New Patients – What to Expect

In order to make the best use of our time together, please complete, sign and bring the consent arbitration, receipt of privacy practices, and patient intake form to the appointment. You can download and print the forms using the links below. If you do not have access to a printer please come 20 minutes early to complete the forms prior to our meeting time. **You can submit the completed forms to this HIPAA compliant email address:** [**info@ndaacm.com**](mailto:info@ndaacm.com)**.**

**INSERT LINKS TO FORMS HERE, PLEASE.**

Your time with me will include a range of questions regarding your primary health concerns. Using tongue and pulse diagnosis along with the information gathered, we will identify imbalances, the types of treatment to address these imbalances, and the best recommended for treatment.

For optimal results, please keep a few things in mind:

* Show up on time,
* Don’t eat a large meal or drink alcohol before your visit,
* Wear loose, comfortable clothing,
* Address any questions or concerns with me,
* Refrain from overexertion, drugs, or alcohol for at least 6 hours after treatment
* Follow your treatment plan between visits,
* Keep your appointments, as each treatment builds on the previous one.
* **Refrain from wearing perfume or cologne when you come to your appointment**.

How Treatment Works

To treat imbalances, sterile, single-use needles are inserted at specific places in the body, which have been identified along pathways where energy flows. These places are called points, and each point has an effect. Some points affect organs directly, others address the flow of Qi throughout the body. It is known and proven, based on thousands of years of clinical experience, which points correct which imbalances.

Acupuncture needles are not like hypodermic needles. They are solid, the width of a human hair, and flexible. Needles vary in lengths and gauges. There can be mild discomfort upon needle insertion. This should dissipate quickly.

Your Role in the Healing Process

Your actions are a key component of your treatment plan. Focusing on your health and committing to a healthy lifestyle are the best steps you can take for your well-being. Together we can heal your imbalances. Even after your symptoms are resolved, acupuncture will assist with health maintenance and prevent future imbalances. The more you incorporate acupuncture and herbs in your life, the more you’ll learn to nurture your body, mind and spirit.

**Acupuncture is not a cure-all, nor is it an instant fix**. It will take many treatments to either stop and reverse the effects of disease, especially if it is chronic. True healing takes time and dedicationas it can take weeks, months or years to achieve the results you want. With a little patience and an open mind, you’ll be on your way to health and vitality. This medicine is a safe and effective, holistic health care system. It is a natural approach that resolves symptoms and enhances health, with no side effects, drugs or surgery. Our partnership, and your health journey will be successful when it is founded on clear communication and goals that are informed, measurable and mutually determined.

My Defining Moment

It was 2014. I had an unfulfilling corporate job where the previous three to four years were misery. I was broken spiritually, emotionally, mentally and physically. My homelife was unrooted, my work life unstable, and my body was wracked with pain and weakness. My perception of what was happening around me was distorted. I was unable to communicate effectively, akin to speaking a language no one else shared. My thoughts were chaotic and scattered. Every day was a struggle to concentrate on the task at hand, as if I lost the ability to use my brain. I was so exhausted by the end of the day I would have to rock myself out of the driver’s seat of my car.

By the time I was correctly diagnosed with Lyme disease it was too late. It was as though I had aged 40 years in the span of two. My job performance worsened to a point where my colleagues found me unreliable. They weren’t wrong.

In 2015 I began my recovery. I received acupuncture concurrently with an integrative protocol for Lyme disease. I knew acupuncture was propping me up enough to fully execute the Lyme protocol given to me by my doctor. If you’ve ever suffered from Lyme, you will understand what I mean: Lyme recovery protocols are very involved. Keeping on top of what to take, and when to take it can be daunting.

My health slowly started to improve. I was able to work with a personal trainer who helped me regain my physical strength. I also took advantage of the offer of a career coach to help me mend the damage to my career. I soon realized that without serious life changes, my recovery would be a fraction of what was possible. I started exploring in earnest what I was too scared to address when I was healthy: what is my purpose in this life?

I did the work the coach required, and it kept leading me to a new life in acupuncture instead of a repaired life in corporate America. I knew how much acupuncture had helped me over the years. I had successfully stopped smoking. I had lifelong digestive issues that were under control. I had female problems that were alleviated. I knew I wanted to bring this medicine to people. I wanted to help people improve their health. And yet I was afraid. I feared giving up a paycheck, of going to school for years, of being a business owner, of a profession that couldn’t be more opposite of the work I had done so far... It takes guts to make that move.

I was about 6 months into my recovery when I had a chance to go to Peru. It was a week-long hiking tour culminating in an uphill trek on the Inca Trail to Machu Picchu. I was still grappling with the fear of making the sweeping life changes I wanted. The trail was the hardest physical challenge I have ever encountered. We were told that once we started on the trail there was no going back. If we got hurt, we would be waiting for hours for help. The sun beat down from a cloudless sky as we hiked, each of us encouraging the others to keep going. Once we were in the cloud jungle it was dark and humid, and the air didn’t move. We hiked for hours. When I reached the Sun Gate I was overwhelmed with emotion. I was relieved and happy, proud and exhausted. It was then I knew I could be an acupuncturist. I had proven I had the physical, mental and emotional fortitude to hike that trail, and that same fortitude would enable me to follow my dream.

I haven’t looked back since I walked through the Sun Gate. I am proof that it’s never too late to find and follow your dreams, no matter your age or your health status.