

Nikki M. Vanecek, L.Ac., M.Ac.O.M., an Acupuncturist with EastWest Acupuncture

Get to know Acupuncturist Dr. Nikki M. Vanecek, who serves patients in Excelsior, Minnesota.



New York, New York City, Oct 26, 2021 ([IssueWire.com](https://www.issuewire.com)) - A skilled acupuncturist, Nikki is the Founder and Owner of EastWest Acupuncture in Excelsior, Minnesota. She uses her clinical experience and knowledge to educate and inspire others to lead healthy, stress-free lives. Whether speaking to high school students, conducting cosponsored acupuncture seminars, or collaborating with western medical professionals, she strives to provide exceptional care.

Growing up in the Lake Minnetonka area, she became interested in practicing Traditional Chinese Medicine (TCM) after struggling with severe shoulder pain for more than three years. After trying several unsuccessful types of treatments: physical therapy, chiropractic adjustments, and steroid injections, she finally found relief with acupuncture. Her relief from pain was so complete and transformative, she became passionate about the study of acupuncture and herbal medicine.

In regards to her educational background, Nikki holds a Bachelor of Science degree in Health Sciences and a Master of Science degree in Traditional Chinese Medicine from Northwestern Health Sciences University. In addition to her training and education in the United States, she studied at Tianjin Medical University, a top-ranked medical college, in Tianjin, China. She completed intensive training in the areas of acute and chronic pain and neurological conditions such as headaches, migraines, neuropathy, and stroke recovery.

As a testament to her continued education, she is nationally board-certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), whose mission is to assure the safety and well-being of the public and to advance the professional practice of acupuncture and Oriental medicine by establishing and promoting national evidence-based standards of competence and credentialing.

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.

Learn More about Nikki M. Vanecek:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/154560-Nikki-Vanecek-Acupuncturist> or through EastWest

Acupuncture, <https://eastwest-acu.com/ourteam/>

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