



## **BEFORE & AFTER TREATMENT**

At your initial appointment, I will conduct a detailed evaluation. Using principals of Traditional Oriental Medicine and the information provided by you, I will identify causes associated with your individual condition or concerns. After determining a diagnosis, I will develop a treatment plan incorporating any combination of acupuncture treatments, Chinese herbs, supplements, nutritional and lifestyle recommendations.

### Description of Acupuncture Treatment:

- Sterile, superfine needles are placed at points that correspond to your specific needs.
- The needles are the thickness of approximately three hairs. The needles are only used once and are disposed of immediately following your treatment.
- You will feel a light tap when the needles are applied. After a moment, you may feel warmth, heaviness, tingling, or pressure around the needle. The sensations are normal and desirable.
- Acupuncture promotes marked relaxation such that most people fall asleep during the treatment. It is very common to experience a feeling of general well-being following treatment.
- A typical follow-up appointment lasts about 1 hour and includes time to talk about your progress as well as receive an acupuncture treatment.
- Each person and medical condition respond to treatment at a different pace. Acute conditions usually can be treated with 6 to 12 sessions, and chronic conditions can often take longer. We will provide you with an estimate based on your health issue after initial consultation.

### Before Treatment

- Have a little food in your stomach when you arrive for your treatment. It is best not to receive acupuncture on an empty stomach. However, also, do not eat a heavy meal shortly before or after the session. Also, refrain from using drugs or alcohol for several hours before and after your treatment. This includes caffeine.
- When brushing your teeth, do not brush your tongue. The color and texture of the tongue coating provides important diagnostic information in Chinese Medicine. Please avoid brushing your tongue for 48 hours prior to your appointment.
- Wear comfortable clothes to your appointment that can easily be rolled up to your elbows and knees.

### After Treatment

- In the hours following treatment your body is going through a physical rebalancing process. To maximize the treatment effect, take time to relax and avoid vigorous exercise for several hours after treatment.
- Drink plenty of water to assist in your healing.

### General Concerns

- If you catch a cold or flu, stop taking your herbs and supplements. Call us immediately so that we can prescribe an herbal formula that will specifically treat your cold/flu (we have very effective remedies and can help avoid the use of antibiotics and dramatically reduce the duration of your cold). If you continue to take “tonic” herbs while you are sick, they have the potential to make your cold/flu worse.
- Scheduling/Changing your appointment. Please make changes/cancellations a minimum of 24 hours in advance.

### Payment and Insurance

- I accept cash and checks for payment. Full payment is due at time of service.
- Currently I do not process insurance, but will provide you with a detailed receipt to assist you in being reimbursed by your insurance company.

Your referrals are the highest compliment. My business is mostly generated by word-of-mouth. If you know of someone who is struggling with their health, we would be honored to speak with them to see if we can provide them support. If we are not the best fit, we will assist in finding someone who is.

Thank you so much and I look forward to taking very good care of you.