



WHAT SHOULD I EXPECT FOR MY FIRST TREATMENT?

1. Drink enough water on the day of your appointment, and eat a snack before you come.
2. Please arrive approximately 15 minutes early to fill out intake paperwork, or fill out paperwork ahead from the online links.
3. Come prepared to relax - Wear comfortable clothing that can be rolled above the elbow or knee. Most commonly used acupuncture points are located in these areas.
4. Your first treatment will take about 90 minutes to 2 hours, and includes your initial health interview and first treatment. Follow-up appointments will take about 45 minutes to an hour.
5. Results vary for each individual. Individuals with acute conditions may see results in one treatment, while those with chronic conditions may not see results until several treatments. For acute conditions, anywhere from 4 to 10 treatments may be necessary. Some chronic conditions may require continued treatments every 4-6 weeks.

RATES

Call for Current Rates



MEET THE ACUPUNCTURIST

Suzanne graduated from the Won Institute of Graduate Studies in Glenside, PA, the first graduate school in the Commonwealth of Pennsylvania to have an ACAOM (Accreditation Commission for Acupuncture and Oriental Medicine) accredited acupuncture program. There she earned a three year Master's Degree in Acupuncture, and is Licensed in Acupuncture by the Commonwealth of Pennsylvania. Suzanne also holds a Diplomat of Acupuncture, meaning that she has National Certification, awarded her by the NCCAOM (National Certification Commission of Acupuncture and Oriental Medicine).

Suzanne practices a variety of styles of acupuncture including Traditional Chinese Medicine, Five Element Traditional, Korean Four Needle, Japanese, Auricular, NADA addiction protocol, Dr. Tan Style Acupuncture and Tung Style Acupuncture. She also uses adjunctive techniques such as Moxibustion and Moxa tinctures, Shiatsu, Tui Na, Cupping, Gua Sha, Electrical Stimulation, TDP Heat Lamp Therapy, Meditation Guidance and Nutritional Council according to Chinese Medical Theory to accomplish results.

INDIAN VALLEY ACUPUNCTURE
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 PH: 610-724-4728

WWW.INDIANVALLEYACUPUNCTURE.COM



WELCOME
 WELCOME TO INDIAN VALLEY
 ACUPUNCTURE, A PLACE OF
 HEALING. WE BELIEVE THAT BODY,
 MIND, AND SPIRIT ARE INTEGRATED
 INTO ONE, AND THAT TREATMENT
 INCORPORATES YOUR WHOLE BEING.
 WE TAKE TIME TO LOOK AT THE
 ROOT CAUSE OF YOUR CONDITION
 AND ARE FOCUSED ON HELPING YOU
 TO FEEL WELL AGAIN.

Suzanne Landis Kaczor
 Licensed Acupuncturist, M.Ac.
 Dipl.Ac. (NCCAOM)





IS ACUPUNCTURE PAINFUL?

Insertion of an acupuncture needle is virtually painless. Needles are inserted with an insertion tube, so most often you will feel the small plastic tube pressure rather than the needle. After the needle has been inserted, patients report feeling numbness, tingling, itchiness, or a feeling of heaviness at the site of the needle insertion.

During the treatment, most patients feel very relaxed or take a nap. If, during your appointment, you feel any discomfort, please let your acupuncturist know so that we may assist you.



Welcome to Indian Valley Acupuncture

WHAT IS ACUPUNCTURE AND HOW DOES IT WORK?

Acupuncture is the insertion of fine needles into acupuncture points along energy channels or “meridians” within the body. These points have been shown to be effective in therapy over the past 2000 years. Stimulation of these points creates an endorphin and serotonin release into the blood stream, and also increases blood flow to the insertion site. When these chemicals are released into the blood stream and circulation is improved, the body can more readily heal itself.

WHAT CAN IT DO FOR YOU?

According to the World Health Organization, acupuncture has been shown to effectively treat the following conditions...

- Adverse reactions to chemotherapy and radiation therapy
- Allergic rhinitis (including hay fever)
- Anxiety and Depression
- Digestive disorders - IBS, Crohn’s Disease, Ulcerative Colitis
- Endocrine and Metabolic Conditions
- Facial Rejuvenation
- Headache and Migraine



- Hypertension
- Hypotension
- Lactation Insufficiency / Mastitis
- Menstrual disorders - Cramps and PMS, amenorrhea, dysmenorrhea
- Nausea and Vomiting
- Pain - Arthritic, Facial (TMJ/D), Musculoskeletal Pain
- PCOS, Pelvic Pain
- Post-operative care
- Sciatica
- Smoking Cessation
- Stroke Rehabilitation
- Stress
- Tennis Elbow
- Weight loss

And much more!!!

See this website for more information on the benefits of acupuncture...

SCHEDULE AN APPOINTMENT TODAY

MONDAY	CLOSED
TUESDAY	11 AM - 8 PM
WEDNESDAY	9 AM - 5:30 PM
THURSDAY	9 AM - 3 PM
FRIDAY	9 AM - 5 PM