

**Please read this page as it will explain what you can expect as a new patient of Chinese medicine and the steps you will need to take to gain maximum benefit from your treatment. This is a commitment you make to yourself as a patient and to the program designed for you.**

Good health has a lot to do with personal responsibility. Chinese medicine can offer you encouraging and powerful support in overcoming chronic and acute conditions or to simply help you to live a more healthy life. Ultimately, it's up to you to be accountable for your own health by being compliant with the lifestyle recommendations offered, including dietary, exercises, and stress reduction techniques. Success is truly reliant on actively balancing life, within the environment you live in.

People often assume that acupuncture works like magic expecting all they have to do is show up for treatment and their health problems will disappear. This isn't the way that Chinese medicine works. It takes a long time for the body to become so unbalanced it produces pain or symptoms, it will take some time to return the body to homeostasis. Some people do experience relief from the very first treatment but this is usually the exception. Working together, we'll implement a variety of lifestyle strategies to support your body so the acupuncture works on the deepest level possible.

Often, the effects of acupuncture will take hold after an initial series of 6-8 treatments depending on your situation. There are times where a person might feel amazing beginning after the first treatment, but this isn't typical for chronic issues, you can expect it to take some time before you feel benefit. Have realistic expectations of your body in its ability to rebalance and be patient if it takes some time.

Here are the exact steps you will need to take to gain maximum benefit from your treatment.

**#1 Consistency in Treatment** - During your first visit, we will discuss frequency and number of treatments to reach maximum progress. It's up to you to make a commitment to the treatment plan by making your visits a top priority. Acupuncture and functional medicine work best with consistent and cumulative care.

**#2 Eat an organic whole foods diet** -this is one of the most important steps you can take to heal all kinds of chronic issues. Patients often find, it's helpful to undergo allergy elimination protocols as well initially, in order to achieve optimal benefit. This is usually a healthy juice and whole foods cleanse that allows your body to eliminate environmental toxins that get stored over time. By the end of the third week you should look to feeling more energetic, better and more restful sleep and over all better sense of well being. I recommend Thorne Research's product Mediclear Plus and as a patient I can set you up to order from them directly.

**Let food be your medicine and medicine be your food. ~Hippocrates**

**#3 Exercise 4-6 times per week** -walking, stretching, yoga, biking etc., any activity you enjoy for 20-60 minutes per day.

**#4 A few minutes a day of quiet time and introspection** -meditation is ideal for this purpose. Give

yourself at least 15 minutes daily for quiet time. Dedicate some time to be thankful and grateful for your life and where you are at that moment.

**#5 Willingness to let go of addictions that are undermining your health** -alcohol, tobacco, prescription and recreational drugs, unhealthy foods etc are all contributing to your not feeling optimal. Use this time to break bad habits and work toward better health.

Chinese medicine can work on profound levels by following some basic steps. I only ask that you do the best you can to follow these guidelines, as they will ensure that you receive the full benefit.

I would like to share with you an overview of the patient that does best with this approach.

### **Ideal patients**

- are willing to take responsibility for their health- not just looking for a magic pill that will instantly cure their issues.
- are interested in making positive choices and changes in their life to nourish and support better health.
- are generally interested in living with purpose and in balance
- are compliant and happy to make recommended lifestyle changes and to take prescribed herbs
- value their health and the treatment process and willing to make a commitment to showing up on time for treatment and sticking to appointments because they know how important it is.
- see Chinese medicine as a lifestyle choice- generally I don't see patients that just have a specific pain they want to go away in 1 or 2 treatments and then they never come back. There are no quick fixes and it's important to change your lifestyle to nourish your body to better health.
- be eager to learn and grow.

**If this describes you, great! I'd love to have you at my practice and you should do very well with this approach.**