

## ***Rebecca M. Acosta, AP, DOM***

### PATIENT INFORMATION AN INTRODUCTION TO TRADITIONAL CHINESE MEDICINE

Traditional Chinese Medicine (TCM) works to balance and strengthen your body's energetic system. This treatment approach may be quite "foreign" to you. With this in mind, we invite you to both educate yourself about TCM and to trust the methods of this ancient healing art.

Your individual response to treatment will depend on many factors, including: the nature of your condition, how chronic your illness has become, your general state of health and your willingness to participate in the healing process. You should notice a response to the treatments by the 3<sup>rd</sup> or 4<sup>th</sup> visit. During the course of treatment you may notice that seemingly unrelated problems resolve. These "minor complaints" often add up to a pattern of illness that can be successfully addressed by TCM. Listed below are a few suggestions to help maximize the effectiveness of your treatment.

- Come prepared to talk about your health concerns. The acupuncturist will want to know how you have had this condition, what makes it better or worse, what other professionals you have seen, etc.
- If possible, plan to take it easy the day of your treatment. It is best to schedule a few hours of rest following your treatment. Try to avoid engaging in vigorous mental or physical activity for the rest of the day.
- Do not come to your appointment on a full or empty stomach. If possible, eat at least one hour before treatment.
- It is best not to take hot baths or saunas the rest of the day following treatment.
- Please do not leave the office if you are feeling "spaced out" after a treatment. To avoid a safety hazard you should sit in the waiting room for a few moments or until the feeling passes.
- Occasionally, symptoms may become aggravated following a treatment. This is often a sign that previously dormant conditions are being awakened so that healing can occur. This "healing crisis" should pass quickly.
- It is important to follow the acupuncture physician for herbal, supplement and/or dietary recommendations as closely as possible

Should you have any questions or concerns, please do not hesitate to contact us.