



A FAMILY PRACTICE *providing* CLASSICAL CHINESE MEDICINE / FIVE ELEMENT ACUPUNCTURE / EASTERN & WESTERN HERBS

TREATMENT SUGGESTIONS:

In order to maximize the effectiveness of your treatments, we suggest:

With acupuncture

• Before and after treatments:

- Eat only lightly 60-90 minutes beforehand. However, it is better to eat something close to the time of treatment than to come in very hungry. Eating too much before a treatment will direct your Qi (energy) to your digestive system, possibly limiting the effectiveness of the session.
- Make every effort to not consume alcohol or non-prescription drugs for 24 hours before and after treatment. The body will be working to clear these substances, thereby potentially limiting the ability for healing.
- Avoid extremes in temperature, such as very hot or cold baths or saunas and hot tubs. Avoid vigorous physical and mental exertion. Ideally, the day of the treatment, both before and particularly after the session, will be relatively relaxed.

• During treatments:

- Most people experience various sensations during sessions, ranging from dull aches to tingling, feelings of lightness and heaviness, and cold and warmth. These are quite normal and part of the process. Many people also feel the flow of Qi (energy) in different parts of the body. Being as relaxed as possible with these sensations will facilitate the process.

With herbal medicine:

- Follow the directions on the sheet given with each herbal formula.

If you have any questions about acupuncture or herbal medicine, please don't hesitate to speak with us.

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