

Welcome to Our Community!

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

What is different about Community Acupuncture on Cape Cod?

We treat in a Community Setting

Most US acupuncturists treat patients on tables in individual cubicles. This is not traditional in Asia, where acupuncture usually occurs in a community setting. In our clinic we primarily use recliners arranged in a quiet, soothing space. Receiving treatment in a community setting has many benefits: it's easy for friends and family members to come in for treatment together; many patients find it comforting; and a collective energetic field becomes established that actually makes individual treatments more powerful. We are one of more than fifty clinics around the country that are a part of the Community Acupuncture Network, dedicated to the spread of affordable acupuncture.

We have a sliding scale

Most US acupuncturists see one or two patients per hour and charge \$65 to \$150 per treatment. They tend to spend a long time talking with each patient. Community Acupuncture utilizes a more traditional approach; we rely on a few targeted questions along with pulse diagnosis. This is similar to how acupuncture is practiced in Asia. The enclosed form explains our sliding scale. If you have insurance that covers acupuncture, we'll be happy to give you a payment receipt to submit for reimbursement. Payments and return appointments are most easily made in the reception office at the end of the hall before your treatment.

Our Commitment to You

We want to make it possible for you to receive acupuncture regularly enough and long enough to get better and stay better. We want our community to be welcoming to all different kinds of people. We want to give you the tools to take care of your own health so that you will not need to rely on drug companies or hospitals for costly, high-tech interventions. We will provide a safe environment with skilled acupuncturists.

What We Need From You

Responsibility

Our office does not provide primary medical care! Acupuncture is a wonderful complement to conventional medicine, but it is not a substitute for it. If you think you have a problem that is not "garden variety" (you are worried that you might have a serious infection, a malignant growth or an injury that won't heal) or if you have any concerns about what might be causing your symptoms you need to see a medical doctor. An acupuncturist can not diagnose your medical condition. We *can* provide complimentary care for conditions which require a physician's attention – for instance, we often treat patients for the side effects of chemotherapy.

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Flexibility

The community setting requires some flexibility from you. For instance, many patients have a favorite recliner. When we are busy, someone may be sitting in yours. Similarly, we have a few patients who snore. Other patients who dislike snoring bring earplugs to their treatments. Some of our patients even bring favorite pillows or eye masks to keep out the light. We encourage you to participate in making yourself comfortable in the treatment room before your treatment begins.

Community-Mindedness

The soothing atmosphere in our clinic exists because all of our patients create it by relaxing together. We appreciate everyone's presence! This kind of collective stillness is a rare and precious thing in our rushed and busy society. Maintaining this reservoir of calm requires that no one talk very much in the treatment room. If you need to speak to the acupuncturist one on one at any length, please let us know. **We also ask that you refrain from wearing perfumes, colognes or other strongly scented products, as some of our patients are chemically sensitive.**

Commitment to treatment

Acupuncture is a PROCESS. It is very rare for any acupuncturist to be able to resolve a problem with one or two treatments. In China, a typical treatment protocol for a chronic condition could be acupuncture every other day for three months! Most of our patients don't need that much acupuncture, but virtually everyone requires a course of treatment, rather than a single treatment, in order to get what they want from acupuncture.

One big reason that we are able to keep our prices so low is because our patients do a lot of word of mouth advertising for us. This reduces our need for paid advertising. We cannot express how grateful we are for this. Our patients are such effective marketers because they have first-hand experience of how well acupuncture works. All of our satisfied patients basically made a commitment to a course of 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 every day for the next four days". This suggestion is based on our experience with treating different kinds of conditions. If you don't come often enough or long enough, acupuncture probably won't work for you. The purpose of our sliding scale is to help you make that commitment. If you have questions about how long it will take to see results, or you think you need to adjust your treatment plan, please let us know.

We hope that Community Acupuncture on Cape Cod can be an important part of your community. Thank you.

**Diana Di Gioia,
Licensed Acupuncturist**