



COMMUNITY ACUPUNCTURE BEREA

Affiliated with WaysMeet Healing Arts Center, Inc.

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BEFORE AND AFTER YOUR ACUPUNCTURE TREATMENT

To enhance the value of your acupuncture treatment, please review these guidelines:

- ❖ Do not eat an unusually large meal immediately before or after your treatment.
- ❖ Avoid extremes. Do not over-exercise; engage in sexual activity; eat very cold, hot, or spicy food; or consume alcoholic beverages within six hours before or after treatment.
- ❖ Do increase your intake of fluids, especially during the 24 hours before and after a treatment.
- ❖ Try to plan your activities so that after your acupuncture treatment you can get some rest, or at least not have to work at top performance. This is especially important after the first few visits. Please take time to linger a while in the waiting room or walk around a bit before driving in traffic, especially after your first treatment. You will find in the WaysMeet waiting room a number of maps and brochures if you wish to take this time to explore a bit of Berea. There are pleasant paths, galleries, libraries, museums, cafes, and restaurants within an easy walk of WaysMeet. There are also accommodations, including wonderful B&Bs, close by, if you wish to stay over after your visit.
- ❖ Please continue to take prescription medicines and follow instructions from your regular health provider. Medical acupuncture does not interfere with other forms of medical treatment, although the reverse is not always true. Please keep your physician acupuncturist up to date about any changes in medications or treatments.
- ❖ Use of drugs or alcohol, especially in the days before and after acupuncture treatment, may seriously interfere with the effectiveness of acupuncture treatments. Please avoid unnecessary use. Try not to increase your intake of pain medications and/or alcohol before or between acupuncture treatments.

After your first acupuncture treatment, you may feel quite relaxed, tired, or energetic. It is important to move gently through the rest of that day. You may have one of four responses during the week following your initial treatment:

- ❖ You may notice a gradual and continuing improvement in your condition.
- ❖ You may find that you improve quickly, followed by a return to your situation before treatment.
- ❖ You may notice an almost immediate worsening of your condition, followed by a return to the way you felt before treatment.
- ❖ You may notice no change at all.

The first three responses all indicate that medical acupuncture may benefit you. Temporary worsening of symptoms, which occurs in a very small number of patients, generally lasts less than 24 or 48 hours and does not recur with later treatments. No change at all in your condition may suggest that you need a stronger or different kind of acupuncture treatment or that acupuncture is not an approach that will be helpful for you right now.

Remember to keep good mental or written notes of your response to acupuncture. Pay attention even to symptoms and changes that seem not to be related to your acupuncture treatment. At your next visit, it is important for you to be able to describe your response so that follow-up treatments can be designed best to help you. You will receive a response sheet at each visit that you may use to record your experience.