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Acupuncture Information and What to Expect

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Licensed Acupuncturist

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Welcome! I am honored in being a partner on your wellness journey and excited to share, with you, this profound healing art! I am at hand to answer any questions that may come up and I am here to support you. Following is some basic information that will help get things started.

- **Your first session** can last up to 1.5 hours, during which time you have the opportunity to speak at length about your health concerns, questions and goals. I will talk with you about your medical and social history and perform a physical exam, which includes pulse and tongue diagnosis. This exam is to evaluate the balance of energy in your body and provides me with information necessary to treat you safely and appropriately. You will also receive an acupuncture treatment once the diagnostic session is complete.
- A series of 11 **Subsequent treatments** are typically scheduled (see treatment schedule below) These visits will involve the insertion of acupuncture needles sometimes accompanied with the use of an herb called Moxa. Moxa is used on the skin to warm the acupuncture points and nourish the body's energy (known as Qi). Other treatments may include cupping, Gua-sha, or massage. I will select a treatment for the day based on your concerns, goals and pulse readings. Please allow approximately one hour for each of these treatments.
- **The acupuncture needles** are extremely fine, approximately the thickness of a hair. I use only sterilized, pre-packaged needles that are disposed of after each use. Every individual has a unique interpretation of what the movement of qi by the needles feels like. Some common sensations are tingling, heat, electricity, or tickling. Most patients report little or no discomfort. Generally only two to six needles are used during each treatment. - For those who decide that the needles are not for them, I gladly offer acupressure and Plant Spirit Medicine as an alternative. Acupressure works by stimulating the points with finger pressure rather than with the needle.

- **Acupuncture Treatment Schedule:**

For the average patient we will do a complete series of 12 sessions. These can be done weekly or bi-weekly for chronic conditions or if the patient is interested in quicker results. Once this series is complete most patients simply come in monthly or seasonally for maintenance treatments.

- **All visits are strictly confidential.**

- **Pricing** The initial Consult, Exam, Diagnosis & Treatment (1.5 hour session) is \$150. The follow up sessions (1 hr) are \$100. Please pay at the time of your visit. I accept cash, personal checks and Credit Cards. *Note: I never turn anyone away for financial reasons. If you are concerned about the cost of treatment I encourage you to speak with me about it before or during our initial session.*
- **Satisfaction Guarantee** *I offer a satisfaction guarantee because over the last 16 years of practice I have received thousands of 5 out of 5 star reviews by my patients. So I am confident that I can offer a satisfaction guarantee.*

Since each patient's needs are different, I can't guarantee results, but I can guarantee your satisfaction with the level of care you receive, from your initial consultation, evaluation and treatment. If another type of treatment is indicated, I will make other care recommendations. Additional visits are necessary to complete the healing and retraining of your body, but most patients enjoy enough progress to know that acupuncture was a wise decision.

- **Regarding insurance** - Upon your request we can provide receipts which you can send to your insurance company for reimbursement. Please ask us for the details.
- **If you must cancel** an appointment please give 24 - hour notice. The full fee is paid for cancellations made without 24 hours notice. There is no charge for last minute emergency cancellations (i.e. snowy weather) If you need to urgently cancel please call (610) 203-3747.

Do not hesitate to call me at (610) 203-3747 before your visit or at any time during your treatment.

I look forward to being a partner on your road to feeling better and maybe even thriving!

See you soon!

A handwritten signature in black ink, appearing to read 'Lance Isakov', with a stylized flourish at the end.

Lance Isakov, M.Ac. Acupuncturist & Co-Founder of Village Wellness.