

Welcome to Abundant-Chi Community Acupuncture!

We are delighted that you are here! Please take a moment to read this introduction to our clinic.

What is different about Community Acupuncture?

***We treat in a community setting-**

Most US acupuncturists treat patients on tables in individual rooms. This is not traditional in Asia, where acupuncture usually occurs in a community setting. In our clinic we use recliners, in an open, quiet, soothing space. Treating patients in a community setting has many benefits: it's easy for friends and family members to come in for treatment together; patients find it comforting; and a collective energetic ("chi") field is created which supports the healing process. In some styles of acupuncture, the needles are removed after only a few minutes or after a half hour at most. The style of acupuncture we practice at Ab-C allows patients to keep their needles in, and the "right" amount of time varies from patient to patient. Most people learn after a few treatments when they feel "done"; this can take from twenty minutes to an hour or more. Many people fall asleep, and awaken feeling refreshed.

You will be interviewed in private but treated in a communal setting. Treatment is received fully clothed. Most points used are called distal points and are below the knees and elbows. Please wear loose fitting clothes so that we have access to these points.

***We have a sliding fee scale-**

Most US acupuncturists see one or two patients per hour and charge \$60-\$100+ per treatment. They tend to spend a long time talking with each patient, asking many questions. We don't. We make acupuncture affordable to everyone while still making a living ourselves. Instead of asking you lots of questions, we rely on our diagnostic skills to treat you. This is exactly how acupuncture is practiced traditionally in Asia—many patients per hour and very little talking. Please see the form that explains our sliding scale. Because we have a sliding scale, we cannot do insurance billing (that's the insurance companies' rule). If you have insurance that covers acupuncture, we'll be happy to give you a payment receipt, and you can submit it; that's OK with the insurance companies, & they may reimburse directly to you. We do not receive any grants, state or federal money, or insurance reimbursement. We exist because patients pay for their treatments—it is a sustainable community business model.

Our Commitment to You

We want to make it possible for you to receive acupuncture regularly enough and long enough to get better and stay better. We want to give you the tools to take care of your own health. We will provide a calm, healing environment with licensed and skilled practitioners.

What We Need from You

***Medical Responsibility-**

AbC does not provide primary care medicine. Acupuncture is an excellent complement to Western medicine, but is not a substitute for it. If you have, or think you may have, a potentially serious condition—a malignant growth, serious infection, unexplained weight loss or gain, severe abdominal pain, etc.—or if you want someone knowledgeable to go over the details of your medical history, you need to see a primary care physician. We can provide referrals. We can also provide complementary care for conditions which require a physician's attention—for instance we often treat patients for the side effects of chemotherapy. However, we are not able to diagnose serious conditions and we do need you to take responsibility for your health.

***Flexibility-**

The community setting requires some flexibility from you. Basically, we need you to participate in making yourself comfortable in the community room before we treat you.

Let us know at the beginning of the treatment if you need to be somewhere at a certain time or if you want to be un-pinned after a specific amount of time. We'll make sure you're out on time. In general, if you feel "done", open your eyes and give us a meaningful look—if your eyes are closed, we'll think you're asleep and we won't wake you up.

***Community Mindedness-**

The soothing atmosphere in our clinic exists because all of our patients create it by relaxing together. We appreciate everyone's presence. Such collective stillness is rare and precious in our rushed society. Maintaining this reservoir of calm requires that no one talk very much in the clinic space and that they speak softly in the waiting area. Also, please move quietly through the treatment space.

If you would like to speak to a practitioner one-on-one at any length, please let us know. We may need to schedule it separately and may need to do it by phone.

If you have questions about acupuncture and how it works, please visit our website. Unfortunately, we can't explain what every point does, or how acupuncture works, while we are treating you—these are very large topics. We will also have gatherings periodically where we can meet and engage in question/answer sessions and explore topics of interest.

***A Little Help Running the Clinic-**

Before you come into the treatment room, please find the envelope with your name on it at the reception desk. Place your payment for treatment (cash or check) in the envelope—*do not seal*, this will be reused. If you need to leave a message for us (ex: forgot check book, need to pay less this week, etc.), please leave a note in the envelope. The envelope goes in the lock box on the wall.

Before treatment, please schedule yourself for your next treatment according to the treatment plan we've discussed. Hang your coat, but please bring all other personal belongings back to the treatment area, and of course, please turn off your cell phone!

After completing the payment and scheduling, come into the treatment area, find a recliner, take off your socks, roll up your pants legs & shirt sleeves, and make yourself comfortable!

***Commitment-**

Acupuncture is a PROCESS and the effect of multiple treatments is cumulative. It is very rare for any acupuncturist to be able to resolve a problem with one treatment. In China, typical treatment includes a series of 10 sessions. Some chronic conditions may use acupuncture for several months. Most people don't need that much but virtually every patient requires a course of treatment which varies in length and frequency. Research in the US (as well as thousands of years of tradition in Asia) has shown that acupuncture is most effective when it is done frequently and regularly—once a week is usually the minimum requirement to make progress on any kind of health issue. We want you to be able to come in often enough to really get better and stay better.

One big reason we are able to keep our prices so low is because of the extraordinary amount of marketing our patients do on our behalf—we don't have to advertise. We are super grateful for this! Our patients are such effective marketers because they have first-hand experience of how well acupuncture works. All of our satisfied patients made a commitment to a course of treatment.

On your first visit, Deah will suggest a course of treatment, which can be anything from "I'd like to see you once a week for four weeks" to "I'd like to see you two or three times this week". This suggestion is based on experience with treating different kinds of conditions. If you don't come in often enough or long enough, acupuncture may not work as well. The purpose of the sliding scale is to help you make that commitment. We'll talk together about this treatment plan. Please commit to the process of treatment in order to get good results.

Last, but not least...enjoy the space! We do, and hope that Abundant-Chi Community Acupuncture can be an important part of your community.

Thank you for the opportunity to be of service,

Deah Kinion, L. Ac., Abundant-Chi Community Acupuncture, LLC.