



# Harmony Community WELLNESS CENTER

## Welcome to Our Community!

Please take a few minutes to read this introduction to Harmony Community Wellness Center (HCWC). We are delighted that you are interested in joining us!

### We treat in a community setting

Most U.S. acupuncturists treat patients on tables in individual cubicles. This is not traditional in Asia where acupuncture usually occurs in a community setting. In our clinic we use zero-gravity chairs, thoughtfully placed in a large, quiet, soothing space. Treating patients in a community setting has many benefits. It is easy for friends and family members to come in for treatment together and many patients find it comforting. A collective energetic field is established in a community setting which can make individual treatments more powerful.

The style of acupuncture we practice at HCWC allows patients to remain in the treatment room for up to an hour. Treatment time varies from patient to patient. Most people learn after a few treatments when they feel "done". This is different for each patient. Most patients will stay the whole hour. Many people fall asleep, waking up feeling refreshed and relaxed.

### We offer affordable acupuncture

Most U.S. acupuncturists treat one patient per hour and charge \$65 to \$175 per visit. They tend to spend a long time talking with each patient going over medical records and asking many questions. We don't. We have returned to the traditional, community approach. We are able to offer affordable acupuncture by treating multiple patients in an hour. We rely on pulse diagnosis, the information you provide on your intake forms, and a brief interview to determine your treatment plan. This is exactly how acupuncture is practiced traditionally in Asia -- many patients per hour and very little talking.

**New patients pay \$40 which includes the initial consultation.  
Additional community acupuncture treatments are just \$29.**

Our primary goal is to make acupuncture available to you as often as you need it. We want you to come in often enough to really get better and stay better!

### Our Commitment to You

Our goal is to make it possible for you to maintain the treatment plan your acupuncturist recommends. HCWC's highly trained, experienced practitioners will provide you with the tools you need, in a safe environment, to help you take control of your own health.

HCWC does not provide primary care medicine. Acupuncture is a wonderful complement to Western medicine, but it is not a substitute for it. If you think you have a serious problem, for example if you are worried that you might have a serious infection, a malignant growth, or an injury that won't heal, you should schedule an appointment with your primary care provider. If you want someone to review your medical history in detail, you should see your primary care provider (MD, ND, or DO). We need you to take responsibility for your own health.

[www.HCWcenter.com](http://www.HCWcenter.com)

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## Community-Mindedness

The soothing atmosphere in our community treatment room is created when all of our patients relax together. This kind of collective stillness is a rare and precious thing in our rushed, busy society. We appreciate everyone's presence! Maintaining this reservoir of calm requires that everyone is considerate of each other. Talking is kept to a minimum in the community treatment room. If you would like to speak to a practitioner one-on-one at any length, please let us know. We may need to schedule a separate time in order to give you our undivided attention. Please take all personal belongings (bags, shoes, etc.) with you into the treatment room. Feel free to use the available blankets and eye pillows to make yourself comfortable before your treatment begins. Some of our patients also bring ear plugs or headphones.

**Please refrain from the use of perfume or cologne the day of your appointment. Your cell phone should be turned off (or on airplane mode) before entering the community treatment room.** This helps us maintain the optimal environment for community acupuncture treatments.

Treatments typically last 1-hour. If you need to leave at a certain time, please let our receptionist know when you check in. After a few treatments, you may notice when you "feel done". Please open your eyes and give us a meaningful look to let us know. If your eyes are closed, we think you are meditating or asleep. We will not interrupt until your treatment hour has ended. If you are ever uncomfortable, please open your eyes to get your practitioner's attention. Your practitioner will do their best to make adjustments to help with your comfort.

## Your Commitment

Acupuncture is a PROCESS. It is very rare for any acupuncturist to be able to resolve a problem with one treatment. In China, a typical treatment protocol for a chronic condition could be acupuncture every other day for three months! Most of our patients don't need that much acupuncture, but virtually every patient requires a course of treatment, rather than a single treatment, in order to get what they want from acupuncture.

On your first visit, your acupuncturist will suggest a course of treatment based on our experience treating a variety of conditions. For example, your acupuncturist may recommend treatment "once a week for six weeks" or "every day for the next four days". Your treatment recommendation is unique to your condition. If you don't come in often enough or long enough, acupuncture probably won't work for you. We offer affordable community acupuncture to help you make that commitment. If you have questions about how long it will take to see results, please ask. If you think you need to adjust your treatment plan, please let us know. We need you to commit to the process of treatment in order to get optimal results.

And, last but certainly not least....enjoy the space, we sure do!

**Welcome to the Harmony Community!**