



THE PEOPLE'S ACUPUNCTURE CLINIC

Welcome to our Community!

We are delighted that you are joining us! Please take a minute to learn more about our clinic, how it works, and our commitment to you.

Here's what makes us different:

1) **Our clinic is similar to those in Asia.**

Instead of treating each patient separately, we treat in a quiet & soothing community setting where everyone relaxes in recliners.

This has many benefits:

1. we are able to help more people each day;
2. it's easy for friends and family members to come in together for treatment;
3. many patients find it comforting;
4. and a collective energetic field becomes established which actually makes individual treatments more powerful.

People find that relaxing in a recliner is also much more comfortable than lying on a treatment table. Many even fall asleep, and wake feeling refreshed.

2) **Our Fee Schedule (\$35 or less) makes treatment affordable for everyone.**

Most American acupuncturists see 1-2 patients per hour and charge \$65 to \$175 per treatment. The only way that we can make acupuncture affordable and still make a living ourselves is to see multiple patients in an hour. This is exactly how acupuncture is practiced traditionally throughout Asia.

Unfortunately, because we are a small operation, we cannot do insurance billing. However, if you have insurance that covers acupuncture, we'll be happy to give you a payment receipt in which you will be able to submit to your insurance company for reimbursement.

Our Commitment to You

Our clinic is committed to providing a safe environment with highly skilled practitioners who are interested in giving you the tools and strategies to take care of your own health, so you will not need to rely on insurance companies for high-tech, costly interventions.

We are also committed to creating a clinic that is welcoming to all different kinds of people.

Finally, we want to make it possible for you to receive acupuncture regularly enough and long enough to get better and stay better.

What We Need From You

Responsibility

The People's Acupuncture Clinic does not provide primary care medicine! Acupuncture is a wonderful complement to Western medicine, but it is not a substitute for it. If you think you have a problem that is not "garden variety" (meaning, you are worried that you might have a serious infection, a malignant growth, or an injury that won't heal), you need to see a primary care physician. You cannot expect us to diagnose and treat something really serious. We *can* provide complimentary care for conditions that require a physician's attention -- for instance, we often treat patients for the side effects of chemotherapy. But we need you to take responsibility for your own health.

Flexibility

Our clinic requires some flexibility from you. For instance, many patients have a favorite recliner. When we are busy, someone may be sitting in yours. Similarly, we have a few patients who snore. Other patients who dislike snoring bring earplugs to their treatments. We are grateful for this! Some of our patients even bring favorite pillows or blankets from



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home with them, because they prefer theirs to ours. That's fine with us. Basically, we need you to participate and make yourself comfortable before we arrive to treat you.

We recommend you stay for 45 minutes for the optimum effect, but if you want to be unpinned at a specific time let us know. We'll make sure you're out on time. In general, if you feel done, open your eyes and give us a meaningful look -- if your eyes are closed, we think you're asleep and won't disturb you.

Community-Mindedness

The soothing atmosphere in our clinic exists because all of our patients create it by relaxing together. We appreciate everyone's presence! This kind of collective stillness is a rare and a precious thing in our rushed and busy society. Maintaining this reservoir of calm requires a "quiet voice" in the clinic space. If you would like to speak to a practitioner at any length, please let us know. If you want to have a substantial conversation, we will probably need to schedule that separately and might need to do it by phone.

If you have questions about acupuncture, or how it works -- please refer to the books in the waiting room. Unfortunately, we can't explain what every point does while we are treating you -- these are very large topics! This is why we have many great resources on hand in the waiting area. If you have questions, we'll happily give you plenty to read!

The People's Acupuncture Clinic does not receive grants, state or federal money, or insurance reimbursement.

We exist because patients pay for their treatments – it is a sustainable & regenerative community business model.

Part of our success is that our patients learn the "routine" and take on a lot of responsibility for the appointments. Re-scheduling and making payments happen at the front desk BEFORE each treatment, so you can relax and enjoy treatment. Please take all personal belongings, (bags, shoes, etc.) with you back into the treatment room. And of course, please turn off your cell phone.

Commitment

Acupuncture is a **PROCESS**. It is very rare for acupuncture to be able to resolve a problem with one treatment. In China, a typical treatment protocol for a chronic condition could be acupuncture every other day for three months! Most of our patients don't need that much acupuncture, but virtually every patient requires a course of treatment in order to get the results they want.

On your first visit, your acupuncturist will suggest a course of treatment, which can be anything from 2-3x/week for 2 weeks, or 1-2x/week for 4-6 weeks. This suggestion is based on our experience treating your condition(s). If you don't come in often enough or long enough, acupuncture probably won't work for you. The purpose of our sliding scale is to help you make that commitment. If you have questions about how long it will take to see results, please ask us, or if you think you need to adjust your treatment plan, please let us know. We need you to commit to the process of treatment in order to get good results.

And, last, but not least.... please enjoy the space. It is our pleasure to serve you and help you reach your optimum level of health.

all good medicine,

The People's Acupuncture Clinic Inc. Staff