

Inner Ocean Center for Healing

www.inneroceancenterforhealing.com



Welcome to our center!

We are delighted you've chosen to take steps to improve your health and we look forward to being your partner in that effort. This letter is to help you know what to expect during your first and subsequent treatments and to answer any questions you may have about acupuncture and how we practice.

What can I expect?

We imagine you would like to know what to expect in terms of how much relief and healing will happen for you. Acupuncture has been shown to be very effective for a wide range of problems and we hope that we will have great success together in bringing you a better state of health. The healing process happens differently for each individual, however. There are no guarantees with acupuncture or with any other healing method. It is our experience that within the first three treatments we will both have a sense of whether you are getting a good response. Often the first improvements noticed are in your general state of health and well-being.

How often should I come?

Our goal is to build up your core energy and make sure that energy is flowing well and in the right proportion. Each treatment builds on the previous one. We recommend that new clients schedule weekly treatments for the first 4-8 weeks. Once your energy is balanced and holding from one week to the next, sessions can then be extended to every other week and gradually further apart until you are coming only monthly or seasonally for maintenance. Please bring your calendar to your first appointment so that we can schedule your first series of treatments.

What happens on the first visit?

Your first visit is a time for us to understand your reasons for seeking acupuncture treatment and to assess your current condition. We will begin with an in-depth interview covering your medical history and the events and experiences that contribute to your reasons for coming, including personal history and lifestyle. The first visit also includes a brief physical exam, we will listen to your pulses, and you will have your first treatment. Please come as natural as you are: no make-up or any scented products. Plan to spend about 1 1/2 to 2 hours with us for this appointment.

How are subsequent visits different?

Subsequent sessions will begin with a time for us to talk about how you are doing, sharing any progress or concerns. As with every session, we will listen to your pulses and then determine a suitable treatment for you. Each treatment will consist of 6-10 points that support your overall treatment goals. The changes that you feel during a treatment can be subtle or profound. These sessions last between 60 minutes and 90 minutes and depending on the type of treatment you need, may be attended by me the entire time.

How do I prepare for my first visit and treatment?

It is best to avoid excesses on the day of treatment in order to get the maximum benefit. It is best not to eat a heavy meal just before or after a treatment or arrive too hungry. If possible, avoid caffeine, alcohol, very hot or cold bathing, extreme exercise, etc. You may want some time to relax afterwards or to have an early bedtime that night.

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Tools and Techniques

Acupuncture involves the use of needles inserted just below the surface of the skin. The needles are very thin, barely more than the width of a human hair. When the needle is inserted, a very slight prick may be felt at the surface. When the needle contacts the energy, the sensation may vary from a “pull” to a buzz or a small ache. These sensations are very brief. The needles are made of surgical stainless steel, are pre-sterilized and disposed of after each use. We also often use moxa, an herb (*Artemesia Vulgaris*) used to warm acupuncture points by placing a small lit cone on the skin to be removed when you feel warmth. In addition, we may use acupressure, cupping, or massage to enhance your acupuncture treatments.

Medical treatment, Medications and Acupuncture

If you are currently taking any medication, please continue taking it exactly as you have been. Acupuncture is meant to work with the other care that you may be receiving. If and when it is appropriate, you may discuss reducing your medication with your physician and follow their guidance in doing so. If you have a medical emergency, please contact your personal physician or an emergency care facility. Please keep us informed of your condition in cases such as this and notify us of any instructions you receive from your doctor.

“Homework”

Although each person responds at their own rate, the rate of progress can be affected by how long you’ve had your condition and also by certain lifestyle choices that might hinder your progress. Part of our work together will be looking at you and your health concerns in a holistic way – rather than as a collection of symptoms – and identifying additional steps that can be taken by you to improve your health. We may from time to time make suggestions for changes in lifestyle, diet, etc. Please let us know if there are other areas in your life where you feel you need this extra support.

Payment Policies

Our policies about payment are as follows: we accept cash and checks, HSA/FSA cards, Visa, and Mastercard and unless your health insurance covers acupuncture, we do expect payment at time of service. If you plan to use your health insurance to cover treatment, please notify us in advance. If you need to change your appointment, we ask that you notify us within 24 hours. Unless you are having an emergency, you will be asked to pay for your appointment in full if cancelled with less than 24 hours notice or if missed entirely.

Availability

At times during our work together we may ask you to check in with us after a session or you may have a response that you would like to talk with us about. Please feel free to call us at (720) 441-2392 anytime you would like. If you leave a message, we will return your call within 24 hours. You may also send us an email inneroceancenterforhealing@gmail.com.

Again, thank you for making the decision to begin on this healing path. We look forward to working with you and seeing your health and vibrancy light up this world!

All the best,

IOCH Family

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