

Getting the most from your acupuncture treatment

For the best treatment results, keep a few things in mind:

- Please show up on time
- Do not eat a large meal before your visit
- Wear loose, comfortable clothes
- Be sure to discuss any questions or concerns with your acupuncturist
- Refrain from overexertion, drugs or alcohol for at least six hours after treatment
- Follow your treatment plan between visits
- Keep all of your appointments, as each visit builds upon the previous ones



Acupuncture is recognized by the National Institute of Health (NIH) and the World Health Organization (WHO) to be effective in the treatment of:

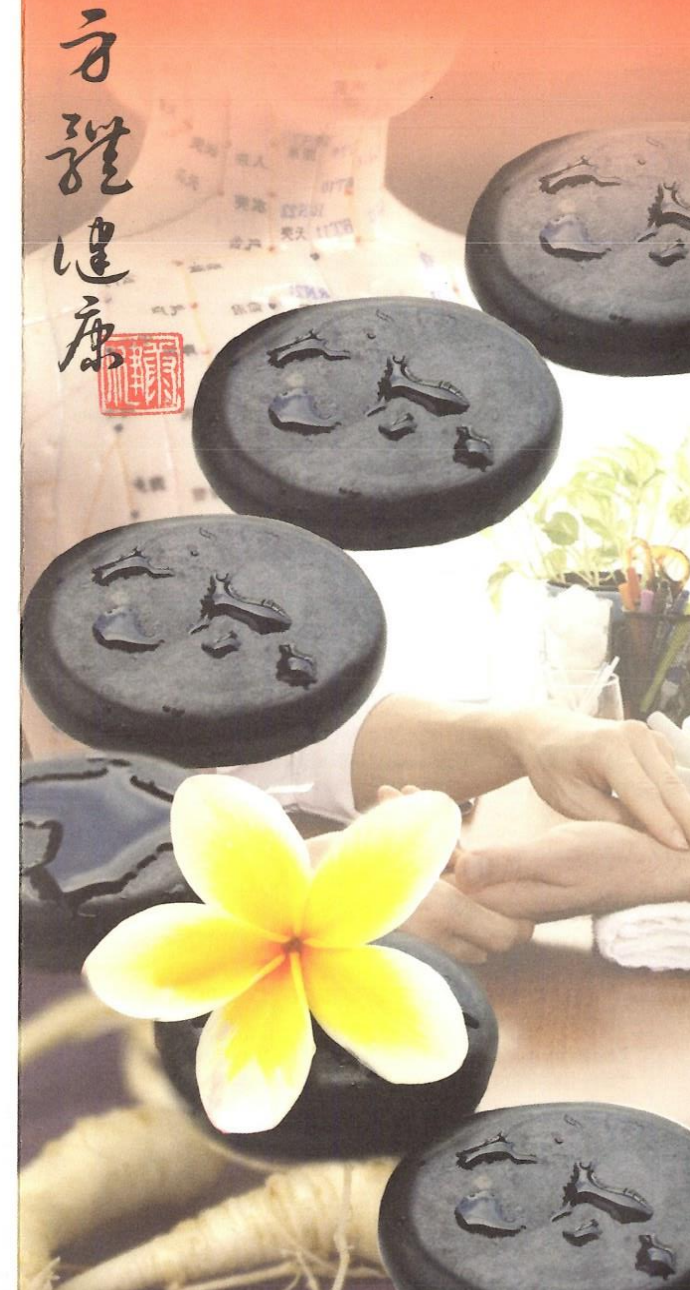
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|--------------------------|----------------------------|-------------------------------------|
| • Addiction | • Fatigue | • Reproductive problems |
| • Anxiety | • Fertility | • Rhinitis |
| • Arthritis | • Fibromyalgia | • Sciatica |
| • Asthma | • Gingivitis | • Seasonal affective disorder (SAD) |
| • Bronchitis | • Headache | • Shoulder pain |
| • Carpal tunnel syndrome | • Hiccough | • Sinusitis |
| • Chronic fatigue | • Incontinence | • Sleep disturbances |
| • Colitis | • Indigestion | • Smoking cessation |
| • Common cold | • Irritable bowel syndrome | • Sore throat |
| • Constipation | • Low back pain | • Stress |
| • Dental pain | • Menopause | • Tennis elbow |
| • Depression | • Menstrual irregularities | • Tonsillitis |
| • Diarrhea | • Migraine | • Tooth pain |
| • Digestive trouble | • Morning sickness | • Trigeminal neuralgia |
| • Dizziness | • Nausea | • Urinary tract infections |
| • Dysentery | • Osteoarthritis | • Vomiting |
| • Emotional problems | • Pain | • Wrist pain |
| • Eye problems | • PMS | |
| • Facial palsy | • Pneumonia | |

