

Purpose and Benefit of Acupuncture

Traditional Chinese Medicine (TCM) has been practiced for thousands of years. Acupuncture and herbal medicine is utilized for numerous conditions, including musculoskeletal, digestive disorders, pain management, women's health issues, sleep regulation, and many more. The World Health Organization sites many conditions to which TCM is employed, and recognizes its practice as beneficial for health and healing.

Course of Treatment

The course of treatment necessary often reflects the course of the health condition. If one has only been experiencing particular symptoms for a short duration, then shorter lengths of treatments will be employed. Consequently, longstanding conditions may require more time, sometimes months or years. Factors which can impact the length and course of treatment include, frequency of visits, compliance with herbal prescriptions, lifestyle/behavioral dynamics (diet, stress, exercise) and one's health history and physical constitution. At the initial appointment, we will discuss duration of treatment. Please ask any questions and always feel free to discuss course of treatment at any time.

About my Practice

In our office, we always abide by rules and regulations with respect to acupuncture and herbal medicine. Acupuncture needles are sterile, single-use only, disposable needles. Proper sterilization of acupuncture supplies is maintained at all times to avoid cross-contamination and infection.

Before Your Treatment

Please wear loose and comfortable clothing for your treatment. The most beneficial are those articles that can be pulled up to your elbows and knees. It is best to have a small meal prior to the treatment, but do not come overly full or uncomfortable. Alcohol, caffeine and cigarettes should be avoided immediately before and after your session, as well as strenuous exercise. Please do not brush your tongue prior to treatment. Tongue diagnosis is a key diagnostic tool and the natural coating is most important in that process.

After Your Treatment

Most often patients report feeling quite relaxed after acupuncture treatments. Occasionally one may feel light-headed; should that occur, sitting in the waiting room for several more minutes and resting will alleviate the condition within a short time. Some patients will report a worsening of the symptoms after treatment. This can be part of the healing process and once this passes there is generally a marked improvement in health and wellbeing. If you have questions regarding this matter or feel uncertain about symptoms, please feel free to call me.

Herbal Prescription

Any herbal prescription or patent herbal medicine is intended solely for use of the patient. It is not advised to share the herbs with another person, even if symptoms presenting are remarkably similar in nature. As with pharmaceuticals, Chinese herbal prescription is a potent medicine and as such, it is not recommended to self-diagnose and treat without the safe administering by a licensed practitioner.

Confidentiality

The privacy of all patients is respected at all times. Your health information will never be disclosed without your written consent, unless required to do so by law.

Cancellation and Late Arrival- Late Cancellation or No Show fee- \$60

Our office requests at least 24 hours notice in the event you need to cancel or reschedule your appointment. Without this notice, except in cases of emergency, I reserve the right to charge the full amount for a missed session. Please be aware that your time has been allotted specifically and should you arrive late, your treatment time will be adjusted accordingly.

****For patients with insurance benefits, a reimbursement will be requested for the missed session or a late cancellation.**

INITIALS ACKNOWLEDGING LATE CANCEL/NO SHOW POLICY: _____