



WHAT TO EXPECT

During the initial exam a full health history is taken. Questions are asked regarding health, symptoms and lifestyle. An appropriate physical exam is conducted, including pulse and tongue diagnosis.

Gathering this information enables the practitioner to effectively diagnose and detect any specific imbalances of Qi that may have contributed to an individual health problems. The practitioner can then create a well-structured treatment plan.

Once the imbalances of Qi are detected, an acupuncturist will place fine, sterile needles at specific acupoints along meridian pathways. This safe and painless insertion of the needles can unblock the obstruction and balance Qi where it has become unbalanced. Once this is done, Qi can freely circulate throughout the body, providing adequate nourishment to cells, organs, glands, tissues and muscles. This can eliminate pain and restore balance and harmony, as well as the body's ability to heal itself—ultimately leading to optimal health and well-being.

Acupuncture and Chinese medicine is a safe, effective and drug-free therapy that can help address a wide variety of common ailments and problems.