Mary "Dr. Lew" Lewis, DAcCHM, L.Ac.

LICENSED ACUPUNCTURIST | WELLNESS EDUCATOR | SPEAKER | MENTOR



About Dr. Lew

A Healing Journey Rooted in Knowledge, Culture, and Purpose

Mary S. Lewis, DAcCHM, M.O.M., L.Ac., professionally known as **Dr. Lew**, is a Maryland Licensed Acupuncturist and a Florida Registered Out-of-State Telehealth Provider. She brings together Traditional Chinese Medicine, integrative healthcare, academic mentorship, and culturally responsive wellness education to support healing on every level—mind, body, and spirit.

Dr. Lew earned a **Doctor of Acupuncture with a Specialization in Chinese Herbal Medicine (DAcCHM)** from Pacific College of Health and Science. She is currently pursuing a **Doctor of Acupuncture and Oriental Medicine (DAOM)** at the Atlantic Institute of Oriental Medicine, with an anticipated graduation in 2027. Her academic background also includes a **Master of Oriental Medicine**, a **Bachelor of Health Science**, and an **Associate of Science in Information Technology.**

As a **DAOM Student Teacher** at the Atlantic Institute of Oriental Medicine, Dr. Lew supports first-year master's students through foundational instruction, clinical demonstrations, and individualized guidance, helping to cultivate the next generation of compassionate, skilled practitioners.

Through **Nubian Charm Acupuncture & Wellness**, she integrates Traditional Chinese Medicine, patient education, and integrative wellness to support individuals on their journey to lasting health. She is also the **Executive Director of Nubian Charm Enterprises** and the creator of the **Integrative Study Method**, a structured approach designed to make complex healing concepts more accessible, practical, and empowering for students and practitioners alike.

TRADITIONAL WISDOM

INTEGRATIVE CARE

EDUCATION

EMPOWERED PEOPLE

A HEALTHIER TOMORROW

Reflexive Healing

Restoring Balance. Supporting the Body's Innate Intelligence.

Central to Dr. Lew's work is **Reflexive Healing**, her signature clinical philosophy and capstone focus. Reflexive Healing explores how restoring balance and supporting the body's natural regulatory intelligence can foster healing across physical, emotional, and energetic dimensions. Through education, patient empowerment, and practical integrative strategies, she helps individuals reconnect with their body's wisdom and cultivate lasting well-being.

"Healing isn't just about feeling better—
it's about rediscovering your strength and reclaiming your light."

— MARY "DR. LEW" LEWIS, DAcCHM, L.Ac.

HEAL • EDUCATE
EMPOWER • CONNECT

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Signature Speaking Topics

Conversations that educate, empower, and inspire.

01 Breaking Barriers in Wellness

Explore representation, culturally responsive care, and practical approaches to expanding equitable access to integrative healthcare.

02 Healing Through Knowledge: Acupuncture and Beyond

Discover acupuncture, Chinese herbal medicine, and integrative approaches to understanding health through education and whole-person care.

03 Reflexive Healing: Restoring the Body's Innate Intelligence

Explore the relationship between sensory stimulation, nervous system regulation, acupuncture, and mind-body techniques through Dr. Lew's Reflexive Healing framework.

04 The Integrative Study Method

Discover a culturally responsive learning framework connecting TCM theory, biomedical knowledge, clinical reasoning, and meaningful retention.

05 Redefining Self-Care Through TCM

Reimagine self-care through sustainable daily rituals, stress management, preventive wellness, and Traditional Chinese Medicine principles.

06 From Classroom to Clinic

Bridge foundational education and clinical practice through critical thinking, experiential learning, and mentorship of emerging practitioners.

Speaking with purpose.
Educating with passion.
Empowering through knowledge.

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Professional Highlights

- Doctor of Acupuncture with a Specialization in Chinese Herbal Medicine (DAcCHM)
- Doctor of Acupuncture and Oriental Medicine candidate, anticipated 2027
- Maryland Licensed Acupuncturist
- Florida Registered Out-of-State Telehealth Provider
- DAOM Student Teacher at the Atlantic Institute of Oriental Medicine
- Founder, Nubian Charm Acupuncture & Wellness
- Executive Director, Nubian Charm Enterprises
- Creator, Integrative Study Method
- Licensed skincare professional since 2009
- Associate of Science in Information Technology

Areas of Expertise

- Traditional Chinese Medicine
- Chinese Herbal Medicine
- Acupuncture
- Reflexive Healing
- Integrative Wellness
- Student Mentorship
- Cultural Responsiveness in Wellness
- Patient Education
- Academic Support
- Aesthetic Wellness

Available Engagements

- Keynote Talks
- Panel Discussions
- Workshops
- Student Seminars
- Wellness Events
- Educational Trainings
- Virtual Presentations
- Podcast and Media Appearances

Booking & Contact

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Healing, education, and empowerment remain at the heart of Dr. Lew's work.

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