



# ASIAN HEALING ARTS

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acupuncture | herbal therapies | massage

## What to Expect from an Acupuncture & Oriental Medicine Treatment at AHAA

### Appointments

The first appointment usually takes an hour and a half. A detailed medical and personal history is taken which covers your chief complaint as well as your general health. In addition to looking at your tongue, pulses on both wrists will be felt – these form an important part of Chinese medical diagnosis and allow treatment to be decided upon.

### Preparing for Treatment

It is a good idea to wear loose, comfortable clothing for your appointments which allow easy access to different points on the body, particularly arms and legs. Acupuncturists look at your tongue as part of their diagnosis, so it helps if you avoid eating or drinking anything that might significantly alter the color of your tongue for a few hours before your appointment. On the other hand, it is a good idea to eat something a couple of hours before treatment in order to stabilize your energy. It is also a good idea to bring details of any medications you are taking, including drugs, vitamins and herbal and nutritional supplements.

### Treatment

Acupuncture treatment involves the gentle insertion of very fine acupuncture needles, which act to regulate blood, nerve and other flow systems in your body. Needles may be inserted for a few moments or half an hour or more depending on your individual diagnosis. You will be lying or seated in a comfortable position and will usually receive eight to 15 needles. During acupuncture you may experience vague sensations of numbness, tingling, warmth or dull ache. Treatments may also involve the burning of a Chinese herb called moxa close to the surface of the skin, which is done to add heat to the body and/or to help regulate the body's systems. Additional modalities that may be used in treatments include but are not limited to:

- Cupping – glass or plastic cups applied to the skin using a vacuum seal
- Infrared heat lamps
- Electro-acupuncture (electrical stimulation applied to needles)
- Liniments
- Oriental bodywork
- Lifestyle and/or dietary counseling
- Herbal medicines to enhance and continue the healing process between and/or after treatments

Please ask any questions about your treatment during the session. Your treating intern will recommend frequency of follow-up treatments based on what he or she thinks will best serve your health needs. Generally speaking, the more frequently treatments are given, the better and more quickly patients get well. To encourage this, AHAA has special discounts for multiple weekly treatments. Please see Mary Maurer for details.

Follow-up appointments are 45 minutes to an hour. These appointments focus on making further progress in resolving your complaints and enhancing your overall health.

### After Treatment

After acupuncture treatment it is a good idea to drink some water or herbal tea to keep hydrated. You may feel sleepy, relaxed or energized after treatment, so you might want to think about what you have planned for the rest of the day. Occasionally a bruise may appear at the site where the needle has been inserted, but this will clear after a few days. If you have cupping, this will leave a mark but will disappear within a few days.