



# Pearl Russell

## Pearl Acupuncture

Photos by Jin Kim Studio

Acupuncture is a natural fit for Pearl Russell, owner of Pearl Acupuncture. “I wanted to follow in my grandmother’s footsteps and continue the tradition of healing,” she said. “I grew up around acupuncture, cupping and herbal teas, and to me, it was a great way of natural healing. The issues my grandmother could help with were remarkable. Along with helping with back pain, headaches, and the normal ailments people come to acupuncture for, I was always in awe of her practice of acupuncture on herself to fix her glaucoma.”

It comes as no surprise after meeting Pearl that her passion for her business, her customers, and healing in general is why she wanted to carry on the practice of this type of medicine to help others. As a second-generation acupuncturist, her thoughtful, mild-mannered demeanor and expertise has been a blessing to many.

Pearl grew up in Richardson and lived there until she went to study at The University of Texas at Austin. There, she earned a degree in marketing and minored in Chinese. Following her studies, she and her husband stayed in Austin, where she worked in the marketing industry for 10 years. When she decided she wanted to embark on a new career journey, they decided to bring their family back to the DFW area. They have a 2 ½ -year-old son, and having him around family is important to the couple. They currently have a little bit of land in Rockwall, and she shares her practice space in Richardson with her grandmother.

“I am a true Chinese American,” Pearl said. “I have spent my entire life in Texas, but grew up in a home surrounded by the Chinese language, culture and Traditional Chinese Medicine. My grandmother has always been an integral part of my life and practiced acupuncture herself for more than 50 years. I feel fortunate to be in a position to bridge the gaps between the amazing wealth of knowledge in Chinese medicine, modern American culture and Western medicine.” She believes that while there is a place for Western medicine, she encourages others to take a step back and see if their body has the potential to heal itself through acupuncture.

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