



# Acupuncture Treatment Guide

To obtain the best results from your acupuncture treatment, please observe the following guidelines:

## Before Treatment:

- To help you be more receptive to treatment, try to come to the sessions as relaxed as possible. If you can arrive a few minutes early, sit quietly, take some deep breaths and relax.
- Wear comfortable, loose fitting clothing and please remove watches, bracelets and anklets before the treatment.
- Please do not wear heavy perfume, perfume scents or cologne.
- It is very important to eat lightly before and after the treatment. If you eat too large a meal within an hour before or after, the energy of your body will be preoccupied with digestion. If you don't eat at all before your treatment you may feel lightheaded or spacey. A small snack within 30 minutes of treatment is fine.
- Avoid alcohol or any prescription sedatives or stimulants for 24 hours before and after your treatment.
- Avoid vigorous exercise and stressful situations just before treatment. Allow at least an hour for a cooling off period.
- Avoid temperature extremes, such as saunas, hot or cold showers and hot and cold beverages as these can also take energy away from healing.

## During Treatment

During treatment you will experience various sensations. The acupuncture needle sensations may include tingling, warmth, heaviness or a dull ache. These sensations are to be expected as an indication of energy beginning to flow more harmoniously in your body. You may feel energy moving in parts of the body not being directly needed. At times your body might involuntarily twitch or move as energy blocks are released. Because acupuncture works not only on the physical level but also emotional and spiritual you might also feel a variety of emotions and mental states. These reactions are all normal. Allow them to happen but inform your practitioner as these reactions can inform and guide treatment. However, each individual is unique in their healing process and you may not feel any physical sensations or emotions. Regardless of whether you feel an outward manifestation of the healing process, it is happening.

## After Treatment

Post treatment reactions can include feeling relaxed, tired, energized or spacey. These are all manifestations of energy shifting in your body and beginning to harmonize. It is important to listen to your body. If you feel tired, take a nap. If you feel hungry, eat a light snack. However, for up to an hour after treatment try to avoid intense activity, either mental or physical.

If you have any reactions that concern you or any questions about your treatment, please call our office at (859) 586-0111.