

How Many Sessions Do You Need?



The numbers of sessions vary from person to person. It depends on the individual conditions, and it is affected by several factors.

Normally, acute conditions tend to respond to acupuncture more rapidly. Those with chronic issues need more visits. The sooner you have the treatment, the less numbers of sessions you need. The patient's health condition (physical and mental) impacts the outcome of acupuncture. Each patient's reaction to acupuncture is different. Some people experience immediate relief while others may take months to achieve the expectation. In general, the severer health condition you have, the more visits you need.

The medications you are taking also interfere the healing process. They lead to a slow or no response to acupuncture.

The experience and skills of an acupuncturist play a role of your healing as well. When an experienced acupuncturist focuses on treating the causes of the health problems more than the symptoms, you notice the changes sooner, then you need less numbers of sessions.

As each individual case is unique, you should discuss your situation with the acupuncturist.