



Welcome! I appreciate the time that you've taken to seek out a natural approach to your health. Whether this is your first time experiencing acupuncture or your 99th, I am so honored to be able to share the uniqueness of this treatment style with you. The combination of acupuncture and neural therapy is highly effective in helping your body to heal itself. When your body is in a state of health, you have energy, clarity of mind, and few to no symptoms. What a feeling!

Your first appointment will take approximately 1 ½ - 2 hours and consists of a conversation with your Acupuncturist to compile an extensive medical history. The questions asked in an Oriental Medicine and Neural Therapy intake may be completely different from what you've previously experienced in a traditional doctor's office. Questions about immunizations, scars (big and small), dental work, surgeries as well as illnesses are all extremely important for your treatments. Follow-up appointments normally take approximately one hour.

Since every person is unique in his or her own condition and history, the number of treatments will vary. The nature, severity and history of how long you've had a problem are all involved factors. A general rule of thumb is 1 - 2 treatments to see changes to your chief complaint, 4 - 5 treatments to see significant and lasting changes. "Significant changes" can mean many things. For a person who has suffered with symptoms for years or decades, it could mean going from a constant pain level of 8 down to an intermittent pain level of 3 or 4. For a symptom you've had for a month, it could mean complete cessation of the symptom for good. With each successive treatment your body continues to heal and relearns how to communicate clearly with itself (cells receive the clean and clear messages they need from the brain to function well).

Additional treatments, though less frequent, may be necessary to strengthen your body's response to crisis and to improve your natural healing power. Or you may choose to return periodically to maintain your body's new state of health and balance. You know what is best for your body! My biggest joy comes from you not needing regular treatments any longer.

While most insurance companies do not yet cover acupuncture and injection therapies, if Health Savings Plans or Cafeteria Plans are available through your place of employment, they can be used for your treatments. Treatments may be counted by insurance towards your annual deductible, and if you need any statement of services for your insurance company, I'd be happy to provide them for you.

Thank you for choosing Acupuncture Health & Wellness. I look forward to being a part of your healing journey.

To your health!

Amy Oros