

What to expect

Everyone responds differently to acupuncture. Depending on the condition for which you asked to be treated, its severity and whether it is acute or chronic, you may find that you experience some immediate relief or notice no change. Relief may be dramatic or subtle, and it may be short-lived or last several days. Change is rarely permanent following just one treatment. For acute conditions you are likely to feel relief during the treatment and/or in the few hours following it. For chronic conditions the changes may be subtle or not noticeable right away. Occasionally (in about 5% of cases) the issue being treated gets worse for 24 hours following the session, followed by great relief. **A general rule is any change is a good sign, but don't be discouraged if you feel no change at all after just one treatment. Your practitioner will give you a treatment plan and explain when you should start to feel better!**

Pay attention to how you feel

Particularly in the 24-48 hours after your treatment, it is a good idea to pay attention to the way you feel in regards to the main condition(s) you've sought treatment for as well as to other systems of the body. Because acupuncture is holistic and most acupuncture points can be used to treat a multitude of conditions, benefits may occur such as better spirits, relaxation, greater energy, improved digestion and more restful sleep in addition to the main condition(s) you've been treated for. Occasionally people may bruise at the treatment site, but this is rare and doesn't create any further complications.

Your treatment plan

Acupuncture is a therapy that requires a series of treatments for lasting improvement. You may compare it to physical therapy or an exercise class such as yoga – just one treatment is unlikely to have much lasting effect; but over time when several treatments have taken place, a substantial improvement is very likely. The best chance you have for acupuncture to work is to stick with the treatment plan recommended to you and give acupuncture enough time to “kick in” and create lasting change. If you are unable to be treated as frequently as we suggest, it is still beneficial to receive acupuncture spaced further apart, however, when attempting to correct any health condition with acupuncture it is strongly recommended to be treated at least once a week.



What is Community Acupuncture?

Community acupuncture is an international movement to create access to acupuncture and herbal medicine by making treatments affordable. We utilize a sliding scale of \$20-40 (with a one time initial intake fee of \$10) and treat you while you rest in a comfortable recliner in our serene common treatment room. During your initial treatment, your practitioner will create a treatment plan so that you understand when you will start to feel better.

We use points on the head and below the elbows and knees to treat the entire body, so there's no need to undress – just remove your shoes and roll up your pants and sleeves. We can even address your back pain by treating points on your wrists and hands. Young children may receive a very gentle, non-insertive technique.

You will be with other people quietly receiving treatment at the same time in our calm and relaxing community room. Patients benefit many ways from the community setting. In our busy society, it is not often we stop and take time to relax while surrounded by our peers. This is not a lack of privacy but an opportunity to experience treatment with family, friends and community. The shared experience makes treatments more powerful. Whole families can benefit from a group treatments, helping to support parents and siblings.

Scheduling: Online preferred or via phone, email or the front desk.

Initial Appointment: \$30-\$50

Follow-ups: \$20-\$40

Sliding Scale: Pay what you are comfortable paying within sliding scale of \$20-\$40. If you need more frequent treatments (i.e.: 2-3 times a week), factor this in so you can afford the prescribed treatment schedule.

Why Should We Get Acupuncture?

- Addictions
- Allergies: Sinus, skin, digestive
- Anxiety & Depression
- Digestive Complaints: Pain, constipation, diarrhea, IBS, acid reflux
- Fibromyalgia
- Lowered Immunity: Increased susceptibility to illness
- Lyme Disease
- Menstrual Complaints: Painful periods, irregular periods, fertility concerns
- Pain: Acute to chronic pain, from head to toe
- Respiratory Concerns: Asthma symptoms, cough, common cold, flu
- Sciatica
- Sleep concerns: Insomnia, bedwetting
- Stress Reduction: We all need that!
- Urinary Concerns: Recurrent UTI, bedwetting, frequent, painful urination

This is a sampling of concerns that acupuncture can be helpful in treating or reducing. Please ask if you have questions about another concern not listed here.