

North Florida Acupuncture

Patient Information

An introduction to Acupuncture & Natural Medical care

Acupuncture and Natural Medicine works to balance and strengthen your body's energetic system. This treatment approach may be quite "foreign" to you and so we invite you to both educate yourself about Acupuncture and Natural Medicine and the trust the methods of these ancient healing art.

Your particular response to treatment will depend on many factors including: the nature of your condition, how chronic your illness has become, the general state of your health, and your willingness to participate in the healing process. You should notice a response to the treatments by at least the third or fourth visit. During the course of treatment you may notice that seemingly unrelated problems clear up. These "minor complaints" often times add up to a pattern of illness that can be successfully addressed by Acupuncture and Natural Medical intervention.

Here are a few suggestions to help maximize the effectiveness of you treatment:

- Come prepared to talk about your health concerns. The acupuncturist will want to know how long you have had this condition, what makes it better or worse and other health professionals you have seen, etc.
- Plan to take it easy the day of your treatment. It is best if you can schedule a few hours to rest following your treatment. Try to avoid engaging in vigorous mental or physical activity for the rest of the day.
- Don't come to your appointment on an empty or over full stomach. If possible eat at least on hour before treatment.
- It is best not to take hot baths or saunas the rest of the day following your treatment.
- Please do not leave the clinic area if you are feeling "spaced out" following a treatment. This could create a hazard if you were to leave an attempt to drive a vehicle in this condition. Please notify an intern immediately and have a seat in the waiting room before getting in your car.
- Occasionally symptoms may become aggravated following an acupuncture treatment. This is often a sign that previously dormant conditions are being awakened so that healing can occur. These aggravations should pass quickly, if you have concerns please contact the clinic.
- It is important that you follow the acupuncturist's instructions for herbal use and dietary recommendations as closely as possible.

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