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How to Prepare for Your First Acupuncture Session

By Jocelyn Joy, MS, L.Ac.



Congratulations! You have made your first appointment with a Practitioner of Chinese Medicine! Here are some tips which will make your session much easier!

1. If there are online forms you can download and fill out before the appointment do so, it will save time!
2. Arrive a few minutes before your scheduled appointment; allow time for navigating a different area and parking.
3. Make sure you have a list of ALL your Medications and Supplements and Vitamins.
4. Don't Brush your Tongue. You might be asked to show your tongue and we like to see it with the coating on even if you drink coffee! (See "Why does my practitioner look at my tongue?" on articles page)
5. List all of your surgeries and major illnesses, and allergies, this helps a lot!
6. Ask Questions! We love to talk about Chinese Medicine!
7. If you must cancel please give at least 24 hours notice, most clinics need to schedule out a large chunk of time for New Patient exams.
8. Bring a friend or family member if you are intimidated about going alone.
9. Be clear about what you want help with.
10. Take the suggestions your practitioner gives you! We have a lot of experience with this medicine and know what works, so make the most of your healing journey and follow our advice!
11. Enjoy the appointment, most find acupuncture very relaxing and leave feeling energized, refreshed and sleep like a baby that night!

We hope you have found this information useful. If you are interested in more information please visit Joy Acupuncture Health Centre online at www.joyacupuncture.com, 2602 First Ave., Suite 103 San Diego, Ca 92103, 619-322-4492