

## Welcome to Our Community!

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

**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 first-time paperwork fee**) is available to everyone. We choose to set our fees this low so that you can afford to receive acupuncture regularly enough to get **and stay** better. Because we prefer to do acupuncture rather than paperwork, we do not do insurance billing. 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 meridian theory and pulse / tongue diagnosis to decide how to treat you, and we do very little talking. We believe that receiving frequent and regular treatments is the best way to achieve results with acupuncture.

**We are part of a Quiet Revolution.** Sarana Community Acupuncture is a proud member of the *People's Organization of Community Acupuncture (POCA)* and a part of the growing Community Acupuncture movement, which is changing the way health care is provided in North America and beyond. If you have out-of-town friends who might benefit from acupuncture, please suggest that they visit the website [www.pocacoop.com](http://www.pocacoop.com) to find their own neighborhood Community Acupuncture practice.

**Our services and commitment to you:** In addition to acupuncture, we offer acupressure massage and Chinese herbs. We want to give you the tools you need to take care of your own health. We are committed to being skilled practitioners and to creating a safe, comfortable, and welcoming community. Please feel free to see ANY of our practitioners rather than just sticking to one, so you benefit from the wealth of treatment options that acupuncture has to offer and so that you can schedule treatments at times convenient for you.

## 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 help to create it. Please:

- Help preserve the collective stillness by silencing your cell phones and whispering in the treatment room
- 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
- 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 try to offer the massage tables to 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 by arriving a few minutes early to pay and prepare for your treatment so you can be settled in your chosen treatment spot by your appointment time. During treatment, please store your personal belongings, (bags, shoes, etc.) in the basket behind your chair. 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 based on your treatment goals, which can be anything from "we'd like to see you once a week for six weeks" to "we think you should come in daily for the next four days" To get good results, it's important that you commit to the treatment process. Please talk to a practitioner if commitment might be a problem for any reason. Also, it is best NOT to limit yourself to seeing just one practitioner.

**Growing our Community:** We believe that Sarana Community Acupuncture can play a vital role in keeping health costs down and keeping our community healthy and stress-free. If you share this belief, please help us develop this sustainable business model. Take some "Friend Cards" and brochures to pass around, write us a testimonial, review us on Yelp, and / or "like" our Facebook page.

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