

Starting Your Acupuncture Practice: A Guide for New Graduates

Congratulations on completing your acupuncture studies! As you embark on building your practice, this guide provides essential tips, a checklist of supplies, and resources to help you start your journey. This booklet assumes you're a new graduate, you're basically broke, and you're likely living in a city. this e-book/checklist is tailored to help you make smart, cost-effective decisions.

I make Nothing from these links. They are provided simply to help and hopefully make things easier for you.

Basic Supplies Checklist

1. ****Acupuncture Needles****

- Purchase sterile, single-use needles in various sizes. Look for bulk discounts to save costs.

- ****Link:**** [Acupuncture Needles at Lhasa OMS]
(<https://www.lhasaoms.com/acupuncture-needles>)

2. ****Sharps Disposal Containers****

- Essential for safely disposing of used needles. Check with local regulations for disposal requirements.

- ****Link:**** [Sharps Containers on Amazon](<https://www.amazon.com/Sharps-Containers>)

3. ****Clean Field Setup****

- Includes alcohol swabs, cotton balls, and sterile gloves. Maintaining a clean field is critical for patient safety.

- ****Link:**** [Clean Field Supplies at Lhasa OMS]
(<https://www.lhasaoms.com/departments/clinic-supplies>)

4. ****Acupuncture Charts and Models****

- Visual aids are useful for patient education and practice.

- ****Link:**** [[Acupuncture Charts](#)]

5. ****Treatment Table****

- Invest in a sturdy, comfortable treatment table. Look for second-hand options to reduce costs.

- ****Link:**** [Affordable Treatment Tables on eBay](https://www.ebay.com/sch/i.html?_nkw=message+table)

6. ****Office Supplies and Furniture****

- Basic furniture, including chairs, a desk, and storage for supplies. Consider budget options from local stores or online marketplaces.

- ****Link:**** [Budget Office Furniture on IKEA](<https://www.ikea.com/us/en/cat/office-furniture-20652/>)

Additional Resources

1. ****Professional Associations****

- Joining a professional association can provide networking opportunities, continuing education, and access to resources.
- ****Link:**** [National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)](<https://www.nccaom.org>)

2. ****Online Directories****

- List your practice in online directories to increase visibility.
- ****Link:**** [Acufinder.com](<https://www.acufinder.com/>)

3. ****Marketing and Online Presence****

- Create a simple website and social media profiles to promote your services. Utilize free or low-cost website builders.
- ****Link:**** [Wix Website Builder](<https://www.wix.com/>)

4. ****Continuing Education and Workshops****

- Stay updated with new techniques and regulations by attending workshops and continuing education courses.
- ****Link:**** [Pacific College of Health and Science - Continuing Education](<https://www.pacificcollege.edu/>)

Path Forward: Starting Your Practice

1. ****Legal and Administrative Setup****

- Register your business, obtain necessary licenses, and ensure you meet local health regulations. Consider using free or low-cost legal resources.
- ****Link:**** [LegalZoom for Business Registration](<https://www.legalzoom.com/>)

2. ****Finding a Location****

- Consider shared office spaces or wellness centers that rent rooms to practitioners. This can significantly lower startup costs.
- ****Link:**** [WeWork Shared Spaces](<https://www.wework.com/>)

3. ****Building a Client Base****

- Start by offering free or discounted sessions to friends, family, and community members to build word-of-mouth referrals.
- ****Link:**** [Square - Appointment Scheduling](<https://squareup.com/us/en/appointments>)

4. ****Networking and Community Engagement****

- Attend local health fairs, join community groups, and collaborate with other healthcare providers to expand your network.
- ****Link:**** [Meetup - Find Community Events](<https://www.meetup.com/>)

****Conclusion****

Starting your acupuncture practice is an exciting journey that requires careful planning and resource management. By leveraging affordable resources and building a solid foundation, you can grow a successful practice that serves your community. Remember, patience and persistence are key to overcoming the challenges of the early stages.

Visit us at <http://www.3PillarsMedicine.com> for more TCM tips, updates and resources.

Peace to you and yours