

Welcome to the À La Carte Acupuncture Clinic at Future Medicine Now. Please take a few minutes to read this introduction to the service in order to receive the most benefit from your visits. We are delighted to serve you!

### **How it works**

Acupuncture works by stimulating your body's own natural healing processes. It is a therapy that requires time and multiple treatments to bring the body into balance. In China, a typical first course of treatment is daily acupuncture for ten days (yes, even weekends). Then you take a couple of days off before doing another course, and continue in this way for as many courses as it may take for the condition to be resolved.

Cultural differences and financial models in this country virtually guarantee that acupuncture is generally not used in this way.

To facilitate getting the best results possible, we have structured this clinic to provide acupuncture services closer to the traditional way. There are several aspects to this:

- ~ Acupuncture is provided in comfortable reclining chairs, placed in small groups in the treatment rooms. We treat multiple people per hour, bringing the cost of treatment to an affordable level.
- ~ Payment and scheduling activities are done **prior** to your treatment, so you can relax and focus on the treatment. Stay as long as you like or until the end of the shift.
- ~ Treatment is offered on a sliding scale, so that it is possible for you to receive the recommended frequency and number of treatments to attain your goals.
- ~ The clinic is open Monday, Wednesday, and Friday, with morning and afternoon appointments available.
- ~ Receipts are provided for you to file with your insurance company for reimbursement.

### **Your commitment**

This model of treatment places great responsibility on you to be a co-creator in not only your own health, but also the health and environment of the clinic.

Calm and quiet are required aspects of healing, and are difficult to find in our fast-paced, stressed out culture. This atmosphere is maintained by clients in the clinic, and it is even more important with several people in a room. If you are easily distracted by snoring, please bring earplugs. You are welcome to bring your own blankets, pillows, and anything else you might need for a good sound sleep with the needles in. Please remember to turn your cell phone **off**. Even vibrate will be disturbing to other clients when it is quiet. Be aware that fragrances in perfumes or shampoos are also disturbing, especially for those who are chemically sensitive.

For successful results, you should get the recommended number of treatments per week. If you cannot commit to that, it is unlikely that you will achieve the desired outcome. This is similar to getting a prescription, and then forgetting to take it as directed.

Treatment consists of your practitioner taking your pulses, asking how you are progressing today, and inserting needles. It happens quickly and quietly and does not leave a lot of room for discussion or explanation. Your practitioner may suggest that you take advantage of herbal consultations, or nutritional and lifestyle counseling. These are À la carte services for which you will need separate appointments. If you feel you would benefit from these, please feel free to schedule them at the front desk.

Your treatment lasts as long as it needs to last. Sleeping during treatment is beneficial. When you are ready to leave, just ring the bell and we will come and remove the needles; otherwise we assume you are sleeping and will not disturb you. If you need to leave at a certain time, let someone know so we can watch the time for you.

You are more than welcome to bring friends and family to the clinic and schedule your treatments together. Your support of this clinic is greatly appreciated and helps to ensure its continued success. I look forward to working with you.

Dr. Sue Swanback  
Future Medicine Now

**SLIDING SCALE SUGGESTED FEE (TAX WILL BE ADDED)**

GROSS YEARLY INCOME	INITIAL VISIT FEE	PER TREATMENT FEE
< 25,000	\$30	\$15
25,000 - 35,000	\$40	\$15-\$20
35,000 - 50,000	\$50-\$60	\$20-\$30
> 50,000 +	\$70	\$30-\$40

Please note that we request 24 hours advance notice if you must cancel or reschedule your appointment. Appointments broken or canceled with disregard to this commitment will be charged a full visit. Making an appointment constitutes agreement to abide by this policy.