

What to Expect With Acupuncture

Acupuncture works by stimulating your body's own natural healing response. Because of this, "what to expect" varies widely from person to person based on their condition and other variables. The purpose of this guide is to use our years of experience to outline a few rules of thumb on how you can expect acupuncture treatments to work for you. These guidelines are absolutely not written in stone; they are meant to be used as a roadmap on your journey to better health.



How Many Sessions Do I Need?

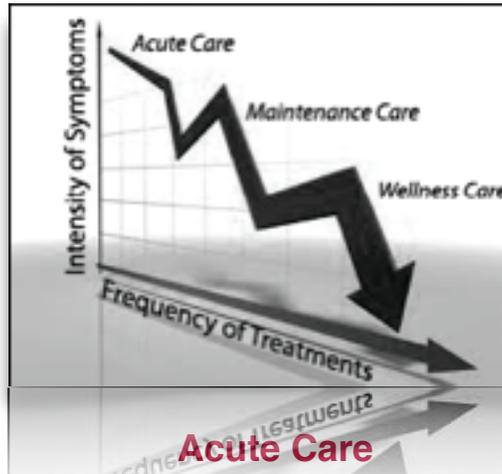
The first rule of thumb is that the amount of acupuncture needed to resolve a complaint is often directly related to how long you've been experiencing it.

Short-term conditions often resolve in a treatment or two: "big bang" results.

Long-term chronic complaints may require many sessions to resolve or get to a point where they are more easily managed, so the process here is very gradual: "drops of water on a stone" results. Most conditions fall somewhere in the middle and are treated with an average of 6-12 treatments.

Stress-related complaints caused by an external stressor, for example a high-pressure job or family crisis, often require weekly or biweekly treatment until that external stress calms down and becomes more manageable. Each person's experience is different and highly individualized.

Steps of Care



Obvious symptoms and signs; visits are frequent to promote quick recovery

Frequent visits in this phase allow you to feel better faster. Each visit builds upon the previous one, working to eliminate initial problems, complaints, and symptoms. Usually the minimum treatment frequency to achieve results here is once a week. For moderate-to-severe symptoms, especially pain or discomfort that is 6 or more on a 1-10 scale, two or three times a week is ideal. After acute care you will notice a significant change in symptoms - for example, your aches and pains may be dramatically reduced or eliminated, your sleep quality may be better, or your digestion may be improved. You are now ready to enter maintenance care.



Call for an appointment today

480. 201. 6744

Maintenance Care

Symptoms disappear; visits are less frequent and you continue to feel better.

Visits become less frequent during maintenance care. This phase maintains and supports the changes you have achieved, providing the foundation for deeper healing to occur by addressing any underlying problems or imbalances. Session frequency here often falls somewhere in the every other week range.

Wellness Care

Use Acupuncture & Functional Medicines to maintain your Well-being.

Wellness care preserves the progress you have made; visits may be monthly, every other month or seasonal. At this point people are often able to take charge and come in at whatever frequency feels right to them. In the same way people bring a car in for tune-ups to keep it running smoothly, periodic acupuncture will enhance & keep your body running smoothly. Preventative maintenance sessions can strengthen your body's resistance and keep you healthy and balanced to lead a more productive life. When acupuncture becomes a part of your lifestyle, you can use it to catch little problems before they grow into major concerns. Our commitment is to make acupuncture affordable and accessible to the

people of our community. We have designed this clinic for YOU, in order to accommodate your busy schedules and different financial situations. Our goal is to give you a tool to take care of your own health in order to rely less on costly, high-tech interventions.

What if I have questions?

Please ask the Acupuncturist

If you have specific questions we are happy to answer them to the best of our ability. We try not to give unsolicited lifestyle advice, because in our experience so many people are already overwhelmed with “what you should be doing”. We’d rather let the needles do their work and give you a quiet hour to relax in a safe space.

Important Appointment Tips

Schedule Your Appointment Wisely. Avoid scheduling an appointment just before or after hard physical work or exercise, or before a stressful meeting.

Eat a little bit of something. An empty stomach can leave you dizzy and tired after a treatment. Food provides energy to help move energy through your body.

Avoid Caffeine to prevent triggering the body’s sympathetic flight state, and shifting away from the parasympathetic resting state. Resting during your treatment allows your body to focus on healing itself.

Avoid Alcohol before your treatment. Alcohol before a treatment impairs the senses, and the body’s ability to utilize the stimulation from the needles effectively.

Remember Your Health History so you can report your current symptoms, past surgeries, injuries, and illnesses.

Turn off Your Cell Phone, that includes the vibrate mode. If you must be available to answer the phone during your appointment, please reschedule. Respect the other patients in a community setting with quiet.

Please give 24 hours notice to cancel or reschedule. New appointments may be scheduled on the phone, or on our website.

For additional Information regarding Acupuncture, Functional Medicine, Nutritional and Detox Support



please go to our website at:
www.AsianHealingArtsandAcupuncture.com

And for links to YouTube videos on Community Acupuncture, and to Andy Wegman’s book

“Why Did You Put That Needle There?”

This book is available at Amazon.com, and at the AHAA Acu-MedSpa clinic when in supply.



Acu-MedSpa & Wellness Center

31005 N. 56th St. Cave Creek, AZ 85331
Located off of 56th St, ¼ mile South of Lone Mountain on the East side of 56th St

Hours:

Monday, Wednesday, Friday: 8am – 6pm

Tuesday, Thursday: 2 pm – 7 pm

Saturdays: Apt only call 480.201.6744



Treatments, Steps of Care

& Appointment Tips

While taking studies as a foreign student at the Traditional Medicine Hospital in Chengdu, China I soon began to recognize the same patients would return for treatments every day or many times during the same week in a series of treatments, as prescribed. I asked the doctor why so frequent with multiple treatments? The answer: effectiveness and lasting results.

Many new patients are not accustomed to a type of healthcare that has more than one treatment for a given condition. It has been proven acupuncture has an *accumulative* effect with repeated treatments. Current medical studies determined acupuncture results are initially slow, then build with treatment frequency, with longer lasting results.

**Offering acupuncture in our Crystal-Prism
Vortex room, a community setting,
affordable treatment fees so you can
reclaim your health.**

www.AsianHealingArtsandAcupuncture.com

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