

Curriculum Vitae

Dr. Laura Dengler Varga, DAOM

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Education

2013 Doctor of Acupuncture and Oriental Medicine
Oregon College of Oriental Medicine, Portland, Oregon

2010 Master's of Acupuncture and Oriental Medicine
Oregon College of Oriental Medicine, Portland, Oregon

1994 Bachelor's of Psychology, cum laude
University of Pennsylvania, Philadelphia, Pennsylvania

Externships

2011-2012 Portland Veterans Acupuncture Project (PVAP), Diane Miller, MD
2011 Department of Family Medicine, OHSU, Meg Hayes, MD
2011 Department of Obstetrics/Gynecology, Providence, Kimberly Suriano, MD
2010 Department of Family Medicine, OHSU, Zhaoxe LU, DMed (China)
2009 Quest Center for Integrative Health

Clinical Experience

2024 The Jupiter Approach
2015-2023 Private Practice
2013-2014 Duke Integrative Medicine

Research Experience

2025-current Member, Scientific Advisory Committee, CIRS Research Foundation
2011-2012 Project Leader and Research Mentor, Oregon College of Oriental Medicine
2006-2007 Research Assistant, Oregon College of Oriental Medicine
1995-1998 Study Coordinator, Department of Pediatrics, University of California, San Diego
1995-1996 Clinical Coordinator, Department of Medicine, University of California, SD
1993-1994 Research Assistant, Department of Psychiatry, University of Pennsylvania
1992-1993 Laboratory Technician, Department of Psychology, University of Pennsylvania

Publications

Dengler [Varga] LD, Capparelli EV, Bastian AF, et al. Cerebrospinal Fluid Profile in Patients with Acute Kawasaki Disease. *Pediatr Infect Dis J* 1998 Jun;17(6): 478-81.

Dengler [Varga] LD, Capparelli EV, Bastian AF, et al. Cerebrospinal Fluid Profile in Patients with Acute Kawasaki Disease. Presented at the Western Society for Pediatric Research, Carmel, CA, February 1997. *J. Invest. Med.* 45:89A, 1997.

Speaking Engagements

2025

How Do We Diagnose Lyme and Coinfection in an Evidenced Manner?
CIRSx Conference

CIRS - Lyme and Coinfections
CIRS Healing Collective

2024

A Unique Way to Treat CIRS & Lyme,
The Ultimate CIRS SUMMIT

CIRS Practitioner & DAOM Dr. Laura Varga: CIRS is Gu Syndrome in Eastern Medicine
The Heart of CIRS Podcast

2019

Just Breathe Wellness Studio, Tequesta Drugs, Mindful Psychotherapy, Breathe Salt Yoga

2013-2018

Core Brain Journal podcast, Mosaic Comprehensive Care, Sjogren's Syndrome Support Group, Crohn's No More, Triangle Holistic Moms Network, North Carolina Center for Resiliency, Duke University Women's Health Organization, Temple Beth Israel, Osher Lifelong Learning Institute NCSU, Raleigh Public Libraries, Rex Wellness, Transitions Life Care, The Cypress Club of Raleigh, Duke University Integrative Medicine

2010-2012

Oregon College of Oriental Medicine, NW Ivy League Networking Group, Umpqua Bank, Oregon Health and Sciences University

Licensure

Florida Board of Acupuncture # AP4217
New Mexico Board of AOM #AOM20250018

Certifications

Shoemaker CIRS Proficiency Partner Diplomate
Fruehauf Gu Syndrome Course Completion
Fruehauf Autoimmune Course Completion
Foundational Safe and Sound Protocol, Unyte
Autoimmune Mastery Program, Gaeta Seminars for Health Professionals
Qi Gong Teacher, "Thousand Hands Buddha", Ling Gui School of Qi Gong

Additional Employment

1999-2006 Personal Trainer, Prenatal Yoga Land & Water, Bodywork Practitioner
1985-1992 Lifeguard and Swim Instructor

Volunteer Positions

2016-2019 Gathering Host, Open Gate Sangha
2016 Acupuncturist, Transitions Life Care, Hospice Inpatient Unit
2010 OCOM Representative, Student Association for Integrative Medicine (SAIM)
2001 Doula, St. Luke's Hospital and Best Start Birth Center
1998 Medical and Surgical Unit, Children's Hospital in San Diego

Additional Training

1998-2009 Swedish Massage, Perinatal Massage, Zen Shiatsu, Thai Massage, Reiki,
 Craniosacral Therapy, Watsu, Waterdance, Shiatsu, Tui Na
1994 Emergency Medical Technician