



NORTH SHORE
MEDICAL CENTER

Acupuncture Services

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 Outpatient Services, 1 Hutchinson Dr., Danvers

Tuesday	Michelle Racine	12 – 6 p.m.
Wednesday	Deguang He	8 a.m. – 12 p.m.

Patients receiving cancer treatment at the Mass General/North Shore Cancer Center may be eligible for a discounted rate. NSMC employees receive a 20% discount. For more information or to schedule an appointment, please call 978-825-6557 or email nsmcwellness@partners.org.

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

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.

[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.

[Michelle Racine](#)

Michelle Racine has been studying Traditional Chinese Medicine for over twenty years. She graduated in August 2016 from the New England School of Acupuncture to study Acupuncture and Chinese Herbal Medicine. Her clinical internships included rotations at Boston Medical Center in pediatrics and outpatient services, Cambridge Health Alliance and The Shatuck Hospital.

Starting in 1996, she trained as a massage therapist at North Eastern Institute of Whole Health, specializing in shiatsu-acupressure. Prior to that she trained as a Recreation Therapist and provided stress management through leisure education and creative arts in a hospital setting. She is delighted to bring these two healing arts into her current practice. Michelle enjoys helping people find greater calmness and clarity in their lives, while supporting relief from a host of ailments. Trained to address a wide variety of health-related issues, she particularly enjoys helping those who suffer from anxiety, depression, digestive disorders, insomnia, headaches and chronic pain

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