

Acupuncture Treatment Guide

Before Treatment:

- Come relaxed as possible to have the best experience, arrive early, sit quietly and breath deeply
- Wear loose fitting and comfortable clothing that make it possible to roll up your pant legs and your sleeves. Shorts, sports bras, tank tops etc. can also be brought to change into before treatment
- Avoid scented perfume or cologne products
- Avoid activities that expend energy through digestion, detoxifying and temperature regulation:
 - Eat lightly before and after treatment. A small snack is fine.
 - Consume no alcohol or other non-prescription sedatives/stimulants 24 hours prior to or after treatment
 - Avoid vigorous exercise and stressful situations before treatment
 - Avoid temperature extremes such as saunas, hot tubs, hot or cold showers and hot or cold
 - Beverages(room temperature is great)

During Treatment:

- Some patients will feel a small "pinch" as needle is inserted which disappears in moments
- Various sensations during treatment may include:
 - Tingling
 - Heaviness
 - Dullache
 - Warmth
 - Movement of energy in your body in areas other than those being needed
 - Involuntarily twitching or body movement as energy blocks are being released
 - Upwelling of emotions: (Joy, anger, fear, grief, clear insight, etc)
 - Many patients fall asleep during treatment
- Please let me know of any sensation or experience you might have as the enlighten and guide treatment
- Each patient is unique in their healing response and may not feel any type of sensations

After Treatment:

- Expect to feel relaxed, tired or even a bit spacey. These are signs of energy shifting in your body
- Trust your body during this time;
for example: if you feel like napping, walking or gardening, then do it!
- Your energy will continue to shift for 24-72 hours and there may be:
 - An aggravation of symptoms
 - A reoccurrence of past symptoms
 - Unusual dreams
 - Outflow of emotions or insight
- Report all your reactions at your next session, as they provide guideposts for further treatment
 - ❖ In order to optimize treatment results, you may benefit from certain lifestyle modifications such as diet, and exercise. Please try to follow any recommendations.