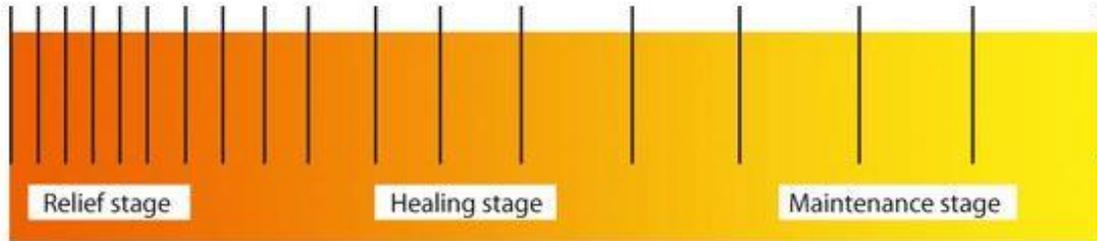


HOW MUCH ACUPUNCTURE SHOULD YOU GET?



Acupuncture is a process and takes time to have an effect. It generally works by stimulating the body's innate healing response. The number of treatments for you depends on how much support that healing response needs. Most people will progress over a few common stages of treatment.

In the **Relief Stage**, we'll primarily focus on reducing your symptoms to get you out of distress. During this time, treatments will be close together, usually 2-4 visits per week, until you start to feel better.

In the **Healing Stage**, we'll begin correcting the underlying causes of your symptoms, with a series of regular treatments, generally 1-2 visits per week.

And finally, in the **Maintenance Stage**, we'll keep you tuned up, take care of little problems before they get bigger, and just generally provide support for the everyday stresses of life. This may be 2-4 visits per month, or just as needed.

***Special Acute Condition Treatments:** in some cases, like with very acute pain (severe & sudden onset), labor induction, unrelenting migraines, common colds, etc. we recommend daily treatments or until things change more significantly.

Your Recommended Treatment Frequency: _____ visits per week
For How long: _____ weeks

To achieve benefit from acupuncture and have lasting results, you need to have it frequently enough to result in progressive improvement. Consistency of treatment is fundamental to your success. Frequent concentrated treatments build a foundation on which the body can establish permanent and stable change, as each treatment builds upon the previous one.

Each patient is unique and has his or her own rate of response to healing. Your age, the severity of your symptoms, the length of time you have experienced them, your stress level, diet, lifestyle, response to acupuncture, and quantity and quality of your Qi (life energy), all play into determining how your condition improves and how long your relief-care, or first stage of treatment will last. Try to adhere to your acupuncturist's recommendations for future treatment to maximize your healing potential.

For more information about acupuncture & answers to frequently asked questions, please visit our website: www.rochestercommunityacupuncture.com