

A GREATER WELL BEING

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What You Can Expect From Acupuncture

At the heart of Traditional Acupuncture is an in-depth understanding of the natural laws governing the movement of energy that supports and maintains good health. The Chinese call this energy Ch'i. Through thirty centuries of studying Ch'I, acupuncturists have shown that people experience pain, discomfort, and symptoms of illness when Ch'i energy is weakened, or cannot move freely through the body. By revitalizing and balancing the Ch'I energy of our bodies, acupuncture treatments can not only help clear symptoms, but they also correct the underlying reasons the symptoms appeared.

Acupuncture is a system of healing that treats the whole person – considering not only the body, but also a person's unique emotional and spiritual needs. It is this "whole-being" scope of care that can help people successfully deal with a lifestyle which places great demands on their vitality as well as many chronic illnesses and conditions that have resisted other treatment forms. And because Traditional Acupuncture looks beyond the physical, it is often very effective for people with issues western medicine cannot easily diagnose or explain. But perhaps the most powerful aspect of acupuncture treatment is its ability to help people maintain good health and vitality. At the heart of Traditional Acupuncture is a system of preventive medicine that is unparalleled. From the evidence of thousands of years of acupuncture practice around the world, we can make these claims about the treatment process:

³⁵/₁₇ You will tend to get sick less often and recover more easily.

³⁵/₁₇ Your vitality and stamina will improve.

³⁵/₁₇ You will be more able to take care of your own health.

³⁵/₁₇ Health problems other than those for which you came to treatment are likely to resolve.

What happens during an acupuncture treatment?

Your acupuncture practitioner will take a detailed health history, will listen closely to why you have arrived for treatment, and will observe you closely. You will be asked to get comfortable and the acupuncturist will take several pulses. These pulses give vital information about how the Ch'I is flowing in your body. After specific points are chosen, extremely thin needles are gently inserted just below the

surface of the skin. The sensation of needles varies from no feeling at all to a slight ache or twinge. The needles are disposable and about the thickness of a human hair. Usually only a few needles are used for each treatment, and most people report a deep sense of peaceful well-being during and after their treatments.

To assist you in deriving the greatest benefit possible from your acupuncture treatments, we recommend the following:

1. Do not wear perfume or heavily scented lotions, shampoos or soaps to treatment. This is particularly important your first couple of treatments.
2. Avoid alcohol for 24 hours before and after treatment.
3. It is important to have something in your stomach prior to treatment. However it is best not to eat an unusually large meal either before or immediately after you treatment.
4. Do not rush to your appointment! It is better to be a few minutes late than to arrive with an elevated pulse or blood pressure.
5. Continue all prescription medications and treatments exactly as directed by your physician or other health care providers.
6. Plan your activities so that after treatment (especially at first) you can get some rest and allow your body to gain the maximum benefit from treatment.
7. Note and report any changes in physical or emotional patterns that occur between your acupuncture treatments. This detail is valuable in planning the course of your treatment.

If you have any concerns or questions, please feel free to call or email.