



ACUPUNCTURE & HERBS

EXPLANATION OF TREATMENT

You will be treated as a whole, not by one disease or symptom, therefore each treatment may be different. During your treatments you may receive therapies that include:

-Acupuncture: possible heaviness, tingling, cramping or electric sensation either around the needle or traveling up or down the affected Channel. For most these sensations are not considered painful or if so, are only briefly. In many cases the insertion of the needle is not felt.

After the treatment you may have complete relief of symptoms. Most internal medicine cases take several treatments to fully resolve symptoms. Some musculo-skeletal cases can be resolved in just a few treatments.

You may note a spot of blood at one or more of the needle sites and rarely a small bruise can develop.

Occasionally some soreness, discomfort or cold-like symptoms can occur after treatment. In these cases, the symptoms usually diminish within a few hours with pain free-days to follow.

Drinking extra water 12 to 24 hours after each treatment is very helpful, not consuming alcohol and only doing gentle exercise on the day of treatment.

-Gua-Sha (scraping) and/or cupping: can be advised for those who have pain or who are coming down with a cold. Though not painful, these treatments may leave red marks on the skin that could turn into bruises. These marks can last for a few hours to several days.

-Herbs: the herbal formulas are designed to fit each person's signs, symptoms and constitution. Some take up to a month before results are noticed and others provide immediate relief. Herbs must not be taken if a cold or fever is coming on or if there has been intoxication. Herbs are sourced from organic certified companies.

-Moxibustion: is a form of cauterization and heating method using processed *Artemisa Vulgaris* "moxa" at points or areas on the skin. Moxa can be burned directly on or close to the skin with or without a buffer. It warms to about 12-13mm depth the vessels or meridians, dispersing cold and moving Qi and Blood in order to resolve disease, prevent illness and improve health.

Please sign to receive treatment as explained above:

Date..... Name Signature.....