

# SABRINA SOUTO

Acupuncturist | TCMD | Fertility Specialist



## CONTACT

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## EDUCATION AND TRAINING

2019

**Hypnotherapy – Certified**  
Hypnotherapist, Marissa Peer

2012

**Doula Training Suzanne Moquin**  
Attended 15+ births from 2006 until the present as birth support

2005

**Math, Biology and Physics**  
Mount Royal University

2003

**Hospital Placements in Bronchial, Herbal, and Stroke Ward**  
Huang Zhou, University in China

2000 – 2003

**Diploma of Acupuncture and TCM**  
Alberta College of Acupuncture and Traditional Chinese Medicine

2002

**Botanicals, Chemistry, Physiology, and Safety to use in a clinical setting**  
Wildrose College Phototherapeutics

## SUMMARY

- Focus on patient wellbeing and results, working with:** Infertility, Miscarriage, Hormone Imbalance, Mental Health, Cancer Support and Immune Dysfunction
- Employed patient care methodology utilizing:** Western Medical research, empirical Acupuncture utilizing the lymphatic system and bio electrics. Extended clinical treatment time, protocols that focus on mental health using herbal and nutraceuticals based on empirical dosing.
- Experience within international settings and with patients of different socio economic, religious backgrounds and genders such as:** LGBTQIA+, Muslim, Christian, Catholic, Agnostic, Buddhist, Spiritual, Western Medical Doctors, Nurses, Pharmacists, Care Givers, Teens.

## CLINICAL WORK EXPERIENCE

### On-Site Managing Acupuncturist IVF/IUI Transfers

Pacific Centre for Reproductive Medicine (PCRM) | 2023 – Present

- Integrated Medical care; onsite Acupuncturist within an IVF clinic.
- Team leads for onsite IVF/IUI transfers, training of new and veteran acupuncturists
- Developed systems to support holistic care for PCRM's and Fertile Way's Fertility Patients, onsite and online.

### Senior Acupuncturist, TCMD, Hypnotherapist, Educator

Fertile Way | 2013 – Present

- Conducted patient observation and self-study to discover natural methods for increasing fertility outcomes in the US, Europe, and India.
- Recommended additional bloodwork and prescription protocols to Western Primary Care physicians.
- Mentored clinical assistants from various educational backgrounds (Nursing, Agricultural Science, and Acupuncture) to provide support for fertility patients.
- Utilized specialized skills in Reproductive Mental Health and Reproductive Immunology to support male and female fertility patients diagnosed with "unexplained infertility."
- Developed FAWN (Fertility as A Way Network), an educational platform aimed at teaching students, new practitioners, and veterans how to specialize in Holistic and Complimentary Fertility Care.

### Senior Acupuncturist, TCMD, Hypnotherapist, Mentor

Wellness on Whyte, Edmonton | 2014 – 2021

- Employed specialized skills in working with uniquely challenging patient populations whom have "unexplained infertility", large fibroids, High FSH, blocked tubes, low sperm count and mobility, low ovarian reserve, imbalanced hormones and immune dysfunction.

## PROFESSIONAL DEVELOPMENT

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2019

### Leadership and Business Development

Unstoppable  
Conversations  
Leadership Course

2016 – 2018

### Leadership and Business

Development Clear  
Impact Consulting |  
2016-2018

2016

### Lifestyle Meditation

Learn to teach meditation  
to kids and teens  
certification

2012

### Acupoint Injection Therapy

Rod Leblanc

2011

### Emotional Freedom Technique EFT

Dawn Murray

2011

### Justisse Method for Fertility

Awareness Dinah Bear

## SPECIALIZATIONS

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- Reproductive Immunology
- Infertility & Miscarriage
- Mental Health Program Development
- Patient Care & Retention
- Clinical Mentorship
- Cancer Support
- Immune Dysfunction

- Implemented mental health support services within clinical practice, utilizing heart math, empirical acupuncture points and nutraceuticals, and a network of referrals, such as psychologists, subconscious work, etc.
- Lead community acupuncture programs and represented the clinic at numerous symposiums/lectures (Bloom Festival, Fine Tune at Noon, Jamarkhana Mosque)

### Senior Acupuncturist, TCMD, Mentor

Oliver Chiropractic, Edmonton | 2010 – 2013

- Diagnosed infertility, menstrual disorders, immune dysfunction and mental health imbalances through the assessment of health history, personal history, lab interpretation and integration of care with a wellness team. Hospital care for stroke and paralysis patients.
- Treated patient conditions through a variety of advanced techniques, including point injection, and empirical mental emotional support.
- Supported medical conditions to a wide variety of patients within different socio-economic and religious backgrounds. Such as Lawyers, moms, felons, social workers.

