

NORTH FLORIDA ACUPUNCTURE

Patient Information

An introduction to Acupuncture & Natural Medical care

Acupuncture and Natural Medicine work to balance & strengthen the body's own electrical or bio-energetic pathways & systems, acting as a mechanism to stimulate the body's healing response. This treatment approach may seem foreign to some because it is a new experience, but we invite you to openly educate yourself about Acupuncture and Natural Medicine and the trust the methods and effects of this ancient healing art.

Your particular response to treatment will depend on many factors including: the nature of your condition, how chronic your illness is, the general state of your health, and your willingness to participate in the healing process. Many patients will experience the effects of acupuncture right away and in others it may take a few treatments. Generally speaking, most notice changes by the third or fourth visit. During the course of treatment you may notice that seemingly unrelated problems clear up as well. These minor complaints often times add up to a pattern of illness that can be successfully addressed by Acupuncture and Natural Medicine intervention.

Here are a few suggestions to help maximize the effectiveness of you treatments & care:

- Come prepared to talk about your health concerns. We will want to know how long you have had this condition, what makes it better or worse, what other health professionals you have seen, etc.
- Plan to take it easy the day of your treatment. Try to avoid engaging in vigorous mental or physical activity for the rest of the day if possible.
- Don't come to your appointment dehydrated or on an empty or overly full stomach. If possible, drink a few glasses of pure water a few hours before your appointment and have something to eat at least an hour before the visit.
- It is best not to take hot baths or saunas the rest of the day following your treatment.
- Please do not leave our office if you are feeling "spaced out" following a treatment. This could create a hazard if you were to leave an attempt to drive a vehicle in this condition. Please notify your physician immediately and have a seat in the waiting room before getting in your car.
- Occasionally symptoms may become aggravated following an acupuncture treatment. This is often a sign that previously dormant conditions are being awakened and the body is initiating a healing response. These aggravations should pass quickly and are generally followed by a feeling of improvement. If you have questions or concerns following a reaction to a treatment, please contact our office immediately.
- It is important that you follow the acupuncturist's instructions for herbal use and dietary recommendations as closely as possible to achieve maximum benefit from their use.

Following the instructions above will help maximize your positive experience with Acupuncture & Natural Medicine. We thank you and look forward to serving you and addressing your healthcare needs and concerns.

North Florida Acupuncture
Jerrod Fletcher, AP
4509 NW 23rd Ave, Suite 19C
Gainesville, FL 32606
352-281-8989
nflacupuncture@gmail.com
www.nflacupuncture.com