

## Client Commitment

Acupuncture is a process. It is very rare for any acupuncturist to resolve a problem with one treatment. Virtually every patient requires a course of treatment in order to get what they want from acupuncture. Chronic and/or complicated conditions may require more than one course of treatments. On your first visit, your acupuncturist will suggest a course of treatment, which can be anything from "I'd like to see you once a week for six weeks" to "I'd like to see you every day for the next four days." This suggestion is based on your acupuncturist's experience treating different kinds of conditions. If you don't come in often enough or long enough, acupuncture probably won't work for you. We offer "community style" acupuncture treatments and massage/PNT/cupping/guasha treatments ranging from 30 to 90 minutes to help you make this commitment. If you have questions about how long it will take to see results, please ask, or if you think you need to adjust your treatment plan, please let us know. We need you to commit to the process of treatment in order to get good results. Remember, pain is usually symptom (branch) of a deeper imbalance (root); once your noticed symptom is relieved, ask your acupuncturist what the recommendation is regarding the treatment of the root to avoid that symptom returning.

## Herbal Medicine

Herbal formulas can enhance the effects of acupuncture, leading to quicker and more dramatic results. They can also be used as a stand-alone treatment or in situations in which you are unable to come to the clinic frequently enough for acupuncture treatments.

Our clinic carries a full line of concentrated teapills and KPC granular herbals for customized medicinal herbal teas. For an acute condition, several days' worth of herbs may be sufficient, but for chronic conditions, we may recommend that you take herbs for several months or more.

All of the herbal products we use have been tested to ensure authenticity, quality, and safety. In many cases, Chinese herbal medicine can be safely used alongside western medications. Please bring a list of any medications you are taking when you come for your appointment.

## General Treatment-Day Dos and Don'ts:

- Please refrain from wearing strongly scented products, as some of our clients are chemically sensitive.
- Wear loose fitting clothing that will easily roll above the knees and elbows.
- Have an adequate amount of food and water in your system before receiving acupuncture.
- Remember you are in a space with other people receiving treatments so please keep your voice soft and your movements quiet.
- Please be gentle with your body for a few hours after receiving a treatment. Avoid heavy exercise, alcohol or drug consumption, exposure to cold, wind, or excessive heat.
- If you feel a little "zoned" after your treatment, please walk around the block or sit in the waiting room until you have re-grounded enough to drive.