



NORTH SHORE MEDICAL CENTER

Acupuncture Services



NSMC Outpatient Services, 1 Hutchinson Dr., Danvers

Tuesday	Adele Strauss	12 p.m. - 5 p.m.
Wednesday	Deguang He	8 a.m. - 11 a.m.
Thursday	Zhen Zhen Zhang	8 a.m. - 1 p.m.

Patients receiving cancer treatment at the Mass General/North Shore Cancer Center may be eligible for a discounted rate. 20% discount for NSMC employees. For more information or to schedule an appointment, please call 978-739-6906 or email nsmcwellness@partners.org.

Rates: \$85 Initial appointment \$70 Follow-up appointments

Acupuncture is effective in treating the following:

- Pain (Back, Arthritis, Carpal Tunnel, Fibromyalgia)
- Infertility, PMS, Menopause
- Fatigue, Insomnia, Anemia
- Anxiety, Stress, Depression
- Digestive problems (Constipation, IBS, Acid Reflux)
- Neurological problems (Headaches, Seizures, Sciatica, Numbness, Shingles)
- Respiratory problems (Allergies, Sinusitis, Bronchitis, Vertigo)

NSMC Acupuncture Services

Acupuncture is an ancient healing technique developed in China about 3000 years ago. The goal of acupuncture is to stimulate the body's natural healing abilities and to re-establish a healthy equilibrium between various organ systems. Acupuncture recognizes the body as an integrated, whole system and that health is maintained when there is a smooth flow of energy called Qi (pronounced "chee"). If the circulation of Qi is impaired or disrupted, normal function is affected, resulting in illness, pain or disease. Acupuncture is commonly used to treat conditions such as allergies, back pain, chronic pain, headaches and side effects from cancer treatment.

Adele Strauss, M. Ac., Lic. Ac.

Adele Strauss graduated with a master's degree in Chinese and Japanese acupuncture from the New England School of Acupuncture. She has been practicing acupuncture over 20 years, specializing in classical acupuncture. Adele also has a background in psychotherapy, comparative eastern philosophy and shiatsu massage.

Deguang He, M. Ac., M.D. in China and Lic. Ac.

Dr. Deguang He is a licensed acupuncturist and herbalist. As a medical doctor in China, Dr. He was the first person to ever receive a master's degree in Medical Qigong and Acupuncture. He has eight years of training in both Eastern and Western medicine and 29 years of clinical experience in China, the Soviet Union, Japan and the United States. He is an instructor and clinical supervisor at the New England School of Acupuncture.

Zhen Zhen Zhang, M. Ac., M.D. in China and Lic. Ac.

Dr. Zhen Zhen Zhang has been a physician since 1982 and was trained in Western and Eastern medicine in China. She is a licensed acupuncturist and has practiced acupuncture medicine at the NSMC Women's Center since April 1997. She is a professor at the New England Institute of Acupuncture in Newton, Massachusetts.

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