

SARANA COMMUNITY ACUPUNCTURE

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Welcome to Our Community!

Please take a few minutes to read this introduction to our clinic and to our community. We are delighted that you are interested in joining us!

We treat in a community setting. Most US acupuncturists treat patients on tables in individual rooms. Here, we mostly use recliners clustered in a quiet, soothing space. The group setting makes it easy for friends and family members to come in for treatment together. Also, sharing a healing space with others creates a collective energy that strengthens each individual treatment. Finally, our group setting allows you to control the length of your treatment.

We have a sliding scale. Our sliding scale (\$20-\$40 per treatment + \$10 for first-time paperwork fee) is available to everyone. We choose to set our fees this low so that you can receive acupuncture regularly enough to get – and stay – better. We believe that receiving frequent and regular treatments is the best way to achieve results with acupuncture. We encourage this by offering a free second acupuncture treatment to new clients (must be used within 2 weeks of first visit). Because we prefer to do acupuncture rather than paperwork, we do not do insurance billing or receive grants. We are able to offer acupuncture at such affordable prices because we see multiple people per hour and streamline our treatments – we rely mostly on traditional pulse and tongue diagnosis to decide how to treat you, and we do very little talking.

Our services and commitment to you: In addition to acupuncture, we offer acupressure massage and Chinese herbs. Occasionally, your practitioner may suggest that you schedule an herbal consultation as part of your treatment plan. We want to give you the tools to take care of your own health. We are committed to being skilled practitioners and to creating a safe, comfortable, and welcoming community.

What we need from you:

Responsibility: Please understand that acupuncture is not a substitute for Western medicine. While we can provide complementary care for conditions that are being treated by others – for instance, treatment to counteract the side effects of chemotherapy – you need to see a Western physician for serious conditions.

Flexibility and community-mindedness: The soothing atmosphere in our community room exists because we all create it.

Please:

- Help preserve the collective stillness by silencing your cell phones and lowering your voice or whispering.
- Do not wear strong scents and avoid bringing cups of tea or water into the treatments space (water bottle with a tight cap is ok).
- Wear shoes in the clinic except during your treatment time.
- Feel free to bring whatever you need to make yourself comfortable: a favorite pillow, shawl, or earplugs to block the occasional snorer.
- Choose a recliner for your treatment spot unless 1) your practitioner directs you to a table, 2) you cannot comfortably use a recliner, or 3) no other spots are available. We wish to reserve the massage tables for those who really need them.

Familiarity with our routine will help streamline your treatment. Paying for your session and scheduling your next appointment *before* your treatment will allow you to relax and forget about these things during and after your treatment. Help us keep the flow of the treatments smooth - arrive a few minutes early to pay and prepare for your treatment and be settled in in your chair by your appointment time. During treatment, please store your personal belongings, (bags, shoes, etc.) in the basket by your chosen treatment spot. If you need to have your needles removed by a certain time, tell your practitioner and we'll make sure you're out on time. Otherwise, when you feel your treatment is done, open your eyes and give us a meaningful look – if your eyes are closed, we think you're asleep and we won't wake you up.

Commitment: Acupuncture is a *process*. It is very rare for any acupuncturist to resolve a problem with only one treatment. On your first visit, we will suggest a course of treatment, which can be anything from “we'd like to see you once a week for six weeks” to “we'd really like to see you daily for the next four days”. To get good results, it's important that you commit to the treatment process. Please talk to your practitioner if commitment might be a problem.

Growing our Community: We believe that Sarana Community Acupuncture can play a vital role in keeping health costs down and keeping our community healthy. If you share this belief, please help us develop this sustainable business model. Please take some cards and brochures to pass around or write us a testimonial. If you have out-of-town friends who might benefit from acupuncture, please suggest that they visit the website CommunityAcupunctureNetwork.org to find their own neighborhood Community Acupuncture practice.

And, last, but not least...enjoy the space. We do, and we hope that we can be an important part of your community.

Thank you,

The folks at Sarana Community Acupuncture