

Lauren J. Kaplan, D.Ac., L.Ac., Diplomate NCCAOM: Expert in Acupuncture for Pain Relief, Women's Health, and Neuropathy

Transforming Lives Through Holistic Healing at Restoration Health Acupuncture & Nutrition in Randolph, New Jersey



New York City, New York Feb 19, 2025 ([Issuewire.com](https://www.issuewire.com)) - Lauren J. Kaplan, D. Ac., L. Ac., Diplomate NCCAOM, proudly announces receipt of Best in New Jersey Magazine's Top Doc award.

Restoration Health Acupuncture & Nutrition is a holistic health center dedicated to providing transformative care through a blend of Eastern and Western medicine. Located in Randolph, New Jersey, Dr. Kaplan offers a comprehensive range of services including acupuncture, facial rejuvenation, cupping, ozone therapy, Moxibustion, electric stimulation (E-stim), Gua Sha, nutritional coaching, and Mitochondrial Reboot cell therapy (MRT).

With a mission to exceed patient expectations, Dr. Kaplan emphasizes personalized and compassionate care. "Every patient is unique, and I take the time to understand their individual needs and health goals," she explains. Her holistic approach not only addresses physical ailments but also fosters emotional and mental well-being, ultimately restoring hope and vitality in her patients' lives.

Dr. Kaplan's journey into acupuncture began with her own battle against a debilitating coccyx injury that lasted 18 months. Despite her initial fear of needles, she found profound relief through acupuncture, igniting a passion to help others, particularly those who may be skeptical about alternative treatments. "My goal is to guide them through the process and show them the benefits firsthand," she shares.

With impressive academic credentials, Dr. Kaplan holds a Bachelor of Arts in Communications from Rutgers University, as well as a Doctor of Acupuncture, a Master of Science in Acupuncture, and a Bachelor of Professional Studies from Pacific College of Oriental Medicine in New York City. Additionally, she is certified in facial rejuvenation and contributes to the acupuncture community as a teaching assistant to Dr. Michele Gellis.

Dr. Kaplan's clinical experience includes an internship in the Orthopedic/Neurology Department at NYU Lutheran Hospital, where she received specialized training in acupuncture for post-stroke recovery. Furthermore, her entrepreneurial background as the owner of ThinkingKap, LLC, has honed her business and interpersonal skills, enhancing her ability to connect with patients.

As an active member of the Randolph Area Chamber of Commerce and the Acupuncture Coalition of New Jersey, Dr. Kaplan is committed to improving community health, particularly for seniors and individuals with diabetes. Her people-first approach is at the heart of her practice, where she strives to make a lasting impact on the lives she touches.

Learn More about Dr. Lauren J. Kaplan:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/81910059-Lauren-Kaplan-Acupuncturist> or through Restoration Health Acupuncture & Nutrition, <https://feelgreathere.com/>

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