

## Mary S. Lewis, M.O.M., L.Ac.



**Licensed Acupuncturist | Licensed Aesthetician  
Wellness Advocate | Educator | Philanthropist**

### **About Mary S. Lewis**

Mary S. Lewis, M.O.M., L.Ac., serves as a trailblazer in holistic healthcare, wellness education, and youth empowerment. She founded **Nubian Charms Enterprises**, a 501(c)(3) nonprofit organization dedicated to celebrating youth by equipping them with the knowledge and confidence to thrive as productive members of the community. Through its signature **Nubianaires program**, the organization empowers future leaders by teaching entrepreneurial skills and fostering cultural pride.

As the founder of **Nubian Charm Acupuncture & Wellness**, Mary plans to open her holistic healthcare practice in the spring of 2025. Her clinic will integrate Traditional Chinese Medicine (TCM) with modern wellness practices to serve diverse populations, including working professionals, families, athletes, teens, and underserved communities.

With over a decade of experience as a **licensed aesthetician**, Mary possesses advanced expertise in skincare, making her uniquely qualified to address beauty and wellness from an integrative perspective. Her extensive background includes certifications in Injection Therapy and a commitment to delivering optimal results for her clients.

As one of fewer than 2% of Black acupuncturists in the United States, Mary exemplifies resilience and excellence in an underrepresented field. She will earn her **Doctorate of Acupuncture with a Specialization in Chinese Herbal Medicine (DAcCHM)** from Pacific College of Health and Science in April 2025. A single mother who defied stereotypes, Mary's inspiring journey demonstrates determination, innovation, and service.

## **Speaking Topics**

### **1. Breaking Barriers in Wellness**

- A personal story of resilience as a single mother and Black acupuncturist.
- Strategies for improving access to culturally sensitive care in underserved communities.

### **2. Healing Through Knowledge: Acupuncture and Beyond**

- Practical applications of acupuncture, cupping, and auricular therapy for chronic pain, stress, and anxiety.
- Insights on achieving maximum results with minimal intervention for needle-shy patients.

### **3. Nubian Charms: Holistic Life Hacks for Modern Wellness**

- Self-care techniques tailored to busy women and families.
- Traditional Chinese Medicine tips to enhance balance and vitality in daily life.

### **4. Empowering Future Leaders Through Nubianaires**

- Showcasing the work of Nubian Charms Enterprises to celebrate and empower youth.
- Teaching entrepreneurial skills and cultural pride to build future leaders in the community.

### **5. The Integrative Study Method**

- A bio-medical approach to mastering Traditional Chinese Medicine.
- Ideal for students and professionals seeking to connect TCM theory with Western medicine.

## Why Book Mary?

- **Expertise:** Over **10 years of combined professional experience** in acupuncture, wellness, education, and skincare.
- **Representation:** A pioneer in a field with minimal representation from Black women.
- **Engaging Delivery:** Combines expert knowledge with personal anecdotes to educate and inspire.
- **Audience Connection:** Tailors every presentation to resonate with diverse audiences, including professionals, youth, and unconventional groups like animation and comic convention attendees.

## Professional Background

- Founder of Nubian Charms Enterprises, a 501(c)(3) nonprofit organization.
- Licensed Acupuncturist and Certified Injection Therapist.
- Licensed Aesthetician with over a decade of experience in skincare.
- Master of Oriental Medicine and Bachelor of Health Science from the Atlantic Institute of Oriental Medicine.
- Upcoming **Doctorate of Acupuncture with a Specialization in Chinese Herbal Medicine (DAcCHM)** (April 2025).
- Founder of Nubian Charm Acupuncture & Wellness (Opening Spring 2025).

## Booking Mary S. Lewis

- **Website:** <https://www.iamdrlew.com>
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Mary offers in-person and virtual presentations, keynote speeches, panel discussions, and educational workshops. Her speaking engagements inspire transformation, healing, and empowerment while promoting community growth and resilience.