

## ACUPUNCTURE/CHINESE MEDICINE Menu of Services

**Initial appointment-** The first appointment will include an extended intake in which the TCM traditional ten questions are asked, a health history is taken, pulse and tongue are taken and a treatment is given. An acupuncture treatment includes needles and adjunct techniques that the practitioner deems necessary according to the individual presentation. There will be lifestyle, diet, and herbal recommendations as well as a proposed treatment plan provided at the end. Patients should plan for up to 90 minutes for the first appointment. \$250

**Follow up appointments-** Acupuncture appointments include a brief intake, needles and adjunct techniques the practitioner deems necessary, lifestyle, diet, and herbal recommendations as well as a review of treatment plan and progress. Patients should plan for up to 1-hour for follow-up appointments. \$180

**Pediatric Appointment-** These appointments are meant for children ages 0-13 and include a shortened intake and treatment time. The practitioner will use age and condition appropriate therapies that could include needling, Chinese medical massage techniques, and herbal medicine, and food therapy suggestions. Some conditions this service could be beneficial for are ear infections, colic, rashes, ADD/ADHD, constipation/diarrhea, allergies, anxiety, asthma and much more. Appointments are 30 mins and a parent must accompany the child. \$90

**Body Work-**Body work sessions are for individuals who need physical tension and stress relief and prefer no needles. Sessions are individually tailored based off a brief intake, and pulse and tongue reading. Treatments can include cupping, gua sha, acupressure and Chinese medical massage techniques to help soothe aches and pains or melt away stress. Appointments are 1 hour. \$200

**Herbal Consultation-** Herbal consultations can be done in person or over the phone. They include an abridged intake and health history, looking at the tongue (via picture if patient is remote) and herbal formulation. The cost of herbs is not included and will be shipped to you via a virtual pharmacy. Patient should allow 60 mins for the consultation and 5 business days for the formula. \$180

**Private Qi Gong sessions-** Qi Gong is a medicinal form of movement, breathwork and postures designed to move qi and cultivate vitality. Sessions include a brief discussion of an individual's health and wellness goals as well as instruction and cultivation of the best medical form for them. Sessions are 1 hour.

**Chinese Dietary Therapy-** In Chinese Medicine, food is considered internal therapy and essential for health and well-being. While dietary suggestions are included as part of an acupuncture treatment, those wishing to improve their wellness specifically through diet can make appointments for food therapy only. Patients will leave with specific food lists and preparation ideas to help them learn to incorporate these principals into every plate! Appointments are 1 hour. \$180

\* Adjunct techniques refer to modalities that include cupping, gua sha, moxibustion, acupressure, tui na, auricular acupuncture, ear seeds, electric stimulation, qi gong, food therapy, herbal medicine, stone medicine, and essential oil application for acupuncture points and will be used as needed during initial and follow up acupuncture appointments. Appointments for cupping, gua sha, acupressure and tui na only can be booked under "Body Work."