

Welcome to Beach Community Acupuncture!

We are delighted that you are here! Please read this welcome letter before your first treatment with us.

We treat in a community setting. Beach Community Acupuncture (BCA) is a community acupuncture clinic. Patients are treated in recliners in our quiet, lovely common room. The environment is peaceful and comforting. Please remember that any talking is done in muted, low voices to keep the environment peaceful for everyone. Private acupuncturists see one person at a time and charge higher fees per treatment. They tend to spend a long time talking with patients. At BCA, we rely on a brief chinese medical assessment, usually a pulse and tongue reading, to decide how to treat you. This is exactly how acupuncture is practiced traditionally in Asia—many patients per hour and very little talking.

The fee is \$20. The fee for the first visit is \$30. Bring your check book or cash (exact change, please).

Acupuncture is a PROCESS. It is very rare for any acupuncturist to be able to resolve a problem with one treatment. In China, a typical treatment protocol for a chronic condition could be acupuncture every other day for three months! Most of our patients don't need that much acupuncture, but virtually every patient requires a course of treatment, rather than a single treatment, in order to get what they want from acupuncture.

On your first visit, the acupuncturist will suggest a course of treatment, which can be anything from "I'd like to see you once a week for six weeks" to "I'd really like to see you every day for the next four days". This suggestion is based on experience with treating different kinds of conditions. If you don't come in often enough or long enough, acupuncture probably won't work for you. The purpose of our fees is to help you make that commitment.

BCA does not provide primary care medicine! Acupuncture works great alongside Western medicine, but it is not a substitute for it. If you think you have a serious medical problem, or if you want someone knowledgeable to go over the details of your medical history with you, you need to see a primary care physician. We *can* provide complimentary care for conditions which require a physician's attention—for instance, we may treat patients for the side effects of chemotherapy. But we need you to take responsibility for your own health.

Preparing for Treatment and What to Expect

- Please eat something light in the several hours before treatment.
- Please don't wear any perfume or heavy scents.
- Some people like to bring ipods or earplugs with them.
- Remember to bring cash (exact change please) or a check to your appointment.
- Your acupuncture treatment might include points on your arms and hands, legs and feet, and/or head and neck. Because acupuncture channels flow across the entire body it is possible to treat back problems, for example, with points on the hands and feet. You will remain fully clothed. Please do wear loose clothing that can comfortably roll up to your elbows and knees.
- People experience acupuncture differently, but most feel no or minimal pain as the needles are inserted.
- You will relax with your needles in for at least 30 minutes. The average is 45 minutes to an hour.

Thank you for coming!

In Health,
Beach Community Acupuncture