

# Healing Roots Acupuncture

Getting to the root of the problem

Terry Plante, LAc, RPh

Dear Patient,

All too often it's the practitioner, who gets all the information about the patient, and the patient gets little information about the practitioner and his/her practice. I would like to change that.

My full name is Theresa Anne Plante and I was born and raised in Springfield, MA. I went to college at Western New England College (WNEC) in Springfield, MA, then in 1996 I moved to Boston to continue my education at Massachusetts College of Pharmacy (MCP). In 1998, I received my Bachelor's degree in pharmacy. In 2003, I further continued my education at New England School of Acupuncture (NESA) in Watertown, MA. In 2006, I received my Master's Degree in TCM Acupuncture and Oriental Medicine. I am a registered pharmacist, a licensed acupuncturist and herbalist. I continued my education with Total Body Modification (TBM) training and Dr. Tan's Method for acupuncture, as well as to become certified in Nambudripad's Allergy Elimination Technique (NAET) and Neuro Emotional Technique (NET). In addition to my practice, I enjoy biking, walking, kayaking, salsa dancing, and developing myself personally, professionally, and spiritually.

My personal health issues are what led me to seek out alternative health care for myself and then to professionally pursue many different educational certifications and training. I walked the tangled path as a patient searching for answers to help my own devastating symptoms. I was a desperate patient myself not long ago. I was told to learn to live with my asthma and allergies for the rest of my life but I refused to give up. As a result, I was inspired to become a complementary health care practitioner.

It all began in my early '20's when I developed a 'cold' that never seemed to go away. Over time, my sinus symptoms worsened and I eventually suffered respiratory problems, coughing uncontrollably for hours. At times, I would cough until I passed-out to sleep. My sinuses were constantly stuffed. I was unable to breathe through my nose as well as taste food and smell my surroundings. I was constantly blowing my nose as if it was Niagara Falls. I was miserable. Unbeknown to me, even though I had been seen by doctors, it wasn't until 3 years later that my coughing fits were diagnosed as chronic asthma. I traveled the traditional road of doctors, tests, diets, detoxes, avoidances, medication, and sinus surgeries and still I experienced little relief for my asthma and allergies. Even with medications of steroids, antibiotics, inhalers, I was still experiencing asthma attacks every 4 hours, including waking up in the middle of the morning at 3:30am having asthma attack.

After 7 years of this agony I was finally referred to a NAET practitioner. I was extremely skeptical, but I was willing to try anything. Thankfully, I started to notice improvement after 10 to 15 treatments. Over time, I was simply in profound gratitude and awe at how much NAET had changed my life. It was then I decided to dedicate my life to help others also find true health and relief. I entered the Master's degree program at New England School of Acupuncture and continued on with NAET, NET, TBM, SIPS and Dr. Tan's Method certifications.

I believe with all my heart in the fundamental principle of complementary healing which is that healing comes from within you. By simply removing physical, chemical, and emotional interference from your nervous system, the life force that created you, can heal you. This allows the body to express life to its fullest potential. I believe in *how* I practice and always strive to improve it, such that I always give excellent service at a fair fee. I want to help others participate in their own health and well being.

I am part of Japanese Acupuncture Center, Watertown MA. The whole purpose of this is to give others the experience of living a life of ultimate health, a life free from pain, dysfunction, or dis-ease and *without* the harmful effects of drugs, surgery, or medication. I have committed myself to stay on the cutting edge. Every year I take hundreds of hours of postgraduate courses to insure the best results possible for all of my patients. My personal promise to you is that I will search for the cause of your health problems and provide the tools to eliminate them in the shortest time, or make a knowledgeable referral to someone who can assist you. In addition, I also promise to care for you with the same attentiveness and deliberation I give to my own family.

Best to you,  
Terry

Terry Plante, LAc, RPh  
at Japanese Acupuncture Center  
124 Watertown St. #2A  
Watertown, MA 02472

[www.HealingRootsAcupuncture.net](http://www.HealingRootsAcupuncture.net)  
[tplante74@gmail.com](mailto:tplante74@gmail.com)  
617-549-5648

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Getting to the root of the problem and solving it

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- **Acupuncture.** I use acupuncture with patients to restore equilibrium and harmony within their bodies. My acupuncture treatments focus on helping patients' internal organs correct imbalances in their digestion, absorption, energy production activities, and in the circulation of their energy through the meridians. Acupuncture remains a core component of my practice.
- **Nambudripad's Allergy Elimination Technique (NAET).** NAET is a blending of the non-invasive procedures from Western and Eastern healing practices. NAET is a breakthrough treatment that detects and eliminates allergies of all kinds, PERMANENTLY. The treatment is geared to re-program the brain's negative responses towards the allergen(s) to a positive response whenever these substances are contacted in the future. NAET is based on the Chinese Medicine principle, that "no disease is possible when your body is in perfect balance." My patients have experienced profound and sustained levels of relief from their allergy conditions without having to rely on medication. NAET treatments can and have been used on multiple illnesses brought about by allergens. See more at [www.NAET.com](http://www.NAET.com)
- **Neuro Emotional Technique (NET).** NET is a bio-energetic healing technique that is used to release unresolved emotional stressors that are stored and locked in an individual's body. Research has consistently shown that emotional stress directly affects physical and mental well-being. My patients have found this technique to be a valuable complement to therapy treatments. See more at [www.NETmindbody.com](http://www.NETmindbody.com)
- **Total Body Modification (TBM).** TBM is a technique that is used to find the organ or area of the body that is stressed, determine why it is stressed and then correct the problem by restoring balance to the nervous system for one's health and well being. See more at [www.TBMseminars.com](http://www.TBMseminars.com)
- **Stress Indicator Point System (SIPS).** Accumulation of stress in the physical body can block the natural flow of healing energy available to us. SIPS is a technique that identifies the types of stress involved that creates this blockage. It locates the body system in which the blockage(s) occur and disperses the resistance so that the healing treatment can be directed at a profound and core level. When certain points are held there is a palpable increase in the energy available to the client to clear the issue being addressed. The theory of SIPS is based on an electrical model of the body, not just on the physical level but on others too, such as the emotional, mental, spiritual and etheric. SIPS helps stimulate the body's self-healing mechanisms and has proven to be a powerful system. [www.canask.org](http://www.canask.org)

Terry Plante, LAc, RPh  
at Japanese Acupuncture Center  
124 Watertown St. #2A  
Watertown, MA 02472

[www.HealingRootsAcupuncture.net](http://www.HealingRootsAcupuncture.net)  
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617-549-5648