

YOUR ROLE IN THE HEALING PROCESS

YOUR TREATMENT PLAN

Once your acupuncturist has gathered enough information, you will receive a comprehensive diagnosis and a treatment plan that will explain:

- Your underlying imbalances
- Your timeline of care
- What types of treatment you will receive

HOW CAN I GET THE MOST FROM MY TREATMENT?

Your actions are a key component of your treatment plan. Focusing on your health and committing to a healthy lifestyle are the best steps you can take for your well-being. Together, you and your acupuncturist can heal your imbalances and help you achieve harmony and balance.

Even after your symptoms are resolved, acupuncture can assist you in maintaining your health, and possibly prevent future imbalances. The more you incorporate acupuncture and TCM into your life, the more you will learn to nurture your body, mind and spirit.



FOR THE BEST TREATMENT RESULTS, KEEP A FEW THINGS IN MIND:

- Please show up on time.
- Do not eat a large meal before your visit.
- Wear loose, comfortable clothes.
- Be sure to discuss any questions or concerns with your acupuncturist.
- Refrain from overexertion, drugs or alcohol for at least six hours after treatment.
- Follow your treatment plan between visits.
- Keep all of your appointments, as each visit builds upon the previous ones.

Acupuncture and TCM take a holistic, or whole-body approach to health. This means your acupuncturist will take into account your whole self, not just your symptoms, in order to get to the root of your health concerns. You will work together to find out how factors like your lifestyle and emotional and mental well-being may be affecting your health.

Getting the chance to really discuss your health concerns with your care provider, and having your provider really listen, may be new to you. Think of it as your opportunity to form a partnership for better health. The more you take part in your healing process, the more successful it will be.

Congratulations. By choosing acupuncture, you have taken a great step toward a more balanced, healthy lifestyle. The ancient practices of acupuncture and Traditional Chinese Medicine (TCM) have helped millions of people regain and maintain their health.

Since this system of health care may be different than other care you have received, it is only natural to have questions. Read on to find out what to expect and how to get the most out of your treatments.



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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