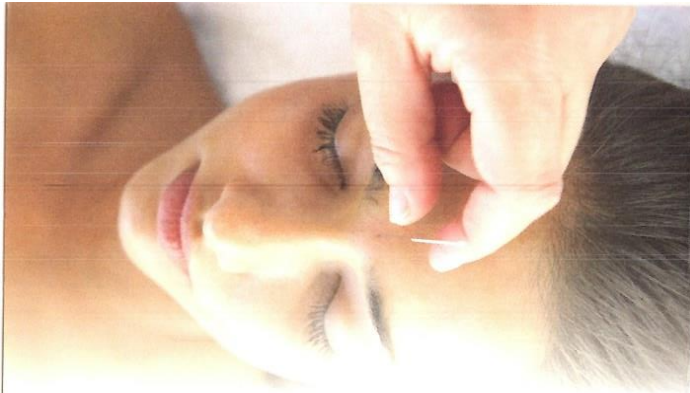
Shen = Life 身
 Ti = Body 體
 Jian = Healthy 健
 Kang = Healthy 康

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Your First Visit





Your First Visit

Congratulations. By choosing acupuncture, you have taken a great step toward a more balanced, healthy lifestyle. The ancient practices of acupuncture and Traditional Chinese Medicine (TCM) have helped millions of people regain and maintain their health.

Since this system of health care may be different than other care you have received, it is only natural to have questions. Read on to find out what to expect and how to get the most out of your treatments.

Acupuncture and your health

Acupuncture and TCM take a holistic, or whole-body approach to health. This means your acupuncturist will take into account your whole self, not just your symptoms, in order to get to the root of your health concerns. You will work together to find out how factors like your lifestyle and emotional and mental well-being may be affecting your health.

Getting the chance to really discuss your health concerns with your care provider, and having your provider really listen, may be new to you. Think of it as your opportunity to form a partnership for better health. The more you take part in your healing process, the more successful it will be.

Your first visit

Initial visits generally last from thirty to ninety minutes. Your acupuncturist will take a detailed health history, perform a physical exam, and provide you with your unique treatment plan.

During your first exam, your acupuncturist will spend time getting to know you and your health concerns. You may be asked a wide range of questions about your symptoms, eating, exercise, sleep habits, emotional states and anything that may offer insight into your health. Your acupuncturist will also employ diagnostic tools that are unique to acupuncture and TCM such as tongue and pulse diagnosis.

Your treatment plan

Once your acupuncturist has gathered enough information, you will receive a comprehensive diagnosis and a treatment plan that will explain:

- Your underlying imbalances
- Your timeline of care
- What types of treatment you will receive

How treatment works

At the core of this ancient medicine is the philosophy that Qi (pronounced "chee"), or vital energy, flows throughout the body. Qi animates the body and protects it from illness, pain and disease. A person's health is influenced by the quality, quantity and balance of Qi.

To treat any Qi imbalances, fine, sterile needles will be inserted at specific acupuncture points along the meridian pathways. Your acupuncturist will concentrate on acupuncture points related to specific organs, based on your unique issues and symptoms.



Your acupuncturist may include other related therapies in your treatment plan, such as cupping, Tui Na, Gua Sha or moxibustion (see images below). Herbal remedies are another important aspect of acupuncture and TCM, and it is important to understand and follow your acupuncturist's directions in order to get the most benefit from these treatments.

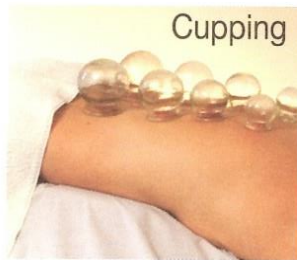
Your role in the healing process

Your actions are a key component of your treatment plan. Focusing on your health and committing to a healthy lifestyle are the best steps you can take for your well-being. Together, you and your acupuncturist can heal your imbalances and help you achieve harmony and balance.

Even after your symptoms are resolved, acupuncture can assist you in maintaining your health, and possibly prevent future imbalances. The more you incorporate acupuncture and TCM into your life, the more you will learn to nurture your body, mind and spirit.

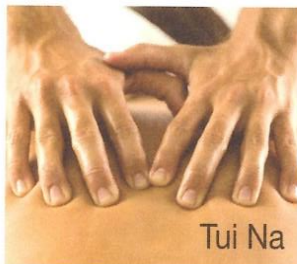
"A journey of a thousand miles begins with a single step." - Lao-tzu

Alternative Therapies



Cupping

Cupping is designed to stimulate the flow of blood and Qi within the superficial muscle layers. It is used for sore muscles, tension, neck pain and the common cold.



Tui Na

Tui Na is a massage technique that moves Qi in various parts of the body. It is used to relieve muscle pain, tension, and inflammation. It is also used to heal injuries.



Moxibustion

Moxibustion is a treatment that uses a herb called mugwort. It is burned on the handle of a needle, above the skin, on salt or on a slice of ginger. The process "warms" acupuncture points accelerating the healing process.



Gua Sha

Gua Sha involves a special tool to gently scrape or rub the skin over a problem area. It is used to release muscle tension, tightness and constriction.