

Dear Friend,

Welcome to *Acupuncture & Alternative Medicine Healing Center* founded by Glenn Eichenauer, DOM, AP. in 2002. In order for your experience to be as comfortable as possible, I've prepared this letter to give you an idea of what kinds of services we offer, and what you can expect as a patient.

Acupuncture & Alternative Medicine Healing Center's Acupuncture and Herbal Clinic is a resource center dedicated to providing quality health care to you and your family. I enjoy sharing my knowledge of the history, the applications, and the effectiveness of Acupuncture and Chinese medicine, and I encourage your questions.

Did you know...?

Chinese medicine (which includes acupuncture, herbal medicine, massage, therapeutic exercises, and dietary modifications) is the oldest, professional, continually practiced medicine in the world. This medical system is believed to have developed over 4,000 years ago. Written medical documents (whose theories and applications are still in use today) date back almost 2,500 years. Currently, one quarter of the *world's* population makes use of Chinese medicine. It is clear that modern Western medicine and traditional Chinese medicine are the two dominant medical systems in the world today.

Chinese medicine has become one of the safest and most rapidly recognized forms of holistic health care in the United States. In 1997, the National Institutes of Health Consensus Statement approved of acupuncture as an effective modality for treating a number of conditions. These include; nausea and vomiting caused by chemotherapy or surgery, dental pain, addiction, post-stroke rehabilitation, headache, menstrual cramps, tennis elbow, fibromyalgia, myofascial pain, osteoarthritis, low back pain, carpal tunnel syndrome, and asthma. (Acupuncture. NIH Consensus Statement 1997, Nov. 35; 15 (5): 134.)

Although this is a substantial list, acupuncture has been used worldwide to successfully treat many more disorders and conditions.

What can you expect from an acupuncture treatment?

Traditional Chinese medical diagnosis seeks to determine and treat the deeper

underlying causes of your condition. The diagnostic procedure involves a detailed discussion of your chief concerns, medical history, and health goals. We ask detailed questions (perhaps ones which you have never been asked before) to gain important insights into your unique physiological constitution.

This helps me determine and individualize the best therapeutic approach for you. In addition to this interview, I may take your pulses on both wrists and carefully examine the surface of your tongue. Acupuncture is the insertion of fine needles into the body at specific points (often referred to as acupoints) in order to treat many specific health conditions. The location and functions of these points have been meticulously mapped by the Chinese over thousands of years.

Although western sciences have been slow to accept Chinese medicine, modern technological research has confirmed many acupuncture point locations by using electro-magnetic-imagery and measurements.

How long does an appointment last?

As a new patient to our clinic, your first treatment, with its careful diagnosis and interview process, will take about 1 and ½ to 2 hours. Follow up treatments generally take 1 hour.

In the treatment room:

Acupuncture is usually administered with the patient lying comfortably either face down or face up on a massage table. Occasionally I perform acupuncture treatments with the patient sitting in a chair. Treatments may require changing into a gown, however you also have the option to wear very loose fitting clothing instead (such as shorts and a T shirt).

I want you to feel comfortable and I am sensitive to the needs of each individual. Please let me know how I can enhance your comfort.

What does acupuncture feel like?

New patients often report that the acupuncture is surprisingly pain free. In fact, most often it is a pleasant and very relaxing experience, which patients look forward to. If you should experience any undue discomfort, please be sure to let us know right away. After the needles are inserted you will rest with them in place for fifteen to twenty minutes or longer depending on your condition and

treatment protocol.

In addition to acupuncture we may recommend a variety of other treatment modalities for your condition. These may include; herbal teas or pills, dietary changes/advice, vitamins and/or supplements, Homeopathic remedies, acupressure/massage, moxibustion (a form of heat therapy using an herb called moxa, which is mugwort, *Artemesia argyi*), therapeutic exercises, listening to music, guided imagery, and/or meditation.

How many treatments?

To be effective, acupuncture often requires a series of regularly scheduled treatments. The number of treatments recommended will depend on your particular condition. Although it is difficult to predict the exact number of treatments you will need, at the time of your initial visit we can usually provide a general idea of the time necessary for you to experience positive results from your treatments.

PLEASE NOTE: At Acupuncture & Alternative Medicine Healing Center we use ONLY sterile, single use, disposable needles.

After each treatment I reassess your progress and determine if additional treatments are necessary. Also at the beginning of each treatment I assess your progress since your last treatment. If you are a candidate for herbs, I like to prepare a custom herbal formula just for you. Your response to the herbs provides valuable information so that we can monitor and individualize your treatment while keeping costs down. As you start feeling better and your symptoms diminish, your acupuncture and herbal treatments will change too.

What should you bring to your first treatment?

To your first appointment, please bring the following documents, which can be found here ([click on this link](#)) for each of these forms which you can download, print out and fill out and bring with you to your first appointment;

(1) *Completed* New Patient Intake Form

If you would prefer to wear your own clothing instead of a patient gown, please wear or bring loose fitting clothing, such as sweat pants or shorts and a T shirt.
In Closing...

At ***Acupuncture & Alternative Medicine Healing Center***, Acupuncture and Herbal Clinic I am here to help you. Please do not hesitate to ask any questions or express any concerns you may have about your treatment.

I believe so strongly in the effectiveness of Chinese medicine that my primary concern is to make these therapies available to you. If for some reason my clinic does not meet your specific needs, I will be happy to refer you to other excellent practitioners in the local area.

Sincerely,

Glenn Eichenauer, DOM, AP