

## **Welcome to the Alternative Clinic!**

We are deeply committed to creating meaningful change for you and proving how effective Chinese medicine can be. Our practitioners spend the entire appointment time listening, assessing and working to achieve create wholistic improvement. Our clinical approach is distinctive, and our results reflect that difference. This document was designed to outline what working with our clinic looks like.

### **First Medical Visit**

The first visit focuses on discussion and evaluation so we can understand your condition. Herbal formulas are typically prescribed, and are central to our clinical work. For uncomplicated physical complaints, bodywork and acupuncture may occur on the first session. In most situations a first visit is discussion only.

### **Follow-Up Medical Visits**

Follow-up visits assess changes since your last appointment in order to refine herbal formulas and employ therapies such as acupuncture, moxibustion, or bodywork. Treatment is always designed to affect the condition in each moment and evolves as your body changes. Regular follow up visits are crucial to maintain a trajectory of improvement.

### **What Makes Our Clinic Unique**

Our treatments are active, intentional, and hands-on for the entire treatment. We do not tap in needles and leave patients unattended, nor maximize revenue by treating multiple patients concurrently. Our practitioners remain present for the duration of your treatment, applying a purposeful and tangible style of medicine to make measurable change. If you have received acupuncture elsewhere, our style may feel very different.

### **Teaching Environment**

We are a non-profit teaching clinic dedicated to sharing what we learned in China with practitioners from around the world. Our practitioners will often have assistants present. If you desire a more private setting, consider booking with a resident practitioner or seeking care at a clinic designed specifically for private sessions. We understand an open room, teaching clinic environment may not be appropriate for everyone.

### **Custom Herbal Formulas**

Most patients receive custom herbal formulas as a principal part of treatment. As your condition evolves, formulas are adjusted—often every few weeks. Follow-up visits allow us to evaluate progress and refine prescriptions accordingly. Chinese medicine does not prescribe herbs to treat a symptom and continue application forever. We aim to influence and change the system. However, the body is constantly changing in aging, despite health or illness. In order to create wellness and longevity, as the body changes, our influence must also be constantly changing, supporting each moment. Treatment is individualized and responsive.

### **Scheduling & Commitment**

Chinese medicine is a structured medical system requiring effort from both practitioner and patient. We ask new patients to commit to five treatments to learn about your condition over weeks to months and

assess progress from our work. By the fifth visit, measurable change is usually evident, helping us determine the length to full resolution. If improvement is limited, additional diagnostics may be recommended. Continuity with the same practitioner is encouraged. We typically recommend appointments every few weeks until significant progress is achieved.

### **Sliding Scale / Community Treatments**

For individuals with a medical condition or disability preventing them from working, our practitioners offer sliding scale appointments to support return to the workforce. We do not require financial documentation, but ask patients to book respectfully, as our resources are limited. A minimum donation of \$20 is requested.

### **Wellness Treatments**

Our resident practitioners spend a year focused on diagnostic touch through wellness treatments as part of their clinical training. Wellness Sessions focus on key areas of the body and important meridians to support the body's adaptation through aging. In between treatments with your practitioner, or after your main symptoms are resolved, wellness treatments are a fantastic resource to support longevity, maintaining a strong and supple body. Designed to be more systemically therapeutic than a standard massage.

### **Email and Phone Communication**

Our practitioners see patients back to back during clinic hours and thus are unable to answer phone calls or view emails. They must find time outside of a clinic shift to address office tasks, which is often affected by teaching and travel schedules. We thank you for understanding these structural realities. Outside of an urgent concern, we do not encourage reaching out to your practitioner or sharing medical information via email. If you need advice, treatment guidance or formula adjustments, full attention will be given to your case during a scheduled appointment. If you seek a practitioner with a more concierge or on call service, the Chinese Acupuncture Clinic in Montford does have 24 hour care.

### **Working With Other Alternative Medicine Practitioners**

We do not accept patients concurrently working with other alternative medicine providers or participating in extensive protocols, supplement, fasting, or detox programs. This policy is not for exclusivity. It ensures we can clearly observe your response to our treatment and avoid conflicting influences. If you are under the care of another alternative medicine practitioner, we urge you to be fully dedicated to that process and come back to see us if your ailment is not resolved by their methods without our influence.

If patients are researching practitioners or alternative modalities for their condition, we welcome you to book an appointment to meet us and discuss the case.

### **Our 501c3 Non-Profit Mission:**

It is our mission to preserve and pass on the traditional Chinese medicine we learned in China, by providing exceptional care to our community and teaching our colleagues how to do the same. We hope you will find our medical practice refreshing, encouraging and most importantly, effective. We hope we are able to make measurable change for you and devise strategies for long term health. If you are impressed by what we do, please tell a friend. If we have helped your condition, please let your primary care physician know about your results. Together we can change the paradigm of medicine in this country!