

Your First Visit

“A journey of a thousand miles begins with a single step.”

By choosing acupuncture, you've 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've received, it's 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 I will take into account your whole self, not just your symptoms, in order to get to the root of your health concerns. We 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 and 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 60-90 minutes. I will take a detailed health history. I will provide you with your unique treatment plan.

During your first visit, I 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 – anything that may offer insight into your health. I will also employ diagnostic tools that are unique to acupuncture and TCM as tongue and pulse diagnosis.

Your treatment plan

Once I have gathered enough information, you will receive a comprehensive diagnosis and a treatment plan that will explain your underlying imbalances and your time-line of care

Getting the most out of treatment

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

- Please show up on time
- Don't eat a large meal before your visit, but definitely eat

- Wear loose, comfortable clothes
- Be sure to discuss any questions or concerns with me
- Refrain from overexertion, drugs or alcohol for a least six hours after treatment
- Follow our treatment plan between visits
- Keep all of your appointments, as each visit builds upon the previous ones.

How treatment works

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

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 I can bring health and vitality back into your life.

Even after your symptoms are resolved, acupuncture can assist you in maintaining your health, and possibly prevent future imbalances.

Acupuncture is not an instant fix

True healing takes time and dedication. Depending on your current health and symptoms, you could feel better right away, or you may need treatments for weeks, months or years to achieve the results you want. I can give you an idea of what to expect. With a little patience and an open mind, you can achieve well-being.