



# MARIN ACUPUNCTURE CLINIC

## What to expect before & after treatment

- At your initial appointment, we will conduct a detailed evaluation. Using principles of Traditional Oriental Medicine, we identify causes associated with your individual condition. After determining your diagnosis, we develop a treatment plan incorporating an acupuncture prescription, Chinese herbs, supplements and nutritional and lifestyle recommendations.
- Sterile, superfine needles are placed at points that correspond to your specific needs.
- The needles are about the thickness of three hairs, are used only once and are disposed of immediately following your treatment.
- You will feel a light tap when the needles are applied. After a moment, you may feel warmth, heaviness, tingling or pressure around the needle. These sensations are normal and desirable.
- Acupuncture promotes marked relaxation such that most people fall asleep during the treatment. It is very common to experience a feeling of general well-being afterward.
- A typical follow-up appointment lasts about 1 hour and includes time to talk about your progress as well as receive an acupuncture treatment.
- Each person and medical condition respond to treatment at a different pace. Acute conditions usually can be treated within 6-12 sessions, and chronic conditions can often take longer. We will provide you with an estimate based on your health issue after the initial consultation.

### *Have a little food in your stomach when you arrive for treatment.*

It's best not to receive acupuncture on an empty stomach. However, do not eat a heavy meal before or after the session. Also, refrain from using caffeine, drugs or alcohol for at least several hours before and after your treatment (this includes caffeine).

### *When you brush your teeth, please do not brush your tongue.*

The color and texture of the tongue coating are important diagnostic clues in Oriental Medicine. Please avoid brushing your tongue for 24-48 hours before a visit.

### *In the hours after a treatment...*

...your body is still going through a physiological rebalancing process. To maximize the treatment effect, take time to relax and avoid vigorous exercise for several hours after the treatment, and drink plenty of water to assist in your healing.

*If you catch a cold or flu, please stop your herbs and supplements.* Call us immediately so that we can prescribe an herbal formula that will specifically treat your cold/flu (we have very effective remedies and can help avoid the use of antibiotics and dramatically reduce the duration of your cold). If you continue to take "tonic" herbs while you're sick, they have the potential to make your cold/flu worse.

***Scheduling/Changing your appointments online:*** We have a user-friendly online scheduling system that enables you to make, change, and cancel appointments 24 hours/day. Simply go to our website ([marin-acupuncture.com](http://marin-acupuncture.com)) and click on the "Appointments" tab. This will take you to the scheduling database. If you (or Marin Acupuncture Clinic) have already created an account with the system, all you will need to do is input your email address in the "login" box on the right-hand side of the screen. If you do not have an account, click the "Register" button on the left-hand side of the screen and follow the directions.

If you need to change or cancel existing appointments, login to the system and your appointment history will be on the lower right-hand side of the screen. There you can cancel an appointment and then use the calendar to reschedule.

The system will automatically send you an email appointment reminder two days prior to your next visit.

Give us a call or send us an email if you have any problems or questions. We're happy to help.

*Other things to know:*

- Wear comfortable clothes to your appointments that can be easily rolled up to your elbows and knees. For back treatments we can provide you with a gown.
- Save time for parking and bring quarters/charge for the parking meters. Downtown San Anselmo can be very busy during certain hours of the day (namely lunch time) and parking can be limited. We recommend trying to find free two-hour parking on Pine St. If no spots are available, there is a metered parking lot directly across from the clinic, which only accepts change/quarters and not credit cards. In general the clinic does not have change in for meters.
- We accept cash, checks and credit cards for office visits and co-pays. \$8 off each treatment for paying with cash!
- Please have your insurance coverage for acupuncture verified before your initial visit. Please see the "insurance" page on our website for directions or contact us directly to determine your eligibility.

*Your highest compliment is the referral of your family and friends*, and our business is mostly generated by word-of-mouth. If you have a loved one who is struggling with their health, we would be honored to speak with them to see if we can provide support. If we're not the best fit, we will assist in finding someone who is.

Thanks so much and we look forward to working with you! ~Marin Acupuncture Clinic