



ACUPUNCTURE: YOUR FIRST VISIT

Congratulations. By choosing acupuncture, you've taken a great step toward a more balanced and healthy life. The ancient practice of acupuncture has 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's only natural to have questions. Read on to discover what you can expect from treatments—and if you have any further questions, please feel free to ask me.

Acupuncture and your health: Acupuncture takes a holistic, or whole-body, approach to health. This means that 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 acupuncturist—and having him/her 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: Your first visit will be 2 hours long. During that time, your acupuncturist will take a detailed health history and a physical exam, and will provide you with your unique treatment plan. All follow-up visits will be one hour long.

During your first session, 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, and emotional states—all of which offers insight into your health.

Your acupuncturist will also employ diagnostic tools that are unique to acupuncture such as tongue and pulse diagnosis. Fine, sterile needles will be inserted at specific points on your body, based on your individual symptoms and issues.

Getting the most out of treatment: For the best treatment results, keep a few things in mind:

- Please arrive on time
- Do not eat a very 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 6 hours after treatment
- Keep all of your appointments, as each visit builds upon the previous ones

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 have resolved, acupuncture can assist you in maintaining your health, and possibly prevent future imbalances. True healing takes time and dedication. With a little patience and an open mind, you will be on your way to health and vitality.

PLEASE COMPLETE THE INTAKE FORM AND BRING IT WITH YOU TO YOUR FIRST APPOINTMENT.