

What to expect

During the acupuncture treatment.....

- *warmth
- *tingling
- *relaxation....a great benefit of acupuncture
- *achiness....where the needle is or not, but it shouldn't last more than 15 seconds
- *getting cold but then warming up again

After the acupuncture treatment.....

- *strong relaxation.....acupuncture calms and balances your nervous system; however if you are new to it, sometimes it can take a few treatments to settle in and get used to the sensations you may feel.
- *improvement of symptoms....this is the goal, but people vary how they respond. Teenagers respond very quickly; and over 50 yrs of age, sometimes the next day. It will generally be a temporary response, especially in the beginning, as the treatments will build on one another. Chronic conditions (longer than 6 months) are likely to take a little longer to respond to treatment.
- *aggravation in symptoms....this does happen sometimes. Usually when a symptom gets worse, it will proceed to get better than it was before the treatment. If you feel worse and it doesn't improve within a few days, please let me know.
- *sleepy....this is a common response. Sometimes it is simply a sign of deep relaxation, and at other times it can be tiring when your body is moving a lot of stagnation.
- *bruising....occasionally, a needle will cause a bump and then a bruise. It is nothing to be concerned about, and will go away within a few days, depending on how your body responds to bruising. (This also goes for your cupping marks, if you received cupping.)

*Acupuncture is a therapy, and can take several treatments to be beneficial. It improves your body's healing system by activating points on your connective tissue which affects your nervous, endocrine, immune, cardio and digestive systems. Patients can feel better right away or the next day. You should feel a difference within 3 treatments.