

Welcome to The Center For Acupuncture and Traditional Medicine

Following are some suggestions to help your progress with acupuncture.

Acupuncture is a holistic system. This means that by correcting your bodies energetic imbalances we will restore proper function of your organs thereby eliminating your symptoms. Our system of diagnosis is based on your symptoms and we are interested in all of your symptoms whether or not they seem to be related to your chief complaint.

When an acupuncture needle is inserted you should feel a dull sensation or a tingling, warmth and sometimes even a shock-like sensation but it should never last more than a second or two. Though the needles create a sensation it should not be painful. If you experience a stinging or painful sensation be sure to tell the practitioner. There is no reason to “grin and bear it” with regards to acupuncture needles.

Try to remain as still as possible when lying on the table with needles inserted. Though no permanent damage can occur extra movement will prove to present some fleeting discomfort. Occasionally, a bruise may occur from a needle. This will disappear in a few days.

Please keep written notes of your progress throughout your treatments. Record any changes that you observe in your body – whether or not they seem related to your condition.

Chinese medicine observes tongue condition as one of its techniques to diagnose. Please do not “brush” your tongue when you brush your teeth for the duration of your treatments. Proper diagnosis depends on clearly observing your body’s “natural state”.

It is best to be neither too hungry or too full before acupuncture treatments.

It is best to refrain from sexual activity and drinking alcohol for approx. 6 hours after treatment.

It is common though not mandatory to have a “shift” of symptoms for the day of the treatment or even the next day. This can manifest as a reduction of symptoms that will last for a short period of time. The duration of time will increase as you continue treatments. It is also possible that you may experience a tired feeling or even an exacerbation of symptoms. This is temporary and should be gone within 1 to 2 days. If any symptoms are worse after two days then contact your practitioner.

A “course of acupuncture” is 10 treatments. Acute conditions may require much less than one course of treatment to resolve themselves. Chronic conditions may require one to two courses of treatment before making a dramatic change but you will see improvements in your condition after three or four treatments and will observe constant improvements along the way.

Acupuncture is a wonderful system of healing and demonstrates to us the beauty of the human body in its ability to heal itself. Enjoy the process!