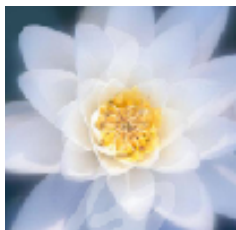


## Your role in the healing process

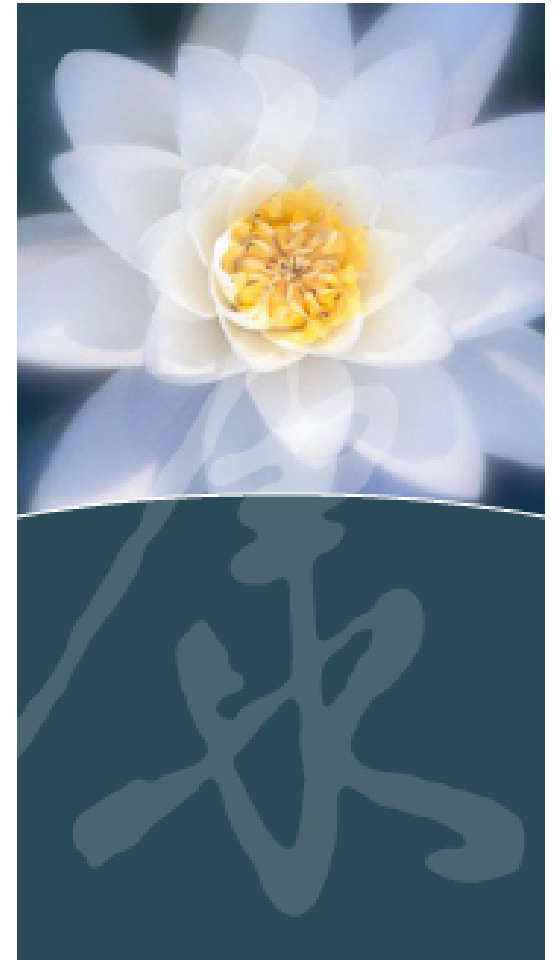
Your actions are a key component of your treatment plan. Focusing on your health and committing to a healthy lifestyle are the best steps you can take for your well-being. Together, we can heal your imbalances and help you achieve harmony and balance.

Even after your symptoms are resolved, acupuncture can assist you in maintaining your health, and possibly prevent future imbalances. The more you incorporate acupuncture and TCM into your life, the more you'll learn to nurture your body, mind and spirit.



CLASSIC TOUCH  
ACUPUNCTURE

## Your First Visit



CLASSIC TOUCH ACUPUNCTURE

**Karen Chase, L.Ac.**

Phone: 646-233-3016

[www.classictouchacupuncture.com](http://www.classictouchacupuncture.com)

E-mail: [info@classictouchacupuncture.com](mailto:info@classictouchacupuncture.com)

*"A Journey of a thousand  
miles begins with a single  
step."  
-Lao-tza*

## Congratulations.

By choosing acupuncture, you've taken a great step toward a more balanced, healthy lifestyle. The ancient practices of acupuncture and Traditional Chinese Medicine (TCM) have helped millions of people regain and maintain their health.

Since this system of health care may be different than other care you've received, it's only natural to have questions. Read on to find out what to expect — and how to get the most out of your treatments.

## Acupuncture and your health.

Acupuncture and TCM take a holistic, or whole-body approach to health. This means I will take into account your whole self, not just your symptoms, in order to get to the root of your health concerns. We will work together to find out how factors like your lifestyle and emotional and mental well-being may be affecting your health.

Getting the chance to really discuss your health concerns — and having someone really listen — may be new to you. Think of it as your opportunity to form a partnership for better health. The more you take part in your healing process, the more successful it will be.

## Your first visit.

Initial visits generally last from 45 to 90 minutes. I will take a detailed health history and a physical exam, and will provide you with your unique treatment plan.

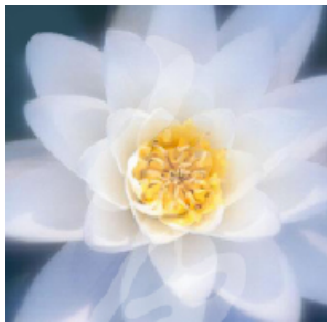
During your first exam, I will spend time getting to know you and your health concerns. You will be asked a wide range of questions about your symptoms, eating, exercise, sleep habits, and emotional states — anything that may offer insight into your health.

I will also employ diagnostic tools that are unique to acupuncture and TCM such as tongue and pulse diagnosis.

## Your treatment plan

Once I've gathered enough information, you'll receive a comprehensive diagnosis and a treatment plan that will explain:

- Your underlying imbalances
- Your timeline of care
- What types of treatment you will receive



## Getting the most out of treatment.

For the best treatment results, keep a few things in mind:

- Please show up on time
- Don't eat a large meal before your visit
- Wear loose, comfortable clothing
- Be sure to discuss any questions or concerns you may have.
- Refrain from overexertion, drugs or alcohol for at least six hours after treatment
- Follow your treatment plan between visits
- Keep all of your appointments, as each visit builds upon the previous ones

## How treatment works.

To treat any Qi imbalances, fine, sterile needles will be inserted at specific points along the meridian pathways. I will concentrate on acupuncture points related to specific organs, based on your unique issues and symptoms.

Your treatment may include other related therapies such as cupping, Gua Sha or moxibustion. Herbal remedies are another important aspect of acupuncture and TCM.

It is important to understand and follow any directions in order to get the most benefit from these treatments.