urban orchard/u-pick, edible landscape and healthy food model in Alberta City (Tuscaloosa).

2006-2007, Adjunct Faculty, Shelton State Community College, Tuscaloosa, AL

Jan 2005-June 2006, Associate Professor, Western Sciences Department, Five Branches Institute of Traditional Chinese Medicine, Santa Cruz and San Jose, CA

Taught Biology, Western Medical Terminology, Labs & Imaging, Clinical Diagnosis, and Physiology.

2005, Instructor, Gavilan College, Gilroy, CA

Taught Community Development and Mindful Stress Reduction.

2000-2003, Teaching Assistant, Homeopathic Division, NCNM, Portland, OR

Research for MSOM

Enlisted major homeopathic companies to create and supply new medicines; orchestrated and administrated a pilot study of two innovative homeopathic remedies; managed 40 participants, databased individual journals, organized information in Excel worksheets, analyzed data, created pivot charts, prepared final report and PowerPoint presentation; presented research at the Homeopathic Academy of Naturopathic Physicians conference in Vancouver, Canada, Oct 2003.

Community Work

Council of State Associations representative, 2009-present

Serves as a state liaison to American Association of Acupuncture & Oriental Medicine, national professional organization of Oriental Medicine professionals.

Advancement of Oriental Medicine in Alabama, Nov 2010-present

Formed a non-profit organization and serves on the board of directors to inform and educate as to the safety and efficacy of Oriental Medicine.

Alabama Blues Project, 2008-2011

Developed and implemented healthy snack program for after-school program for at-risk children and youth.

Integrative Acupuncture and Oriental Medicine Program, Five Branches Institute of Traditional Chinese Medicine, Santa Cruz and San Jose, CA, 2005-2006

Served on board of program dedicated to continuing education in Oriental Medicine for health care professionals in collaboration with members of Stanford University and The University of San Francisco Medical School.

Red Cross Disaster Relief, Oct2005

Worked as a mental health counselor in Gonzales, LA after Hurricane Katrina.

The Hanuman Fellowship, Ayurvedic Group, Santa Cruz, CA, May 2004

Developed a California state-credentialed college consisting of a School of Ayurveda (MA and diploma), School of Massage, School of Yoga and School of Community.

Invited Speakerships

Lectures to professional healthcare organizations

Managing pain: What works. Donna C. Bridger Endowed Lectureship in Nursing and Health Care: Capstone College of Nursing, Tuscaloosa, AL. March 2012.

Health and vitality in 2011. Alabama Social Workers in Healthcare Association, Tuscaloosa, AL. December 2010.

The role of acupuncture and naturopathic medicine in immune health. Health and Safety Symposium: Alabama Department of Public Health and West Alabama HIV Prevention Network, Tuscaloosa, AL. November 2010.

The role of acupuncture and vitalistic medicine in cancer care. Druid City Hospital Cancer Center, Tuscaloosa, AL. May 2010.

Vitality, health and beauty. Continuing Education for Cosmetologists, Tuscaloosa, AL. May 2009.

Energetics of food. Tuscaloosa Dietetic Association, Tuscaloosa, AL. September 2008.

Complementary and Alternative Medicine for Pain Management. University of Alabama at Birmingham, Palliative Care Center. Birmingham, Alabama. September 2008.

Functional Foods. Continuing Education for Diversified Nursing Services. Fort Payne, Alabama. October 2007.

Herb's for Women's Health. Continuing Education for Diversified Nursing Services. Leeds, Alabama. May 2007.

Talks to community groups

Introduction to Ayurvedic medicine. Yoga Days USA and Yoga Teacher Training Program, Tuscaloosa and Northport, AL. Talks given annually, January 2008-2011.

Vitalistic medicine and immune health. Regency Retirement Village, Tuscaloosa, AL. August 2010.

Naturopathic self-care routines. New Covenant Church, Tuscaloosa, AL. February 2009.

Health and holism. Unitarian Universalist Congregation of Tuscaloosa, Tuscaloosa, AL. February 2009.

Honoring and stimulating the vital force in autoimmune disease. Lupus Support Group, Tuscaloosa, AL. February 2008.

Lectures to academic groups

An introduction to naturopathic and Oriental medicines. Osher Lifetime Learning Institute, The University of Alabama, Tuscaloosa, AL. June 2012.

Film Screenings of East Meets West and 9000 Needles followed by Questions and Answers. Acupuncture and Oriental Medicine Day. University of Alabama Department of Anthropology and Club with Advancement of Oriental Medicine in Alabama, Tuscaloosa, AL. October 2011.

Creating a creative life: Health and vitality. The University of Alabama, Tuscaloosa, AL. November 2009, October 2011.

An introduction to naturopathic and Oriental medicines. Medical Sociology class, The University of Alabama at Birmingham, Birmingham, AL. September 2009.

An introduction to naturopathic and Oriental medicines. Osher Lifetime Learning Institute, The University of Alabama, Tuscaloosa, AL. January 2009.

Stress management: A naturopathic perspective. The University of Alabama, Tuscaloosa, AL.
May 2008.

