

SUPPORTING YOUR ACUPUNCTURE TREATMENT

Acupuncture is a healing art based on the laws of nature. It takes into account the marvelous complexity of each person in body, mind and spirit as a total unified being. It works preventively, as well as curatively, doing whatever a person's unique nature will allow. Thus, the amount of treatment and the response to treatment vary according to the person.

It is important that you be aware of change that may express itself within you during and after each treatment. This could include, but is not limited to, a short period of intensification of a particular symptom, a sense of relaxation or a feeling of mental clarity, a change in body functions, an intense awareness of old memories, and/or unfamiliar bursts of emotion. Do not be concerned if you feel some unusual changes happening, they are important in the healing process and you should allow time for them to run their course.

You have chosen a method of healing that involves a partnership between the two of us. My promise is to do everything my training can do to help you be restored to a place of natural balance for your body, mind and spirit.

The following is a list of recommendations for you to achieve the most effectiveness from your acupuncture treatment:

1. Duration of treatment depends on the nature of the complaint, its severity, and how long it has been present. Commit to the frequency of treatments specified. Treatments build on each other. Waiting between sessions longer than recommended will not provide the full benefit. Treatment will be spaced out as your Qi responds appropriately. Meaning that as your pulses indicate the treatment is holding between sessions, we can begin to change frequency.
2. On the day of your treatment, do not include any physical exertion. Plan your activities so that after treatment you can get some rest and thus allow your body to gain the maximum benefit.
3. During your treatment do not wear any perfume or other strongly scented cream. Do not wear any face make-up or apply oil to your skin.
4. Eat a meal before your treatment. Do not come in a state of hunger, or in a state of being over full from a meal.

5. Do not schedule any other healing session for the same day. Preferably, a day between healing sessions is best. This allows each healing to have a full day to integrate into your being. An acupuncture session continues to shift your energy for 24 hours after you leave.
6. Dietary or lifestyle changes may be recommended. It is your choice to implement them.
7. Imagine yourself the way you would like to be and feel. Your own mental energy is a powerful force. Allow your thoughts and attitude to reinforce the treatment. Picture yourself in a healthy, free flowing, balanced state of being and, most of all be kind to yourself mentally and physically.
8. Please call me if you have any questions or concerns about your treatment.