### Senior Acupuncturist, TCMD

NCL Cruise Lines, International | 2009 – 2009

- Top 3 earner within all cruise offering acupuncture world-wide. Giving 7 speeches a week, to 3 people upwards of 400.
- Introduced patients to their first acupuncture treatment and herbal formula.
- Retained communication through email with many patients regarding their care and admiration of the medicine. Treated patient conditions such as insomnia, mental health and pain conditions.

### Acupuncturist, TCMD

Calgary Centre for Health, Calgary | 2006 – 2009

- Designed best practices as only Acupuncturist on staff for Immune, Mental Health, Fertility and Reproductive health specialty.
- Managed Pain and Injuries for Calgary Flames and Rodeo Participants. Varying injuries from back pain, post operative support.
- Worked with many patients within the oil and gas sector for mental health support during the economic crash of 2008.

### Acupuncturist, TCMD

Evergreen Acupuncture | Calgary | 2003-2009

- Assisted Dr. David Chu within his 30-year practice, and as the lead regulator for Acupuncture within Alberta Health Services. The clinic's specialization was Cancer Support and Infertility. I was able to learn and support my own patients with unique protocols, utilizing western and nutritional supplements, as well as Chinese herbs and point injection.
- Provided private treatments for patients at Foothills Hospital for Stroke Rehab. Supported patients with bone cancer, blood cancer, throat cancer, stomach cancer, brain cancer, M.S. and infertility, while utilizing herbs, supplements, acupuncture, chemotherapy and radiation.
- Collaborated with numerous acupuncturists at evergreen acupuncture, and assisted Dr. David Chu and treating own patients with 5 treatment rooms.

## MEDIA

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2023

### **WindSpeaker Media**

Holistic Reproductive Mental Health, Men's Health and Natural Reproductive Immunology

2019

### **Inner Circle, Carrie Doll Podcast**

Sexual Health & Intimacy

2019

### **Global News**

Fertile Way Event

2019

### **St. Albert Gazette**

Fertile Way Event

2019

### **Edmonton Journal**

Fertile Way Event

2012

### **CTV News, Josh Klassan**

Interview on fertility and TCM

2012

### **Global News, Su Ling Goh**

Interview on fertility and acupuncture

## PROFESSIONAL WORK EXPERIENCE

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### **Instructor, Fertility as A Way Network (FAWN) | 2020-Present**

- Educator and Owner for Fertility Educational Platform intended to teach students, new and veteran practitioners to specialize in Holistic Reproductive Mental Health, and Natural Reproductive Immunology.
- Teaching patients through online classes how to holistically navigate their fertility journey.

### **Examiner, Alberta Health and Wellness | 2005-2009, 2022 – Present**

- Examined new graduates in point location, and safety protocols such as cleanneedle technique.

### **Committee Member, Registration & Program Review, CAAA | 2011 – 2012**

- Evaluated Alberta Colleges and Universities for their educational competency.

### **Committee Member, Competency & Disciplinary, CAAA | 2010 – 2011**

- Evaluated public and industry complaints of registered acupuncturists and colleges for inappropriate conduct within the CAAA's guidelines and bylaws. Implemented any disciplinary outcomes if needed.

### **Instructor Holistic Health Practitioner | Grant MacEwan University | 2012- 2013**

- Educator to second year students in the Holistic Health Practitioner Program. Teaching Chinese Medicine Foundations and Acupressure.

## ADDITIONAL EXPERIENCE

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### **Co-Owner, Steve and Dans Fresh BC Fruit | 2013 – Present**

- Developed HR policies and staff wellness programs for over 100 employees. Created business forecasts and growth strategies.
- Communicated with customers, management and regulatory bodies for the purpose of conflict resolution, education and business development within the produce and farmers market industry.

### **Server, The Fairmont Palliser, 2003 – 2007**

- Recognized for excellent customer service city wide from the 45th annual Calgary White Hat Awards.
- Maintained a positive work environment while working in a fast paced, detail-oriented setting.

### **Preschool and Youth Instructor, Calgary YMCA | 1999 – 2002**

- Organized & facilitated educational programs for ages 2-10.
- Supported children and parents in an inclusive, caring environment to build physical, mental, emotional and spiritual foundations.

## VOLUNTEER AND COMMUNITY OUTREACH

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- **Community Screening, Brain, Heart, World | 2019**
- **Uganda Global Acupuncture Project | 2010**
- **Guest Lecturer, Supportive Counselling Mount Royal College | 2008**
- **The Efficacy of Acupuncture as an Adjunct Therapy in Addiction Treatments, Aventa in Calgary | 2006**
- **Research Grant through CAMera, Complementary and Alternative Medicine Education and Research Network of Alberta | 2005**
- **Co-Founder, Society for the Integration of Alternative Medicine) | 2004 – 2005**