



# Welcome!

Welcome to Acupuncture Plus, your family holistic medical center. Let's work together to solve your health concerns!

If this is your first experience with acupuncture and Oriental medicine, it is especially important for you to read this information. Even if you are an old-hand at receiving acupuncture treatment, please read the information in this packet.

## **Is there anything I need to do before receiving an acupuncture treatment?**

Yes. Do not scrape or brush your tongue or drink coffee the day you come to get acupuncture. The doctor looks at your tongue for diagnostic reasons, so if you scrape or brush the coating or drink coffee (which can stain the tongue brown or yellow), the doctor will not be seeing your true condition. Wear loose clothing. Women should not wear one-piece dresses. Avoid wearing tight stockings. Do not wear jewelry on your wrists. You will need to take off your watch or any jewelry for the pulse-taking portion of the exam. Do not wear any perfumes or scented lotions. Avoid wearing heavy make-up. No make-up the first treatment is best, but not imperative. Observation of your eyes, nails, and other physical attributes are part of the diagnostic tools of the Oriental Medicine doctor. Asking, smelling, listening, observation, tongue and pulse diagnosis are the main methods of evaluation. Do not skip any meals so that you are not too hungry during treatment.

## **Is there anything I need to do while receiving acupuncture?**

Relax!

Take off all jewelry except small earrings. Many acupoints are located in areas where you wear your jewelry and your wrists need to be free for pulse diagnosis performed by your practitioner.

**Make sure your cell phone is off.**

There is no need to be frightened. Acupuncture/Oriental Medicine is one of the safest, most natural forms of medicine in the world. Ask your practitioner any questions you have along the way so that you can get the most benefit possible from the treatment.

Do not change your position greatly or move suddenly. If you are uncomfortable, tell your practitioner. Slight movement and small adjusting of position with slow movement are okay. This is safe!

### **What can I expect after treatment?**

Patients often experience dramatic results after the first treatment. Some patients experience an immediate, total or partial relief of their pain or other symptoms. This relief may last or some pain may return. In some cases, there may be no immediate relief, but you will notice the pain diminish over the next couple of days. Sometimes, the symptoms will seem to worsen for a period of time after the treatment. This is not a negative. The acupuncture is working at getting your body to heal itself. Blood, energy, fluid, and the body's own chemicals are being released to get your body to heal. The effects of that process can be felt for a period of one hour to several days after the treatment. Then your symptoms subside and you feel much better. The process is worth it; you reap the rewards of patience.

Generally, you will feel better and much more relaxed. In some cases the patient may not start to feel noticeable results until after a number of treatments. This can occur when the condition has existed for a long time and the older the person is. Most all patients do get results at this clinic, after a certain period of time.

### **Is acupuncture safe?**

When performed by a completely trained, licensed acupuncturist, it is extremely safe. All licensed acupuncturists in California today use individually packaged, sterile, disposable needles. So there is virtually little to no chance of infection or contagion.

### **Does acupuncture hurt?**

Acupuncture needles are typically not much thicker than a hair, and their insertion is practically painless. It is nothing like receiving an ordinary injection. In some cases, you will not even know the needles are in place. You may feel a pin prick or a burning sensation on insertion. After the needles are in, there may be some tingling, warmth, heaviness, a deep, dull ache or a feeling of the energy moving up and down the channels. These sensations will dissipate after a time and are entirely normal. In fact, these sensations are beneficial and are a sign that the acupuncture is working! Do not panic and RELAX! Most people find acupuncture extremely relaxing and some fall asleep during treatment.

### **How many treatments will I need?**

That depends on the duration, severity and nature of your condition. You may need only a single treatment for an acute condition. For most chronic or/and severe conditions, a series of 12 treatments is recommended in the beginning with successive treatments at longer intervals which

may resolve many chronic problems. Some degenerative conditions may require many treatments over time. To help reduce the number of treatments, your practitioner may suggest dietary modifications, specific exercise regimen, relaxation techniques, breathing techniques, and/or Chinese herbal medicine or life-style changes. All of these help to increase the efficacy of acupuncture.

Most of all, trust nature. When the treatment is on the correct path, nature responds. Have faith and believe you can get well. That is the true way of nature, to be well. Nature has the innate desire and strength to rebalance. Many conditions which allopathic medicine practitioners predict will just get worse and that you have to take and stay on medications, is not true. We are proving that over and over in this clinic and others in America and around the world. Remember, the Chinese and other Asian countries have used this for centuries and they have a better record of healthier people than our country does.

You are the master of your own destiny! Relax. Trust. Welcome to a new path.

Sincerely best wishes,

Dr. (Shihan) Mary Bolz  
Doctor of Acupuncture and Oriental Medicine  
Licensed Acupuncturist  
Master of Science Oriental Medicine  
Master Martial Arts Instructor, 6th Degree Black Belt, Okinawan karate & kobudo

**PLEASE FILL OUT ALL THE PAPERWORK, AND SIGN ALL AREAS WHERE THERE IS A SIGNATURE LINE.**

Be sure to **read** the fee and payment schedule and the informed consent before you sign them. If you have no pain at all, you don't need to fill out the pain chart. Check that you **SIGN** the papers. Please print out and bring these papers with you to your appointment. There will not be time to fill them out once you are here and they must be filled out before the doctor can see you. We look forward to helping you! See you soon!