

## Treatment Guide

To get the most from your acupuncture treatment, please follow these guidelines:

### ***Before Treatment***

To help you be more receptive to treatment, it is important to come to your session as relaxed as possible. If possible, arrive a few minutes early, sit quietly and relax.

Wear loose fitting comfortable clothing if possible.

Eat lightly before and after treatment. A small snack within half an hour is fine. If you have eaten a big meal within an hour of treatment, your energy will be preoccupied with digestion.

Consume no alcohol or other nonprescription sedative or stimulant 24 hours prior to or after a treatment. To do so would greatly effect the changes brought about by treatment as your body will then focus on detoxifying itself, thereby reducing amount of energy available for healing.

Avoid vigorous exercise and stressful situations just before treatment. Allow at least an hour for a cooling off period. Avoid temperature extremes such as saunas, hot or cold showers, and hot or cold beverages, as these also take energy away from healing.

Please come to your session without wearing perfume or perfumed products.

### ***During Treatment***

You will experience various sensations during treatment. The use of acupuncture needles may create feelings such as tingling, heaviness, dull ache, or warmth. This is to be expected, and are indications of energy flowing more harmoniously along the body's pathways. You may also feel movement of energy in different parts of your body other than those being needled. Your body may at times involuntarily twitch or move as energy blocks are being released. Such reactions are all normal. Allow them to happen, but please tell me about them as they occur, as they inform and guide treatment.

During treatment energy releases not only on a physical level, but on mental, emotional, and spiritual levels as well. You may remember past events or dreams during treatment. You may feel an upwelling of emotions such as joy, anger, fear, or grief. You may have moments of clear insight. All are positive signs in the healing process, and are very helpful if you allow them expression. Emotional expression greatly helps the healing process as it cleans and opens the body. If needed, ask for help in this process.

However, each individual is unique in their healing process, and you may not feel any physical sensation or emotion. Regardless whether you feel any outward manifestation of the process, it is indeed happening.

### ***After Treatment***

The most common immediate response is to feel relaxed, tired, or even a bit spacey. These are signs of the energy shifting in your body as a result of the treatment. It is best to allow the reaction to run its course. For example, if you feel like taking a nap, a short walk, or sitting in a garden, do it! However, for up to an hour after treatment, please don't schedule any intense work session which requires active concentration.

Following treatment, your energy will continue to shift for 24-72 hrs. While you may notice nothing unusual, you may have a number of reactions. Some of these may be an aggravation of symptoms. (This may last only a short time- a matter of hours), a recurrence of past symptoms (again short duration), unusual dreams, and/or an outflow of emotions or insight. Again all of this is normal. However, it is important to report your reactions at your next session, as they provide guideposts for further treatment.

If you have any reactions that concern you, please don't hesitate to call and I'd be happy to discuss them with you. My phone number is 513-373-5021.

In order to optimize treatment results, you may benefit from certain lifestyle modifications such as diet, and exercise. Please try to do them. These are made on an individual basis depending on your circumstances and response to treatment.