

Rachel Strass, DOM, LAc, an Acupuncturist with Spirit Point Healing

Get to know Acupuncturist Dr. Rachel Strass, who serves patients in Annapolis, Maryland.



New York City, New York Sep 20, 2022 ([IssueWire.com](https://www.issuewire.com)) - A licensed acupuncturist, Dr. Strass is the Founder of Spirit Point Healing in Annapolis, Maryland.

Creating lasting wellness, Spirit Point Healing offers acupuncture and/or herbal medicine in an integrated program, drawing on classical Chinese medicine for an effective approach to stress, pain,

and other health concerns. Dr. Strass serves people from Annapolis, Arnold, Severna Park, Pasadena, Bowie, Edgewater, and throughout the Chesapeake Bay area.

The focus of her practice is to see each person as a whole and work together to find their way to good health. She looks at each person's history and carefully designs a plan that is unique to their needs. Whether a person has numerous physical issues and a great deal of pain, or they are relatively healthy and wish to handle stress and live in better balance with their world, she is here to help. Many need relief from headaches and lower back pain. Others seek support for recovery from cancer and the side effects of chemotherapy. Women may need support with periods or menopause.

Raised to live with an attitude of resilience and to practice mental flexibility, Dr. Strass comes from a long line of creative geniuses. Her family tree is filled with musicians, lawyers, scholars, and scientists. Initially trained as a classical singer and guitarist, she also studied languages and earned her Bachelor of Arts degree in Russian Language and Literature. She later mastered the science of computer programming, working with servers and user interfaces, before going back to school for Acupuncture and completing her Doctorate.

Having been practicing Chinese Medicine for over 15 years, Dr. Strass treats people for many reasons, including stress, anxiety, chronic and acute physical pain, cancer recovery, and other concerns. She also enjoys working with musicians on their specialized needs and challenges.

She offers real solutions to internal issues which can cause common problems. As well as using acupuncture and herbs, she addresses lifestyle and nutrition to avoid chronic pain and injury. She shares wisdom on practical aspects of a healthy lifestyle, including rest, movement, and nutrition. She uses acupuncture and herbs to correct internal issues and clear blockages in the body, mind, and spirit of her patients.

A member of the Maryland Acupuncture Society, Dr. Strass passed the collection of exams from the NCCAOM (National Certification Commission for Acupuncture and Oriental Medicine). She earned the distinction of National Diplomate of Oriental Medicine, which includes the mastery of Chinese herbs and nutrition, as well as acupuncture.

Acupuncture is a form of holistic medicine and a key component of Traditional Chinese Medicine. It is a technique in which thin needles are inserted into the body and in some cases, electro-stimulation is applied to gently stimulate particular regions of the body. Acupuncture is also used to maintain general health and well-being. Acupuncturists treat a variety of health concerns including women's health & fertility, autoimmune disorders, digestive disorders, joint & muscle pain, insomnia, and emotional concerns such as stress management, anxiety & depression.

Passionate about her profession, Dr. Strass is interested in doing talks, presentations, educational seminars, and collaborative efforts in the healing arts.

Learn More about Dr. Rachel Strass:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1830645-Rachel-Strass-Acupuncturist>, or through Spirit Point Healing, <https://spiritpointhealing.com/about-us/>

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Source : Rachel Strass, DOM, LAc

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