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Acupuncture and
Massage



Nurturing Body & Soul



Article written by Brenda Erdahl – Maple Lake Messenger Newspaper – October 5, 2022

Tracy Jansen knows what its like to live with pain. While in high school she was involved in a serious accident and dealt for a long time with the aftereffects of a concussion and whiplash. Her primary doctor referred her to a chiropractor in Annandale, Dr. David Doughty. She soon found out he was also one of the few physicians who trained in China in the art of acupuncture. Today Jansen credits Doughty with inspiring her career in Therapeutic Massage. Recently she took her profession further by attaining her acupuncture certification. Today she is one of the few in the area and the only one in Maple Lake to offer both massage and acupuncture at her office inside Total Care Chiropractic. Dr. Doughty was able to help her and now she helps others suffering from everything from the common cold and menopause to depression, anxiety, and onset dementia. "He was just such an inspiration to me. He truly loved what he did and had a passion for it," she said.

Jansen has been offering therapeutic massage since 2000 when she started working for Dr. Doughty. She interviewed him for one of her college classes and he was so impressed he asked her to join his staff even before she graduated, she said. That same year she started her own massage practice. In March of 2016, she moved her business into Total Care Chiropractic at 25 Birch Avenue North. In July of 2022, she started offering acupuncture. It took a two-year degree equivalent of 60 credits prior to applying to an accredited school to get her National Certification Commission for Acupuncture. Once accepted to an accredited acupuncture or Chinese medicine program, she then needed to obtain a master's degree to become a practicing acupuncturist.

SOURCE: <https://maplelakemessenger.com/2022/10/acupuncture-now-being-offered/>