



Welcome to Blue Sky Acupuncture Studio!

Please take a few minutes to carefully read this introduction to our clinic.

❖ **This is an affordable private room acupuncture studio.** You will receive your treatment in the comfort of your own room. Your treatments will include all modalities that we determine are necessary, including acupuncture, cupping, moxabustion, guasha, dietary guidance and more.

❖ **Acupuncture is a process.** Acupuncture is gentle and safe. It works by stimulating the body's own self-healing mechanisms. It's effects can be immediate or gradual. Most people need a series of treatments to get good

results. We hope that you'll feel better right after your first treatment, but to get these results to "stick" you may need a series of treatments closely spaced together. Each treatment builds upon the previous one – acupuncture is cumulative. In fact, you will spend less money and less time by getting treated frequently in the beginning, than if you come sporadically for a long period of time. Your acupuncturist will suggest a treatment plan for you and will check in regularly to ensure its effectiveness.

❖ **We are CAM practitioners.** Acupuncture and the modalities associated with it work well as a compliment to western medicine. We can alleviate side effects for western drugs and work in conjunction with western medicine on your path to health. In addition there are times when acupuncture can work as an alternative to western medicine. But in emergency situations acupuncture is not a substitute for it. If you have, or think you may have a potentially life-threatening condition, go to your physician or to the emergency room, as appropriate.

❖ **Your responsibilities.**

- Please allow 20 to 45 minutes with the needles in. If you require other additional therapies, like cupping or moxabustion, your treatment will take 15-20 minutes longer.
- Acupuncture feels great! If for some reason you do not feel comfortable, please let us know immediately.
- Please try not to move once the needles are in. If you do move by accident and a needle becomes uncomfortable, let us know right away. If you need to get up and use the restroom, let us know and we will remove your needles.
- Please try to stick to your treatment plan. Your level of commitment will determine your results.
- If you are happy with your treatment, please tell your friends and family. Better yet, bring them with you to your next treatment! The success of our clinic relies on you.
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❖ **Our commitment to you.** We strive to make your course of treatment as quick and effective as possible. Our ultimate goal is to see you seasonally for a tune-up. Of course, this is not always possible for some chronic conditions. No matter what your condition, we will give you the best treatment we can, in the most effective way we can.

- We will always treat you with respect and without judgment.
- We will be partners with you in developing a healthy lifestyle.
- We will always be available to listen to any advice or feedback you have about us and our clinic.
- We will constantly work to sharpen our communication and clinical skills through continuing education.
- We will work to become a useful and integral part of the community we serve.
- We will do our best to be environmentally friendly and to promote social justice.

Thank you for choosing us. Feel free to call or email us with questions anytime.

Priscilla Meckel, L.Ac and Victoria Johnson, L.Ac