

Curriculum Vitae

Dr. Laura Dengler Varga, DAOM

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Education

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| 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

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| 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

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

Research Experience

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| 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