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## **LIVE WELL AND WITH EASE**

### **A WORD ABOUT TREATMENT**

Traditional Five-Element Acupuncture is a healing art based upon the laws of nature. It works both preventively and therapeutically, doing whatever nature will allow within each individual. All of the marvelous complexities that comprise who you are—physically, emotionally, spiritually and mentally—are taken into account when designing your individual treatment plan. Thus, the amount of treatment and the response to treatment will vary according to your natural healing ability, your environment, severity and longevity of presenting symptoms, and willingness to make lifestyle changes when needed. However, most people experience positive shifts within four to six treatments, and a reassessment is made at that time.

### **BEFORE AND AFTER TREATMENT**

To enhance the value of your acupuncture treatments, the following is important:

1. Eat lightly before and after treatment. Drink plenty of water.
2. Avoid alcohol for 24 hours before and after treatment.
3. Avoid very hot or cold baths or showers of the day of treatment.
4. Do not use make-up (especially the first couple of treatments), perfume or strongly scented shaving lotion on the day of treatment.
5. Plan your time so you do not have to rush to your appointment.
6. Gain maximum benefit from your treatment by engaging in relaxing, restful and enjoyable activities for the balance of the day.
7. Continue prescribed medications as directed by your personal physician.
8. Report any changes in physical or emotional patterns that occur between treatment sessions. Such detail is valuable in planning the course of your treatments. Journaling may be helpful.
9. Please call 941-979-2004 prior to 24 hours before your scheduled appointment if you cannot come to avoid the missed appointment charge of \$30. Emergency cancellations will be honored.

Thank you,

Kathleen Koch

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