

STEPS OF CARE

Finding Health with Acupuncture

Feeling healthy goes beyond the absence of acute or chronic illness. Often, we don't acknowledge our health until it is compromised; only then do we seek ways to regain it. Acupuncture and Traditional Chinese Medicine (TCM) can help you along the path toward optimal physical, emotional, and spiritual health and well-being. The following steps of care can lead you toward a balanced, healthy, and well-rounded lifestyle.

FREQUENCY OF VISITS



● RELIEF CARE

Obvious symptoms and signs. Visits are frequent to promote quick recovery.

● CORRECTIVE CARE

Symptoms and signs disappear. Visits are less frequent and you begin to feel better.

● MAINTENANCE & WELLNESS CARE

Life is amazing, you feel great! "Tune-ups" help maintain health & vitality.

RELIEF CARE

Most patients begin acupuncture treatment to receive quick relief from pain, discomfort and other symptoms. This phase is called relief care. This type of care allows you to feel better, faster. Each visit builds on previous visits, paving the way toward eliminating your initial problems and complaints.

Frequent visits over the next few weeks or months may be needed to further reduce your symptoms. Your condition, age, lifestyle and the quality and quantity of your energy, or Qi (pronounced "chee"), are all factors in your treatment frequency. After relief care, you will notice that your aches or pains have been dramatically reduced or eliminated.

CORRECTIVE CARE

The next phase is corrective care. Signs and symptoms have been reduced and visits are less frequent. This phase maintains and supports the changes you have achieved and provides a foundation for deeper healing. This is also the time when underlying problems can be addressed.

Even though you may not be experiencing symptoms, it is important to continue to build, strengthen and support your body. Stopping care now could disrupt the progress you have already achieved, and even simple activities could cause a relapse.

MAINTENANCE & WELLNESS CARE

Maintenance and wellness care is the next phase. This type of care preserves all the progress you have made. Visits may be monthly, every other month or seasonal. Much the same way you keep a car running smoothly with regular oil changes and tune-ups, periodic visits to your acupuncturist can keep you running smoothly. These preventative maintenance tune-ups further strengthen your body's resistance, keeping you healthy, balanced and potentially free from illness. Little problems may be caught before they become major concerns.

Wellness care is the root of healing. In ancient times, an acupuncturist was only compensated as long as patients remained healthy. If they became ill, it was the doctor's duty to get them well again without compensation.

Receiving regular acupuncture, combined with regular exercise, a healthy diet and lifestyle, can keep you feeling and performing at your best.

Treatments may be combined with herbs, cupping, moxibustion, meditation, massage, qi gong or light exercise. These techniques are added to further relieve symptoms, speed up recovery time and pave the way toward health, vitality and longevity.

The information contained within this brochure is only used to educate and inform. This brochure is not a substitute for the advice of a licensed and registered health care provider. Seek prompt attention for emergencies. Consult a health care provider for specific health concerns, and before starting a diet, cleanse or exercise routine.

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