

Christa Angell, TCM Acupuncturist, St. John's

Business Information:

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Personal Profile:

East meets West in Christa Angell's line of business. Christa is a Traditional Chinese Medicine (TCM) Acupuncturist and Natural Therapist who believes that the best way to provide a truly holistic and interactive approach to healthcare is to bridge the gap between eastern and western medical therapies.

Christa Angell was enrolled at the School of Nursing at Memorial University before deciding to change her focus and enrol in the TCM Acupuncture School affiliated with the MacEwan University in Alberta. She graduated top of her class in 2008 and began a career as an acupuncturist, first in Halifax, Toronto, and now in St. John's. She is currently the resident Acupuncturist at Avalon Laser Health, owned by NLOWE member, Clare Barry. She offers a variety of services including laser acupuncture, electro-acupuncture, acupressure, fire cupping, Tui Na massage, as well as the use of herbs and liniments.

Acupuncture is used as a treatment for numerous ailments, but Christa especially enjoys her work in women's health. Her approach to women's health and fertility is to inform and educate women about their bodies and to empower them to take control and heal themselves. Christa's patients who undergo In Vitro Fertilisation (IVF) while experiencing menopausal symptoms of hot flashes and breast cancer survivors experiencing symptoms of their medication are among her greatest supporters and often refer others to her. Christa has also been recognized on a professional level by the St. John's Fertility Clinic as an advocate for women's health. In addition, she has completed training in Labour and Delivery with TCM and Acupuncture with renowned practitioner Claudia Citkovitz.

Continued education in her chosen field is very important to Christa. She has had the privilege of working with many teachers and mentors. Most recently, Christa was offered the opportunity to job shadow an Ayurvedic doctor during her recent trip to Mysore, India, where she aided with natural treatment for Diabetes paralysis and infertility. Her next venture in continued learning will be attending the Southwest Symposium sponsored by the Acupuncture and Oriental Medicine Program in Austin, Texas in February.

Christa's experience in India taught her that there are many ways to achieve wellness and she considers it her duty and it is her passion to learn the ancient and modern techniques in the world to provide the best integrative care for her patients.

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