

## How many treatments will I need?

This depends on two factors: the length and nature of your illness (the longer and more complex the illness, the more treatment required) and your willingness to take responsibility in your own self-healing process (the more you participate and work toward realizing well-being, the quicker you will feel results). We initially recommend at least 10 treatments over a two to five month period. This system of medicine is based on prevention, so seasonal check-ups are recommended.

## What about insurance coverage?

Most major insurance companies cover up to 80%. If yours doesn't, find one that does or ask your company to consider coverage. Check with your employer.

## What about billing and appointment changes?

It is requested that you give 24 hours notice for changing an appointment. One missed appointment is accepted. After that, you will be charged. This is part of your commitment to yourself and to your health. On billing, it is requested that you pay upon completion of each treatment. Individual arrangements can be made upon request.

困 危机

Overcoming Obstacles Crisis as Opportunity

## What kind of reactions can I expect following treatments?

Often, the day of or following treatment, you will experience a brief period (20 minutes to an hour) of drowsiness. If you can sleep, do. You'll feel wonderful afterward! In the majority of cases, a sense of calm and well-being occurs. However, on occasion, a treatment reaction occurs called the "**LAW OF CURE**". It states that as the body rebalances and the cause of illness leaves:

- 1 Everything goes from above to below, i.e., the head down (arthritis in shoulders to hands, etc.)
- 2 From within to without, i.e., from internal to external (skin rash, nasal mucous, etc.)
- 3 In reverse order from which it came, i.e., from present illness backward to childhood.

This means you may have what appears to be a worsening of your symptom condition. If this lasts for more than 48 hours, contact us for a rebalancing treatment.

## Are you treating my symptoms locally?

No. This system of healing treats the causative factor of your illness/symptoms by working on the cause; the symptoms disappear and don't return. Attention is paid to the symptom, but primary focus is on the cause of your dis-ease. Many times the symptom is the last thing to disappear. However, your life is so greatly enhanced it will no longer concern you and will often disappear without you even noticing.

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Excellence Harmony Joy

## Is there anything else I need to know concerning acupuncture treatments?

There are several other important areas:

1 It is recommended that, if you are in a relationship, your partner consider a series of treatments some time after your course of treatment starts. This is due to the quality of changes you will find yourself experiencing. It is helpful if your partner is experiencing a similar change in life patterns.

2 This is not Western medicine. There are no instant cures. Natural healing processes take time and work at all levels—body, mind, emotions, and spirit. These processes require a commitment to remove the cause of your dis-ease. Cultivate patience!

3 Chinese medical theory states that all emotions are appropriate. If there is a lack of, or excess of any emotion, imbalance is indicated. During treatments, if you experience a surfacing of a previously unfelt emotion (e.g. excess, joy, grief, anger), allow it to happen. Act as an observer to the experience—why do I feel this way? what is behind this? etc. It is part of your body's return to harmony and health.

*Toward a healthier internal and external world of peace in our time,*

*-David Ford*

热情 关心

Passion Caring

## In Conclusion

We are health care providers, but more importantly, friends. Feel free to share things on your mind and problems being experienced. All information received is considered confidential. The more clear, honest, and open you can be about your internal process, the more rapidly your body will heal itself and the greater the sense of well-being you will have.

In this medicine, you and your body do the healing. Our role as acupuncturists is analogous to a farmer: we plant the seed (the needles); your body, like the earth, provides the nourishment and warmth to allow these seeds to come to fruition. We take care of the occasional weeds and bugs. We are, in a sense, partners in your return to a full and prosperous harvest, which is your return to the happy, healthy, and joyful life we all deserve and can attain.

If you have any other questions, please feel free to ask at any time as we go along your course of treatment.



This brochure contains information that is important for you to know and to refer to during the course of your treatments. Please keep this information for future reference.

**David Berkshire, L.Ac.** has been practicing Oriental Medicine since 2001. He brings a passion for supporting clients transform their lives and feel better about themselves. David continues to study five element acupuncture with David Ford, and drainage homeopathy with Dr. Gerard Gueniot. Currently David is adjunct faculty at National College of Natural Medicine and has taught at Oregon College of Oriental Medicine in the past.

**Mary Huang, L.Ac.** brings together a diversity of knowledge from her teachers Dr. Heiner Fruehauf, Dr. Youping Qin, and David Ford to provide a complete view of health. Mary brings a strong background in treating chronic illness, neurological disorders, and trauma aligning individuals back to their path of wellness in body, mind and spirit.

**Daniel Raider, L.Ac.** has been practicing Oriental Medicine since 2001. He brings a strong background in Dr. Tan's "Balance Method" which is well known for using few needles and getting quick results, especially with chronic pain. Daniel also integrates a strong background in Chinese Herbal Medicine and prescribes individualized formulas as needed.

**Lanai Mackey, L.Ac.** brings a strong background in Classical Chinese Medicine to the clinic. Throughout the past few years Lanai has specialized in supporting her clients desire towards wellness in body mind and spirit through Chinese Herbal Medicine and acupuncture.

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# Questions and Answers about 5-Element Acupuncture