Additional Techniques

Additional modalities are often used in conjunction with acupuncture needles and are described below:

Moxabustion is used in the treatment of disease by a warming method which is applied to an acupoint, or an area of the body. This causes a warming effect and sensation which assists in promoting Qi and Xue to flow more smoothly and properly.

Cupping and Sliding Cups are techniques that use glass or plastic cups which are placed with suction on specific muscle areas. The cups are either left stationary or slid back and forth to cover larger areas of need. This helps to relieve pain, tension and impaired circulation.

Gua Sha is similar to cupping, except a large ceramic spoon is used to help relieve tightness and pain in the neck, shoulder and back.

Tuina is a form of therapeutic massage which promotes the circulation of Qi and Xue. This is effective for most muscular-skeletal issues.

About Serra May Plourde

Serra May Plourde received her bachelor's degree in Human Development and Family Studies from Lesley College in Cambridge, Mass. She fulfilled a double minor in Women's Studies and Complementary Health Care. She received her master's degree in acupuncture from the New England School of Acupuncture in Watertown, Mass. Serra holds certification in acupuncture through the National Certification Commission for Acupuncture and Oriental Medicine, and holds a license from the board of medicine to practice acupuncture in Massachusetts.

Serra is passionate about preparing meals with whole foods, which is something she believes is fundamental to good health. Having grown up in a home with traditional Turkish cooking prepared by her mother and grandmother, Serra learned the importance of cooking with fresh and seasonal ingredients, as well as sitting down for regular meals. Building on this with 15 years of whole foods cooking experience, Serra has developed significant knowledge in this field and is available for dietary consultation.

Location and Directions

The acupuncture office is located at 672 Main Street in Holden. From the Worcester area, take Route 190 North to Exit 2. Follow the access road to the second light, then make a left onto West Mountain Road. At the end of the road, turn left onto Main Street. At the fork, bear right toward Holden Center, staying on Main Street. Travel about 1/4 of a mile and look for 672 Main Street and the sign for Al Fresco Restaurant on the right. The office is located on the second floor. Those taking the stairs may enter from the door on the far right-hand side of the building, marked 672. Those requiring the elevator should enter through the door on the far left.

ACUPUNCTURE

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What is Acupuncture and How Does It Work?

Acupuncture was born from Traditional Chinese medicine and dates back more than 2000 years. Acupuncture is used to treat disease and restore balance to the body, mind and spirit. Firmly grounded in the cycles and rhythms of nature, what sets acupuncture apart from other forms of medicine is that it addresses the underlying cause of disease. By restoring balance in the body, the symptoms of disease improve.

Traditional Chinese Medicine teaches that there are energetic pathways that run along the body and correspond to the internal organs. When Qi (energy) and Xue (blood) are flowing smoothly along these pathways, then health and vitality are present. When Qi and Xue have become impaired and are unable to flow smoothly, disease and pain result. To help stimulate and encourage the proper flow of Qi and Xue, fine acupuncture needles are inserted at specific sites, or acupoints, that run along the surface of the body. When the smooth flow of Qi and Xue are restored, health and vitality follow.

What To Expect

At the first appointment there will be an hour-long review of the patient's health history and a review of the current symptoms, followed by a diagnostic physical exam and treatment. Treatments normally last one hour. Patients report a feeling of well-being and relaxation during and after treatment. Needle sensation can vary from mild to nothing at all. The needles used come packaged individually, are pre-sterilized and are safely disposed of after each

Commonly Treated Conditions

Muscular-Skeletal Issues:

- back pain
- discomfort associated with arthritis
- pain due to injury or trauma
- repetitive stress injuries
- shoulder, knee, hip and ankle pain
- TMJ

OB/Gyn Issues:

- menstrual irregularities and PMS
- symptoms associated with menopause
- urinary tract infection

Psycho-Emotional Issues:

- anxiety and panic attacks
- low-level depression
- stress

Gastro-Intestinal Issues:

- acid reflux
- constipation
- diarrhea
- gas and bloating
- heartburn

Other Issues:

- allergies
- asthma
- chronic fatigue
- headache and migraine headache
- hypertension
- sleep issues
- fibromyalgia

Frequently Asked Questions

Why do people come for acupuncture?

There are many reasons that people choose acupuncture. Some people are allergic to or have adverse reactions to medication offered by their physician. For them, acupuncture provides a safe alternative without any adverse side effects. Some are looking specifically for a holistic approach to their health and well-being, and acupuncture provides that by treating the underlying causes of disease as well as addressing the symptoms. Others are looking to combine modes of care. For instance, chiropractic care and acupuncture work well synergistically, providing better relief together than either does on its own. Still others choose acupuncture after exhausting other avenues of treatment. Many find it to be highly effective and they feel more vital than they have in years.

How many visits will I need?

There are a variety of factors that determine length of treatment time, such as the client's age, overall health and pervasiveness of symptoms. Most of the time, one treatment is not enough to see a significant improvement. A series of treatments on a regular basis is ideal. At the outset, weekly visits are important so that treatments build on each other for maximum effectiveness. On average, one treatment per week for 6-10 weeks is recommended. Over this period of time, most people begin to see an improvement of symptoms, as well as of overall strength and energy. However, this time frame is just a range. Everybody responds differently.

Do the needles hurt?

Needle sensation upon insertion ranges from nothing at all to a slight pinching sensation that comes and goes instantly. Once the needles are in, some people experience warmth or tingling at the site of the needle, or a slight pulling sensation. Some report itching at the site of the needle. All of these are normal responses.