

Common Questions

Does acupuncture hurt?

Acupuncture needles are so tiny that most of the time you can't feel them at all. On some points you may feel "Qi" which is the vital energy of the body moving, this sensation is not painful and when I explain about the shifts in "Qi", many people find it thrilling to have an awareness of this essential part of themselves.

Is acupuncture safe?

Yes- when practiced by a licensed practitioner. Acupuncture needles are pre-packaged, sterile, used only once and are disposed of immediately after use. Licensed and NCCAOM certified acupuncturists undergo 3-4 years of rigorous graduate level training and must pass state and national exams. Whereas some states allow practicing MD's to complete a 100 hour training program and are then considered licensed to practice Acupuncture.

How should I prepare for an acupuncture treatment?

Before a treatment, you should have something light to eat (try to avoid being either too hungry or too full), wear comfortable, loose fitting clothing, and not be under the influence of alcohol or other recreational substances.

How long will my appointment last?

Your first appointment lasts about one and a half hours but can sometimes run into 2 hours. Follow up treatments last generally one hour.

Does Acupuncture hurt?

The needles used are tiny, and sterile. Most people are amazed at how pain free acupuncture and kick themselves that they didn't come in sooner. Every once and a while there will be a quick small pinch, that is over in an instant. (my patient's told me to put here that it's painless, but for every 50 needles there may be one that pinches some so this is to respond to that 1%.

I don't really have anything major health issues, can acupuncture help me not get sick?

Acupuncture is wonderful for general well-being, stress-reduction and boosting immunity. Many issues can be resolved early preventing you from getting sick at a later date. Along with your initial evaluation much will be discussed about prevention and you will leave with a great awareness of health and prevention.

How long will it take me to get better?

It depends on what the problem is and how long you have had it. The general rule is that the longer you've been out of balance, the longer it takes to resolve. Everyone responds at different rates to treatment, but most people feel a reduction in symptoms within the first one to four treatments.

Will I feel different after the treatment?

Some people feel very different after a treatment. I've heard, "I feel grounded," or "I have so much energy," and "I feel so alive!" I believe acupuncture gets your energy aligned with the most natural and balanced state it can be in. How would this shift in energy feel? Great!