

Shahla Bastar, Lic. Ac., DACM, MAOM, Founder and Lead Acupuncturist at Carnation Acupuncture

Get to know the Acupuncturist and Herbalist Shahla Bastar, who serves patients in Worcester and Newton, Massachusetts.



New York City, New York Dec 13, 2022 ([Issuewire.com](https://www.issuewire.com)) - Dr. Shahla is a licensed acupuncturist and herbalist in both Massachusetts and Rhode Island. She is the founder and lead acupuncturist at Carnation Acupuncture located in Worcester, Massachusetts, which was selected ***The Best of Worcester*** and ***the Best of Massachusetts for Acupuncture*** in 2022.

On a journey to wellness of the mind and body, Dr. Shahla is passionate about helping people feel their best and alleviating their suffering using Traditional Chinese and Herbal Medicine. She treats a wide range of conditions including pain, infertility, and tobacco cessation, and utilizes various techniques, from dry needling to cupping and moxibustion, to provide health and cosmetic services. She has vast experience in treating patients in both private and community-clinic settings.

Dr. Shahla graduated with her Doctor of Acupuncture and Chinese Medicine degree from the Pacific College of Health and Science. She also earned her Master's degree in Acupuncture and Oriental Medicine from the Massachusetts College of Pharmacy and Health Sciences/New England School of Acupuncture. As a Diplomate of Acupuncture and Oriental Medicine, she is recognized and certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).

In Newton, Massachusetts, Dr. Shahla can also be found working at New England Acupuncture and Herbal Clinic, where she offers a holistic way to improve health and relieve the pain and suffering of her patients.

Acupuncture is a form of holistic medicine and a key component of Traditional Chinese Medicine. It is a technique in which thin needles are superficially inserted into the body and, in some cases, electro-stimulation is applied to gently stimulate particular acupoints on the body. Acupuncture is also used to maintain general health and well-being as well as to rejuvenate the skin, reduce wrinkles, and improve its youthful appearance. Acupuncturists treat a variety of health concerns including acute and chronic pain, women's health & fertility, autoimmune disorders, tobacco, and alcohol cessation, digestive disorders, sports-related injuries, insomnia, and emotional concerns such as stress management, anxiety, and depression.

Learn More about Dr. Shahla Bastar:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/81863479-Shahla-Bastar-Acupuncturist> or through Carnation Acupuncture, <https://carnationacupuncture.com>

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Source : Shahla Bastar, Lic. Ac., DACM, MAOM

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