



# Carol Anna Pletz

MSc, BSci (Hons), MBAcC

Acupuncture, Cupping, TuiNa & Harmonic Resonance Therapist

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## WHY CHOOSE ACUPUNCTURE?

"In Western medicine, parts of the body are often treated separately, hence the existence of specialised departments like cardiovascular, oncology, or orthopaedic. Chinese medicine, however, takes a holistic approach, viewing and treating the body as an integrated system. To understand the root of an illness and how it should be treated, any problem my patients experience is considered within a broader context. I examine their lifestyle, spirit, emotional state, and external environment, assessing how these factors impact their physical or emotional well-being. I work within both Western and Eastern frameworks, expanding my toolkit of methods, ethics, and research to offer acupuncture as an effective complementary medical therapy."

## WHY CHOOSE CAROL?

Carol graduated with a BSc (Hons) in Chinese Medicine Acupuncture and a Masters (MSc, Merit) in Acupuncture from the University of Westminster, excelling in clinical practice, the client-practitioner relationship, and Western biomedical diagnosis. She was awarded the Margaret King Memorial Prize for the best overall performance in Chinese massage. Her acupuncture skills were further recognised when she was offered a unique placement at the University of Westminster Polyclinic, where she provided treatments for staff and students.

Carol is currently employed by St Christopher's Hospice and leads the acupuncture group for in and outpatients in the Complementary Therapies Department. She also runs three private practices in Central and South London at Neaf's Yard Remedies Therapy Rooms (Covent Garden), Breathe London (Waterloo) and Sadhana Yoga & Wellbeing Centre (Clapham).

Dedicated to social change, Carol actively volunteers and has supported several organisations, including St Joseph's Hospice in Newham, where she provided acupuncture and TuiNa for palliative care and outpatient groups. In the wider community, she co-founded the Integrated Health Clinic 'BeWell London' and participated in the Creating Spaces for Well-being Initiative at the Maudsley NHS Trust. Her current activities include facilitating seminars for junior doctors on the benefits of acupuncture, as well as developing and running workshops on acupuncture.

## PROFESSIONAL MEMBERSHIPS

Member of the British Acupuncture Council  
Member of Acupuncture Fertility Network  
Fully Insured Practitioner  
Accepted by Personal Healthcare Insurance  
Vitality Healthcare Practitioner

## EDUCATION & CPD

### Acupuncture:

Masters in Acupuncture (MSc)  
BSci (Hons) Chinese Medicine Acupuncture  
Moxibustion Techniques  
Yuan Qi Classical Acupuncture

### Auricular (Ear) Acupuncture:

NADA Protocol  
Yuan Auricular Acupuncture Masterclass

### Cancer Care:

Acupuncture in Oncology  
Auricular Acupuncture in Oncology  
Safe Practice in Oncology

### Cupping:

Cupping Therapy

### Dietary

Chinese Culinary Health

### Facial Acupuncture:

Yuan Microsystems

### Fertility:

Male & Female Fertility    IVF Support with Acupuncture

### Mindfulness & Stress Management:

Auricular Acupuncture    Emotional Disorders  
Hakomi Method

### NHS Compliance & Safeguarding:

First Aid  
Safeguarding Adults & Children  
Equality, Diversity & Human Rights  
Information Governance

### Qi Gong:

Teacher Training    Qi Gong & Health

### Sport Medicine & Tendinopathy:

Sports Injuries    Treating Chronic Pain

### TuiNa:

Internal and Musculoskeletal conditions  
Stroke Recovery

### Women's Health:

Pregnancy Support    Childbirth  
Chinese Gynaecology    Menopause