

# The Community Acupuncture Clinic of Goshen

## *Welcome Sheet*

### ***Please Make Sure You Have Eaten Before You Get a Treatment***

Please have a seat and make yourself comfortable. We are offering a simple treatment consisting of 5 needles in each ear that help reduce stress and anxiety; uplift depressive feelings and relieve anxiety; help with trouble sleeping; provide a general sense of well-being and make you feel better. The ear points include treatment for the whole body, so many things are being treated with these points.

**All needles are pre-packaged and sterile and are disposed of after use.**

While sitting with the needles we ask that you:

- Relax – turn off your cell phone, close your eyes – take a nap if you like.
- Do not talk – it’s easier to relax and it might disturb others.
- Do not walk – the needles might fall out. They are not in very deeply.

If a needle falls out while you are seated, raise your hand and we will come get it or we may wait until after the treatment to pick it up. **If you are uncomfortable in any way, or if you feel lightheaded, it is important that you let an acupuncturist know right away.** Please tell the acupuncturist if you are pregnant or have any other major medical disorders. The treatment will gently work itself over time. The treatment can have effects on many emotional and physical issues. If available, it is great to get more than one treatment.

Once the needles are in place, your ear may tingle or feel warm. Some people even fall asleep. These are normal responses. Some people say they feel very relaxed when they are having a treatment; others don’t feel much at all. Even if you don’t feel much, you are getting benefit from treatment. There may be a brief pain as the needle first passes

### **Why use ear acupuncture for stress and anxiety ?**

- A) **Very Accessible**: 5 needles are placed in each ear so recipients can easily receive a treatment fully dressed while sitting up in a chair.
- B) **Very Flexible**: Treatments can be done anywhere as no special facilities or equipment is necessary. Treatments can easily be done on large groups and one practitioner can treat between 10 to 20 people an hour
- C) **Very Simple**: Can provide immediate “treatment on demand” without lengthy intake or wait. Those receiving treatment usually feel its immediate impact, as relaxation generally occurs within minutes.
- D) **Very Economical**: Treatments, done in groups, are very cost effective.
- E) **Very Effective**: After treatments, people report:

Increased mental clarity

Reduction of depression and anxiety

Improved ability to cope

Reduction of intrusive recall

Improved alertness

Reduction of aches and pains

Improved ability to sleep