



What to Expect

Welcome to Wildsong Wellness! I want to thank you for choosing us. I look forward to partnering with you to address your health concerns and I will do all I can to ensure you achieve the most successful result possible for you.

My mission is to help you achieve your treatment goals and to maintain optimal health over the long-haul using safe, natural, and holistic acupuncture and herbal therapy (when appropriate) so you can live life better. Traditional Chinese Medicine, the ancient health care system of which acupuncture is a part, definitely works.

- 1. It activates the self-healing and self-regulating abilities of the body.**
- 2. It adjusts and balances the flow of nourishment and movement in the body, called Blood and Qi respectively.**
- 3. It can help you achieve optimal health, vitality, and wellness.**

At the core of this medicine is the philosophy that nourishment and movement keep the body strong, healthy, and functioning normally. Symptoms occur when there is an imbalance between these factors. To treat these imbalances, fine, sterile needles will be inserted at specific acupuncture points based on your unique issues and symptoms.

Initial visits last 90 minutes and include a detailed health history, a physical exam, and a treatment. We will also discuss your timeline of care and what types of treatment you will receive (see the FAQ page on this website for an explanation of different methods of treatment). Wear comfortable clothing! Many acupuncture points lie on the legs and arms so clothing that exposes these areas or that can be comfortably rolled up are best.

The gift of health is an investment that takes time, money, and energy. In order to help you get the most out of this investment I would like to share a few suggestions:

- 1. Be on time and keep your appointments.** Each treatment builds upon previous ones. It is important to follow through with your care plan in order to receive maximum benefit.
- 2. Do your homework.** What you do at home, at work, and at play affects your progress. I offer suggestions and self-care techniques to support you on the road to your treatment goals toward a life of increased wellness.
- 3. Give it time.** As with any medical treatment, healing with acupuncture is a process, not a magic pill. It takes time and is influenced by many factors. Over time, things should improve and if necessary, we will adjust your treatment plan as we proceed. Changes to your condition can happen faster than anticipated, so enjoy them!
- 4. Keep a positive attitude and EXPECT positive results.** As we follow through on your treatment plan, look for signs of improvement and take encouragement from them. Build an attitude that expects positive results and knows that profound healing is possible. Your belief and expectation has an incredibly strong influence on your body and is a key factor in healing.

It is my pleasure to welcome you to the clinic!