



Welcome to FSPA Community Acupuncture

We want to offer you affordable, compassionate, integrative health care to enhance your body's natural healing process. Although acupuncture treatments are tailored to the individual and depend upon a person's constitution, there are some general things you can expect. If your health issue is acute, or just started, you can expect to respond to treatment rather quickly. If your issue is chronic or repetitive in nature, treatment will take longer. *This is normal for natural healing.* Once your health has improved, monthly or quarterly treatments help to maintain wellness.

Acupuncture is more effective when it is done frequently and regularly. Our fees are based upon your income (please see the sliding scale fee schedule). This is to make it financially easier for you to receive the treatments necessary to help you become healthy and stay healthy. We can do this by offering you treatments in a community setting, which might be different from other acupuncture treatments you've received. Please read the information sheet "About Community Acupuncture" to learn more about this.

Attached is a lengthy questionnaire. Please fill it out as thoroughly as possible. On the day of your treatment, wear loose clothing. It is important not to have an empty stomach when you get acupuncture, so be sure to eat sometime before coming (but not *immediately* beforehand – two hours is ideal).

If you need to cancel or reschedule, please do so 24 hours before your appointment so that others may receive treatment.

We look forward to helping you with your healing.

FSPA Community Acupuncture
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