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Acupuncture is a healing art based on the laws of nature. It takes into account the complexity and uniqueness of each person in body, mind and spirit. Thus, the amount of treatment and the responses to treatment vary according to the individual.

Now that you have had your first acupuncture treatment, I'd like to tell you a little about that you may expect as the result of acupuncture treatments in general.

Some patients find they feel very relaxed. Some people feel tired and want to go right to sleep while others report feeling more energized. Still others report feeling different sensations in their bodies, while some report no changes at all. If you are concerned about any response you might have, please call me. If your need to reach me is urgent, please leave a telephone number where I might reach you.

Some general guidelines that you might want to follow in order to maximize the effect of your acupuncture treatments include the following:

- ❖ Do not have a very hot bath, shower or sauna the evening following the treatment. Extremes of temperature can throw a treatment off.
- ❖ If possible, avoid anything strenuous, physically or emotionally, directly following a treatment.
- ❖ Please do not stay up excessively late or drink alcohol the evening following a treatment.
- ❖ Do not wear any scent to your treatment if possible. Other clients may be allergic.
- ❖ Continue prescription medications exactly as directed by your physician.
- ❖ Eat lightly before and after acupuncture treatments. Do not come for treatment on an empty stomach.
- ❖ Relax and enjoy your treatments. Leave plenty of time to get to your appointment. Arriving tense and upset because you are late may impede treatment progress.
- ❖ Observe any change in your general patterns of energy: urination, bowels, appetite, cravings, energy levels, sleep, perspiration, feelings of heat/cold, emotions, etc. These observations give us clues to the movement of your energy, and tells us about the effectiveness of treatment. Do not be concerned if you notice some unusual changes occurring – they are important in the healing process and you should allow time for them to run their course.
- ❖ During the course of treatments, an old symptom may occasionally reappear. Thus, a symptom that you haven't experienced for years (and which may have worked itself more deeply into your system) may suddenly show up, leaving you to wonder if treatment isn't making you go backwards. This principle, known as "law of cure," is almost assuredly at work if the old symptom lasts only for 12-48 hours. Most people then generally report feeling better.
- ❖ Avoid or cut down on smoking, drinking alcohol or caffeine, and eating sugar or overly processed foods.
- ❖ Regular exercise enhances the effectiveness of treatments.
- ❖ If you have concerns at any point in the course of treatment, do not hesitate to call me.