



Intro to Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) is a traditional healing method developed over thousands of years that works to balance the body's energetic system which alleviates many ailments. This treatment approach may be very different than what you are used to experiencing with traditional Western doctors. Acupuncture and herbal medicine were developed to resolve the ROOT cause of your symptoms rather than to temporarily relieve them. Utilizing TCM does not seek to induce pain, discomfort, or side effects in order to improve your health while, in fact, you may feel very relaxed during your treatment.

Every "body" is different, therefore, your individual response to treatment in regards to efficacy will depend on many factors: the nature of your condition, how chronic the condition has become, how many other conditions you have, certain medications, nutritional health, how supportive your environment is to your health, and your willingness to participate in the healing process. Most individuals notice a response around the 3rd or 4th treatment. You may notice seemingly unrelated physical or emotional symptoms resolve over the course of treatment. Listed below are a few suggestions to help maximize the effectiveness of your treatment.

- Come prepared to discuss your health concerns. The acupuncturist will want to know everything about this condition, other conditions you may have, and details about your bodily processes you may not be used to discussing. Every detail we ask about is important to your treatment.
- Try your best to come on a "light" day for you. It is best to rest after treatment for a few hours. Avoid rigorous mental or physical activity afterwards.
- Don't come to your appointment on an empty or full stomach. Try to eat at least one hour before the treatment.
- Please avoid hot baths or saunas the day of treatment.
- If you are feeling "spaced out" after a treatment, please do not leave the office and drive to avoid safety hazard. The feeling will pass after a few moments sitting in the waiting room.
- On occasion, symptoms may be aggravated following treatment. This often means that there is new blood flow and circulation to the area which can temporarily cause discomfort while the area becomes used to circulation and healing. It should pass quickly.
- Please follow the acupuncturist's instructions for follow-up treatment as closely as possible. It is important to follow recommendations for nutrition, herbal medicine, and supplements to receive the maximum benefits of the treatment and will quicken the results.