



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 forms ahead of time online.
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 appointment will take about an hour. We will discuss your whole health history at this time. A second appointment will be scheduled for your first in-person appointment. Follow-up appointments will take about 45 minutes.
5. Results vary for each individual. Individuals with acute conditions may see results in one treatment, while those with chronic conditions may vary in number from 4 to 10 treatments.

Some conditions may require continuing treatments every 4-8 weeks.



MEET YOUR ACUPUNCTURIST

Suzanne graduated from the Won Institute of Graduate Studies with a three year Master's degree in Acupuncture, the first fully accredited graduate school in PA. She then went on to earn her Doctorate in Acupuncture from Pacific College of Health Sciences, based out of San Diego, CA. She is licensed in the Commonwealth of Pennsylvania and holds a Diplomat of Acupuncture, 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, Korean Four needle, Japanese, Auricular, NADA addiction protocol, Dr. Tung style, Korean Hand Therapy (non-needle method), Non-smoking protocol, and Dr. Tan style. She also uses adjunctive techniques such as moxibustion and moxa tinctures, cupping, gua sha, electrical stimulation (E-stim), and Nutritional and meditative guidance to achieve results.

She loves to improve public health and safety through her work as the President and Legislative Chair of The Association of Professional Acupuncture in PA (APA). And finally, she loves to teach at Gwynedd Mercy University as a guest lecturer to teach nursing students about acupuncture and current research.

RATES

Call for Current Rates



Welcome to Indian Valley Acupuncture, a place of healing. We believe that body, mind, and spirit are deeply integrated into one, and that treatment incorporates your whole being. We take time to look at the root cause of your condition, and our primary goal is to help you feel well again quickly.

Suzanne Landis Kaczor
D.Ac., L.Ac., Dipl.Ac. (NCCAOM)

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IS ACUPUNCTURE PAINFUL?

Acupuncture needle placement is virtually painless. Fine needles are inserted using an insertion tube, so most often you will feel the small plastic tube 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 and frequently fall asleep on the treatment table. If, during your appointment, you feel uncomfortable, 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 specific known locations or trigger points for therapeutic use. Dry Needling is one popular style of acupuncture. Some of these points are located along energy channels or "meridians" within the body. Others are determined by additional methods of point location. All of these points have been shown to be effective for specific uses over the past 3000 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
- Headache and Migraine

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



WE WOULD LOVE TO SEE YOU IN THE OFFICE SOON! HERE IS OUR CURRENT SCHEDULE~

MONDAY	12 PM - 9 PM
TUESDAY	CLOSED
WEDNESDAY	9 AM - 5 PM
THURSDAY	10 AM - 3 PM
FRIDAY	9 AM - 4 PM